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SEPTEMBER, 2019
VOLUME 16, ISSUE 9
Edition #191

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Methuen Candidates Debate

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Candidates for Methuen City Council in the West and Central District appeared on the Paying Attention! Podcast to debate the controversies plaguing Methuen over the last two years. You can view the debate on YouTube, ValleyPatriot.com or download audio on PodBean, & iTunes. To sponsor our debates, email valleypatriot@aol.com

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VALLEY PATRIOTS OF THE MONTH

55 HEROES! LOCAL KOREAN WAR VETS RECEIVE THE KOREAN AMBASSADOR FOR PEACE MEDAL

John Cuddy

VALLEY PATRIOT HERO REPORTER

Our fifty-five heroes came from Lowell, Chelmsford, Dracut, and throughout the Merrimack Valley. They brought their families with them and were honored by the Town of Dracut, led by Town Manager James Duggan, the Massachusetts Secretary of Veterans' Affairs US Marine Corp Veteran Francisco Urena, and the Consular General of South Korea, Kim

Yonghyon in a formal ceremony in Dracut on Friday August 30th at 1pm.

James Spanos of Dracut, Massachusetts was drafted by the US Army to fight in Korea. He carried the M1 Garand rifle as a US Army Infantryman. Considered by military experts to be the finest infantry weapon ever, Mr. Spanos only remembers the weapon as being very heavy, and his eyes gleamed when he told me about becoming a non-commissioned officer and trading his M1 Garand for the much light-

er M1 Carbine. James attended with his family, and he and his grandson are applying for an "Honor Flight" to Washington DC to see the Korean War Memorial. They are both excited about going to Washington, which caused a bit of good-natured family turmoil, on "which family member gets to go with James to Washington".

Donald Beauregard of Lowell is a two war US Navy Veteran, serving during World War II and Korea with the US Navy. His ship the USS Bon Homme Richard (CV-31) was one of twenty-four Essex Class Aircraft Carriers built during World War II. While Donald is a two war Veteran, his ship served our nation in three wars, World War II, Korea, and Vietnam, earning six Battle Stars, receiving two Navy Unit Commendations and one Presidential Unit Commendation from Richard Nixon, himself a US Navy Veteran. I had the honor today of meeting Mr. Beauregard's wife and two daughters, the couple also has two sons.

Chelmsford's Walter Kiefer and his wife Peggy were in line for coffee, when I met them and learned of his service on



Walter and Peggy Kiefer

the USS Greer County (LST-799), while serving with the US Navy. Walter was quick to tell me that the crew always referred to the ship as the "799", it's hull number, and not by the ship's christened name. It was attacked by

Japanese kamikazes during World War II and participating in the landings at Inchon during the Korean War. Walter Kiefer and the crew of LST 799 landed a tank unit of the 5th Marines at Inchon, and later laid and cleared mines during the Korean War. The ship earned, over the course of two wars, ten battle stars, a Navy Unit Commendation, and a Presidential Unit Commendation.

Navy Unit Commendations, Presidential Unit Commendations and Battle Stars, are earned in combat by ships but it is the crew, the officers and men of these ships, that do the fighting, that do the dying, and put themselves in harm's way for our freedom. These men, and in today's Navy, women as well, make daily sacrifices, including months away from family, working long hours, and doing the dangerous job of sailing the world's oceans. Serving

HERO: PAGE 29

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One Year After the Columbia Gas Disaster

This month marks the one-year anniversary of the Columbia Gas explosions that rocked Lawrence, Andover and North Andover.

For those who lived through it, it will be something we will never forget.

Homes and businesses blew up, caught fire and the magnitude of the disaster eventually resulted in the evacuation of all of South Lawrence - a full 50% of the city.

For sure, the initial response from Columbia Gas was pathetically inadequate. But, the police, firefighters, EMTs and thousands of first responders from all over New England were nothing short of heroic, especially our own Lawrence Police and Fire.

We stood there as cops and firefighters ran into exploding buildings, emerging with victims, and then turning around and going BACK IN to find more survivors.

We heard the harrowing calls on the fire scanner as overwhelmed firefighters called "Firefighter down, firefighter down!"

One hero Lawrence Firefighter Mike Maglio fell thought the floor of a burning building from the third floor down to the second, and then through the second floor

down to the first floor. He then brushed himself off and continued fighting the fire from where he landed.

We could write a book about the incredible heroism of our first responders and the average people who sprang to action that day - in fact we just might.

But it wasn't all heroism during the disaster. There was a severe lack of leadership for sure when Mayor Dan Rivera refused to allow public safety officials to publicly speak about what was going on. People were panicked, worried about loved ones, and trying to find any information they could get to understand what was happening. Yet, Rivera played politics and told his chiefs and other first responders NOT to speak to the press and NOT to calm the public with accurate information. It wasn't until late the first night of this when Rivera set up an official press conference with all the Boston and National television cameras where he could grandstand and control every word that was uttered by "his" public safety officials.

It was shameful. But, more shameful was the absence of Columbia Gas.

There was no sign of them.

When the head of Columbia Gas finally spoke to the press at the command center, he really had nothing to say. He had no answers for the displaced families. He had no explanation as to how this really happened. He had no words of comfort for the men and women of the police and fire departments who were dealing with the disaster that Columbia Gas caused. He had no plan of action as to how to deal with the aftermath. The people of the Merrimack Valley got NOTHING from him.

For months, nothing changed. The slow and seemingly feckless response to the victims of this disaster was a \$100 gift card and a free heater, with a promise to make everyone whole later on.

For his part, Lawrence Mayor Dan Rivera got better. No, he didn't allow anyone else a spotlight unless he approved everything personally, but he did open communications with his office, held frequent press conferences, and took control of the aftermath, even periodically giving someone else the spotlight.

Columbia Gas also got better, though not much better. They worked around the clock to restore service, and did home

repairs, but much of the work they did to people's homes was shoddy at best. In fairness, many victims swear that Columbia Gas treated them well. Others, however, are still not made whole.

Now, a year later, Lawrence, Andover, and North Andover continue to repair roads and parks. Area fire departments are still taking daily calls for gas leaks, odor of gas, or broken gas pipes.

Yes, Columbia Gas has made monumental efforts to rectify the situation. But, to this day it has not been enough. After what they did, Columbia Gas should have given free gas services for the next ten years to every person affected by their outright incompetence.

They still can.

After all, if someone as hard-headed and egotistical as Dan Rivera can step up to the plate and give someone else a spotlight once in a while, and adequately manage the chaos of this monumental disaster, surely a multi-BILLION dollar corporation like Columbia Gas can pony up free service to those who were victimized by this disaster.

But, we're not holding our breath. ◇

Rebranding The City of Lawrence

Tomas G. Michel
VALLEY PATRIOT CONTRIBUTOR

"The everyday person is no longer voiceless or passive" —Jacob Benbunan, Disruptive Branding

After the Columbia Gas explosion disaster on September 13 of 2018, the business community of Lawrence faced a harsh reality they had to acknowledge the hard way: their lack of sustainability. There was a wide array of malpractices within the business' operations, which came afloat when many of the owners attempted to file a claim with the CG Adjusters and were unable to successfully process it. Moreover, a good chunk that did submitted a full claim, was unable to receive compensation for their losses. Many of the businesses were too informal —lacking a solid structure— or relevant documentation to back up many of the allegations they were advocating for. In certain cases, businesses would even operate on a deficit.

During the post-disaster period, many residents were struggling to maintain their commerce afloat against all odds, which in the majority of the cases was the main sustain for their families. They did not possess the tools or resources to continue operating, facing consequences

as clientele loss, due to being located in the affected area. Concepts like a business plan, market research or a value proposition many would not grasp, only compounding the negative outcomes. Furthermore, marketing was a notion not entirely maneuvered, and sometimes referred to as unnecessary; subtracting the establishment visibility in the community. This would only deepen the wounds that initiated with the incident but perpetrated by the inability of sound management many business owners exercised.

A young Entrepreneur stepped into the gloomy picture, whom with a grassroot organizing approach, started to outreach with the Non-Profit organization EParaTodos in the Relief Effort Project. He directly assisted businesses with creating, modifying and even rebranding their whole images. While creating logos, flyers or brochures for different enterprises, he would also teach them about effective marketing strategies. Also, created and hosted hands-on workshops, in both English and Spanish, to give attendees knowledge to promote their venture more efficiently.

Jorge's work has been recognized by the city of Lawrence with a Community

VELOZ: PAGE 18

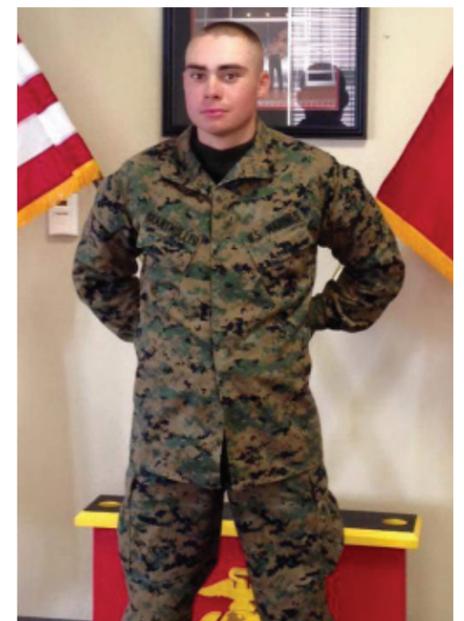
HOMETOWN HERO: Devon Michael Brantmuller

Devon Michael Brantmuller graduated from Salem, NH, High School on June 12, 2015. He then enlisted in the United States Marines and left for Paris Island (Boot Camp) on November 30, 2015.

Brantmuller started as PFC and was promoted to Lance Corporal 1 in November of 2016. He was again promoted to Corporal 1 in November 2017. Recently, he was promoted to Sergeant 1 (on August 1, 2019) the day before his 22nd birthday.

His father Michael flew down to Marine Corps Air Station, Cherry Point to see the ceremony. Devon Brantmuller has served in Spain and Italy as well as here in the United States of America.

"We are so very proud of him, he has gone far beyond what we ever expected him to and he keeps making us proud today," said Devon's mom Dawn Brantmuller. ◇



The Valley Patriot is published monthly before the tenth of each month by The Valley Patriot, Inc., 75 Main St., North Andover, MA 01845. All contents Copyright (c) 2012, Valley Patriot, Inc. All rights reserved. Subscriptions are \$60 per year and sent via U.S. Mail.

POSTMASTER: Send address changes to Valley Patriot, Inc., PO Box 453, North Andover, MA 01845.

Letters to the editor, columns and op/eds can be submitted to valleypatriot@aol.com. The Valley Patriot is not responsible for the opinions expressed in submitted letters or columns. It is the policy of The Valley Patriot not to edit or exclude submitted material based on content.

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The Valley Patriot is printed by Graphic Development in West Hanover, Mass.

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

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President/Publisher: Tom Duggan, Jr.
SALES: (978) 771-4091

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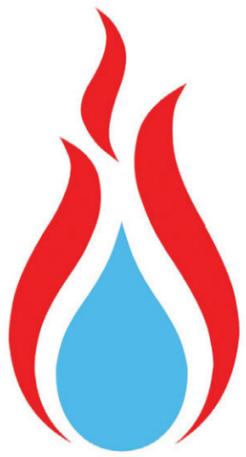
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Your Monthly CBD Update!

Brian Jakimczyk
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Perry Team Walks the Walk on Cleaning Up Methuen

METHUEN - Organizing volunteers based on activism of old, Neil Perry's campaign for Mayor is taking periodic breaks to "walk the walk" of cleaning up Methuen.

"People were always passionate about cleaning and maintaining our public spaces," said Perry.

"City leadership stopped encouraging that civic pride and community involvement, and many of our public spaces suffered. As Mayor, I will invest in these spaces and - just as importantly - I will work with our residents to restore the community pride that I know we all feel."

In August, Perry brought over a half-dozen volunteers to Veterans Park on Milk Street, sporting gloves, rakes, and bags as the team collected litter from the

fields and playground.

"We have this energy to make our city better," said Perry.

"It was great to be joined by people who want to discuss the future of our city, but wanted to do it while feeling productive. It really was a great experience."

Perry's team then joined volunteers from Clean River Project to bring their energy towards cleaning portions of the Merrimack River prior to Labor Day.

"I'm striving to spend as much time as possible making my case for why I deserve the votes of residents," explained Perry. "But sometimes it can't just be talking about cleaning up Methuen - it has to be about actually doing it."

For more info on the Perry campaign please visit: perryformayor.com



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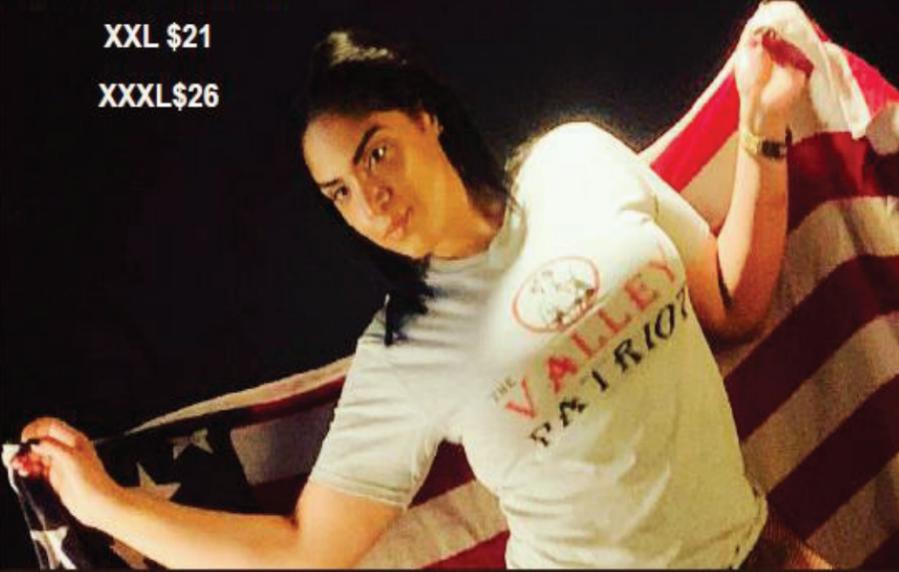


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“WEATHER 101” WITH AL!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Welcome to September and the month that begins the fall season. The autumnal equinox occurs later in September which begins the official start of fall. On the autumnal equinox there will be equal day and night.

Sunsets will continue to get earlier as we go through the month of September. As a result we will see a decrease in the daily high temperatures. It seems the summers fly by each year. Where did the summer go?

We did have some hot days. Boston had 2 days where the high temperatures reached 90 degrees or higher. This was lower than July where Boston has 12 days when the high temperature reached 90 degrees or higher.

So, August was not as hot as July. There were many dry days in August with no rain. We also saw some days with high humidity. Also during August there were some days where we saw severe weather and heavy rain.

On Sunday August 4th there was severe weather mainly south of Boston. In the area there were some trees and wires which came down due to strong damaging wind gusts. As a result, there were power outages.

More severe weather occurred on Thursday August 8th. The severe weather impacted Middlesex and Worcester counties as well as areas in western MA. Also, areas in Connecticut and Rhode Island experienced severe weather. Severe weather also occurred in Plymouth County in southeast MA. In all of these areas heavy rain caused flooded roads. Strong damaging wind gusts caused trees and power lines to fall resulting in many power outages.

Towards the end of August on the 28th we saw some heavy rain. This heavy rain was caused by tropical moisture coming off the Atlantic Ocean. Tropical storm Erin developed and then weakened into a tropical depression. Even though Erin tracked will SE of New England she caused tropical moisture to be advected into our region ahead of a cold front.

If it were not for this cold front moving our way Erin may have tracked closer to New England giving us a greater impact. By the last few days of August Erin is gone however our attention turn to a very intense Category 5 hurricane Dorian.

At first Dorian was expected to move across Florida however the high pressure



north of Florida decided to weaken. This caused a change in Dorian's track from wNW to a more Northerly track. If this holds as I am writing this article Florida may be spared a direct hit from Dorian. If the track stays north the SE US including North and South Carolina may be greatly impacted.

Dorian really intensified as he moved over ocean temperatures of 85-90. These very warm ocean water gives fuel to hurricanes which makes them intensify. As I am sending this article it looks like Dorian may move across the Bahamas giving them very heavy rain and extremely strong winds. This could cause major flooding and widespread power outages for the Bahamas. Stay tuned to next month's article when we will talk more about Dorian.

Will he impact New England?

He may get swept out to sea by an upper level trough disturbance. We will see when I write next month's article. I feel even if he does not directly impact our region we will see dangerous rip currents and high surf at our beaches. Be careful Before I close there are 5 categories for hurricane intensity 5 being the highest and worst. Winds for a category 5 are 157 miles per hour or greater. category 4 winds are 130 to 156 miles per hour. Enjoy the end of summer and stay safe. If you go to the beach in September use caution when going into the ocean. A lot of the lifeguards are gone after Labor Day.

Stay Safe. ♦



Dakota Nieves
November 4, 2018 · 6

I am human just like you. I deserve the same rights as you do . I am transgender . Not a criminal. I shouldn't be stripped of my rights, vote yes on #3 this Tuesday ! I will not be erased ! 100 #wewontbeerased #transpeoplearealpeople



Transgender Activist from Lawrence Arrested for Assaults on 4-year-old

FROM MASS FAMILY INSTITUTE

Two weeks ago in Lawrence, a transgender “woman,” born Jakob Nieves, was arrested for sexually exploiting a 4-year-old girl. Nieves was caught when he purportedly sent pedophilic images to an undercover federal agent on a messaging platform called Kik. Unsurprisingly, most mainstream media has failed to pick up on this story, and those that have, refuse to acknowledge that Nieves is actually a man who identifies as a woman. Instead, they only reference his alias of “Dakota Nieves” and repeatedly refer to him as “her.”

This is inaccurate and irresponsible reporting, but the same falsehood is even repeated in the official press release from the Department of Justice. This comes despite the fact that the charging documents repeatedly reference “her penis” being used by Nieves in his sexual assault of the young girl.

During the same period that Nieves was sending child pornography to an undercover agent, he was also posting public images in support of the transgender “Bathroom Bill.” Nieves took to Facebook in November of 2018 to advocate

for “Yes on 3,” the law that enables men like himself unrestricted access to locker rooms, bathrooms, and any other facility designated for the opposite sex.

Even more disturbing, if Nieves is convicted and registered as a sex offender, once he is released from prison, he will still be allowed to freely enter women’s facilities under Massachusetts’ law. To compound this problem, a report released yesterday shows that the state is failing to notify homeless shelters when sex offenders move in, even when those shelters house families with young children! If pending legislation to implement a federal version of these laws, the Equality Act, passes, it will be considered the legal “right” of men like Nieves to enter any of these women’s or girl’s facilities anywhere in the country.

These disturbing consequences of Gender Identity laws are some of the many reasons why nearly 900,000 Massachusetts citizens voted “No on 3” last year.

We are now seeing the cost of unwise, reckless laws such as these. Predators like Nieves have unfettered access to any woman or girl in the Commonwealth (and maybe soon across the U.S.) who is just trying use the bathroom. ♦

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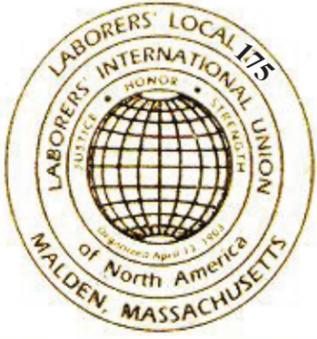
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Mike Gagliardi

Local 175 Laborers' Union of North America

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PAYING ATTENTION DEBATES

Throughout the Primary election season in Methuen The Valley Patriot and the Paying Attention Podcast have been holding a series of debates on the United Podcast Network and the results have been a huge success. After the September 17th preliminary election we will be doing it again. Here is the schedule for the Methuen election debates for the November final election. October 10th - The Central District City Council candidates. October 17th - the West District City Council candidates. October 24th, the At Large City Council candidates. October 31st - Mayoral candidates. The times of each debate will be determined by the availability of the candidates. You can subscribe to the audio of the Paying Attention Podcast on PodBean, Spreaker, and iTunes. You can watch the video of each debate on YouTube and in the photo gallery of my personal Facebook page or on The Valley Patriot Facebook page. The Paying Attention! Podcast is recorded in front of a live studio audience at the Studio 21 Podcast Cafe high atop Two Guys Smoke Shop in Salem N.H. To sponsor one of our debates you can email me at valleypatriot@aol.com.

**RUMORS RUMORS RUMORS
DON'T BE DISTRACTED!**

I heard the rumor that if Jen Kannan is elected she will be a puppet for Jim Jajuga because Jajuga is supporting Kannan for mayor. I heard a rumor that if Neil Perry is elected he will be a puppet for Sharon Pollard because Sharon Pollard is supporting Neil Perry for mayor. Then there's the Rumor that Perry is going to hire Phil DeCologero as his mayoral aid if he wins. Another rumor making the rounds is that Kannan is going to make Andrea Traficanti her aid if she wins. Every time someone approaches me with these ridiculous rumors I have the same answer, WHO CARES?

First of all, Jen Kannan is not going to be anyone's puppet if she is elected. Jen is her own person and while she might be influenced by the people who helped her win, so will anyone who wins. Jen is a puppet for nobody. On the other hand, neither is Neil Perry. The fact that Jajuga is supporting Kannan and Pollard is supporting Perry means absolutely NOTHING about the way they will govern. Voters in Methuen, don't be distracted by this silly, inside-baseball bull crap. Evaluate each candidate for office based on their qualifications and the kind of job they will do if they are elected - not who they are friends with or who supports them.

MORE RUMORS DEBUNKED

Opponents of mayoral candidate Neil Perry took to Facebook last week to spread the rumor that Perry had conflicts of interest because his daughter is a dispatcher at the police department and his son is an auxiliary police officer in Methuen. At least that's what the Perry Haters want you to think. These were obviously people supporting Nick DiZoglio for City Council as the first posts started on the "Methuen Political Page" and "Methuen Politics" on Facebook which is run by DiZoglio's dad to help his kids get elected.

What the Perry attackers didn't say, however, was that Perry's daughter had already given her notice to leave her job so that if Perry is elected there won't be any conflicts of interest. Perry himself joined in on the Facebook discussion to also dispute the fact that his son is an Auxiliary police officer. He isn't. But, for the record, even if Perry's son was an auxiliary cop, auxiliary cops don't get paid. They are volunteers. So, it wouldn't be a conflict even if that dirty-politics rumor was true.

DENNIS DEEB and NICK DIOGLIO

Two members of the Methuen School Committee are running for city council this year, Nick DiZoglio and Dennis (DJ) Deeb. Both DiZoglio and Deeb sat on the

TOM DUGGAN'S NOTEBOOK

"Lemon put his hands down the front of his own shorts, and vigorously rubbed his genitalia, removed his hand and shoved his index finger and middle fingers into the plaintiff's mustache and under the plaintiff's nose," says a sexual assault victim who filed a lawsuit on August 11th against CNN's Don Lemon.



Democrat Propagandist Don Lemon of the former News Network CNN, has been lecturing us for years, saying that we MUST believe ALL who claim to be victims of sexual assault and that "THEIR truth" must be taken as THE Truth. He called for the firing of Bill O'Reilly, and savaged Brett Kavanaugh and Donald Trump, calling them sexual predators with no proof. Now Lemon himself has been accused of sexual assault and I think we should hold him to his own standard! Sexual predator Don Lemon is still on the air. Just imagine if he was a conservative on FOX.

school committee while Superintendent Judy Scannell illegally overspent the school budget by \$4M. They sat there when it was revealed that Scannell was not licensed or certified as a superintendent. They sat there when it was revealed that Scannell had been a principal for nearly ten years without being licensed or certified prior to becoming superintendent. They sat there when Scannell said that her illegal overspending of \$4M was due to "special education" spending. They sat there when it was revealed that not all of that \$4M was actually due to special education spending.

And then ... when it came time to fire Scannell or do an investigation into how all this occurred on their watch so that the public could have accountability and transparency ... they both voted NOT to fire Scannell. In doing so, they both allowed her to get a pension for the rest of her life for a job... nay ... TWO jobs which she held fraudulently without the legal certifications or licenses. When called on it, Deeb and DiZoglio both blamed the school lawyers whom, they claim said not to fire Scannell. Now they both want to be on the city council in Methuen. You get the government you deserve! Vote wisely!

**INCOMING METHUEN OFFICIALS
MUST CALL FOR FULL
INVESTIGATION!**

When the November election is over in Methuen and newly elected officials are sworn in come January, the one thing that MUST happen is a full investigation into

how Judy Scannell was recommended to be superintendent of schools when she wasn't even certified as a school principal when she applied for the job. The new mayor and school committee need to launch a public investigation into who knew of Scannell's deceit, how the search committee allowed her name to go forward, who if any of their relatives were given jobs in the schools who benefitted from it, and what other laws were broken while her 2 decade long secret was being kept.

If you listen to Nick DiZoglio and DJ Deeb the issue is OVER. It's "time to move forward" and we gain nothing from "pointing fingers". Those are the excuses of people who do not want public transparency, do not want the voters to know what REALLY Happened and want to shove everything under the rug "for the benefit of the children... of course."

West District candidate for city council Allison Saffie said during a Paying Attention Podcast debate that you cannot move forward if you don't understand how you got to where you are. Central District candidate Joel Faretra said essentially the same thing.

It's time to stop letting people get away with murder in Methuen. It's time for accountability.

It's time to name names.

People are tired of political insiders doing whatever they want, breaking any rule



they feel like breaking, and walking away with a golden-parachute retirement paycheck, paid for by the Methuen taxpayers. But if you don't demand an investigation it's NEVER EVER GOING TO STOP!

SIGNS, SIGNS, EVERYWHERE SIGNS!

Every year at election time candidates for office run around putting up campaign signs on city property, state property, on abandoned buildings and sometimes even sticking signs on people's lawns who did not ask or approve signs being put on their property. Every year like clockwork, The Valley Patriot goes out and takes photos of the illegal signs and shames the candidates into taking them down. It would be really nice for once, if we didn't have to do that. So here is a word of caution, if you are a candidate or working for a candidate in Lawrence, Haverhill, or Methuen don't put signs where they don't belong. You aren't going to get away with it.

SID HARRIS FOR SALE

People keep emailing me about failed Methuen candidate Sid Harris and his antics asking why I don't take him to task for his many lies on Facebook. Please stop doing that. I blocked Sid on all social media, so I really don't care what he's up to these days. But I will say this anyone who listens to one word Sid Harris has to say about Methuen politics should have their heads examined. The fact is, Sid Harris LOVED Mayor Steve Zanni and kissed his ass thinking he was going to get the ADA job in Methuen. But, when Sid didn't get the job, suddenly Steve Zanni was Satan.

Then he kissed Jajuga's ass for the same reason but never got a job so you guessed it Jajuga was Satan - and now he is hoping Jen Kannan wins for mayor so he is shilling for Jen so he can get a job.

But if Jen DOES win and she DOESN'T give him a job... she will be Satan too. You see ... with Sid Harris it's all about SID HARRIS, never about the people of Methuen. And that my friends, is why Sid came in LAST when he ran for city council. A lifelong resident of Methuen and he lost to Adam Chiocca who just moved to town a few years earlier. Yes, the people of Methuen would rather have someone they DON'T KNOW ... than the Sid Harris that they DO know.

**AFTER METHUEN SCHOOL CHAOS
VOTERS REFUSE TO STEP UP**

You would think that with all the corruption, controversy, and misdeeds going on in the Methuen Public Schools over the last two years, parents and voters in the community would be tripping over each other to run for school committee to clean up this mess.

You would be wrong.

Instead, Methuen shows itself as pathetically unable to manage their own schools and because they are, it's time the state takes over. Right now there are five candidates running for six seats on the Methuen School Committee. If nobody launches a successful write-in campaign for school committee in November, do you know what that means? Yeah... it means elected political insiders will choose who fills that seat. Staggering. As a side note, this is why Methuen needs to stop cancelling primaries. If there was a primary election in this race on September 17th, there might be four or five people running a write-in campaign getting their names on the November ballot and forcing the other candidates to actually campaign (you know, WORK) for the seat they are seeking.

It's bad enough that so many kids are graduating from Methuen High unable to read a traditional clock, make change, balance a checkbook, fill out a job application, or understand the Constitution of the United States. It's bad enough that they are

CONTINUED UNDER FREDDIE

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FREDDIE SAYS

Election Day is Sept 17th
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part of the problem!
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being indoctrinated with subjective political positions like abortion, gay marriage, transgender bathrooms, and global warming.

But when the community fails to take control of a school system in chaos, it is a recipe for disaster and robs Methuen students of a decent education.

Sure, the insiders will tell you that Methuen is past all the shenanigans and controversy with the departure of Judy Scannell. But, they are lying to you. The Methuen schools are a disaster!

The voters of Methuen had a chance to step up to the plate to try and fix that disaster. Instead, they shirked that opportunity meaning that a few years from now we will be talking about more scandals in the Methuen public schools.

I will say it again... it's time for the state to take over the Methuen public schools.

MASS SHOOTERS WERE WARREN AND BETO SUPPORTERS

A mass shooter in Dayton Ohio was an Elizabeth Warren supporter who believed in gun control and confiscating guns. Last week's mass shooter in Odessa Texas was a supporter of Beto O'Rourke who believes in gun control and confiscating guns. What's odd about this is that every time there is a mass shooting both Warren and O'Rourke blame President Trump's "violent rhetoric" for the shootings. But when these two shootings happened both Warren and O'Rourke were strangely silent on what they thought was the cause. It's starting to become abundantly clear to me that some of these mass shootings are actually designed to help the Democrat Party narrative of gun control and confiscating guns from law abiding gun owners. It's just weird that you haven't heard any of that on CNN or any of the other Democrat Party controlled news media. Something else you don't hear in the mainstream news media is the number of mass shootings in our inner cities where the shooters are black and the victims are also black. Black on black mass shootings happen every day in Baltimore, Chicago, Cleveland, and almost every other major city in this country. But, that doesn't fit the agenda of the mass media so I guess those black lives don't matter. If they did, Elizabeth Warren and the rest of the left-wing demagogues wouldn't focus purely on white perpetrators of mass shootings.

N. ANDOVER ROCK THE BLOCK

The Town of North Andover, North Andover Police Dept., North Andover Fire Dept., Emergency Management, and the North Andover Merchants Association are marking the one year anniversary of the day our community was turned upside down - and the day that set us on the path where we proved the strength of our community spirit. We are bringing our first responders, our merchants, and our neighbors, all DOWNTOWN for a giant block party. This is a way to support the people who responded to last year's disaster, while supporting the neighbors and businesses impacted by months of recovery. One of our goals is to support our recovering merchants so we are encouraging any North Andover merchants to participate. And if you just want SOME FRIDAY NIGHT FUN please bring your friends and family downtown to support our local merchants! Enjoy some Great Food, have a Frosty Lager, and Entertain the Kids! Stay tuned for more info as we gather the Merry Makers!

This event is Friday, September 13th, from 6 - 9 PM.

For more information, please call Jon Bonanno at 978-242-1518 or email jbonanno@napd.us

Moulton Announces Massachusetts to receive \$35.8 million from Federal Government to Address Opioid Crisis

Representative Seth Moulton (D-MA) announced that the United States Department of Health and Human Services has released a new round of State Opioid Response Grants that includes \$35,879,685.00 of congressionally-appropriated funding for the State of Massachusetts. The state and local governments will use these funds to expand access to treatment and support near real-time overdose data.

"It's hard to talk about addiction, but it touches almost everybody in our country-whether we know someone who is wrestling with addiction, or we know someone who has lost a loved one to an overdose," Moulton said. "I'm going to keep fighting for better mental health care, and more resources like these so we can confront this public health emergency."

Moulton, who is Vice Chair of the House Budget Committee, is a national leader on mental health issues. He has used this platform to advocate for funding to address

the state's opioid epidemic. Moulton co-authored multiple letters of support for the funding released today.

According to WBUR, overdose deaths have fallen 11 percent in the first six months of 2019, but fentanyl is present in 92 percent of the overdose deaths in Massachusetts. The funds released today will help the state track data like this in real time, in addition to funding direct support for state and local governments.

Moulton is the co-author of the Fentanyl Sanctions Act, a bill that would allow the United States to target the producers of fentanyl with sanctions. The Senate included a version of the bill in their version of the National Defense Authorization Act, meaning the bill is on the verge of becoming law. Members of the House and Senate will meet to write a final draft of the NDAA later this month. Moulton sits on the committee that writes the NDAA, the House Armed Services Committee, and has advocated for the bill's inclusion in the final draft.

Moulton and his partner on the bill, Rep. Vern Buchanan (R-FL) wrote an op-ed in The Hill calling for the bill's passage before the president started a trade war with China. China, the leading exporter of fentanyl is using its failure to crackdown on domestic fentanyl enforcement as a negotiating tool. The country's tactics contribute to American overdose deaths. As Moulton noted in the op-ed, "China has an especially poor record of taking on fentanyl producers. Between 2015 and 2016, American authorities intercepted 1,072 shipments of Chinese fentanyl before they could reach our streets. In the same time period, China stopped just four."

Moulton also recently introduced a bill to create a national three-digit hotline for mental health emergencies. The National Suicide Hotline Act, would create 9-8-8 as a national, three digit number for any kind of mental health emergency. For example, a caller wrestling with addiction could call 9-8-8 to be connected to addiction treatment resources. The bill gained more than 50 cosponsors over Congress's August recess.

Opioid overdoses have killed more Americans than the wars in Iraq, Afghanistan and Vietnam, combined. Veterans are twice as likely as nonveterans to die from

an accidental overdose. Moulton has introduced a package of three bills that would allow the VA to study and discuss cannabis use as an alternative to opioid treatments. The bills would also prevent veterans who use cannabis in the states where it is legal from losing their VA benefits for using cannabis.

WINGS OF FREEDOM TOUR - Beverly Regional Airport. Experience the Wings of Freedom Tour

Come out and experience World War II history on the ground and in the air with the Wings of Freedom Tour! See our original WWII warbirds up-close and personal with walk through tours of authentically restored interiors of the B-17 Flying Fortress and B-24 Liberator and see the B-25 Mitchell, P-51 Mustang, and P-40 Warhawk on the ramp as well.

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MEMORIAL SERVICE FOR ABORTED CHILDREN
#RememberTheAborted

Sponsored by St. Patrick's Pro-Life/Pro-Vida Lawrence and Mass. Citizens for Life

On September 14th, Pro-Life Americans throughout the country will gather at the gravesites of aborted babies & other memorial sites dedicated in their honor for the 7th annual National Day of Remembrance of Aborted Children. Solemn vigils will be held at these sites to commemorate the more than 60 MILLION CHILDREN who have lost their lives to legal abortion since 1973, and to remind our society of the humanity of the unborn child. Fr. Patrick Armano will lead the local prayer memorial.

WHEN: Saturday, September 14, 2019 -- 10 to 10:30 a.m. WHERE: Knights of Columbus Memorial for the Unborn St. Mary's Cemetery, 29 Barker Street Lawrence, MA 01841

Knights of Columbus councils throughout the Order pay tribute to the millions of children killed by abortion by erecting memorials in Catholic cemeteries, council hall grounds, and on parish grounds. The idea for these memorials grew from a challenge made by the late Cardinal John O'Connor of New York, who created the Sisters of Life. In his homily at the opening of the 110th annual Supreme Council Meeting in 1992, he asked his brother Knights "to continue the Order's aggressive fight against abortion" by erecting memorials dedicated to the unborn victims of abortion. Now there are more than 2,000 across America. Visit www.abortionmemorials.com

For more information, please contact Debbie at 978-490-5302 or Gus at 978-973-6415.

BRIDGES BY EPOCH

Normal Aging vs. Memory Loss: September 10 at 10:30 a.m.; Location: Georgetown Senior Community Center located at 51 North Street in Georgetown — Families are invited to join the Bridges® team to learn the difference between normal aging and memory loss. Learn warning signs, symptoms, how it's diagnosed and how to prevent it. A light breakfast will be served. RSVPs are requested: 978-296-0058.

Just Say Yes: Using Improv in Daily Alzheimer's Care: September 11 at 2pm— Join us for this interactive presentation as we share how the principles of improvisation can engage those with Alzheimer's disease. Come learn how to implement them in your daily routine. RSVPs are requested: 978-296-0058.

Normal Aging vs. Memory Loss: Sep-



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WHEN EXPERIENCE AND LEADERSHIP MATTER

After years of fiscal turmoil, the city is getting back on track. As Chairwoman of the City Council, I led the effort to address the crisis resulting in the appointment of a Chief Administrative and Financial Officer (CAFO,) a municipal finance professional with responsibility for implementing changes in practices and procedures so that the city never finds itself in this situation again.

NOW IS NOT THE TIME FOR ON-THE-JOB TRAINING.

With my experience and leadership during a time of crisis, I am prepared to keep the momentum going as Mayor. I will work closely with the CAFO and with the state's Fiscal Stability Officer to institute citywide reforms. As Council Chair, and throughout my life, I have not walked away from any challenge, and as Mayor I will keep the faith with Methuen's residents and taxpayers, who expect strong, experienced leadership.

I respectfully ask for your vote in the Methuen preliminary election on Tuesday, September 17, 2019. If you are not yet registered to vote in Methuen, the last day to register to vote in the preliminary is August 18, 2019.

ELECT

Jennifer Aziz
Kannan
MAYOR



Paid for by the Friends of Jennifer Kannan

Jennifer Kannan Addresses Superior Officers Contract

Methuen City Councilor Jen Kannan

There seems to be confusion among some in the community, based primarily on statements being made by other candidates, regarding the July 1, 2017 through June 30, 2020 Police Superior Officers contract and the role that the City Council played in that.

First, let me be clear: In case anyone still believes that the police superior officers are currently being paid salaries based on the 2017-2020 contract, that is not the case. They are being paid at the rate of the previous contract, approved in 2014. This is the result of actions taken by the City Council.

The proposed 2017-2020 contract, negotiated between the Mayor and the superior officers union, was brought to the Council along with 7 other city employee contracts. We were told by Mayor Zanni that everything was in order and that the contract was in line with all the other contracts: 0% the first year; 2% the second and 2% the third.

Two city employees -- the City Auditor and the City Solicitor -- who report to the City Council were in the council chamber when the vote was taken. Neither stated any concerns about the contract.

Councilors have been accused of not reading the contract. I READ THE CONTRACT. The compensation page contained, in bold print, the 0%, 2%, 2% language. In year two of the contract (2018) it was brought to the attention of a new Council and the public that buried in the contract was language that in some way compounded the usual ancillary benefits to reach the astounding salaries that resulted. To this day, no one has yet been able to present the true numbers.

The new language was not flagged as outside the scope of the previous contract, nor was it brought to the attention of the full Council. The City Council are never present nor otherwise involved during collective bargaining negotiations. It is unthinkable that had the 9 members been fully informed they would have voted to approve such unrealistic salary increases.

We don't know who changed the standard language from previous contracts.

As part-time public servants, none of us lawyers or actuaries, it was reasonable for the Council to rely on our full-time mayor, our full-time auditor and our city solicitor to advise us. The Council was misled.

After the truth was revealed, a memorandum of understanding was negotiated between the superior officers union and the mayor's office. The memorandum of understanding was not approved by the city council.

The City Council held firm, took the initiative to call in the Inspector General, and eventually the superior officers' pay reverted to the 2014 levels. The City Council has done its job, and now it is up to the Mayor's office and the Superior Officers union to resolve this issue.

Under existing practices, city employee collective bargaining negotiations are closed-door sessions between the Chief Executive Officer (Mayor) and his staff and the relevant union. The Auditor and the Solicitor are usually present, but it is unclear who was actually in the room for the 2017 negotiations. This should all change under the CAFO.

Meanwhile, the City Council has approved the FY 2020 budget which contains funding to pay the Superior Officers at the rate of the 2014 contract.

To be clear, my vote related to this contract would have had no effect on any member of my family -- my son is a Patrolman, not a Superior Officer. I have recused myself from past votes related to the Police Department out of an abundance of caution, on the advice of the State Ethics Commission. I would have recused myself on this vote but was advised by the City Solicitor that we needed to suspend the rules to make up a quorum.

Where do we go from here? We take the politics out of collective bargaining! After the recent fiasco, with the help of the City Council, the city successfully petitioned for state oversight of Methuen's finances, resulting in legislation that required the appointment of a permanent Chief Administrative and Financial Officer (CAFO.) The CAFO, by law, will be responsible for all city fiscal affairs, including review and approval of collective bargaining contracts. ♦

Summer Sizzles with Town Scandals in Dracut

Brian Genest
DRACUT COLUMNIST

So much for a nice, quiet summer in Dracut. In recent weeks, a tidal wave of self-inflicted bad news has washed over town hall. With a flood of lawsuits, potential legal issues and plenty of well-deserved scrutiny, it certainly hasn't been a day at the beach for Town Manager James Duggan.

In case you've missed it, a deputy police chief has filed a civil-rights lawsuit against the town manager for retaliation, workplace bullying and harassment, the U.S. Equal Employment Opportunity Commission has determined that there is reasonable cause to believe the town has discriminated against a local firefighter because of his disability and the state's Department of Environmental Protection has issued an enforcement order against the town for the Beaver Brook trail project for violations of the Massachusetts Wetlands Protection Act. We're going to need a bigger bottle of sunscreen...

Things were already sweltering when Selectman Joe DiRocco brought a scorcher of a revelation to his colleagues on the board at their August meeting: the town apparently hasn't been following the procurement process outlined by state law and that a number of projects in town were not properly put out to bid, including the Beaver Brook trail project, the new firehouse and at least a handful of others.

According to DiRocco, three bids were not received for construction projects over \$10,000, a sealed bidding process wasn't used for one project over \$50,000 and no log of written or verbal bids was maintained. In addition, DiRocco said that there appears to be favoritism, as most of the work has been given to one Lowell company.

DiRocco said some contractors who live and work in town brought the issue to his attention and that he brought the issue forward to see what the board wants to do about it.

"Mr. Chairman, I have absolutely no idea what he's talking about," Tony Archinski said to Jesse Forcier.

"I think it's a pretty reasonable explanation of what's been going on," Forcier told Archinski.

"I have no idea what he's talking about," Archinski insisted.

Tami Dristiliaris tried to clue in Archinski. "So, Joe, what you're saying is that the bidding process wasn't followed?" she asked.

"Yes, it wasn't," DiRocco said. "That's correct."

Forcier said it was alarming that the work was being awarded to "somebody with a connection within the DPW."

"How do you know this?" Archinski asked.

"He just explained it to you," Forcier answered.

Perhaps Archinski should read the Sunday gossip column in the regional newspaper. The procurement issue was previewed there in black and white two days before the selectmen's meeting, along with other issues in town everyone is talking about. He also could have called the town attorney for more information beforehand, as Forcier correctly and politely pointed out.

Duggan told the board that he is responsible for operations. "The buck stops with me -- good, bad or indifferent," he said, adding that corrective action is being taken to resolve the problem, including the implementation of a procurement compliance officer at town hall.

Town Attorney James Hall said procurement procedures are regulated by the state's attorney general and talked about potential legal ramifications. According to Hall, an initial investigation of the situation would be conducted by the attorney general, if they became aware of it, and the matter would be subsequently referred to the inspector general for action, if it was determined to have substance.

Board members agreed to review the documents gathered by DiRocco and to discuss the situation at a subsequent meeting. Hall said the board may be able to meet behind closed doors in executive session to discuss the matter, instead of in public session, as it could be related to potential litigation. He also said that the board couldn't discuss the reputation of a town employee or official in public and would probably be able to go into executive session in that situation, too.

Either way, the details won't stay hidden under the town beach blanket forever. In Dracut, despite a strong and persistent undercurrent, the truth eventually floats up to the surface. Beware of more rough seas ahead...



Brian Genest is chairman of the Dracut Republican Town Committee and a member of the Massachusetts Republican State Committee representing the Second Essex & Middlesex district of Andover, Dracut, Lawrence and Tewksbury. ♦

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Methuen West End Candidates Debate on The Paying Attention! Podcast

There are two city councilors representing the West End of Methuen. Currently George Kazanjian and Lynn Vidler hold those seats. Vidler chose not to run for reelection and Kazanjian cannot run again because of term limits leaving two open seats in the West end. there are five candidates running for these two city council seats. Four of the five candidates will make it through September 17th primary election and go on to the November final where two will be elected. The new Methuen City Council will take office in January of 2020.

This debate was sponsored by: Royal House of Roast Beef on Lowell St. in Methuen, Abby and Rich Larochelle, and Dawn's Sign Tech in North Andover.

Jeri-An Batal has lived in Methuen her entire life and says she is running because it's time to elect a regular person, not a politician to run for one of the seats and help make Methuen better than what's going on in the city right now.

BACKGROUND

Bill Bryant has lived in Methuen for the past 25 years and is originally from Lawrence. He is married and a father of three. His wife works in the Methuen Public Schools, and all three of his kids went to or currently go to the Methuen schools. He has been active in Methuen sports and is president of the Methuen Boosters and is the MAIC vice president.

Frank Gallo was born and raised in Methuen. He currently sits on the Housing Authority board and has for the past six years. He is currently chairman of that board. Frank says he is running to bring fresh ideas to the city council and move Methuen forward by resolving the issues that are currently clouding the city.

Mike Simard is a Lawrence Police Sargent and has lived in Methuen for 24 years. He has three children in the Marsh School. He is also a veteran of the U.S. Air Force. Mike says he got involved because of the proposed Sweetheart Inn project.

Allison Saffie was born and raised in Methuen and went to the Methuen Public Schools. Saffie says she is running because she got involved during the Sweetheart Inn controversy and noticed other issues going on in Methuen. She said residents in her district were looking for people to run for this position who have no conflicts of interest or insider ties. She says she is good at holding people accountable and is willing to have "uncomfortable conversations" which she says Methuen officials have not been good at in the past few years.

THE SWEETHEART INN CONTROVERSY

All five candidates said that they opposed the development of the Sweetheart

Inn construction project. Here are some highlights:

Mike Simard: 'I'm an abutter of the Sweetheart Inn and my wife and I have lived there for six years. We paid for that zoning in the West. With two acres you are allowed one lot. The Sweetheart Inn is on four acres so they are allowed two lots but they wanted to put 15 homes on four acres, so that was thirteen homes more than they should have. This whole fight against this was not about the history or denying an over 55 development it was all just adhering to the zoning. The mayor came in and I think there were some conflicts of interest and right away he took office and rubber stamped it. He took the case out of land court and brought it back to city government. Luckily the community development board got it right and they pushed it right back to land court.'" Simard said if he was a city councilor when this issue came up he would have stuck by the experts on the CD board and rejected the project. I think one of the problems was the conflicts and dirty politics. It reeked to high heaven right from the beginning."

Bill Bryant: "I believe everyone here is an abutter except myself so technically as we are talking about conflicts that would be a situation that I would be the only one from the city council in the West End that would be able to vote on this. However, I do agree with Mike you can't put 14 or 15 units on a four-acre lot. That's not what's best for the neighborhood. There needs to be more communication with the community. There needs to be more communication from the community to city hall and I think that's what's lost. There are a lot of active people in Methuen who are active and not getting their voice heard at city hall or at these meetings. I think they have lost trust. If the vote came to me as a city councilor I would not have supported it.

[Editor's Note: Only Mike Simard is an abutter of the Sweetheart Inn]

Allison Saffie: "I wouldn't have supported it either. It is four acres but one acre is wetland, so two houses wouldn't even fit there and most of the neighbors there were OK with him having two houses but instead the mayor made an agreement in secret and then he strong armed the community development board. I think the fact that people resigned from that board over this speaks volumes. It's kind of sad that the deal has gone this far.

Frank Gallo - I am not an abutter but I do live behind the Sweetheart Inn. I think we needed to stand behind what the community development board voted for on a two-acre zoning. You can't start bending rules for one person. What would happen if everyone on that has two acres plus were ready to tear down their hose and put in ten condos in their back yard? I feel



West District Methuen City Council Candidates Allison Saffie, Mike Simard, Frank Gallo and Jeri-An Batal answer questions on the Paying Attention Podcast, video available on YouTube and Facebook, audio available for download on PodBean, iTunes, Spreaker and iHeart Radio. The Paying Attention! Podcast is located at Studio 21 Podcast Cafe high atop Two Guys Smoke Shop in Salem NH.

bad for Mike and Lee Anne, they are nice people and I realize this was their golden parachute, but rules are rules.

Jeri-An Batal: I'm not an abutter there but I live pretty close, the streets there are horrible. The cars are always flying down there and to add more of that to that side would be horrible. Every time there is open land someone wants to build something and then it really needs to come back to the people. On something like that we should put it to the people and put it up for a vote, because no one gets to speak because no one gets to speak except for those within that circle.

THE POLICE SUPERIOR OFFICERS CONTRACT

Frank Gallo: The city councilors should have read the contract. Somebody should have gone through and dotted their "i's" and crossed the "t's" and that's where I think the ball got dropped. The city council should be held accountable for that. I mean, you have a city auditor there, you have an auditor there, what happened? Where did we go wrong? Where is the bottom line contract? I never got to read the contract? So, how do we know what the real numbers really are? Show me the W2's that's what I'm saying!

Mike Simard: Being a police officer for the past 2 years, I've made rank so I deal with the management portion of law enforcement. The fact that that contract - which I think is outrageous - was presented to the city council is unbelievable. No one knows what the true numbers are but they are exorbitant and unrealistic and it's going to bankrupt the city if we don't fix that. Then the fact that it was rubber stamped by the city council ... so if that was a private company everyone would have been fired. But, now people want to

move forward and continue the saga. We have to work together as a city council and a mayor and the police department. We have a great police department but I think there's some mismanagement there that needs to be dealt with. I think in the future we should do a comparison analysis with other police departments that have similar demographics. We need an independent auditing company to come in and do a complete audit of the police department.

Bill Bryant: I love the police they do a fantastic job and any time I've had any involvement with the police they are a class act. All of the community events and all the things that they are part of has been great, but this is their black cloud right now. That goes back to my concern about city government is that these things should not be happening. It was supposed to be zero, 2% and 2% [raises] is what the mayor who signed the contract said. So, was the council lied to? You brought up the auditor and the attorney who was there, there are so many questions that there are no answers to. I would like the City of Methuen to support the police department. I want them to have the best equipment. I want them to have the safest equipment but I also want them to make a wage that is comparable to other cities and towns and keep it fair and not put our city in a position to have to cut from the school department or have to cut from the fire department.

Allison Saffie: "Ryan Dugan came to every meeting asking for the names of what city councilors were told about this contract and nobody wanted to name who they were. I think that's a problem. There's no accountability. So, there are

WEST: PAGE 21

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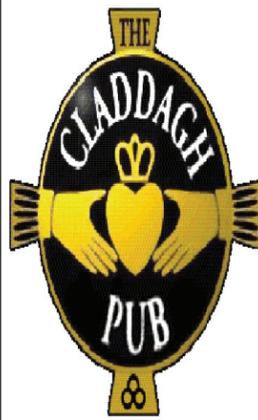
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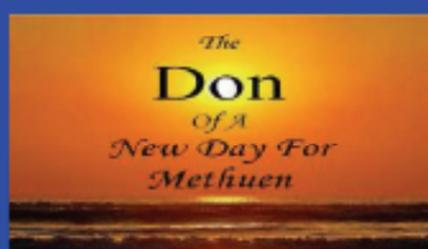
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Don Riccio for Mayor of Methuen

My Name is Don Riccio and I am a candidate for Mayor in the City of Methuen. I was born and raised here and have been a proud resident of Methuen for 62 years. I am a single parent of three children and have one grandson. I am also a small business owner in town for the past 25 years working as a Computer Consultant solving problems for a wide variety of customers.

- Educated in Methuen Public Schools and graduating from Tenney High School in 1975.
- Bachelor of Science in Electrical Engineering from Merrimack College.
- Associates Degree in Engineering Science from Northern Essex Community College.
- Associates Degree in Electronic Technology from Northern Essex Community College.
- Not affiliated with any special interest groups.
- No Family members working for the City of Methuen

I have decided to run for Mayor to give the voters in Methuen a new choice on the ballot. For too long, career politicians have promised changes and have delivered nothing but higher taxes and reduced services. I will listen to what the people of Methuen are saying, learn about what is important to them, and give them a voice. We need to bring common sense, efficient management, and compassion back into local government.



Lawrence High School 50th Reunion

The Lawrence High School class of 1969 will be celebrating a 50th Reunion on October 12th 2019 at Salvatore's Restaurant in Lawrence! (Includes appetizers, buffet, DJ,dancing, and raffles.)

We are trying our best to reach out, in many different ways, to all who graduated from Lawrence High School in 1969.

Classmates: In the fifty years which have passed since graduation, life has offered us more than a few lessons.

Those of us who have attended our reunions know something you don't... they're a lot of fun. We had a very special class and retelling those stories and sharing those memories somehow has a way of melting away the years.

It was 1969, but it could have been any year, any high school! High school days were filled with emotion and excitement: The great parties, the many friendships and the awesome music.

We hope our classmates would like to look back at those memories, listen to that music and discuss what has happened in the last half century!

The reunion is a chance to share choices we made and show how are lives have changed. As we get older our perspective on life and the future is very different

since high school!

We look different and we may not remember every face or every name and that is understandable. The day after the reunion having re-established friendships, we will likely be on Social Media (Facebook, Instagram, etc.) checking in on each other's lives and families.

This reunion is a wonderful chance to relive friendships and moments in time.

It may be in these moments after, that many of us may in fact realize those were the "good old days".

Our hope is for a big turnout, please spread the word to other classmates who you are in touch with as the date to give final counts (September

20th) for attendance is fast approaching!

Life becomes memorable partially through the extraordinary experiences we choose to have. Visiting with your classmates on the 50th anniversary of our graduation is pretty special.

To register for the reunion please send check for \$60 pp to:

Dennis Keefe C/O Methuen Co-op Bank, 243 Broadway, Methuen, Mass 01844

Contact -vinmuskavitch@yahoo.com with any questions. ♦



F.H.Cann Chosen Finalist for 16th Annual Economic Impact Award

WATERTOWN, MA -- Nineteen companies from across the state have been selected as finalists for the 2019

Team Massachusetts Economic Impact Awards, MassEcon's 16th annual celebration of firms for their outstanding contributions to the Massachusetts economy.

The finalists, spanning Greater Boston to Western Massachusetts, range in size and are drawn from hospitality/entertainment, technology, life sciences, food and beverage, software, manufacturing and more.

MassEcon selected the finalists based on their job growth, facility expansion, and investment since January 1,

2018, as well as other criteria, including community involvement. The finalists collectively have added more than 6,200 jobs to the Commonwealth, invested more than \$3.2 billion, and expanded their facilities by more than 4 million square feet since January 2018.

"The finalists for the 2019 Team Massachusetts Economic Impact Awards continue to represent the state-wide strength of the Commonwealth's economy," said Stephen P. Flavin, Chair of the MassEcon Board of Directors and Vice President and Dean for Academic and Corporate Engagement at Worcester Polytechnic Institute.

"MassEcon looks forward to honoring the winners and all who excelled at our annual event in the fall."

On September 19th, finalists will present one-minute pitches to a panel of judges and business leaders describing their growth in the Commonwealth. The event will be held at Nutter McClennen & Fish LLP in Boston, and

MassDevelopment President and CEO Lauren Liss will be the Featured Speaker. "We are thrilled to recognize Massachusetts companies that contribute so much to the Commonwealth's

economic success," said Pete Abair, Executive Director of MassEcon. "The diversity of industries across the state

demonstrates that Massachusetts is an outstanding location for businesses to expand and thrive."

Finalists compete on a regional basis in the West, Central, Southeast, Northeast, and Greater Boston areas. From the pool of finalists, gold, silver, and bronze winners will be selected by region. The winners from each of the five

regions will be announced in October and recognized at an awards luncheon on November 26th in Boston.

"This year's impressive finalists are indicative of the talent and companies that are ensuring our economy

continues to grow and thrive," said Jerry Sargent, President of Citizens Bank, Massachusetts. "We are again proud to support MassEcon in their work to help companies reach their full potential and champion Massachusetts as the top destination for business."

The companies chosen as finalists for the 16th Annual Team Massachusetts Economic Impact Awards:

NORTHEAST:
• F.H. Cann & Associates – North Andover: Certified woman-owned/family-owned and operated organization that provides call center, answering, debt collection, and loan resolution services for student loans

• Cedars Foods – Haverhill: Producer of hummus and other Mediterranean foods for major retailers/supermarkets, with a new manufacturing facility to double its annual productions output

• ClearMotion – Billerica: Global leader in active motion control technology that replaces a car's shock absorbers with powerful, fast-acting software and actuators that pull/push each wheel

• Plenus Group – Lowell: Soup and sauce manufacturer and go-to product development specialists for private label products served, utilized, and sold across a broad range of foodservice applications. ♦





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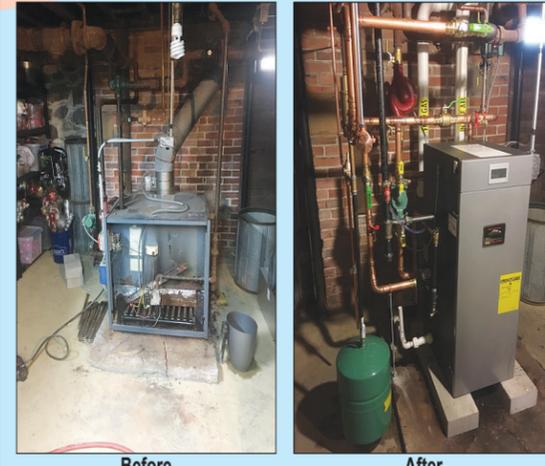
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State Reps. Christina Minicucci (D-North Andover) and Linda Dean Campbell (D-Methuen) Kayak down the Merrimack River.

IN YOUR CORNER with SENATOR DIZOGLIO

Distracted Driving

Hello Valley Patriot Readers,
Distracted driving, the act of driving while engaging in other activities that divert the driver's attention away from the road, has become an epidemic on our roadways. We've all seen the constant news headlines reporting car crashes and fatalities.

Take, for instance, a recent early-morning crash in Lincoln, MA, as a driver, distracted while looking down at his phone, drove off the road and into trees, totaling his vehicle and sustaining serious injuries. Or another recent accident, this time on the Mass Pike in Boston, in which a distracted driver, while tinkering with his GPS, rear-ended and ultimately injured a state trooper. Other accidents result in tragedy, with distracted driving resulting in an average of nine deaths each day, according to the Centers for Disease Control.

Distracted driving is now among the leading causes of car crashes, with accidents increasing by more than 170 percent in Massachusetts in recent years. The legislature passed a ban on texting while driving in 2010 but, with the steady rise of smart phones, motorists these days are also prone to checking e-mails and scrolling through various social media feeds, leaving that 2010 law outdated and in need of reform.

This summer, for a third consecutive legislative session, the Massachusetts State Senate unanimously approved a bill requiring hands-free use of all mobile devices while driving. The legislation, Senate Bill 2216, An Act preventing distracted driving, prohibits the use of electronic devices behind the wheel, with the exception of a tap or swipe to enable hands-free mode.

The Massachusetts House of Representatives also recently passed a distracted driving bill, though with differences from the Senate version. While both bills have the same intent in prohibiting virtually all handheld device usage, the Senate version requires drivers take a class after a second offense and categorizes third and subsequent violations as surchargeable offenses for insurance. This is not in the House ver-



sion, nor does the House bill include the Senate's requirement to collect racial and ethnic data on all traffic stops as a means to track profiling or biased application of the new restrictions.

A Conference Committee, made up of Senate and House members, was ultimately formed to combine the proposals into a compromise bill. They were unable, however, to reach an agreement prior to the legislature's August recess.

We in the legislature have a responsibility to do all we can to increase safety on our roadways across the Commonwealth. Nineteen states, including New Hampshire, Rhode Island and Vermont, have passed laws prohibiting handheld cell-phone use while driving.

It is imperative that members of both the Senate and House come together as soon as possible to reach a compromise on this common sense public safety legislation that will prevent the injuries, property damage and loss of life that we all too often have seen as a result of distracted driving.

Yours in service,
Diana

If you have any questions on this or any other piece of legislation, please feel free to contact me anytime via email at dizoglio@masenate.gov or phone at (617) 722-1604. ♦

Sewage Notification Bill Moves Forward

Rep. Linda Dean Campbell
VALLEY PATRIOT COLUMNIST

In July, the state's Committee on Environment, Natural Resources and Agriculture voted to move forward legislation I filed with Sen. Pat Jehlen and Rep. Denise Provost that would require public notification of sewage discharges into rivers like the Merrimack. This is the first step the bill must pass to become law. The bill's advancement this early in the legislative session is a good sign indicating strong interest among lawmakers and Committee leadership.

The legislation requires sewage system operators to send out a public advisory within 2 hours of a sewage discharge and every 8 hours thereafter until the discharge ends. A final advisory would be required within 2 hours of the conclusion of the discharge. The advisories would be made available online; sent via email or text message to subscribed members of the public; submitted to the 2 largest local news organizations; and distributed to local boards of health, municipal officials, and relevant state departments. This will ensure everyone knows when to take precautions to avoid contact with contaminated waters.

Sewage discharges often occur during heavy storms in communities with combined wastewater and storm water drainage systems. When storm water overwhelms the system, overflow channels carry excess rain and sewage directly into nearby waterways. The resulting discharges, known as combined sewer overflows or CSOs, endanger public health and disturb local ecosystems. In 2018, over 3 billion gallons of untreated sewage were spilled into Massachusetts waterways. With climate change bringing more extreme storms, this problem will only get worse.

CSOs will require significant financial investment and regional cooperation to fix, as they are a nationwide issue requiring costly infrastructure replacement. It is encouraging that sewage system operators

are already taking action on the issue, and that Congresswoman Lori Trahan has made water infrastructure upgrades a priority of hers. In the meantime, notifying the public of CSOs is critical to protect public health.

In addition to requiring public advisories, the bill directs sewage system operators to install metering equipment to detect and measure CSOs. Operators would also need to install signs at overflow locations and public access points to rivers, such as boat ramps and swimming areas, to inform the public of the health risks of CSOs and provide instructions on how to subscribe for the advisories.

The legislation has now been referred to the House Committee on Ways and Means, where it will undergo further analysis as it awaits a vote in the House. I will continue to push for this legislation, which has the support of over 80 lawmakers and is so important to residents of the Merrimack Valley, who deserve to know when the Merrimack River is unsafe for recreation.

TRIP DOWN THE MERRIMACK

Thanks to my fellow Merrimack River Voyagers for an amazing trip down the mighty and beautiful Merrimack River to Plum Island.

Our purpose was to highlight the beauty of this river and to encourage residents to enjoy the recreational opportunities available! Our purpose was also to highlight that now is the time for government to renew efforts to keep the river clean and safe for use as a source of drinking water and recreation. Special thanks to President Lane Glenn of Northern Essex Community College and Dougan Sherwood, President of the Greater Haverhill Chamber of Commerce for their role in organizing the expedition!

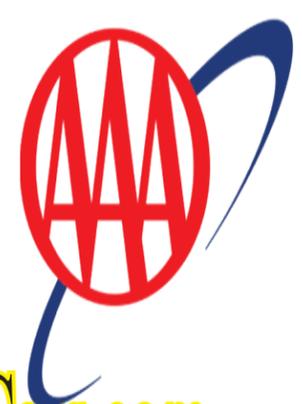
State Representative Linda Dean Campbell represents the cities of Methuen and Haverhill in the State Legislature and serves as House Chair of the Joint Committee on Veterans and Federal Affairs. She can be reached at Linda.Campbell@mahouse.gov or (617) 722-2380. ♦

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Hasmukh Vora of the Route 110 Convenience Store in Methuen celebrated the store's 14th anniversary with a cookout. Methuen Mayoral candidate Neil Perry dropped by to congratulate Hasmukh with Carol and Stevie Tomaselli.

It's time to RE-JOYCE!



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Paid for by the Committee to Elect Jordan Normandia

The TRUTH About DJ DEEB

DEEB'S TRACK RECORD

- * Complained for years about the mismanagement and misspending of Superintendent Judy Scannell
- * While Deeb was on the School Committee, Superintendent Scannell overspent by \$4M!
- * Then Deeb Voted NOT to fire Scannell for lying about her license, the finances, and over-spending by \$4M.
- * Did not call for an investigation into overspending or who else was involved in the Scannell cover up!
- * Blames School Lawyers for HIS decision not to fire Scannell
- * While on the School Committee, Deeb spent all his time scrutinizing police spending instead of doing his JOB and keeping an eye on SCHOOL Spending!
- * NOW he wants to sit on the CITY COUNCIL so he can do to the city what he did to the School System!

VOTE AGAINST DJ DEEB IN THE CENTRAL DISTRICT!



DJ Deeb Talks a good game when it comes to accountability

But When it REALLY Counted Deeb Covered up for the insiders instead of standing with the TAX PAYERS of Methuen!

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The VALLEY PATRIOT AROUND THE WORLD! Attorneys Jana Zanni Pesce with her husband Vinnie and their children Stevie, Aria, and Enzo. at St. Peters Basilica in Rome! Take your Valley Patriot with you on vacation and send us your photos to valley patriot@aol.com

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If you believe Methuen needs a fresh start, take a close look at Neil Perry.

A Lifelong Resident — Neil Perry was born in Methuen, began his career as a Methuen teacher, raised his four children in Methuen, and has a long history of volunteering his time to the community. He never expected to run for office. In fact, he hasn't participated in most local elections preferring community action to politics. **He's running because he's heartbroken that personal agenda, conflicts of interest, and negativity have left our city struggling and many of our neighbors angry.**

Prepared to Lead — Neil achieved a Bachelor of Arts Degree in Elementary Education and Spanish from UMass Lowell. Neil later earned a Master of Business Administration Degree (*with a concentration in Accounting*) from Southern New Hampshire University. He also served as an adjunct professor of accounting at Northern Essex Community College. **At a time when Methuen's financial sustainability has been jeopardized by reckless contracting and overspending, it's critical to choose a leader who's highly qualified by training and experience to put our house in order. And, as an educator by training, he's uniquely qualified to actively serve as Chair of the School Committee.**

Experienced Executive — At Raytheon, Neil serves as Director of Supply Chain Operations and Business Transformation. His team includes over 10,000 suppliers across the globe and his responsibilities include successfully negotiating and managing multi-billion-dollar contracts. **Neil intends to restore public confidence in our city government. He'll insist on the highest standard of conduct among city employees and will actively negotiate fair, affordable, and transparent contracts for city employees and critical municipal services.**

Neil Perry. The most qualified candidate to be Methuen's Mayor.

Neil
PERRY
For Methuen



Methuen Central District Candidates Debate on The Paying Attention! Podcast

The Central District of Methuen is represented by two city councilors. Both Incumbents are seeking reelection. One of those incumbents refused to appear at our debate. The other incumbent, Joyce Campagnone as well as the three challengers did appear at the Paying Attention! Podcast Debate last month.

Sponsoring this debate were; Bada Bings Pizza on Hampshire St., A&M Auto Body on South Broadway in Lawrence, Jen Kannan for Mayor and Neil Perry for Mayor. The Paying Attention! Podcast is recorded in front of a live studio audience at the Studio 21 Podcast Cafe and is part of the United Podcast Network.

Of the five candidates in the Central District City Council race four will be nominated on September 17th to face off in November where two will be elected.

BACKGROUND

Dennis Deeb – Deeb is single, came to Methuen from Dracut where he was a member of the school committee and the vocational school committee. He has three master's degrees and says he has the ability to understand contracts. Deeb is currently a member of the Methuen School Committee and voted not to fire Judy Scannell after it was learned that she overspent the school budget by \$4M and didn't have her superintendent's license. Deeb says he will "ensure fiscal responsibility and accountability" and will maintain essential services. He opposes all tax hikes proposed for the city. Dennis goes by DJ. "When I say I have no conflicts I mean I have no relatives working for this city and thus I can vote on all the contracts. I have the experience to make sure our tax dollars produce better results for Methuen residents."

Joyce Campagnone: Campagnone has served as a councilor at-large, was an east district councilor, served on the school committee and is now an incumbent on the city council representing the central district. Joyce says she is running to "make sure everyone gets treated equally. Campagnone is a volunteer at the VFW and has advocated for veterans for decades.

Joel Feretra: Joel has been a volunteer

helping the schools for years. He's a member of the MAIC, and has been coaching for the last 12 years. He says he has been getting more involved as his kids have gotten older and he started to see what is going on in the city. He says what is lacking is, politicians who are willing to listen to both sides and bring people together in compromise. "I'm not a politician," he said. He says that he is hoping with this election there will be people on the council who are willing to have discussions instead of arguing back and forth. He says he wants to bring in more businesses to the city and that there needs to be accountability. He doesn't want the tax burden to be on the residential taxpayers.

Jordan Normandia: Jordan is a life long resident of Methuen. He served as a United States Marine out of highschool. He attended the Methuen Public Schools and went to Suffolk University where he graduated in May with a degree in law and public policy. He is now a law student at New England Law. He says he is running because he cares about the community and cares about public service. "I want to give back to the community," he said in his opening remarks.

THE POLICE SUPERIOR OFFICERS CONTRACT

Joyce Campagnone: We voted against giving the police the higher amount, we inherited this mess from them. This contract is now in the hands of the court and whatever they decide we are going to have to abide by it. I don't want to start talking about previous vote and who did what. I don't have all the facts and that's what the problem is. All the facts were not on the table and that's why we are in the spot we are in.

Joel Feretra: Your council voted to give \$1.8M back to the police department. There was a budget passed in July with the \$1.8M taken from the police budget and you gave it back. In hindsight you did fund the contract.

Denis Deeb – "What Joel is saying is right. First, the matter is in Arbitration. Secondly, the council voted 5-2 against reorganizing the police department and they voted to fund the positions fully. Tom

in visibility efforts, especially in the digital world. Leveraging every opportunity available was imperative to surpass the tragedy.

Empowering and training business owners to lead their marketing efforts by exposing them to channels available is one of the main goals of Jorge's Company. "Simple things like registering in Google My Business or create a flyer for a product/service promotion in the Canva application, can make all the difference" says Veloz.

While being part of the EParaTodos' Entrepreneurship Committee, he is developing efforts like the LatinX Networking Events to connect the local business community with social capital such as the Former U.S. Ambassador to Denmark, Rufus Gifford and the Economist Jonathan D'Oleo.

He looks forward for Pentagon Studio to grow to create employments and continue giving back to the community in other capacities. ◇



Central District Methuen City Council Candidates Jordan Normandia, Joel Faretra, Joyce Campagnone, and DJ Deeb. video available on YouTube and Facebook. You can subscribe and/or download audio on PodBean, Spreaker, iTunes, and iHeart Radio.

asked the question 'what should be done?' Well, I'll tell you what should be done, what should be done is a full reorganization of the police department."

Campagnone: "So, you want to break the contract?"

Deeb: "We don't have to fund positions. As a council you have control over that. We have 72 patrolmen and 24 superior officers including five captains. The City of Lawrence has 175 patrolmen and 3 captains. So, I don't think we need five captains. So, I would immediately cut two of them out of the budget, and add additional patrolmen. I think Methuen is in need of more patrolmen. We have too many superior officers we are top heavy."

Jordan Normandia: "Coming at this as a normal citizen, the main things is they still don't even know what really happened. What we need to do is move forward and find a solution to where we are now. I don't have all the answers and I don't have all the facts but arguing over who did this or who did that, there may be some merit to that but what we need to do is really focus on a solution. The people feel a sense of distrust and disloyalty with the council and whoever else was at fault. We need to get back the public's faith in that institution and work together as council members and try to move forward.

Campagnone: "The mayor is the one, along with the police, puts together the agreement and then it comes to the council. You have a mayor that would not take any suggestions or changes. A few councilors wanted some stuff cut out of the contract and he wouldn't have it. He was like, 'I'm the boss and that's the way it's going to be. So, it has to be an effort involving everyone.'"

Deeb: "But you have control over the budget Joyce. You as a council get to approve the budget. You could have cut that budget and this council did not go along with the reorganization of the police

department."

Campagnone: "No, because it's a union thing, and in the position you are on [on the school committee] you weren't too good either with the budget on the school side. We had to get a bond for \$4M and the taxpayers of Methuen now have to pay for the mistakes that were made on the school side. Nobody came to the podium before this was happening."

Deeb: "The difference is, Joyce we didn't know that the \$4M was being mis-spent in the school department."

Campagnone: "Then shame on you! When you presented the school budget you didn't say you were overspending you just came for more money."

Deeb: "You were at the city council when the former Superintendent told the city council that the school department was being cut and our department was the only one that was being cut and that they were going to likely have to come back and ask for additional revenue if the enrollments increased as a result of the need for required state and federal special education mandates."

Campagnone: "Four million dollars? Not four million dollars!"

Deeb: We are in the bottom 15% of city spending and had the school department not been cut it wouldn't have been \$4M."

Campagnone: "No, you're wrong! You get the warrants [spending sheets] at every meeting and you people have to sign off on all the warrants."

Faretra: "Guys, It's a big picture problem where we have different departments in Methuen. You guys can go back and forth on the police and school department all day. But we have departments that are top heavy and the feet that are on the ground are always the ones on the chopping block. When the whole thing happened with the police department it was 'we are going to lay off patrolmen'.

CENTRAL: PAGE 21

VELOZ: FROM 2

Champion Certificate from the Mayor's Office, for helping the community throughout the disaster; also, by the State of Massachusetts, for its positive impact in local businesses, altruistic performance and social responsibility.

He has participated with a lead role on the play I survived, directed by Bianca Ramirez and co-starred by the actress Dascha Polanco from Orange is the New Black. Has assisted in creating videography for the David Ortiz Children's Fund and will be a panelist for the EForAll Summit to take place this upcoming October 2nd at the UMass Lowell Inn & Conference Center. Without forgetting that in 2016 he launched his urban clothing line Aurea Vestes.

Despite the fact that according to the Federal Emergency Management Agency a 40 to 60 percent of the small businesses do not reopen after a catastrophe, Jorge and his platform have been defying gravity. Becoming the outsourced marketing department for many small businesses that did not have the capacity to engage

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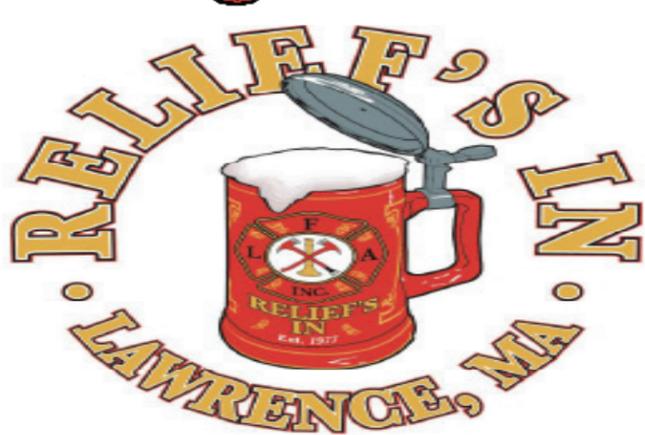


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WEST END DEBATE: FROM PAGE 12

people sitting on this council who knew this was a bad contract there's evidence that no one read it according to the Inspector General report. SO we have to hold people accountable. We are in the situation that we are in now because people didn't read this, they didn't take into account how it would affect us in the future. Also, the justification for this contract - even from what the superior officers union Facebook page said - is that we have a higher violence rate now than we did prior. So, I've even looking at the statistics from the FBI and I don't see that. There is no significant jump that would justify this. It's the patrolmen who are first called to a scene, so where are their raises? They should restructure the department but they [the police] should do it. I think that they need to be held accountable too. The city council shouldn't be doing that."

Jeri-An Betal: "I don't like that fact that they are saying that they didn't read the contract. That seems like taking the easy way out instead of taking on the responsibility because, anyone who has a contract - even for themselves- you are going to read the whole thing. You aren't going to say 'I'm just going to leave it up to the attorney. The police budget is embarrassing. We are on the news constantly.

CENTRAL DISTRICT: FROM PAGE 18

When the whole thing happened on the school committee, there wasn't administrators getting laid off, it was 'we are going to lay off teachers and teacher aides because that's what gets everybody up in arms. Departments in Methuen end up overspending and then comes back to the council saying we need money from free cash for this or that and no department is held to living within their means. You are given a budget in July, make that last until June 30th, and if you have issues, cut inside that budget instead of coming back to the city and saying 'hey I need more'. At some point there's no more. Our stabilization fund is pretty much done. We are not banking money year by year, and at some point we need to live within our means. Right now we are not and that needs to change going forward.

Normandia: "What it sounds like is just poor management. It doesn't matter if it's the council or the school department. I agree with Joel I think it's top heavy, we need to get in there and focus on the issues in an efficient way. Methuen is a decent size town, we aren't Boston where we can't get things done in an efficient way. As a resident and a non-politician it doesn't make much sense to me. A lot of average citizens like myself want to know how does this kind of mismanagement happen. And it seems like it happens on a regular basis. I want to get in there and get down in the weeds of this and find out for myself.

VOTE NOT TO FIRE SCANNELL

Deeb "I voted not to fire Judy Scannell and that was the right decision and I stand by it. First and foremost I was not part of the original school committee that hired Judy Scannell as superintendent. Obviously I would not have voted for somebody that didn't have the license. There were three options we were faced with, one was to accept her retirement, the second was to terminate her, and the third was to accept her resignation effective immediately. I sought advice from legal counsel, and legal counsel said if you go for termination it's likely going to cost the district tens of thousands of dollars. You are likely going to have to pay back the \$20,000 for sick time buyback that's in her contract, you are going to have to pay for two superin-

It's getting to the point where, when people ask where you live you put your head down and say

'Methuen'. They say you were on the news last night. Well, someone has to be held accountable for something. Just passing the buck and saying 'well I didn't read the contract' I'm sorry that's just not a good enough answer for me, not as a taxpayer. IF we are going to be dishing out this kind of money ... I mean, look at the cars they are driving around in. Last time I checked you go to your job you drive your own car and then you get in your car and you leave. I wouldn't mind having a half the vehicles that are being driven around on our dollar. It's dangerous that we have gotten this far with the budget. It's scary as a taxpayer. Someone needs to be held accountable for this instead of coming up with excuses.

To view the entire debate you can visit the Paying Attention! Podcast on YouTube, or the video gallery of Tom Duggan's personal Facebook Page. To subscribe to and download the audio podcast you can visit Podbean, Spreaker, iTunes and iHeartRadio. The Paying Attention Podcast will be doing debates in October for the general election in Methuen. To sponsor our debates please email valleypatriot@aol.com. ◊

tendents while the process is ongoing, and you are not going to be able to stop her from getting a pension. That's out of the school committee's hands that's strictly the retirement board at the state. Whereas, if we voted to accept her resignation, she forfeited the \$20,000 sick time buyback, you save the thousands of dollars in legal costs, and you are not paying two superintendents while the process of termination is ongoing.

[EDITORS NOTE: had the school committee fired Scannell and held an investigation the pension board would have taken that into consideration when she applied for her pension.]

Joel Faretra: "All the teachers that were let go by Judy Scannell, were they given the option to resign or were they just fired?"

Deeb: "They also had the right to a process and union representation which is the case with any public employee."

Faretra: "So, Judy was hired in 2010 without the license, you voted to give her a contract extension, how did the school committee never decide to ask for an update on the certification? You can say 'I didn't give her a contract. Everything that has happened the last two years on the school committee, nobody wants to take the blame and just say 'we screwed up'. All you guys are doing - and Nick DiZoglio did it two weeks ago - everyone is pointing the finger at somebody else. Somebody at some point knew something and nobody wants to own up to it. I would have had a lot more respect for the school committee if you had just said 'we dropped the ball we screwed up and we are going to make sure that doesn't happen again'. Instead everybody that's on that school committee has just found an excuse as to why it wasn't their fault."

To view the entire debate you can visit the Paying Attention! Podcast on YouTube, or the video gallery of Tom Duggan's personal Facebook Page. To subscribe to and download the audio podcast you can visit Podbean, Spreaker, iTunes and iHeartRadio. The Paying Attention Podcast will be doing debates in October for the general election in Methuen. To sponsor our debates please email valleypatriot@aol.com. ◊

SUE PIAZZA'S BOOK REVIEW

Secrets In The Sand: The Lost Pharaoh Chronicles Book II

BOOK REVIEW _ by Lauren Lee Merewether, Edited by: Spencer Hamilton
© 2019 Lauren Lee Merewether
Advance Copy, 130 pgs.
4.75 Bookmarkers

Lauren Lee Merewether's first historical fiction, *Blood of Toma*, was nominated for a Montaigne Medal. She was also a finalist for the Next Generation Indie Book Awards in Historical Fiction and a Readers' Favorite Award in Young Adult-Thriller.

Though *Secrets In The Sand* is the second book in *The Lost Pharaoh Chronicles Series* it is a stand-alone book. It includes a Glossary, a section devoted to Concepts/Items, Gods, Places, and People. A Prologue serves as an introduction to the novel.

When the heir apparent, Thutmose, dies unexpectedly his brother Amenhotep IV / Akhenaten succeeds his father, Amenhotep III, to the throne. Expected to marry Thutmose, Nefertiti then marries his brother. She gives birth to six girls, King Tut having a different mother.

Pharaoh Akhenaten abolished Egypt's polytheistic religious structure and made it illegal to worship the old gods; the Pharaoh created his own monotheistic religion centered on one god, the Aten (or Aton), the sun disk. He moved the capital. The end of royal people's names changed to reflect obedience to the Aten. Example: Queen Nefertiti became Neferneferuaten-Nefertiti. Upheaval flourished as the Egyptian priests and the populace revolted against this change.

One of the most controversial, if not the most controversial, period in Egyptian history is retold by this masterful author. Ms. Merewether's in-depth research and ability to weave a convincing yarn gives us a glimpse into the life and times of those of whom she writes.

History of this period is vague due to a detail spoken of in both Book 1 and 2 called erasure. For centuries we had no knowledge of these individuals. Their temples were destroyed, their faces blurt-

ed out. They were effectively removed from memory - until the 19th and 20th century. And, even now, archaeologists, Egyptologists, geneticists, etc. continue to search for pieces to the puzzle.

Due to erasure and limited records there was plenty of opportunity for the author to use her skill in creating characters and situations that could have taken place. The real-life individuals are expounded upon. The situations she puts them in are events that, given the historical data we currently have at hand, are a distinct possibility. The presumed inner workings and complexities of the royal house, its laws, its intrigue, its unexpected deaths, are all investigated.

One of the things I love about this writer is the copious notes she provides. It is apparent the amount of time and research that she puts into her pieces and how passionate she is about her work.

Most people are familiar with King Tut's golden funerary mask. From this depiction we all are left to believe that the child Pharaoh was good looking and healthy, not so. This book and current research reveals that Queen Nefertiti "... observed the boy's sickly appearance: his club foot, his exaggerated overbite, his somewhat bent spine, his pale skin; this cherished boy, who'd had to walk with a cane, and whom her husband hadn't even named as his successor, despite thinking it was worth betraying their bed to produce a son."

If King Tut or this controversial period of ancient history is of interest to you, you may want to pick up this book. I do not think you will be disappointed.

I highly recommended this

Susan Piazza is an author, columnist, and blogger. She can be found at susanpiazzaauthor.com You can read the Introduction and Prologue to her soon to be released book "A Bird Call That Isn't" under the blog of the same name. If interested in receiving an advance copy of her book contact her through her website. ◊

NOTEBOOK FROM 9

tember 16 at 7pm, Location: Tewksbury Public Library located at 300 Chandler Street in Tewksbury — Learn the difference between normal aging and memory loss, including signs, symptoms and how memory loss is diagnosed and prevented. RSVPs are requested: 978-296-0058.

Caregiver Support Group: September 19 at 6 p.m. — Join fellow caregivers to trade tips and receive expert advice and support from Kim O'Connell, MSW, LCSW. A light dinner will be served. Caregivers may bring their loved ones with memory loss to dine with Bridges@residents while they attend the group. RSVPs are requested: 978-296-0058.

MILL CITY GROWS' 8TH ANNUAL HARVEST FESTIVAL

[Lowell, MA] – Mill City Grows (MCG) is proud to host their 8th Annual Harvest Festival on Saturday, September 28, from 11am to 3pm, at Lowell's North Common Park in the Acre Neighborhood, the site of their North Common Community Garden. The public is invited to this free, family-friendly event showcasing garden tours, a farmers' market, local food vendors, and hands-on activities and lawn-games for all ages. New for 2019 will be a Live Demonstration Area on the North Common Amphitheater Stage featuring food, craft, and gardening demos by Mill City Grows staff, local gardeners, and community members.

Please visit our Harvest Festival Facebook Event Page for event updates and information or call Mill City Grows at 978-455-2620.

Share Your Favorite Craft, Gardening Tip, or Recipe at Harvest Fest

Do you have a gardening, cooking, or urban sustainability skill that you'd like to share with your community? Come join this year's Harvest Festival as a Demonstration Presenter! 15-30 minute slots are available from 11:30am-1:30pm. Topics can range from growing specific crops, prepping your garden for winter, irrigation techniques, urban gardening, cooking demos, garden art, and beyond! Click here to share your presentation details for consideration.

Join the Harvest Festival Volunteer Team. For volunteer registration and more information, please visit millcitygrows.org or email volunteer@millcitygrows.org. ♦

NEWBURYPORT BANK DONATES \$500 TO WHITTIER HOME MUSEUM

Newburyport, MA – Newburyport Bank has donated \$500 to the John Greenleaf Whittier Home and Museum in Amesbury, MA. Located on Friend Street, the classic New England farmhouse is where John Greenleaf Whittier lived from 1836 until his death in 1892. It is also where Whittier wrote most of his prose and poetry that established him as an icon in American literature. Today the home not only serves

as a National Historic Landmark, but it also plays an important role in the region's contemporary literary scene.

"We're fortunate to live in an area that's rich with historical properties and important figures in America's history," said Lloyd L. Hamm Jr., President & CEO of the Bank. "The Whittier Home and Museum is a true gem, one that not only pays homage to one of America's great poets, but also opens its doors to contemporary writers and poets. It's not just history," he said. "It's living, breathing history."

NECC ANNUAL ROAD RACE

Online registration is now open for Northern Essex Community College's annual 5K Campus Classic road race, which will be held on Saturday, October 5, 2019, on the college's Haverhill campus, 100 Elliott Street.

The 5K is set to once again kick off NECC's annual Homecoming, which will begin immediately following the race and will feature a range of activities appropriate for all ages. The public is invited to stop by Homecoming for a chance to spend time with friends, celebrate the season, and enjoy arts and crafts, food, a "touch-a-truck," live music, and more.

The chip-timed USATF-certified 5K race will begin promptly at 10 a.m. by the NECC Haverhill campus maintenance building, and will wind through the beautiful rural campus and its surrounding residential neighborhoods. Competitive runners – as well as novices and walkers – are encouraged to participate.

The general race entry fee is \$25 through October 3. The price increases to \$30 after this date. Students with valid NECC IDs may register for a discounted price of \$10. On-site registration is also available.

All proceeds from the NECC Campus Classic will benefit the NECC Fund, which supports student scholarships and academic programs. Covanta, one of the world's largest owners and operators of energy-from-waste conversion infrastructure, is the Platinum Sponsor.

Registrants who sign up by September 7th will receive a free t-shirt. Award categories will include top three male and female overall plus first place male and female in the following age divisions: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-69, 60-69, and 70+.

Because this is a campus event, participants are encouraged to wear apparel from their college as they run or walk. Participants are also welcome to remain after the race for a beer garden, food, and an awards ceremony, in addition to Homecoming-affiliated activities.

For more information, please visit www.campusclassic5k.com or contact Lindsay Graham, director of scholarships, alumni, and community relations, at [\[necc.mass.edu\]\(http://necc.mass.edu\)](mailto:lgraham@</p>
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JOBNETWORKING GROUP FORMS FOR GR, ESSEX COUNTY SENIORS

North Andover - A new networking group that addresses the issues of age bias in hiring, workforce re-entry and career redirection for 50+ Job Seekers is being formed under the direction of the North Andover Senior Center.

The innovative program is aimed directly at men and women in the 50+ demographic. It will be of interest to any senior in the greater Essex County area. The program will meet at the North Andover Senior Center on a bi-weekly basis, beginning on Tuesday, September 10 at 4:30 p.m.

The topic for the first meeting is Self-Assessment/Transferable Skills.

Subsequent meetings will be held on the 2nd and 4th Tuesday of every month from 4:30 to 6:30 p.m. However, doors will open early at 4:00 to allow participants to network informally with each other

The program is free but pre-registration is required and can be done on-line at www.mcoonline.com/50plusregistration. Additional information can be had by calling Cahla Ahlstrom, Outreach Manager and Assistant Director at the North Andover Senior Center at 978-688-9560. Cahla is available during normal Senior Center hours.

"This is a perfect opportunity for anyone who has lost a job or is re-entering the workforce or- for that matter – anyone looking for new career experience," Ahlstrom said.

"Because 85% of all new jobs are found through networking, we believe this will be a golden opportunity for seniors," she added.

ATTENDEES

While the program is being presented in North Andover, seniors from all over Essex County as well as the Merrimack Valley region, including greater Haverhill and greater Lowell are cordially invited to attend.

"Our mission is to focus on the health and well-being of resident seniors, and we are always delighted to be able to reach seniors beyond our town borders," said Irene M. O'Brien, Director of the North Andover Senior Center.

GROUP FACILITATOR

The Seniors Networking Group will be expertly facilitated by Deborah Hope, a leading career coach, and facilitator in the area. She is the principal of Hope Associates, which specializes in leadership agility and career coaching.

A graduate of Boston College's Carroll School of Management, Hope has been the principal of her firm for over 8 years. She has lectured widely and serves on several civic boards, including the Merrimack Valley YMCA Corporate Board of Directors. In addition, she has written on intergenerational career issues.

Ms. Hope's stated goals are to guide attendees through a self-assessment, help

identify marketable and transferable core competencies, and lay the groundwork in determining new employment applications and job retention skills. ♦

FUNDING

Funding for the 50+ Job Seekers Networking Program is provided by a grant from the Executive Office of Elder Affairs. It is managed by the Massachusetts Council of Aging.

VETERANS OF FOREIGN WARS-POST 8349

Date: Friday, September 20, 2019 | 8:00AM Tee Time

RAIN OR SHINE: Please arrive at Golf Course no later than 7:30AM

Location: Merrimack Valley Golf Club
210 Howe Street, Methuen, MA 01844

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Entry Fee: \$500.00 per Four (4) Person Team

Format: 18 Hole Scramble with Golf Carts

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Registration Includes: A Dinner Buffet hosted by Redneck BBQ as well as participate in raffles for chances to win great prizes!

Where: VFW Post 8349, Methuen, MA 01844 at approximately 2:00PM.

ALL Teams will need to register at the VFW Post 8349. Please ask ANY bartender or Board Member for a Registration Card. Then, complete the Registration Card and provide the Registration Fee of \$500.00 by cash or check ONLY. If by check, please make payable to "VFW Post 8349" – No Credit Cards accepted.

IMPORTANT: ALL Teams will be required to have their Registrations PAID IN FULL by SEPTEMBER 1st to participate. "Sorry... there will be NO refunds".

Any questions, contact Bob McNutt at 603-235-0144, Randy McCrillis 978-390-4842, or the VFW Post 8349 at 978-687-9465.

So sign up your Team TODAY! A great cause and a lot of FUN!!!

"WHAT'S IT WORTH" APPRAISAL FUNDRAISER AT THE BUTTONWOODS MUSEUM

Saturday, September 14, 2019 from 1- 4pm at HC Media at Harbor Place, 2 Merrimack Street, Haverhill, MA

Do you have a family heirloom or collectible item that you've wondered "What's It Worth"? Well, bring it down to Harbor Place and find out from one of 3 accredited appraisers for \$10 per item! Plus you have the option to have your appraisal on HC Media, just like the popular series ANTIQUES ROADSHOW! Best of all, the net proceeds from this fundraiser benefit the Buttonwoods Museum in Haverhill. So you'll find out how much your item is worth and help out one of Haverhill's treasures at the same time.

To register for a time slot, go to www.buttonwoods.org and click on the "What's It Worth" logo on the homepage. ♦

Two of Four Candidates for Mayor of Methuen will Survive Sept 17th Primary



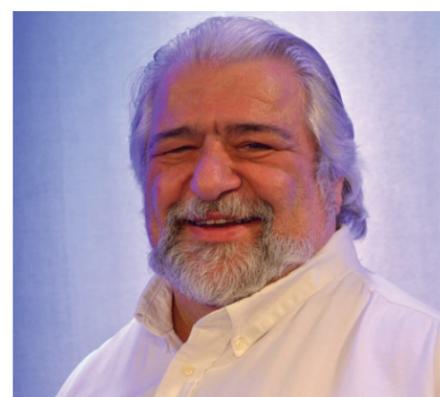
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YE GAY OL'E VALLEY

BENEATH THE SURFACE

The War Against Women

Love is Also Truth & Justice

Dani Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

I have three grown children. My oldest, a daughter, recently gave birth to my first grandchild, a boy. How lucky he is to be a white male born into this world. At no time will he be discriminated against because he is white or male. He will not be denied a job, housing or opportunity because he is white or male. He will certainly not be forced, by law, to alter his body because of an adolescent mistake or the violent assault by another person. And despite all of these wonderful children in my life, I support upholding and protecting Roe v. Wade, a policy put into place half a century ago, but will set us back centuries, if it is overturned.

Why is it that policy makers, the majority being white men, believe it is their right to tell a woman what she can and cannot do with her body? Most likely, it is because the chances of them being raped are next to nothing and they have a ZERO chance of ever getting pregnant. Their justification is that they are protecting the rights of the unborn child. How about protecting the rights of the victimized mother and lives of the children already born into our society before adding more? Pro-lifers are so concerned about the unborn child that they forget that there over 31 million children living in poverty (Columbia University). What are they doing about that? And what about school shootings? We've lost almost 300 students to those and yet the pro-life advocates are also the ones that support the NRA. What's being done to keep our living children alive, fed, and housed? If Roe v. Wade is reversed, these statistics will rise including crime and healthcare issues. The majority of women who rely on Planned Parenthood and have abortions are living in poverty. Take these support systems away and you'll see more children born into that very life.

Roe v. Wade was passed in 1975, however, there were several states that legalized abortion in 1970. Fast forward 18 years and these states saw a measurable drop in crime; in some instances, by 50% (escholarships.com). Five years later, after the passing of Roe v. Wade, those same statistics were seen across the country. Why? "Women who have abortions are those most at risk to give birth to children who would engage in criminal activity. Teenagers, unmarried women, and the economically disadvantaged are all subsequently more likely to seek abortions." (Levine et al. 1996). Planned Parenthood saw the value in giving women choices and support. It does not only provide abortions

to those who are victims of poverty or violent crime, it provides STD testing and treatment, birth control, wellness exams and advocacy for reproductive rights. That's why it's called Planned Parenthood. Isn't that what everyone wants, a "planned parenthood" where every child is wanted and can be provided for? So, why destroy a system that assists with exactly that?

The reversal of this 50-year-old Supreme Court decision will force women and girls of all economic levels to carry a child they do not want. This is cruel, sadistic, and detrimental to their physical, mental, and emotional health. It is the legal re-raping of women. Don't tell me that I'm over reacting. I'm a woman and I know exactly how I would feel, if I were to be raped, impregnated and then forced to go to full term. My country's legal system will be raping me again. No female should be forced to carry an unwanted pregnancy to full term especially if it is a result of rape or incest. (Recently I heard the term "un-consensual intercourse". A disgusting, male generated, term to euphemize rape.) If this comes to fruition, will the government cover the costs of medical care necessary to make sure that each fetus comes into this world healthy? What about the hospital bill for the birth? Is the young mother (say a girl of 15ish who is the victim of a rape, sorry, the engager of un-consensual sex) responsible for paying the costs of her forced pregnancy? And what will the father's role be in all of this? What consequences will he be legally forced to endure that will have the same physical and emotional ramifications that the young mother will be subjected to?

Why is so much effort being put into the unborn child? I know two reasons are that they can't speak for themselves and children are our number one precious commodity. Who could argue with that? If that's the case, wouldn't you think America would do well to take care of the very people responsible for bringing that precious commodity into our world? America is the "superpower" of the world. We are supposed to set an example of being free, compassionate and protective and, yet, we leave our new parents and their children without the financial and emotional support necessary to begin a new family. The U.S. falls embarrassingly short in protecting the very institution it claims this country was built upon-family. They're hell bent on protecting the unborn child until it's born, but not its parents. If a mother works at a company with 50 or more employees, hurray, she gets up to 12 weeks of UN-PAID leave. Congratulations! You just

ABORTION: PAGE 29

Paul Murano

VALLEY PATRIOT MORALITY COLUMNIST

In our era that emphasizes love as mercy, let us not forget that love is also justice. Compassion and mercy encompass only one side of love. Truth and justice make up the other. It is like the two sides of a coin: it fails to be a coin without both heads and tails. Likewise, love fails to be love without both truth and compassion.

God is love (1 Jn 4:8). This means He is both just 'and' merciful: He commands 'and' is compassionate. He punishes 'and' forgives. He shows tough love 'and' soft love to His people. If the two sides of love are not properly balanced for the objective good, you end up with a false notion of love. Justice without mercy can be harsh and hopeless, while mercy without justice is pure sentimentality. With regard to the latter, compassion without truth leads to enabling and tenderness without truth to abuse.

Because of the imperfection and imbalance of human nature, we have seen the pendulum swing to both extremes throughout history. This is nowhere more prevalent than in American culture of the past 75 years. Before the 1960s and Vatican II, one could say the pendulum had swung firmly over to the side of truth and justice. Sin and hell were regularly preached from the pulpit. Respect for authority including the law, the police, and the military were the norm. People feared God and children feared their fathers. Discipline in the home was paramount, and self-respect was seen as honor, integrity, chastity, and living in accord with the natural order.

Since that time the pendulum has swung in the opposite direction to the extreme. Forgiveness and compassion are now the emphasis. 'Tolerance' and 'acceptance' have become the new buzz words. Sin has turned into an alternative lifestyle and guilt a psychological aberration. That is why more people in our day go to counselors than to Confession. If you do not accept everyone's personal lifestyle you're a bigot. A PC culture has been created

that has gotten so bad that some colleges have created 'safe zones' to exercise free speech, and an entire nation's media culture has gone crazy from having a president who doesn't know to its constructed narrative and destructive ideas.

Whenever we find ourselves following the trend of ignoring justice and truth to redefine love as "niceness," let us not forget that love is also: comparing some leaders to a brood of vipers (Mt 12:34), knocking over tables of the greedy and whipping their animals (Jn 2:15), comparing one's good friend to Satan (Mt 16:23), telling some others they're following the devil (Jn 8:44), informing friends that if they 'remarry' after divorce they commit adultery (Mt 5:32) as they do in their heart when deliberately lusting after women [as in pornography] (Mt 5:28), telling friends that their salvation depends on choosing God even over family members if such a conflict should arise (Mt 10:34-39), and warning people that if they do not repent of their chosen lifestyle they will go to hell (1 Cor 6:9-11). These are also love.

Yes, there is no limit to God's mercy - to the repentant heart there is nothing God will not forgive a million times over. But we cannot forget that love is also justice, and this means conforming our lives to the truth without ever denying it. Love is not politically correct, nor is it prideful. Love does not act according to disordered desire, utility, or popularity, but only acts for the objective good of the other, despite the sacrifice.

So let us not forget that good will includes both justice and mercy, truth and compassion, affirmation and consolation. Love can be tough or soft, depending on what is needed. It has both masculine and feminine dimensions. Love is a paradox that is both/and, not either/or.

Paul Murano teaches college philosophy and theology and is the talk host of 'Beneath the Surface' radio show and podcast. Check out Paul's website at Paulmurano.com, and email him at PJDM@aol.com.



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Peter Larocque
RELIGION COLUMNIST

When something is to your advantage wouldn't you say, this is good news?

Now place yourselves in the shoes of those closest to Jesus while He was here on earth. They have gone through thick and thin with Him, they even saw and participated in many of the Miracles he had done. Like, give sight to the blind and unlock deaf ears, cleanse lepers and make the lame walk again. They saw him right before their very own eyes raise people from the dead. Then right before He would give himself over to the authorities and take up the cross and die for everyone's Salvation, He speaks the unspeakable!

Jesus says to them, it is to your advantage that I go away! It reads like this in John 16:7, "Nevertheless I tell you the truth; It is expedient for you [to your advantage] that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you."

How on earth could this be to their advantage? This is not what I would call good news! Then Jesus goes on to say, if I go not away the Comforter will not come to you! My response to that would have been "who cares"! I like this "thing" we have got going on here now! We are doing good for people, look at the results! We don't need a comforter, we have you, Jesus, right where we want you!

Thank God, Jesus didn't go by the thoughts and feelings of those around him. He stayed true to the purpose of His Father, the will of God. Jesus sent The Comforter, The Holy Spirit just like he said he would on the Day of Pentecost and all were filled with the Holy Spirit!

But in reality, this mindset of having Jesus without the Holy Spirit is what many churches are about today. Going about their business without acknowledging the Holy Spirit, the Comforter who Jesus Christ said He would send in His place.

I see churches today getting people to Christ and then expecting them to live a spiritual life by natural means. Many Christians today are attempting to live spiritually but find themselves powerless, empty. Few churches make mention of being baptized in the Holy Spirit! I perceive the main reason for this is due to wrong teaching and people's erroneous reactions to receiving the Holy Spirit.

Some have labeled them, "The Crazy Charismatics"!

Now, I am not saying that these churches today are wrong! What I am saying is that to share the story of Jesus without mentioning the Holy Spirit is incomplete!

Why would Jesus speak of the Comforter if it wasn't necessary to live life after He went back to His Father? Jesus said in John 14:26, "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you." Then He says more of the Holy Spirit in John 16:12-14, "I have yet many things to say unto you, but ye cannot bear them now. 13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. 14 He shall glorify me: for he shall receive of mine, and shall shew it unto you."

Why would Jesus send The Comforter, The Holy Spirit if it wasn't to our advantage?

I would like to conclude this column with a declaration from the Apostle Paul where God had him write, 1 Corinthians 12:1, "Now concerning spiritual gifts, brethren, I would not have you ignorant. "The word spiritual in the Greek is, pneumatikos, meaning spiritual matters or things concerning or pertaining to the spirit. Here we read that God doesn't want us ignorant of matters concerning the spirit.

But yet we are, why is this? Could it be because no one is speaking, teaching, or leading when it comes to the things of the spirit? I believe God is waiting for a church to rise up in New England and take the necessary steps to share the whole, complete message of our Savior and Lord Jesus Christ which includes Living by the Spirit!

Galatians 5:22-25, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law. 24 And they that are Christ's have crucified the flesh with the affections and lusts. 25 If we live in the Spirit, let us also walk in the Spirit."

More to come...

Love you all,
Peter Larocque
peterlarocque@hotmail.com ♦

TV TALK with BILL CUSHING



2019 Fall TV Review: What You Should Watch

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

The new TV season is upon us and just like every year there are lots of new shows. Which shows are worth devoting your time to? Well, hopefully this column will help you decide the answer to that question. Here are some of the shows I think will be worth checking out.

Unbelievable (Netflix) - This limited series follows Marie Adler (Kaitlyn Dever), a teenager who is sexually assaulted by an intruder. Though no one believes her, they soon learn that she's the victim of a serial rapist. When Marie recants her story, two female detectives (Merritt Weaver and Toni Collette) follow evidence that could reveal the truth. Based on a true story. Premieres September 13.

Bluff City Law (NBC) - Jimmy Smits returns to network TV in this character-driven legal drama that follows the lawyers of an elite Memphis law firm that specializes in the most controversial landmark civil rights cases. I've always been a big fan of Smits from his days on NYPD Blue, and I'm looking forward to checking out this series. Premieres September 23.

The Unicorn (CBS) - Walton Goggins (The Shield, Justified) stars as Wade in this sitcom following a group of tight-knit friends, who are trying to help Wade get back into the dating world after his wife's passing. If you like charming comedies with some heartfelt moments, check this one out. Premieres September 26.

Modern Love (Amazon) - This anthology series is based on the famous NY Times column of the same name. It stars Anne Hathaway, Tina Fey, Julia Garner, and John Slattery. Each episode will tell a different story about relationships, love, and the human connection. Great cast and great creative team behind this one. Premieres October 18.

Stumptown (ABC) - Colbie Smulders (How I Met Your Mother) stars in this new series based on the series of graphic novels by the same name. This show follows Dex Parios, a strong, assertive, and unapologetically sharp-witted Army veteran working as a P.I. in Portland, OR. Premieres September 25.

Watchmen (HBO) - From the creators of 'The Leftovers' this highly anticipated series is based on the graphic novels and is set in an alternate history where superheroes are treated like criminals. Regina King, Jeremy Irons, and Don Johnson star. HBO has high hopes for this one to be their new buzz worthy show now that 'Game of Thrones' has ended. Premieres in October.

The Morning Show (AppleTV+) - From executive producers Jennifer Aniston and Reese Witherspoon, who also star along with Steve Carrell, comes this series about three journalists who are at different points in their careers: Aniston plays an aging morning anchor, Witherspoon is a reporter who is losing sight of her identity, and Carrell is facing the consequences of sexual harassment allegations. This is Apple's first series for its upcoming streaming service. Premieres November 2019.

Prodigal Son (FOX) - Tom Payne (The Walking Dead) stars as Malcolm Bright, a gifted psychologist who solves crimes for the NYPD by knowing how killers think - because his father is one. Michael Sheen (Masters of Sex) plays his serial killer dad. Lou Diamond Phillips also stars. Premieres September 23.

Star Trek: Picard (CBS All Access) - Patrick Stewart reprises his role as Captain Jean Luc Picard, which he played for 7 seasons on 'Star Trek: The Next Generation' and in several feature films. Not too much is known about this series yet, just that it takes place 20 years after the events of The Next Generation ended. Premieres early 2020.

That's it for this month. Hopefully this gave you some idea of what to watch this season. Enjoy!



If you have any questions about TV, you can 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 Mailbag column.

Follow me on Twitter @BillsTVTalk and on Facebook at BillsTVTalk for daily up-to-the-minute TV news and discussion. ♦



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 **Christina Minicucci**
State Representative

We may not always agree about politics (or food: I can't believe he eats Taco Bell *everyday*), but I love that Tommy fights to keep local journalism alive in the Merrimack Valley. Thank you for all the work you do with the Valley Patriot!



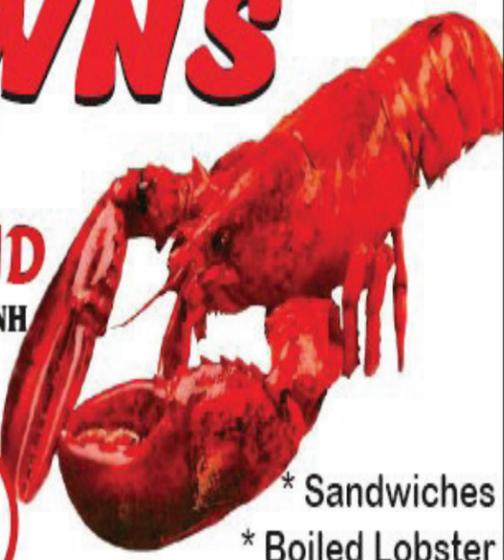
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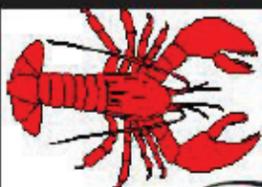
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Northern Essex Registry of Deeds M. Paul Iannuccillo, Register

William Francis Galvin
Secretary of the Commonwealth
of Massachusetts

ANDOVER

ARCO Properties LLC, Selbern Realty LLC, \$2,600,000, 48 Main St
Stephen D Renfro & Margarita Valenzuela Renfro, Jacquelyne Joyce Cavanagh, \$1,425,000, 3 Farnham Cir
Karen A Crompton, Timothy J & Ylan M Pitta, \$1,265,000, 11 Knollcrest Dr
Yvon Cormier Tr & CA Investment Trust, Diane DeMoulas, \$1,250,000, 36 Crenshaw Ln Unit 12-2
CREH Andover LLC & Bing Zhao, 31 Bartlet LLC, \$1,250,000, 31 Bartlet St
John Baldasaro, Elena Yureneva, \$1,250,000, 10 Penobscot Wy
Twin Birch Development LLC, James F & Christine Moulton, \$1,200,000, 1 Monarch Ln
James & Noelle J Statires, George A & Shirley A Mathew, \$1,180,000, 22 Oriole Dr
Ann H & Christopher J Pawlus, Catherine A Janssen, \$1,155,000, 2 Great Heron Pl
Saifur Rahman Tr & Sayeeda Rahman Tr & Beacon Trust, Melissa Elizabeth MacIsaac, \$1,050,000, 5 Beacon St
Brett R & Sara L Estervig, Brad & Jenna Petersen, \$1,050,000, 18 Wyncrest Cir
Julie A Zannoni, Roshini Gopinath & Avinash Bhandari, \$1,039,000, 3 Charles Cir
Mukul & Kavita Goyal, Jonathan Marcus & Elizabeth Asch, \$1,020,000, 4 Skopelos Cir
Peter & Jade Dorsi Trs & Dorsi Family Living Trust, Mark A & Ann Ebert, \$989,000, 5 Westminster Rdwy
Lawrence T & Lisa M Almeida, Jeremiah David & Jennifer Lynn Brazeau, \$910,000, 6 Mulberry Cir
Gerald & Marybeth Caruso, Jeffrey Pietrasak, \$909,900, 12 Somerset Dr
Arvind Subramanian & Aarathi Arvind, Sean F & Maryann C Seefeldt, \$900,000, 2 Ashford Ln
Antonio & Daniela Catricala, Steven & Amy Spencer, \$885,000, 22 Avery Ln
J & M Chestnut Street LLC, Mermaid Solutions Enterprises LLC, \$877,500, 15 Chestnut St
Shaun & Susan Rodriguez, Jason H & Jocelyn Messenger, \$869,000, 46 Sunset Rock Rd
Matthew R & Catherine Ann Mazzuchi, Yanyan Guo & Jin Qiu, \$859,000, 4 Penni Ln
Bjorn A & Maureen F Merinder, Shantanu Das & Anindita Bose, \$855,000, 11 Avery Ln
Warren F Fitzgerald, Jason D & Olivia Clark, \$849,900, 12 Willard Cir
Fleming Avenue Andover LLC, Russell W & Courtney P Jenkins, \$845,900, 27 Fleming Ave
Joseph P & Denise C Fiorentino Trs & Hidden Way Realty Trust, Brian & Heather Ahrens, \$840,000, 24 Hidden Wy
Jeffrey F & Holly H Oliver, Johnali Massih-Tehrani & Vaia Kanavas, \$830,000, 6 Prides Cir
Northstar RE Solutions LLC, Danielle & Stephen P Dickie, \$820,000, 28 Wolcott Ave

Jayan Marie Landry Tr & Landry Living Trust, Sarah Flint, \$815,000, 7 Snowberry Rd
Joel F & Lisa B Pysler, Stephen R & Leslie L Crompton Trs & Apple Blossom Road Realty Trust, \$810,000, 10 Apple Blossom Rd
Lori Schick Kavanagh Tr & Lori Schick Kavanagh Living Trust & William F Kavanagh, Max Murphy & Kenya M Medina, \$800,000, 8 Karlton Cir
Richardson Realty Trust & Elizabeth R Bramhall Tr & Marybeth McInnis Tr, Anthony J Hesketh & Brianne Barrett Hesketh, \$799,000, 234 Highland Rd
Bridget Cook, Christian Baker & Aihua Ju, \$794,000, 8 Chestnut St
John G & Chrissoula K Hagigeorges Trs & Hagigeorges 2016 Trust, Marcelo Carlos Peralta & Debora Lima Alves Peralta, \$780,000, 12 St James Dr Unit 12
Michael P & Marcia J Sullivan, Arshad & Younus Sultan, \$780,000, 6 Saint James Dr Unit 6
Fleming Avenue Andover LLC, Aishwarya Hegde & Preethi Shetty, \$771,850, 28 Fleming Ave
Adam R & Patricia M Clark/Patricia M DeWolfe, Joseph & Trinh T Tran, \$747,500, 864 Winter St
Espy Realty Trust & James W & Sherrie G Espy Trs, Paul J & Christiana E Hryb, \$730,000, 3 Hansom Rd
Mark & Ann Ebert, John & Jennifer Lemmerman, \$725,000, 1 Bradley Rd
Mohamed W Abdullah, Joseph Nelson Shirley Jr & Amy E Shirley, \$715,000, 1 Aspen Cir
Elizabeth A & Matthew R Billings Trs & Elizabeth A Billings 2015 Family Trust, Tatiana Scott, \$698,000, 11 Farrwood Dr
Inna Nisembaum & Andrew Netson, Stephen & Elizabeth Miller, \$677,500, 4 Wethersfield Dr
Keith A & Candace D Westgate, James M Carraher & Julia St Goar, \$656,000, 87 Burnham Rd
Todd E Grady Tr & Caroline B Grady Tr & Caroline B Grady Trust, Antoine Joseph John & Jeannette Sheela Joseph, \$650,000, 7 Old School House Rd
Jason & Jocelyn Messenger, James P & Stephanie Marie Thompson, \$649,900, 105 Chestnut St
Robert W & Jane R Roetger/Jane R Loveys, Joshua & Margaret Randall, \$628,000, 21 Foster Cir
Paul & Jeanne M Ahern, Paul & Jeanne Ahern 2013 Irrevocable Trust & Caitlin Moreno Tr/Caitlin M Ahern Tr, \$626,200, 71 Osgood St
Paul & Barbara L Nicholson, Justin & Erin Throwe, \$617,000, 2 Waverly Dr
Joseph A & Helen S Baglio, Renato H Luis, \$597,000, 8 Forest Hill Dr
Kevin & Danielle MacKinnon, David & Stephanie Breton, \$586,000, 5 Canterbury St
Paul J & Susan M MacInnis, Gail L Ralston, \$585,000, 18 Morton St
Bessie Liponis Tr & K M K Realty Trust

& Kim Foehl Tr, Brian & Morgana LeDoux, \$584,900, 8 Bradley Rd
Peter W Morstell Jr & Jody L Mortsell, Joshua & Anne Coyne, \$570,000, 4 Wagon Wheel Rd
Steven J Manship & Erin O'Shea Manship, Judah Branagan, \$550,000, 49 Greenwood Rd
Wayne C & Lisa F Taylor, Raymond Edward Del Rosario, \$539,900, 1 Apollo Cir
58 Stevens LLC, Danielle Gillis, \$535,000, 68 Stevens St
Laurie J Fisk, John & Karen Leonard, \$535,000, 22 Riverina Rd
Karissa Utzat & Mark Bree, Max Saccoccio, \$530,000, 246 Andover St
Pulte Homes of New England LLC, Joseph A & Elizabeth A Lupi Trs & Elizabeth A Lupi Irrevocable Trust, \$529,795, 2 Francis Dr Unit 412
Michael & Margaret Musso Family Trust & Michael B Musso Tr & Margaret M Musso Tr, Jenna Carlson & Kevin Dunn, \$525,000, 51 Lovejoy Rd
Pulte Homes of New England LLC, William V Profenna Jr & Patricia A Profenna, \$522,185, 2 Francis Dr Unit 407
Charles J Barbanti Jr & Laury A Barbanti, Amy Bailey, \$520,000, 14 Blanchard St
David & Stephanie Breton, Peter H & Jade Dorsi, \$520,000, 7 Canterbury St
Yaying Fu & Guoan Hu, Paul E Massicotte & Katherine L Baldwin, \$510,000, 97 Greenwood Rd
Michael T & Carolyn Sheehy, Kevin M & Leslie J Boylan, \$500,551, 2 Beech Cir
Shakib Mostafa & Rizwana Islam, Paul J Jacques, \$500,000, 58 Bellevue Rd
Pulte Homes of New England LLC, John J & Diane M Atherton, \$499,100, 2 Francis Dr Unit 408
Michael Romano & Michael Licciardi, David Buttry, \$487,500, 18 Laurel Ln
Cheryl Lee Morrell & Brendan King & Diane St Germain, Harrison & Fabiola Silencieux, \$479,000, 210 River Rd
Zoila M Gomez, Efranz Younes, \$472,000, 12 River Rd
Pulte Homes of New England LLC, Okike Nsidinanya Okike & Kreszentia M Okike, \$461,670, 2 Francis Dr Unit 309
Pulte Homes of New England LLC, Genya & Igor Krigman, \$460,000, 2 Francis Dr Unit 308
Maura K Ammon Tr & O'Connell Realty Trust, Ryan F Thomson & Kelsie R Pace, \$459,900, 17 Kieran Rd
Marc B Roy, Eric D Bevilacqua & Laura Touloupoulos, \$455,000, 25 Vine St
Kevin James & Lindsay Patrice Reyes, Patrick A Noone, \$450,000, 168 Lowell St
Vincent J Santarlasci & Joseph P Santarlasci & Anna Santarlasci Life Est, Alexander J Bourque & Allison T Lex, \$449,900, 166 Shawsheen Rd
Zhihong Gao & Qing Zhao, Manyao Yi & Zejing Xu, \$440,000, 18 Dale St Unit 2F
Timothy B Donohue & Sarah B Pater-

son, Roberto DeSousa & Jill E Manning, \$440,000, 41 Lowell St
Sean & Laurie O'Connor, 66 Osgood Street Realty Trust & Christopher B Cronin Tr, \$350,000, 66 Osgood St
Krishna & Madhavi Prasad, Pushp Gandha & Gaurav Getly, \$319,900, 750 Brookside Dr Unit D
James W Martin, Jessica Goldstein, \$300,000, 22 Railroad St Unit 214
Francis Morey & Suzanne Sharpe, Patricia Robitaille, \$300,000, 69 Corbett St
Nicole K Ouellette, Sean A White, \$251,500, 16 Balmoral St Unit 304
Ronny Lizardo, James Alan Pesaturo & Ivette Lourdes Guzman, \$240,000, 221 Lowell St Unit 2
Heidi Duskey, Mark Burton & Karen Bramante, \$235,560, 5 Porter Rd Unit 106
Christopher J & Katherine Mary Hughes, Homa Rafee, \$235,000, 70 Washington Park Dr Unit 8
Patricia Polizzi, Yourdeline Sertyl, \$230,000, 70A Washington Park Dr Unit 1
Edwin S Chen & Chia-Chien Tu, Eleanor & Robert Fishbein, \$225,000, 5 Porter Rd Unit 301
Linda T Lyons Tr & Constance Greenwood Trust, George DeCristo, \$222,000, 50B Washington Park Dr Unit 5
Kevin F & Lynn A Leonard, Sina Samali, \$190,000, 60 Colonial Dr Unit 10
Kevin T Daly, James M Fiori, \$189,600, 9 Longwood Dr Unit 4
Juliette A Messina, Jenfel Realty Trust & Michael J Hatem Tr, \$154,500, 60A Washington Park Dr Unit G2

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Tomkor Realty LLC & Clark Motor Co, V&V Market Inc, \$1,650,000, 273-291 South Union St
T FINO REALTY LLC, 5-9 MILL STREET LLC, \$800,000, 135 Bradford St
Triumph Realty Trust & John R Sapienza Tr, Luis A Sanchez & Paloma Rodriguez, \$590,000, 41-43 Loring St
Lora & Marquez Trust & Zoila Lora Marquez Tr/Zoila Lora Tr & Jose L Marquez Tr, Jose Ramon Almonte, \$520,000, 318-320 Lawrence St
Mariluz Gonzalez, Jaspreet S Pabla & Prabhjot Pabla, \$500,000, 86-88 Bradford St
Omar Loaiza, Maria A Hernandez De Veras & Emmanuel Veras Sosa & Francisco Veras, \$483,000, 206-208 Saratoga St
Charles R & Audrey A Watts, Hampton Hui, \$482,900, 11-13 Young Ave
Antonia Cardona, Leonardo D Perez Reyes & Candida A Rodriguez & Leonardo Perez, \$481,000, 19-21 Coolidge St
Petra Sanchez, Ruben Jay Munoz, \$480,000, 26-28 Ames St
Essex Management & Realty Property Inc, Javier Osoria Aquino, \$475,000, 80-82 Abbott St
Juana A Rodriguez, Winston Gil Del Orbe, \$446,000, 65-67 Congress St
Javier Olivero, Luis Medrano & Santa Montero, \$435,000, 33-35 Monmouth St
Marisol Ubri, Abel F Jordan Reyes & Mildred Perez, \$435,000, 72 Byron Ave
David & George Realty, Rafael Corniel, \$430,000, 31-33 Durham St
VS Cruz Realty LLC, Pedro A Cruz Rojas & Alfonso Cruz Rojas & Sylvestre A Cruz Rojas, \$425,000, 4-6 Sylvester St
Lamacchia Development LLC, Nelson R Rosario Bencosme, \$425,000, 50 Hillside Ave
Carlos Cortes, Tanairy Polanco Tavares & Geary Kevin Castro, \$424,000, 166-168 Willow St
Nickolas T Thompson, Elena Rodriguez & Jose Rodriguez Fernandez, \$420,000, 436-440 Hampshire St
David Odali Peguero & Geisy M Guzman, Ramon Antonio Reyes, \$418,000, 9-11 Pleasant Ter
Fernando Delgado & Adriana Delgado

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REAL ESTATE FROM PAGE 27

& Mary Delgado & Joezer Rivas, Mario Nunez Puntiel & Altagracia DeBruno Nunez, \$415,000, 274 Haverhill St
 Daniel J & Nicole L Hinchey, Guillermo A & Johanna Gutierrez, \$410,000, 606 Lowell St
 Anara LLC, Rene & Perla Garrido, \$400,000, 34 Phillips St
 Andres Jerez & Carmen Jerez, Margie S Lazo & Dilmar Lopez Lopez, \$395,000, 109 Mount Vernon St
 Mark & Betsy Wladkowski, Michael J Mercado, \$393,000, 3 Danforth St
 Peter Thuo Karugu, Alexander & Fanny R Castillo, \$388,000, 284 Ames St
 Carlos Rivera, Katherine Rodriguez, \$385,000, 3 Basswood St
 Kesnel Jules & Shela F Sinelien, Michael Reinoso, \$380,000, 17-19 Willow St
 FJW Realty Trust & Francis J Walsh Tr & Kevin R Walsh Tr, Jimmy Grajales, \$370,000, 96 Colonial Rd
 Lorenzo Cueto & Rafael Cueto, Jose I Diaz, \$367,000, 31 Royal St
 Primrose Realty Trust & Audley H Jones Tr, Eneury Paredes, \$360,000, 137-139 Myrtle St
 Alex C & Luz J Frazier, Rosa S Taveras, \$360,000, 7 Dunstable St
 Aura Y Queliz/Aura Y Abud De Queliz/ Aury Y Queliz, Arly Ribeiro De Souza & Diane R Costa, \$357,000, 163 Weare St
 Edgar A Queliz & Claribel Catalina, Enrique A Gonzalez, \$350,000, 18 Odile St
 Ryan Rourke, Jose Luis Ortiz & Betty Elena Rivas, \$338,000, 78 Wachussets Ave
 Jose L Almanzar, Mabiolkay Rodriguez & Adalquiris Rodriguez Rosario, \$335,000, 141-143 Myrtle St
 James B & Robyn M Whalen, Erika Ruiz Merlos, \$330,000, 7 Martha Ln
 Felix Gonzalez, Jose A Soto, \$330,000, 535 Mount Vernon St
 Cheryl Zurwell Tr & Dana Pequignot Tr & Esty Revocable Trust, Luis Diaz, \$325,000, 16 Osgood St
 Torossian Family Revocable Trust & Mark J Torossian Tr & Kaitlin M Torossian Tr, Margaret A Audley & Brian E Farmer, \$325,000, 7 Lorenzo Rd
 Modesta P Salazar, Ellen A Guzman, \$315,000, 27 Stevens St
 Jorge Jaime & Zunilda Villa, Santiago A Matias, \$300,000, 32 Adams St
 Pedro V Tejada, Aljenis R Cepeda, \$300,000, 151-153 Essex St
 Anselmo & Mary P Leal, Nicole P Leal, \$300,000, 18-20 Olive Ave
 Cynthia Santiago/Cynthia De Leon & Edwin De Leon, Tucker Cook & Allysha Roth, \$296,500, 61 Clifton St
 Margaret Chery, Alfred & Yiset Cartagena, \$296,500, 12 Woodland Ct
 Salvatore J Pauta, Luis Araya, \$290,000, 28 Thornton St
 Bay Huu Le & Ailien Phan, Yina Celadilla, \$280,000, 55 Ames St
 Nathaly Adames, Hilario Guerrero, \$275,000, 102-104 Butler St
 Joseph Eldon Berthiaume Est & Ruth Elizabeth Berthiaume Messina & Eldon J Berthiaume, Ryan P Foley, \$275,000, 125 Sylvester St
 Louise A Boucher/Louise A Michaud, Angelina Rivera Ruiz, \$275,000, 6B Salem St
 Francisco Serret, Andrei Zharov & Natallia Hunik, \$249,000, 19 Mechanic St
 Daniel & Trina Decourcey, Luis A Herrera, \$248,000, 9 Marie Ln Unit 9
 Jose L Marquez Tr & Zoila Lora Tr & Lora & Marquez Trust, Aleyda Maldonado, \$245,000, 64 Buswell St
 Isaac Osorio, Nurys Sanchez & Wellington R Espinal Gonzalez, \$230,000, 120 East Cambridge St
 Roberto De Jesus Minaya, Denise Lantigua, \$223,000, 186 Farnham St
 Shirley Barbagallo, Keny & Jose Perez, \$210,000, 40 Kendall St
 Christine T Plonowski & James E Feld, Kenneth Plonowski, \$210,000, 330 Howard St
 Josephine J Branco, Golden Turf Properties LLC, \$210,000, 25-27 Brookfield St
 Louis D Jones, Fidel Diaz/Fidel A Diaz

Acosta, \$200,000, 29 Dana St Unit 2
 Robert M Barrientos & Robert M Barrientos Jr, Ramon C Perez Jr, \$175,000, 312 Water St Unit 27
 Enny Bernabel, Edily M Vasquez, \$133,500, 21 Bellevue St Unit 2
 James W Ruff, Jessica Francisca King Green, \$131,000, 312 Water St Unit 25
 Kristen A Mucci, Neil Cadigan, \$120,000, 92 Beacon St Unit 7
 Dahiana Fuentes, Salah Baladi, \$110,000, 87 Beacon Ave
 Idalia Bahamundi, Anthony Galan, \$48,000, 22-24 Logan St
 Lawrence City, Kesnel Jules & Shela F Sinelien-Jules/Shela F Sinelien, \$3,200, Willow St

METHUEN

175 Pelham Realty Trust & Cathleen E Kavanagh Tr, 175 Pelham Realty LLC, \$4,600,000, 175 Pelham St
 Joseph A & Valerie Cicolini, Jamie & Elizabeth Clark, \$685,000, 22 Arrowwood St
 Duc & Sue Vo, Claribel Catalina & Edgar A Queliz, \$645,000, 136 Druid Hill Ave
 Toll MA IV LLC, Jane A Vivona, \$620,626, 93 Pine Tree Dr Unit 63
 Toll MA IV LLC, Stephen & Leslie S Barton, \$619,077, 75 Pine Tree Dr Unit 72
 Steven J & Deborah M Aleksa, Thomas Mitchell Morgan, \$611,000, 5 Highwood Dr
 Toll MA IV LLC, Richard A & Diane M Giammasi, \$599,097, 20 Pine Tree Dr Unit 16
 Mark A Ventre, Ricardo & Lidiane Basilio, \$595,000, 76 Riverdale St
 Robert J Taylor Tr & Amy M Debrower Tr & Taylor/Debrower Family Trust, Richard & Patricia Lombardo, \$590,000, 61 Sherwood Dr Unit 159
 Paul D Greene & Denis E Webster Greene, Carol Anne Olive, \$585,000, 7 Hastings Cir Unit 59
 Carriage Homes LLC, Linda & Robert Barboza, \$573,000, 11 Country Club Cir
 Homes at Great Oaks LLC, Michael Anthony Berardinangelo & Jennifer Susann Kilts, \$545,250, 2 Tucker Ter
 Robert P & Linda C Barboza, Alex C & Luz J Frazier, \$540,000, 45 Greenside Wy
 Lauren & Jason Messina, Christopher J & Kayla Hadley, \$530,000, 6 Judith E Ln
 Jamie N & Elizabeth F Clark, Keith N & Jessica L Crowley, \$523,000, 18 Landmark Dr
 Janice L Jundanian Living Trust & Richard H & Janice L Jundanian Trs & Janice L Jundanian Nominee Trust, Renny S Carroll, \$520,000, 17 Kimball Rd
 Kenneth W Scherig, Tony & Annette Johnsen, \$515,000, 20 Birute St Ext
 Dorothy Ann Greene, James P & Annmarie Boyle, \$510,000, 1 Olympic Village Dr
 Ildelisa Ortiz, Marie N Charles, \$505,000, 476 Prospect St
 Garry G Morissette Tr & Morissette Family Irrevocable Trust of 2018, Catherine J & John M Dessigner, \$500,000, 10 Overlook Dr
 596 Lowell Street Realty Trust & Linda G Peluso Tr, Richard Giuffrida Tr & Joseph L Giuffrida Tr & Robert Giuffrida Tr & Six Zero Two Lowell Street Realty Trust, \$500,000, 602 Lowell St
 Crislenny Ynfante, Rafael Allendy Castillo & Maria M Castillo, \$500,000, 73 Brown St
 Walter J Babcock & Darlene M Babcock & Robert L Babcock, Agatha Aiello, \$470,000, 11 Herrick Dr Unit 99
 Salvatore & Shana Placenti, Michelle L Forsyth, \$469,900, 33 Thornton Ave
 Agatha Aiello Tr/Agata Aiello Tr & Aiello 2015 Trust, Milton Renan Aparicio, \$465,000, 105 Tyler St
 William E Jackson III, Ann C Noonan, \$462,000, 47 Sugar Hill Cir
 Liet & Anh T Duong, Jose Antonio Rosado Jr & Erika Rosado, \$460,000, 15 Arcadia St
 Liberato C & Renee E Melillo, Ricky T Oliveira, \$452,500, 15 Glen Ave
 Marian R Ead, Thomass Gallagher, \$452,000, 5 Stadium Rd
 Cheri L & Michael J Grassi, Juan C Marte, \$450,000, 15 Palmer St
 Lisa Centrella Tr & Joanne M Boone

Revocable Living Trust, Ana Carolina Silva Costa, \$440,000, 95 Woodburn Dr
 Lisa J Tacconi, Michael Simpson, \$437,500, 10 Summer St
 Joseph D & Meghan Chickos, Oscar Mwawu & Thandiwe Tembo, \$430,000, 116 Brook St
 Amy J & Keith E Parenteau, Kelly Silva, \$430,000, 30 Campus Rd
 Charbel G Maroun, Hector S Dilone & Yesika D Cruz, \$429,900, 36-38 Delmont St
 Fredric L Balfassari Jr & Tammy M Balfassari, Forrest G Chesley & Patricia J Keil, \$429,200, 6 Central St
 Todd D & Michelle M Polanowicz, Anthony Brooks, \$420,000, 3 Lancaster Rd
 Paul J & Gail K Bova, Kenneth W Scherig, \$420,000, 15 Briarcliff Dr
 Keith J Audette & Jodi B Schulman, Manuel Ferreira Jr, \$411,000, 2 Conrad St
 Matthew Reilly & Keran Bruneau Reilly, Russellyne H Welch, \$405,000, 3 Jasper Ct
 Andrew E Nicholson & Liane E Allen, Jean Rivera, \$395,000, 14 Erhardt Ter
 Oleg V Podroubnyi & Podroubnyi Oleg Vladimirovich & Krapivina Natalia, Charles Washington Jr & Lucy W Ndungu, \$389,000, 33 Adelaide Ave
 Jay F Altavesta & Sharon J Altavesta/ Sharon Altavesta Carbone, Jason Michael & Nicole Ruf/Nicole Deroshers, \$386,000, 8 Benefit St
 Peter S Aznoian, Fiore & Karissa Esposito, \$380,000, 12 Park St
 Lee M Yezzell Est/Lee M Venturi Est & Lisaw M Bybee/Lisa Y Bybee, Albert Daniel Latulippe & Rebecca Santiago-Latulippe, \$376,500, 356 Howe St
 John M & Catherine J Dessinger, Stacey & Steve Dupuis, \$372,000, 58 Hidden Rd
 Jill Kochanczyk, Peter F & Judith A Giamberardino, \$370,000, 215 Howe St
 Mark A & Diane K Olson, Sergio Fagundes, \$370,000, 37 Hampstead St
 Maksoodkhan & Karimabibi Pathan, Richard A & Irene M Lombardi, \$370,000, 1 Capitol St
 Thomas & Donna Jankowski, Reinaldo Brito, \$365,000, 54 Lincoln St
 Kinlin Family Trust & Robert E & Terri L Kinlin Trs, Frenita Tjhin-Dominguez & Hugo Dominguez, \$363,000, 26 Harvard Ave
 David A & Tanya M Witkum, Abdel O & Sabrina Perez, \$360,000, 36 Pinehurst Ave
 James T Burgess, Bernardo Guzman, \$350,000, 30 Elm St
 Curtis R & Melyssia Marzerka, Robyn & Sean Dillon, \$345,000, 21 Maplewood Ave
 Bryant M & Christine A Dube, Nadine Ann Nicholson, \$345,000, 61 Conrad St
 Daher Group Inc, Raidelin A Corona & Idalia V Tejada, \$340,000, 32 Glen Ave
 Kristen N Durso, Andrew Tully, \$335,000, 21 Birch Ave
 Panarello Family Trust & Karen Rapa-glia Tr & Debra Hussey Tr, Sambo Mean, \$333,000, 203 Jackson St
 Denise Cassen, Emil Zeaiter, \$330,900, 75 Meriline Ave
 Marie A Gagnon Est & Todd M Gagnon, Regis Pellitier, \$330,000, 45 Lyndale Ave
 Emily R O'Brien/Emily O'Brien Holland & William Holland, Melissa A LaFontaine & Richard J Kinney, \$330,000, 307 Lowell St
 Jose Rios & Tania Rios-Rodriguez, Andy Keudy Delos Santos, \$325,000, 13 Gleason St
 David P LeBlanc & Mary E Wright/Mary LeBlanc, Clint McFarland, \$325,000, 45 Pinehurst Ave
 Henry C Perkins & James P Perkins Est, Kalliman Dedeiros Gomes & Fabricia C Sampaio Viana, \$325,000, 15 Budron Rd
 Catherine A Ball, Julio A Metz Chevalier & Cruz De Jesus Metz Tejada, \$320,000, 100-102 Tenney St
 Kyle & Jessica DeFrancesco, Donald F & Allison P Welch, \$310,000, 31 Coolidge St
 Jeffrey R Brooks, Freckle International LLC, \$298,500, 18 Mystic St
 Donna C Vose & Marie Dinsmore, Salvador Gomez, \$295,000, 5 Meriline Ave
 David E Richards & Shirley J Richards Irrevocable Trust & Shirley J Richards Tr, Scotty M Bijlani & Rashmin A Patel & Arvind C Patel, \$294,500, 41-43 Bicknell Ave
 Dianna J LaFland & Karen Dellicolli & Janet Rice & Mary T Rapisardi Life Est & Cynthia Horn, Michelle Bertrand, \$292,236,

45 Oak St
 Joseph J Gilbert, Robert Dacey & Valerie Renee Tellier, \$290,000, 11 Cedar Cir
 Tessa Mae Holden/Tessa Holden Clark & Derrick B Clark, Erin Andrea Romano, \$285,000, 93 Weybossett St Unit 1
 Patti Ann & Richard K Poirier Jr, Julio Eladio Anziani, \$285,000, 25 East Brook Pl
 U S Bank N A Tr, Paula & Luis G Ventura, \$284,000, 68 Ormonde Rd
 Maureen E Melnicki & Armand J LaCroix Est, Rebecca A & Michael J Ward, \$280,000, 3 Hillcrest Ave
 Rachel J Frechette, George J & Barbara R Desiderio, \$269,900, 1 Riverview Blv Unit 5-204
 William Blunt, David Leahy, \$267,000, 148 Edgewood Ave Unit 2
 Simon Templar & Harold Goldsmith Est & Kevin J Goldsmith, Eric McAdam, \$265,000, 19 Hampshire Rd Unit 201
 Alfred L McCarthy Tr & 18 Giles Street Realty Trust, Giles Development Associates LLC, \$260,000, 18 Giles Street
 Vincent F & Patricia M Smarella, Kimberly & Nicole Lucia, \$260,000, 23 Hampshire Rd Unit 115
 RJP Construction & Development Inc, John & Denise Keraghan, \$260,000, 1 Riverview Blv Unit 3-205
 Yazmin K Acosta, Maria S Figueroa, \$259,000, 1 Riverview Blv Unit 9-205
 Janet A Casady & Robert Earl Blackington & Gary Joseph Blackington, Enrico S Laurent & Catherine A Janssen, \$255,000, 25B Oak St
 John Ferreira & Wendy D Ferreira & Kimberly Ferreira, Michael J Kellerman, \$245,000, 20 Washington St Unit 51
 Lynne & Anthony Abate, Quilvia A Chevalier, \$226,500, 55 Medford Ave
 Christina Fichera/Christina Franco, Matthew & Sarah Armano, \$220,000, 45 Christopher Dr Unit 107
 Kimberly Andrew & Margaret E Andrew Life Est, Brendan Ryan & Kristin Strout, \$210,000, 8 Hampshire Cir
 Mark W & Ruth M Kostyla Trs Kostyla Family Trust, Caitlin Sullivan, \$205,000, 945 Riverside Dr Unit 15D
 Jean M Kirk, Maura Anderson, \$205,000, 945 Riverside Dr Unit 22D
 Patrick J Mallon Tr & Brian Zimmerman Tr & 191-195 Howe Street Realty Trust, TNH-New Homes LLC, \$185,000, 191 Howe St
 Brian Valentine/Brian Valentin, Elizabeth M Smith & Benjamin S Woodard, \$164,000, 18F Constitution Wy
 Melissa A LaFontaine, Sohail Patel, \$155,000, 15F Pilgrim Cir Unit F

NORTH ANDOVER

RDM Kelsey LLC, Adam J & Jill A Mandel, \$1,149,000, 87 Molly Towne Rd
 Jessica Tocci, Elle M & Joao M Carvalho, \$975,000, 56-58-60 Marblehead St
 Susan B Nassar Tr & Nassar Realty Trust, George & Joelle Murphy, \$975,000, 94 Nutmeg Ln
 Anthony G & Maria S Eaton, Scott & Marissa J McClintock, \$950,000, 53 Lancaster Rd
 Compass Properties Inc, Chander Sekar Tr & Saraswathi Sekar Tr & Chander Sekar & Saraswathi Sekar Living Trust, \$875,000, 285 Stevens St
 Than M & Diana Nguyen, Yadwinder Singh Dhillon & Jashandeep Kaur Dhillon & Harinder Singh Dhillon & Charanjit Kaur Dhillon, \$840,000, 33 Sherwood Dr
 Thomas P & Mary Jo Cieslewski, Ryan & Meaghan Collamore, \$825,000, 71 Marbleidge Rd
 Paul J & Lorriane A McGovern, Jayson & Theresa DesRochers, \$824,900, 234 Bridges Ln
 Michael D & Diane Coletti, Cory & Rebecca Varney, \$780,000, 123 Rosemont Dr
 Steven A & Laurie L Cavazza, Michael Ryan & Lisa Donaghy, \$769,000, 147 Johnny Cake St
 Benjamin K & Beth A Nassar, Yanitzia Canetti, \$755,000, 110 Cricket Ln
 D Brian Dorsey/Daryl B Dorsey & Stephanie J Dorsey/Stephanie J Brown, Kiran & Chandra Upadhyay, \$755,000, 619 South



James Spanos with his grandson



Donald Beauregard and family



Mark DeVille

HERO: FROM PAGE 1

on a US Navy or US Coast Guard vessel is very hazardous both in time of war, and time of peace.

Private Kenneth Shadrick of West Virginia on July 5, 1950 became the first American killed in the Korean War. 36,574 more American deaths followed his, in the three years of fighting, an additional 103,284 Americans are wounded, with 7,800 more missing in action. One Korean War POW, Army Pfc. Wayne A. "Johnnie" Johnson risked his life during his imprisonment, by secretly recording the names of 496 fellow American prisoners who had died during their captivity. This total includes a couple of Catholic nuns. Years after the war, in August of 1996, the former 18-year-old Private was awarded the Silver Star by the US Army.

Technically the Korean war is not over, fighting sporadically continues after the cease fire in 1953. In his paper "The Quiet Victory", author Manny Seck documents numerous incidents of combat on the Demilitarized Zone in Korea, including hand to hand combat, all along the 38th parallel in Korea, all taking place

years after the cease fire of 1953. The US Army has been very stingy with recognizing the soldiers serving in Korea on the Demilitarized Zone (DMZ) for their bravery. The situation is improving, recently former US Army Pfc. Mark DeVille was awarded the Silver Star for heroism in combat against the North Koreans, infantry battles he fought in 1984! His combat action against the North Koreans took place thirty years after the ceasefire, illustrating how dangerous the Korean DMZ still is. Contrast the US Army awards policy on the Korean DMZ, to that of the US Army concerning Grenada in the 1980s? During two days of fighting in Grenada, while the US invasion of Grenada took place, the US Army awarded 3,534 Combat Infantry Badges, some to soldiers who did not even get a chance to unpack their gear.

No one is slighting the bravery of the American Troops that invaded Grenada, especially not their brother and sister Veterans We Veterans just want the same standards applied to Korea. Men and women who served in Korea, especially

on the DMZ after 1953, often must have to fight for their Veteran's Benefits, benefits automatically awarded to those with Campaign Medals, regardless of their individual contributions to the Campaign.

Secretary Francisco Urena who assisted in the presentations at the ceremony, is a hero himself, receiving the Purple Heart for wounds in Combat in Iraq with a US Marine Tank unit. He has been serving brother and sister Veterans since the day he left the Marine Corp, protecting and assisting Veterans and their families at the local, state, and federal level. While I was in this room full of heroes, I noticed a Veteran with a Purple Heart and a Combat Infantry Badge, before I could speak to him, the man quietly ducked out of the facility after the short ceremony.

Today's lunch, provided to our Veterans by Lenzi's of Dracut, with several other sponsors pitching in, including the Dracut American Legion Post 315 and the Centralville Sportsman's Club. The support in Dracut for Veterans is a source of community pride. The citizens of Dracut were in the company of fifty-five heroes, a humbling and moving experience. Leaving the ceremony, I bumped into a member of Dracut American Legion Post 315, a US Marine Veteran of World War

II, in his nineties, he came to the event to honor his brother and sister Veterans from the Korean Conflict.

Hosted by Dracut Veteran's Service Officer Jeff Hollett, this was a great event, honoring the men and women from throughout the Merrimack Valley who served our nation during the Korean War.

The Dracut VSO and the Dracut American Legion ask all World War II and Korean War Veterans to call 603-518-5368 and sign up for an Honor Flight to the Memorials in Washington DC!



John Cuddy served in the US Navy's Construction Battalions (also known as the Seabees) after retiring from the Navy; he earned a bachelor's in history and a master's in economics from the University of Massachusetts on the Lowell Campus. He has been employed in Logistics at FedEx for the last 22 years. If you know a World War II Veteran who would like their story told, please email him at John.Cuddy@Yahoo.com.

ABORTION: FROM 24

provided us with our most precious link to the future. Take some time off to recover, but you won't be able to pay your bills. Countries like Bulgaria, Estonia and even South Korea have better maternity leave. These countries offer 58.6, 87, and 16 weeks of paid maternity leave respectively (NPR; Pewresearch.com). Oh! This leave is equivalent for new fathers, too. Fathers in the U.S. get no paternity leave-AT ALL. Okay, this is the ONE instance where men may experience discrimination.

If young women of poverty are forced to give birth to a child they don't want and don't want to carry, will they get time off to recover after doing so? I understand that they won't need the amount of time a new parent who keeps their child need, but what time will she have? What services will be provided? Will she be paid for her time off? We all know the answer to that. Let us not forget, that many of these "women" who will be forced to carry to term, will be children themselves: girls under 18 who made a stupid decision or were victims of crime and now the child they carry is more important than they, themselves, are.

According to a study done by the CDC this year, 3 million U.S. females have experienced a rape-related pregnancy. Is the government going to force 3 million females to carry to term? Why does anyone think this is acceptable? There are over 135,000 adoptable children (I don't know what makes one child adoptable and

another not) and over 400,000 in foster care. Let's place these children into loving homes before introducing more into the fray. Oh, but these are children already born, the pro-lifers don't seem concerned for those children. Former Massachusetts Representative, Barney Frank, has been quoted as saying, "Republicans think that life begins at conception and ends at birth." How right he is.

If Roe v. Wade is repealed, then a quid pro quo policy should be put into place. Boys, of a certain age, should be required to get a vasectomy AND attend sensitivity courses to understand their part in unwanted pregnancies. The vasectomy part is not my idea. I heard it somewhere, probably social media and thought, "What a great idea." Vasectomies are non-invasive, quick, simple, and best of all, reversible. Well, the best part is they, more often than not, prevent unwanted pregnancies. If people have a problem with this, why don't they have a problem with forced full-term pregnancy or the re-raping of women? How is it different? I'll tell you, because it's the controlling of men's bodies not women. ♦



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 dblangevin@aol.com

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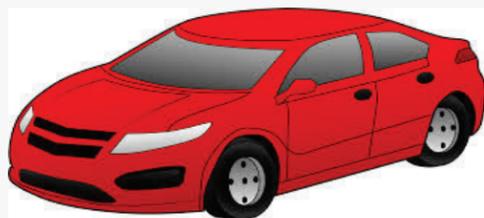
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REAL ESTATE FROM 28

Bradford St
 Scott A Robertson & Debra L Green, Justin & Kathryn Bastinelli & Susan Campbell, \$722,000, 191 Hay Meadow Rd
 James A & Gayle P O'Book, John Nickerson & Kristen DiFillippo, \$700,000, 281 Brentwood Cir
 95 Barker Street Realty Trust & Stephen A Darrigo Tr, Pei He, \$685,000, 95 Barker St
 Scott C & Marissa J McClintock, William Joseph Galvin Jr & Jennifer Galvin, \$685,000, 56 Tolland Rd
 John T & Candace F Aslanian, Samuel & Kathleen Kazlas, \$604,000, 855 Salem St
 Bowab Family Irrevocable Trust & John M Bowab Tr & Joseph C Bowab Tr, Steven Rosenfeld & Mary Dewey, \$576,000, 44 Marian Dr
 David G Iseler, Shahriar Beigi, \$545,000, 15 Sullivan St
 Maureen E Hunter & Gary R Plouff, Andrew E Dexter & Stephanie Valcourt-Dexter, \$540,000, 120 Granville Ln
 Kelly Driscoll, Christopher J & Katherine M Hughes, \$529,400, 173 Johnson St
 Doreen M Prisyb, Gregory Buitkus & Melissa Armstrong, \$525,000, 364 Johnson St
 Derek Bernat, Justin M & Amy Fucile, \$499,900, 57 Marblehead St
 Frank P Peluso, Sorhaya Zamor, \$492,000, 1-3 Clarendon St
 Joseph R & Michelle L Nicolaisen, Dennis J Sherlock, \$489,900, 25 Abbott St
 Todd G & Pamela A Storch, Craig M & Gemma A North, \$465,000, 247 Forest St
 Lauriann Marie & Michael Charles Messina, Beatrice Dicks, \$442,000, 106 Waverly Rd
 Joan F Anderson/Joan Fay Anderson & David Charles Anderson & Carol Jane Hubbard, Bruce A & Susan M MacDougall, \$430,000, 39 Cochichewick Dr Unit 12
 Alyssa C Hemmerich & Dana Aaron Clawson, Kevin Flynn Williams & Amira Alemu, \$390,000, 10-12 Concord St Unit 1
 Azam Z Siddique Mohammad & Aisha M Khan, Patricia M DeLonais, \$385,000, 26 Main St Unit 8
 Shawn M & Amanda Powers, Andover Marblehead Realty Trust & Lynne Rudnicki Tr, \$356,000, 30 Marblehead St
 Judith A & Peter F Giamberardino, Janet M

Daly & Carol M Daly, \$330,000, 2 Harvest Dr Unit 310
 Anna Gagliardi, Dennis C & Kathi L Taluto, \$326,000, 4 Harvest Dr Unit 314
 Anshuman LLC, Edward J Haffner, \$323,500, 4 Harvest Dr Unit 107
 Jeanne C Brien Tr & JCB Realty Trust, Robert & Colette M Tefft, \$292,000, 148 Main St Unit A-309
 Ellen Gallant/Ellen M Berube, Robert L Wilkey Jr & Laurie A Wilkey, \$289,750, 148 Main St Unit A311
 Laura Roffer, Cindy L & Anthony Rivera, \$280,000, 27 Sargent St Unit 2
 Sirius Development LLC, James A Heider Jr, \$269,999, 562 Boxford St
 Dhiren Bhatia & Ashley Alton, Aksana Y Sorokina, \$259,900, 12 Village Green Dr Unit 9
 Ronald M Cuscia, Marnie E Sheeran, \$250,000, 1401 Great Pond Rd Unit 14
 Allan & Kimberly Segal, Michael Anthony Furbush Jr, \$242,000, 5 Village Green Dr Unit 20
 Julie Jensen/Julie Riley, Claire C Morong, \$239,000, 14 Edgelawn Ave Unit 14EL-7
 Christopher J Hansberry & Shannon B Slater-Hansberry, Anthony Lucci, \$212,000, 59 Farrwood Ave Unit 2
 Arthur T & Elise C Seymour, Utpal & Dipa Gandhi, \$205,000, 4 Walker Rd Unit 4-6
 Li Zhen Huang & Kayue Wong, Christopher R & Lynn M Beatrice, \$205,000, 72 Farrwood Ave Unit 4
 Scott R Flores, James M Xenakis, \$203,800, 36 Bunkerhill St Unit 36
 M Ann McQuade/M Ann Boyd & Laurie Poirier, David Homsey, \$178,000, 178 Cortland Dr Unit 34
 Marnie E Sheeran, Ronald M Cuscia, \$173,000, 22 May St Unit 22
 Charles W Kittles Est & Charles M Kittles, Michelle C Rios, \$140,000, 4 Harvest Dr Unit 108
 140 Willow Street LLC, Howard M Zolot Tr & HZ Realty Trust, \$82,000, 140 Willow St Unit 1
 Vincent Bonanno, Essex County Greenbelt Association Inc, \$50,000, 0 Cedar St



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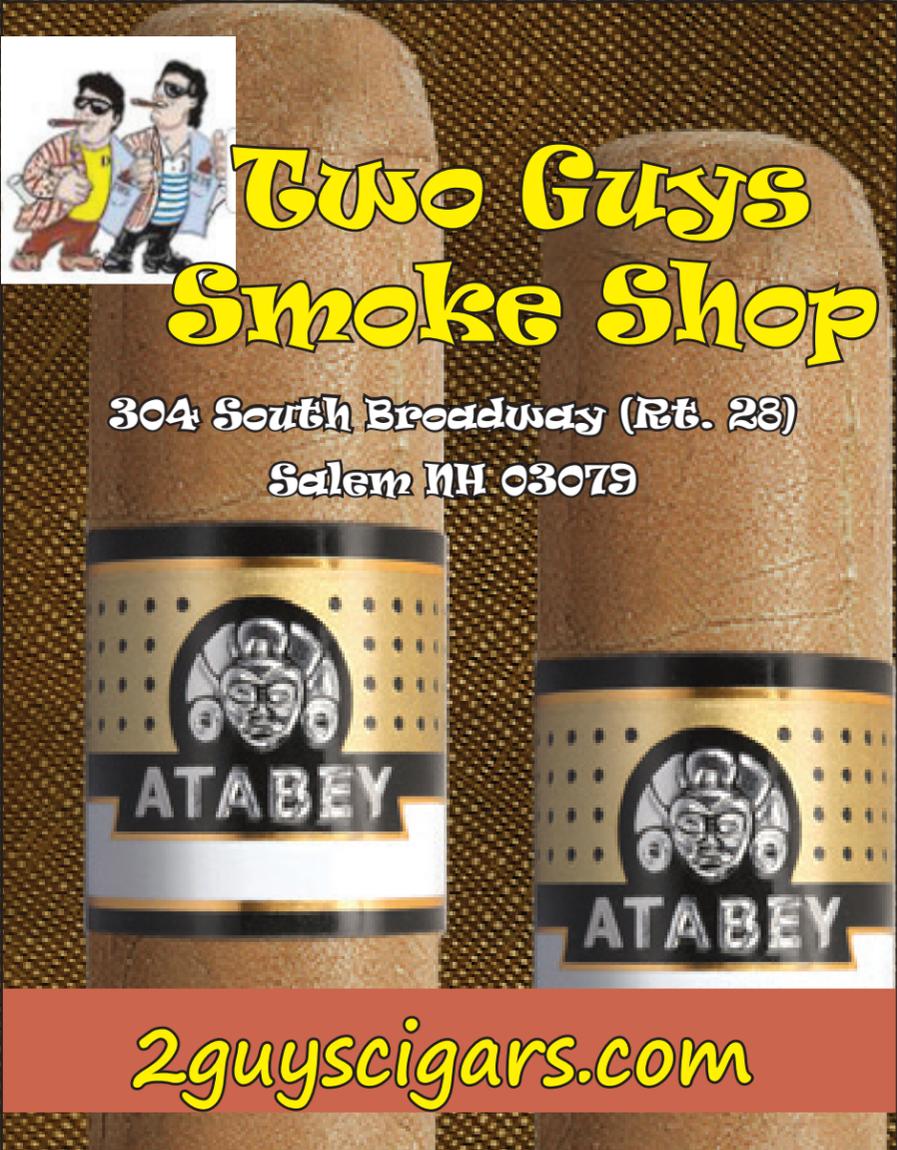
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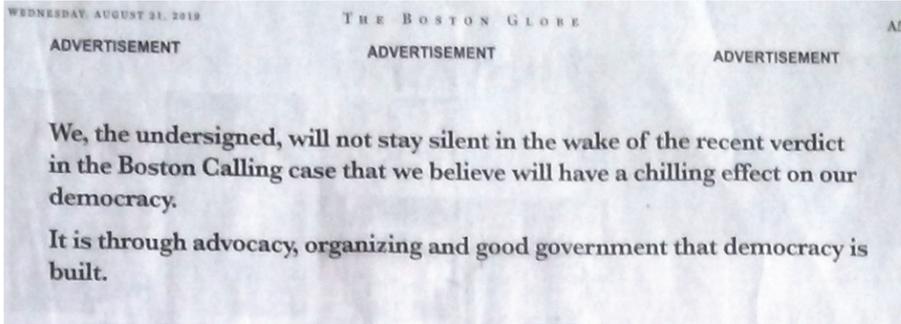
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Progressives Love Letting Racketeers Walk Between The Raindrops

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

This past week, supporters of the rule of law encountered the shameful spectacle of a full page announcement in the Boston Globe, from 70 progressive outfits, condemning the jury verdict in the case of naked extortion by Marty Walsh's agents. You remember Marty? Former union leader who became mayor with the help of one million anonymous dollars overnight from an out-of-state teachers' union?

Marty's two employees shook down a small private company with the threat that if they did not hire union labor that they didn't need, they would not get a permit from the City of Boston.

Everyone opposed to corruption, rent-seeking and extortion, instantly recognized this as a crime.

In Progressive newspeak however, extortion is "advocacy" that is absolutely essential to "good government" and "democracy," and if you object, you are against inclusive social justice.

According to this state's Progressives, the arc of history bends towards rent-seeking. Instead of a boot stamping on a face forever, as Orwell described the progressive future, the Massachusetts version is rent-seeking forever. Progressives publicly support renting the government's powers to coerce people into giving them money and have taken out a full page to say so.

All good people must here appreciate Pulitzer-winner Joan Vennochi opposing progressive extortion, in the pages of the Globe no less. A brave individual for sure.

The clear message of the Progressives' full-page notice was that this is their town and must run per their diktat. Maura Healey has already written that US Attorney Andrew Lelling does not belong in Massachusetts.

It is to Lelling's credit that he hung tough, despite the swamp within his own office, and fought Judge Sorokin as well

as the Progressives, to bring the extortionists to justice.

If Judge Sorokin again supports progressive rent-seeking and throws out a proper jury verdict, justice will be delayed again and the swamp will have won again.

If Judge Sorokin supports progressive rent-seeking that brazenly, he will then become the go-to judge for the swamp, who nervously count the days towards Judge Nathaniel Gorton's eventual retirement.

Judge Gorton for now remains legendary for the way he has swooped in and saved swamp reptiles repeatedly, with nary a concern for his professional reputation or legacy.

The case of Judge Gorton acting as the personal defense attorney for one such corrupt denizen shall forever be lit up in lights. I sued William Kassler for racketeering and obstructing an Inspector General investigation into fraud and patient neglect at a progressive hospital. Kassler twice ignored the court summons and filed nothing. I filed for entry of default. Judge Gorton barged into the case, presented affirmative defenses on Kassler's behalf and dismissed the case against him.

The Kassler case illustrates the difficulty Lelling has with the swamp inside his own office. One such, Susan Poswistilo, supported Kassler in the 1st Circuit Appeals Court and they happily let Kassler walk between the raindrops.

If only Kassler had worked for Marty, the 70-strong Progressive United Front would have taken out a full page ad in his support as well.

In the interest of the rule of law, and to prevent extortion and rent-seeking from becoming official Massachusetts practice, we all must pray that US Attorney Lelling can successfully drain the swamp from his own office, bring in trustworthy fighters from other states, and stay true to the oath he took.

The soul of Massachusetts is in Lelling's hands. ♦

Your Health with Rick Bellanti

Pumpkin Spice Oh That's Nice!

Rick Bellanti

HEALTH & WELLNESS COLUMNIST

Welcome to September, and say good bye to beach days, green leaves, mosquitoes and plain food. Let's say hello to great NH foliage, cool evenings and a whole lot of pumpkin spice everything. From lattes to baked goods, the flavor of fall lies in the season's desire for warmth and invigorating scents. That's right, soccer moms are rejoicing and the lines at Dunkin Donuts and Starbucks just got a little longer, so be patient. The stores are stocking up on everything pumpkin spice, items like Oreos, Cheerios, Pop Tarts, M&Ms (all junk food by the way, and did I just see an advertisement for pumpkin spice Spam?

Spices are used to flavor our food, and research has shown that they are made up of healthy compounds and could help prevent many diseases and illnesses. Spices fight inflammation and reduce damage to your body's cells because they are rich in healthy plant chemicals (called phytochemicals). Spices are also very flavorful and adding them to your foods will make it easier to cut back on the unhealthy ingredients, like salt, fat and sugar.

That being said, are they trying to make our junk food healthy by adding in pumpkin spice? Or is this just another marketing ploy, teasing our taste buds? Do people just like pumpkin spice because it reminds them of Fall or maybe it just tastes good. Is it healthy for us? Well, in the context of the food mentioned above, that would be a no. No matter how much you put a spin on it, that junk food is just junk food.

But let's look at what makes up the flavor of Pumpkin Spice.

Contrary to its name, pumpkin spice does not actually contain pumpkin. Instead it only exists to enhance pumpkin flavor, so if it's not made from pumpkin, what makes up pumpkin spice? The four ingredients that make up pumpkin spice are ground cinnamon, cloves, ginger and nutmeg. Some homemade recipes also call for allspice (Nope, no pumpkin in there).

Let's start with one of my favorites, cinnamon; studies show that it helps with inflammation, fights off bacteria and helps fend off free radicals that damage our cells. Some studies have shown that it may help regulate your blood sugar levels. It is very low in calories and sugar free, it's inexpensive and can be added to shake, smoothies, coffee, tea and sprinkle

some on some sliced apples for a yummy snack.

Next up, Nutmeg. Nutmeg is a spice that comes from the seed of the evergreen nutmeg tree. It has a list of health benefits including its ability to relieve pain, indigestion, and insomnia, and improve brain function. It extends its ability to provide hepatic protection, relieve depression, improve cholesterol levels, regulate blood pressure levels, and alleviate oral conditions.

Our third ingredient in pumpkin spice is Cloves. Cloves have their own health benefits, protecting the immune system. The dried flower bud of clove contains compounds that help in improving the immune system by increasing the white blood cell count, thereby, improving delayed-type hypersensitivity.

And last, but certainly not least, our good friend Ginger.

Ginger, some research and studies also show that ginger has anti-inflammatory and antioxidant properties, and could possibly play a role in preventing diseases like cancer. Ginger is well known for its digestive virtues thanks to the active ingredient gingerol. This stimulates the production of bile and digestive enzymes. It seems to have a calming effect on your stomach lining, which aids in easing nausea and upset stomach. Ginger is commonly a root and you can shave it or grate it and add it to foods or even tea. Ginger can be taken in different forms, such as capsules, ground ginger powder, herbal teas, fresh ginger, crystallized ginger or syrup. More studies have recently shown that ginger supplements can help reduce inflammation in the colon, in turn potentially reducing the risk of colon cancer.

There are a lot of healthy reasons to like pumpkin spice, so order up your fall treat pumpkin spice latte (go easy on the sweeteners), be careful of the sweets, like pumpkin spice muffins, just because there is pumpkin spice in it, doesn't make it healthy but you may see some improvements in your health along the way, if you use it in a healthy way. And spice up your own recipes at home.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here. ♦

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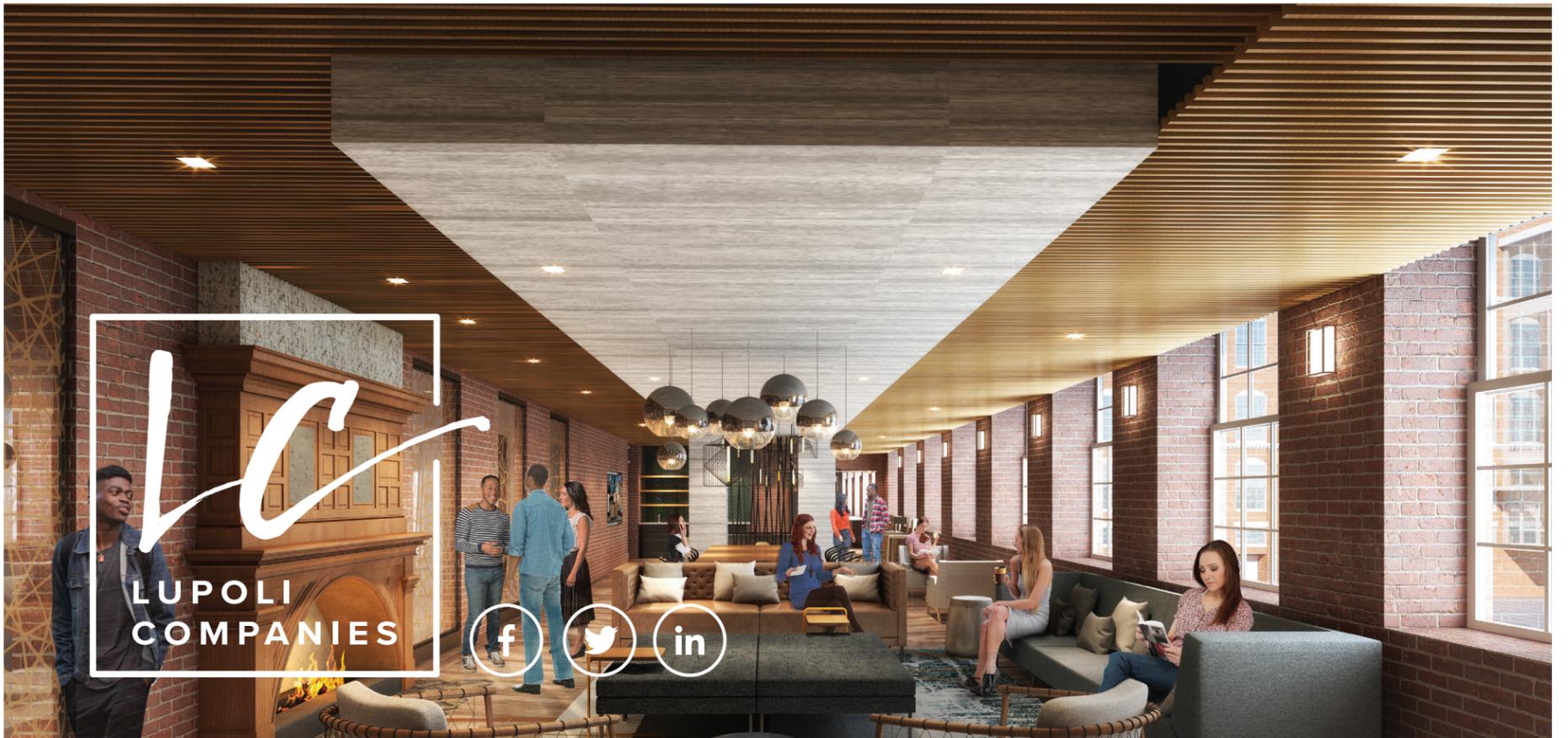


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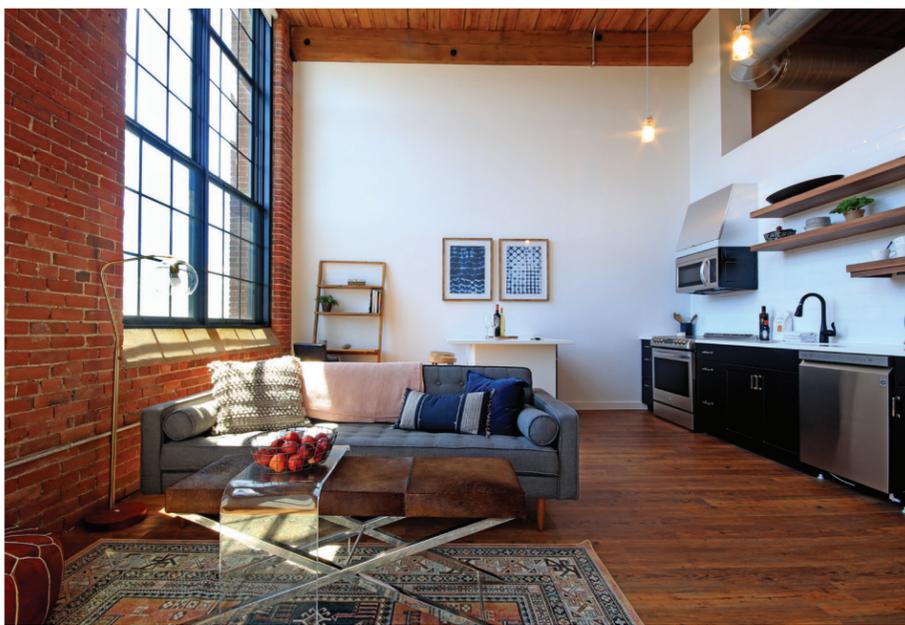
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