



THE VALLEY PATRIOT

"Congress shall make no law..."

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North Andover to Vote on Marijuana

Jeff Goldstein of Osgood Landing is looking to kick \$4.5M into town coffers with a marijuana research, testing, and growing facility. Voters will decide January 20th at Town Meeting.

SEE PAGE 2 & 3

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Valley Patriot publisher Tom Duggan with Methuen Police Chief Joe Solomon, Boxford Police Chief James Riter, Haverhill Police Chief Alan DeNaro, and North Andover Police Chief Charles Gray on "Paying Attention!"

POLICE: Mandatory Rehab for Narcan Recipients

TRANSCRIBED BY CHRISTINA JASKOT

Valley Patriot publisher Tom Duggan debuted his new Paying Attention TV Podcast last month. The show is a TV adaptation of the Paying Attention Radio program that Duggan started on WCCM in 1999 and ended in 2015 at WCAP in Lowell after spending time at Haverhill's WHAV and WTTT in Boston.

In his first program Duggan tackled the controversial opioid crisis with four Merrimack Valley Police Chiefs; Methuen Police Chief Joe Solomon, Boxford Chief James Riter, Haverhill Chief Alan DeNaro, and North Andover Chief Charles Gray.

DUGGAN: We have asked four Police Chiefs to come in and talk to us about the opioid crisis. What are you finding in your community with this opioid crisis? Is it as bad in your community as it is everywhere else, and how are you handling it?

METHUEN CHIEF SOLOMON: For

us, our overdoses this year are down 25% compared to last year and 30% compared to the year before.

However, our deaths have doubled.

We attribute that to the Fentanyl, it's that and not Heroin, where over the years we've seen heroin cut with Fentanyl. But now, it's pure Fentanyl. And kids are taking pills that they think is a percocet, vicodin, or a xanax, when it's actually Fentanyl. So, we're seeing the deaths increase in my city, but the total number of overdoses are down, and I think what we've gathered from our statistics is that the overdoses [being reported] are down in Methuen because we aren't getting the calls. People are carrying Narcan themselves. We might get the call that someone has been Narcaned twice, and now he has to go to the hospital, so we believe the proliferation of narcan is saving lives. And again, the cost

CHIEFS: PAGE 6

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EDITORIAL: WE SUPPORT THE OSGOOD PROJECT

For once, the Commonwealth of Massachusetts got something right... at least for a while.

Decriminalizing marijuana in Massachusetts as the state did several years ago, only made sense. It released local and state law enforcement to focus on more serious and violent crimes. It helped ease the overcrowding in our state prisons. And it relieved the burden on our court system, parole system, and probation departments.

But then, the people of the commonwealth did something stupid.

They decided that they wanted more government involvement in their marijuana purchases. They voted for the government to tax, regulate, and completely legalize marijuana use in the state.

We strongly opposed legalizing marijuana in Massachusetts, not for silly, puritanical reasons, but because we believe that more government control of anything will always lead to government abuses.

We lost that fight when the voters overwhelmingly supported a state ballot measure making pot fully legal. Some just can't accept that fact.

Now, Jeff and Orit Goldstein, owners

of Osgood Landing in North Andover, are trying to open a marijuana manufacturing facility on route 125, in the Osgood building, and some North Andover residents are strongly opposing the project.

These residents organized a group called "Citizens for a Drug Free North Andover," [as if that was possible] and started a public campaign on Facebook to oppose a plan at town meeting later this month.

Their stated objections ring hollow, and the campaign they are waging smacks of nothing more than sore losers trying to get another bite at the apple.

Some have complained about traffic, or possible changes to the quality of life in their neighborhoods.

The fact is, those who oppose the Osgood project are not worried about traffic, or quality of life, or any of the other excuses publicly given. They simply don't believe pot should be legal.

But it is. And this project will bring in more than \$4.5M into the local budget, 2/3 of which will go to the schools. That's like getting a \$4.5M override money without raising taxes.

What's more, the Osgood building used to employ thousands of people when it was the headquarters for Lucent Technologies. Nobody ever tried to stop Lucent from doing business on that site because of "traffic concerns".

We are not talking about a marijuana dispensary. This is not going to be store or facility where the public can purchase marijuana. It will be a testing, research, and growing facility for medical uses.

There will be no drive up window where kids can buy pot in town. There will be no line of potheads on Route 125 waiting to purchase their weed. There will be no smoke billowing across the out-country of North Andover.

North Andover could once again have hundreds, or even thousands of people employed at Osgood Landing.

Opposing this project because of moral objections is no different than opposing a liquor license for a local business downtown because you don't believe liquor should be legal.

Yes, North Andover residents have every right to oppose an indoor marijuana research and growing facility in town at

the next Town Meeting January 30th.

Yes, their voice is just as valid as anyone else's, even if their public reasoning is deceptive and dishonest.

That's the beauty of living in a free country.

Having said that, we also have the right to call out those opposing this project as hypocrites and moral obstructionists.

As we stated, we opposed making marijuana legal in Massachusetts. But that fight is over. Now that it's legal, it would be foolish and self-destructive to turn down a growing facility that is both legal and would generate needed revenue for the schools, the police, and other needed town services ... without an override.

What's weird is that conservatives in town used to advocate for lower taxes, and no overrides to pay for basic government services. Now it seems their abstract moral objections have gotten the better of them.

We support the Osgood project.

We encourage our readers in North Andover to attend town meeting January 30th, and do so as well.

Big Marijuana Wants to be Big Business in North Andover

Dr. Frank MacMillan
VALLEY PATRIOT CONTRIBUTOR

Do the voters of North Andover want our town to be known for hosting one of the largest industrial-scale indoor pot farms in the United States? The voters of North Andover will be making that decision on January 30th at a Special Town Meeting.

When the voters of Massachusetts passed a ballot question to allow commercial and retail cannabis, communities that voted against the expansion were also allowed to prohibit commercial cannabis. The existing zoning for cannabis in North Andover is on Holt Road, and does not include the vacant manufacturing space at Osgood Landing.

Changing the zoning bylaw to include Osgood Landing, would require an amendment to the town's zoning bylaws, needing a 2/3 supermajority vote. A 2/3 vote is needed to change the bylaws to keep us from making impulsive mistakes. Last year's Annual Town Meeting also considered this, but chose not to support. Since the Planning Board is sponsoring a new bylaw, they have brought it before us again for this Special Town Meeting. Our zoning law is our only and our last opportunity to have a say in this matter. Like any warrant article the Town Meeting can choose to adopt, not adopt, amend, refer or table it.

We all know the vacant manufacturing space on the property has been idle since Lucent Technologies closed, and town officials are looking to replace the lost revenue. Cannabis cultivation however is not an ordinary business activity. It evokes strong opinion on both sides with very few among us who are truly neutral.

We need to distinguish between medical use, and misuse and abuse. Medical marijuana already is available in Massachusetts, and all of the licensed businesses are vertically integrated, meaning they grow and dispense their own product. Since the proposed business does not have a license to dispense medical product, are they being honest with us or are they looking to supply the retail market with a million square feet of new grow capacity?

I do not represent anyone other than myself, but I have experience diagnosing and treating people with health problems relating to substance abuse for over two decades. We have a problem in America with substance abuse. This has been acknowledged across the political spectrum. The opiate crisis has reduced our average life expectancy in the United States. When our country's overall health status is compared to those in other countries with better health outcomes and life expectancy, our disparities are mostly due to more substance abuse.

Substance abuse has devastated many communities with crime, overdose death and infectious diseases, poverty, infant mortality, homelessness, unemployment, disability, you name it. This issue has risen to the highest levels of attention. A landmark report "Facing Addiction, The Surgeon General's Report on Alcohol, Drugs and Health," published its findings and recommendations in 2016. You can find the report and executive summary online at <https://addiction.surgeongeneral.gov/>. The report was based on scientific evidence, and encompasses the public health challenges with all addictive substances, including alcohol, nicotine, opiates, and other drugs of abuse including cannabis. The report also offers a more useful definition of substance abuse as being simply unable to control use of a substance. Although different substances vary in the potential for abuse, there are some common lessons we should keep in mind.

What the latest science really points to is that substance abuse is an acquired brain disease, and that a large part of the susceptibility to addiction is genetic. The human brain adapts and changes when we use substances, and in some of us, this can quickly lead to abuse. The adolescent brain is particularly susceptible, and they are more likely to be risk taking and impulsive which is a normal developmental behavior they eventually

outgrow. It is a fact that delaying first use to beyond the end of adolescence leads to much less addiction. To be effective at preventing substance abuse, we need to target adolescents as young as middle school, and into young adulthood to prevent initiation at this vulnerable age.

We already know a lot about what works and what does not with regard to treating substance abuse. One of the most under-appreciated victories in public health is in tobacco control. In one generation, we have gone from over 50% of American adults using tobacco to a small fraction of that. Tobacco and nicotine are legal, regulated substances that nearly all agree have a high potential for abuse, and serious health consequences. Although the dangers of smoking were first widely acknowledged in the Surgeon General's Report in the 1960s, we did not reach the tipping point until the 1980s. Decreasing access by increasing the cost thru taxes and age restrictions made it less likely for adolescents to start smoking. We also made it a less normal behavior by getting it out of schools, movies and television, vending machines, restrictions on advertising and restricting where it could be used, such as bars and restaurants, workplaces, airplanes, public buildings, etc.

When addiction is well established and severe, we also know that it may take years of

MARIJUANA: PAGE 24

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Special Town Meeting on January 30th Will Pave The Way For The Massachusetts Innovation Works at 1600 Osgood Street



The North Andover Planning Board recently drafted a comprehensive by-law that will govern marijuana cultivation and R&D in the town

Approval of the new by-law at a special town meeting on January 30th will allow the development of The Massachusetts Innovation Works at Osgood Landing, an Innovation Center for Socially Responsible Cannabinoid Medical Research, Entrepreneurship and Manufacturing

Special Town Meeting

North Andover High School
430 Osgood Street, North Andover
January 30th @ 7p.m.

The Massachusetts Innovation Works team is hosting a series of open houses at 1600 Osgood Street to discuss the details of the project with North Andover residents and to answer any question or concerns. Open Houses will take place on January 10th, 17th & 24th, 6:30 - 8:30p.m.

For further information,
visit www.OsgoodCoalition.org

Favoring Citizens of Other Governments Over Your Own Makes you a Traitor

Bob Wescott
VALLEY PATRIOT CONTRIBUTOR

The city and courts of San Francisco have made ever so much clearer how mentally dispossessed they are, of any semblance of America, and Americanism, and of Decency. And, of Justice, Prudence dictates.

Jose Ines Garcia Zarate is not – was not – an immigrant. Señor Garcia Zarate is and was an illegal entrant into the nation and into political subdivisions of the United States of America. To be an immigrant, or to immigrate into a new country implies legality of action. It implies that said immigrant has a valid place to be in his or her new country, that he or she intends to “settle” therein and, therefore, to live there legally, perhaps to gain citizenship. It is for the furtherance and fulfillment of such implications that a nation would institute immigration laws; and it would be to prevent the obverse of the aforementioned implications that those same laws would be enforced.

Nations have a clear, hitherto well-understood obligation to define and enforce the laws that define their borders whether on land or water or, as is now the case, at airports. Indeed, such enforcement is the first and most fundamental contract of citizenship – even of legal residence – that obligates any nation... else its nation-hood is false.

Amazingly, there have developed numerous pockets of citizens, some of them elected by their peers to represent the highest qualities of citizenship, thereby qualifying them to hold office in various levels of government, all of whom disbelieve these obligations of nation-hood. Each of those

elected has sworn to uphold the Constitution of the United States of America, meaning ONLY of the United States of America. They may swear to uphold the constitution of one of the United States, but that cannot, by law, presume to deny the supremacy of the U.S. Constitution.

The existence of the nation known as the United States of America, whose laws are defined by the Constitution, carries the clear obligation to establish and enforce laws governing both borders and immigration, citizenship and residency, incarceration and deportation. There is no LEGAL space in those constructs where officials of any State or subdivision thereof, having been sworn to office, can elect to not be bound by the laws of the United States, feelings notwithstanding.

Any individual citizen or legal resident who were to take it upon himself or herself to knowingly fail to follow the laws of any town, city, county, State or of the United States nation, becomes a criminal upon such failing; further, the status of being sworn to office can in no way change the criminality of failing to live by or uphold any of the laws of the land... at any level. Any municipal or State official who not only knowingly but publicly fails to follow or uphold the laws he or she SWORE to uphold upon assuming office, is a damned liar, not to mention an unethical pig whose word is less than slop.

Worse, it could be said, such an official is traitorous. He or she could be said, given the conditions outlined above, to be consorting with and harboring, known federal criminals, wanted on one or more charges. These actions betray an extraordinary mental twist, one that ought to deny that official his or her office, federal, state or local.

ILLEGALS: PAGE 27



Reader Objects to Rail Trail Portrayal

Dear Editor,

I was saddened to read Tom Duggan's column about the Lawrence Rail Trail. In many communities, the local Rail Trail is a highly valued public space used by joggers, commuters, mothers with strollers, and by people of all ages. I regularly take my children to bike on such area rail trails as the Independence Greenway in Peabody, the Minuteman Bike Trail in Arlington/Lexington, and the Bruce Freeman Trail which starts in Chelmsford. The Rail Trails are well maintained and the adjacent homes have high property values. When I last moved, I looked for a house that was close to a rail trail (but sadly could not find one.) I guess you can't

get more enthusiastic about rail trails than that!

Unfortunately, public spaces such as parks, woods, beaches and rail trails sometimes are used for drugs, crime, housing for the homeless, etc. When public spaces are misused, this is a sign that people need housing, jobs, and health care! However, people also need hope (and exercise), and recreation/bike trails can be a part of that solution. I would hope that there could be more housing, more employment and more rail trails!

With best wishes,

Kathy O'Donnell-Bustin, North Reading

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Corrections: Please contact the editors at valleypatriot@aol.com

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IN YOUR CORNER

New Opportunities through the NECC Culinary Arts and Hospitality Center

Senator Katy Ives
MASSACHUSETTS STATE SENATE

In the 2017 legislative session, I worked closely with Representative Frank Moran to get \$1 million in state funding released that Northern Essex Community College (NECC) needed to move forward with plans to create a Hospitality and Culinary Arts Center in downtown Haverhill. This was a critical step toward finalizing the advancement of exciting new offerings at NECC, with a new culinary education option offered locally.

In addition to the \$1 million in funding, the college received an additional \$2 million in state funding to secure a space for the Culinary Arts and Hospitality Center and \$150,000 in Workforce Skills Capital Grants to purchase equipment. NECC has also received financial support through private funding as well, and the total cost of the center will have an approximate cost of \$5 million. This effort wouldn't have been possible without the leadership of former Representative Brian Dempsey, who secured the state funding and the vision of President Lane Glenn of Northern Essex Community College, who works tirelessly and creatively to development new learning opportunities for students.

The new facility will include culinary labs, a computer lab, classroom space, a multi-use function space and retail space in the downtown dining district of Haverhill. The anticipated opening is the fall of 2018.

The college currently offers an Associ-



ate of Science Degree in Business Management: Hospitality Option and is planning to offer a Culinary Arts Certificate program. These programs will address the growing workforce needs in the hospitality sector, while providing students with experience in the field and career opportunities, as well as creating a partnership with Whittier Regional Vocational Technical High School and Merrimack Valley employers.

Vocational-technical students can take courses at Whittier or at NECC and receive concurrent credits, enabling students to enter the program with nine to twelve college credits, which puts them ahead academically, with a tuition savings too.

Expanding the offerings at community colleges in Massachusetts gives students the opportunity to receive a quality education at an affordable cost in fields that are in demand. I will continue to work to support these common-sense partnerships between vocational school students, local employers and our community and state college systems.

“WEATHER 101” WITH AL!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Welcome to 2018 and a new year of weather. We saw very cold arctic air to end 2017. The later part of December 2017 saw an unusually long stretch of bitter cold air where the daily high temperatures remained below 20 F. The length of this bitter cold air is unusual for this part of the country.

The reason for the bitter cold air was a pretty intense southward drop with regards to the jet stream. This put our region on the north side which is the colder side of the jet stream. An intense upper level ridge of HIGHHH PRESSHA! over western North America is responsible for causing a large trough over the eastern U.S. This large trough is bringing bitter cold air south for the north pole. This trough brought chilly weather all the way south to northern Florida. The warm spot in the U.S. was over the southwestern U.S. where Phoenix Arizona is having high temperatures in the 70s.

This warm weather is a result of the strong upper level ridge of high pressure over western North America. New Year's Eve into New Year's Day brought bitter cold air and winds. During extreme cold make sure you are dressed properly. Frostbite and hypothermia will occur if you are not dressed properly. Wear a hat and gloves!!

When winds occur with the bitter cold air we talk about wind chill. Wind chill is determined by the speed of the winds combined with the air temperature. The stronger the wind speed and lower the air temperature results in lower negative values of the wind chill. The negative values of the wind chill tell us what it would feel like if there was no wind at all.

Remember, when the wind is blowing, the air is being stirred and this prevents the temperatures from falling as much if there was little to no wind at all. When the wind chill values become low enough, wind chill advisories/warnings are issued.

Recapping December 2017, we saw

our first measurable snowfall on Saturday December 9th.

After this first snowfall of the season we saw the weather pattern begin to get active. More snow occurred on December 22nd. This snow changed to rain along the coast especially SE MA, Cape Cod & the Islands. However, deep cold air remained at the surface over inland and interior locations. This caused a change to freezing rain by December 23rd. This freezing rain made for very slippery conditions. Temperatures at 1,000 feet and above the surface were above 32 F.

Temperatures at ground level were less than 32 F. This causes freezing rain which falls as a liquid and then freezes after it hits the ground. Isolated power outages occurred from the freezing rain. Our next storm after this occurred on Christmas Day when a quick 4 to 7 inch snowfall occurred Christmas morning. This was a quick moving storm and had the intensity to cause a period of heavy snow with low visibilities Christmas morning. During Christmas Day as the storm moved away, we saw some partial sun develop along with windy conditions. The season has arrived where we now watch for winter storms. Whether we get a winter storm or it goes out to sea depends on how much the jet stream amplifies.

The more amplification of the jet stream the better chance the northern and southern jet streams phase and this results in the storm tracking close enough to us and causes an impact. Next month we will recap the weather for January 2018 and see what to expect for February.

January is known to be the coldest month of the year which occurs one month after the winter solstice in December. With more bitter cold air ahead of us remember if you use a space heater make sure you monitor it, be careful where you put it and do not leave it on when you are sleeping. Also when you use a generator do not run it in the garage; make sure you run it outside and well away for your home. Stay safe this winter and keep warm!!

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POLICE: Mandatory Rehab for Narcan Recipients

Duggan Holds Opioid Summit with Four Local Police Chiefs

CHIEFS: FROM PAGE 1

every time we go out somewhere in the area is \$125-\$230 depending on the actual narcan cost, because it fluctuates. But, is it worth saving 250 lives, even if it's \$120 a life? I've had this argument with people where a man confronted me and thought we shouldn't be wasting money and we shouldn't be using it. We talked about this during past interviews.

I also believe that all of us up here are doing the outreach afterward. So, it's not that we narcan you and send you away, but you go right into our program and our addiction specialists try to get you into an immediate rehab. We get you in, detox you, and put you in long-term care.

DUGGAN: Now, Chief Riter, you're in a small community of Boxford, where there's mostly single-family homes, a predominantly white population, and a wealthier middle-class standing, the statistics show that these are the people who are victims of this stuff. It's the white, middle-class that's dying every day. How are you guys handling that in Boxford?

BOXFORD CHIEF RITER: We're obviously carrying Narcan in all of our cars, and we've used about 20 doses since 2015. We deal with the families, we see the crisis that is left behind when there's addiction in the household and it's crossing all age groups from your late teens and your 50s and we're constantly aware. We know the things to look out for and if it's a regular occurrence. It's one of those things that you can see coming over the years, but here it is, and it's been building for a while.

DUGGAN: Do you have to put your guys through any kind of special training because this is all very new to everybody? Do you see many opioid problems in the schools?

BOXFORD CHIEF RITER: We have not seen many issues in the high school, but we are seeing issues right outside the high school age. We see it happen with different groups of kids; it's seen as throughout generations, whether it be from the class of '79 or the class right now. You see lots of different kids that get hooked up in that culture and then a lot of times they come back to their family, and then there's something we have to deal with. We have to work with the family and the kids, and we see what happens as far as the devastation with this.

DUGGAN: Have you seen the numbers in Boxford fluctuate?

RITER: They aren't going as far as doubling, but they are getting more prevalent. We don't see a lot of it because there are people who try to take care of it inside their houses. They have the ability to send people away, whether it be kids or family members, and get treatment outside the community. We hear bits and pieces of it but there's other aspects that go along with it.

DUGGAN: Chief DeNaro is from Haverhill, which is a very different community than Boxford or even Methuen. Haverhill is like Lawrence where it has a large population of lower-class citizens and immigrants. That has to pose the same kind of problems as Lawrence. Can you talk about what you guys are doing?

Haverhill Chief Denaro: We currently have a Sergeant and two Patrol Officers who are designated as my contacts and we have a social worker who goes out with him. We contact every person who overdoses, and in the last two years we've had over 500 overdoses.

They will contact those people and try to get them into programs. Last year we had



Valley Patriot Publisher Tom Duggan held an opioid summit on his new show PAYING ATTENTION! with four area police chiefs. From left to right above are: Tom Duggan, Methuen Police Chief Joe Solomon, Boxford Police Chief James Riter, Haverhill Police Chief Alan DeNaro, and North Andover Police Chief Charles Gray, whom Duggan has frequently called a "cops' cop".

23 deaths, and this year we have 14 to date, so they are down. What we do is meet the family. We get them into grief counseling, and see what we can do for them on that aspect. Predominantly, one of the biggest problems that we have is that when they knock on the door, 99 out of 100 times the door shuts and nobody wants to talk about it. When I talk to my officers, when we are utilizing Narcan, once they wake people up, they don't want to go to the hospital. There are a lot of issues as far as being able to address this problem. And as Chief Solomon alluded to before, our overdoses, last year a count of 62, and this year 249, which is a grossly understated number because when we talk to people out there they tell us that they have narcan and revive those who need it, but fail to call it in. They do not report these incidents.

DUGGAN: So, the numbers that we have are probably double, or even triple, the amount stated because of what you are saying about those failing to report these incidents?

DENARO: I think a better gauge would be to determine all of the agencies that are giving out narcan and asking how many doses they give out. That would give a pretty good idea of the extent of the problem. I'm sure there has to be a way to track it; there must be some type of check and balance for that.

DUGGAN: Chief Gray from North Andover, you've got a very different community. North Andover borders Lawrence like Methuen does, but it's a town. And just like Boxford, it is mostly middle to upper-class white people with a little bit more disposable income and yet you see the same types of problems Lawrence has because you are on the border. Can you talk about that a little bit and what you're doing, and I want all the chiefs to answer; when someone gets narcan, should it be mandatory that they go for a temporary rehab placement before being let back out?

N. ANDOVER CHIEF GRAY: I think that should be up to the medical professional. But, I know in North Andover if we narcan someone, they go right to the hospital under the new PC guidelines.

North Andover has, what I would call, the crimes secondary to the opioid crisis, your car brakes, are what people are using as a means to get money to buy more opiates. Another thing that we see as well as in Boxford is the commuting. What is happening is, people are driving after injecting the drugs and they are impaired. They

cannot drive a vehicle safely and they are causing crashes. That's something that we take very seriously. But, it's also the legislature hand that's helped us out yet. We're talking about the implied consent law is all good for alcohol, and if you get pulled over you have made the agreement that if I get stopped by a police officer, and I think I am impaired by alcohol, I'll submit to a breath test or face sanctions.

This is the biggest thing I'm talking about with the opioids epidemic, and also the cannabis. There's nothing in the legislature to say that if we think you're under the influence [of opioids] while driving a vehicle, [that allows us] to test you right now. That's one thing we are all dealing with now, is how to go around that.

DUGGAN: How do you handle it if somebody shoots up heroin, they get behind the wheel of a car, and you know they're impaired on something, but how do you determine what that is without violating their rights.

GRAY: Some officers have special training that allows them to make that judgement. We do training with other officers just to give them a go by, but believe it or not, there are a lot of ways to tell.

DUGGAN: How do you guys handle it in Boxford? You have the same type of community as North Andover, so is it handled in a similar way?

RITER: We have one officer, who is a D.R.E., and we are also in contact with the North Andover community and other D.R.E.'s in the area, so if we have a concern, we make sure we check it out.

DUGGAN: Chief Gray, do you think that after being narcanned someone should go mandatory for a certain period of time, because I know you guys make them go to the hospital, but they can check themselves out, right?

GRAY: Yeah, in North Andover we carry two four-milligram doses, which has helped us with our overdose cases immensely because, as the issue Chief Solomon said, they defend those a lot more potent, and because of that we have had to carry a heavier dose. Also, if an officer is exposed to it while they are given narcan, we want the officer to have a dose for themselves. It depends again on the medical professional to see whether they would deem this person ready for a 20-day program, or for them to say "no, they haven't hit rock bottom."

DUGGAN: What do the other Chiefs think? Do you think those being narcanned

should have to go into a program in order to stop being a constant drain on the system? I remember Chief Solomon had told me people were getting narcanned up to 4 to 5 times and either still refusing treatment, or not coming back [dying] due to their bodies getting used to it.

SOLOMON: What's actually happening is that narcan can get stronger, so we were always carrying two 2 milligram doses. We currently carry four 4 milligram doses plus each officer has two four milligram doses that are only to be used on themselves in case they get exposed. Sometimes we saw ourselves giving five or six regular doses, now maybe three or four of the 4 milligrams. We are giving stronger doses which is helping, but obviously, from our analysis with the fentanyl impact is why the dose is so much higher. Now, if you can get a paramedic there, they can give them an intramuscular shot of narcan, and they can use less of a dose and have a better impact. I firmly believe, and I actually had the opportunity to testify last year at the House and Senate hearing on the mandatory stay, we asked for 14 days.

If you overdose or have narcan used on you for an overdose, and you go to the hospital, we ask that they have to go in and be held for 14 days at least, to give them some time not only to immediately detox, but to begin a rehabilitation program.

Currently, it's up to 72 hours, and we thought that was at least a gain, but what happens is that it is the option of the mandatory 72 hours or 'being medically cleared.'

So, there is still a little bit of an issue, but I absolutely believe that they need to be turned into a program and at least detox, and that is when you can try to convince them. They must be willing to get help. But, the problem is they overdose, we narcan them, they go to the hospital, and if the doctors clear them in 12-16 hours, they go out and re-overdose and the effect is even stronger which could lead to a possible death.

DUGGAN: Chief Riter, what do you think?

RITER: They need the break for themselves. They need to get away from where they are, who they are surrounding themselves with, and they need a break just from the area they're in to try to get them a head start to get clean.

DUGGAN: Chief DeNaro, what do you think?

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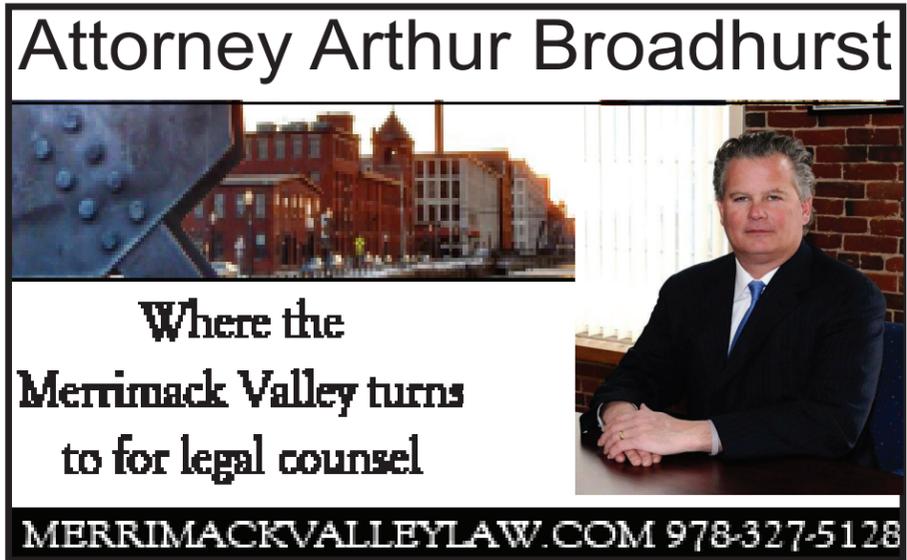


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TOM DUGGAN'S NOTEBOOK

PAYING ATTENTION RETURNS!

Two years ago I walked out of AM980 WCAP in Lowell for the last time. After doing radio at 6 different stations for more than 15 years it was clear I needed a break. I was burned out from fighting 100 wars at the same time just for the freedom to say what I wanted to say on the air without station owners micromanaging my every on-air uttering, sleazy lawyers like "Broad Brush" Bob LeBlanc of Methuen sabotaging my show while I was on the air, liberal advertisers pressuring station management to reign me in, it just became impossible to talk about what I wanted to talk about every week.

I had put up a good fight, but it was clear the corporate radio industry was more about censoring unpopular views and promoting the approved opinions of the station rather than promoting free speech and encouraging dissent and discussion for the public good.

Now, with the advent of new technology, I've finally been able to take my original vision for the Paying Attention program back in 1999 and make it a reality. On December 28th, The Paying Attention TV program aired on-line on our YouTube Channel, with no censorship, no meddling lawyers, and professional news the way it was meant to be. Subscribe to my YouTube channel and watch this week's Paying Attention or check out previous shows.

HEROES IN OUR MIDST

The Valley Patriot's book 'Heroes in Our Midst' is still flying off the shelves... the internet shelves anyway... and I want to remind you that you can always get a copy of our tribute to local veterans here at the Valley Patriot offices in North Andover. You can also get it on Amazon and Barnes and Noble.

CELEBRATING 14 YEARS! WITH A BASH! MARCH 23rd

Yeah, it's that time of year again as The Valley Patriot celebrates our 14th Anniversary with another charity BASH that is sure to put everything else we do to shame. And we do a LOT! This year

we will be giving scholarships to students graduating from Lawrence, the Vocational School, Methuen, and North Andover. We also give awards to police officers, firefighters, and veterans, with some local celebrities, comedy, and this year there will be DANCING with our very own BASH DJ- Rick Bellanti. Salvatore's restaurant is donating a gourmet meal, as they did last year. We are always looking for sponsors and donors for scholarships for local kids so please reach out to us if you might be interested in helping us help the community!

LAWRENCE COUNCIL ON "BOYCOTTING MAINE"

The governor of Maine hurt the Lawrence City Council's little feelings when he accurately pointed out that the majority of Maine's fentanyl and heroin problems are coming right out of Lawrence.

What did the Lawrence Mayor and city council do? Well, they defended the heroin dealers (intentionally or not) by distracting from the real crisis of opioids by calling for a boycott of the State of Maine. As if the drug dealers and fentanyl distributors and manufacturers are going to throw up their hands and say, "OH ... SNAP! You mean Kendrys Vasquez and the Lawrence City Council are boycotting Maine? We should pull back all our heroin and fentanyl and stop dealing in that state!"

First, Lawrence officials need to stop with the bullshit. We have a homeless crisis, an opioid death epidemic, and rampant gang violence in the streets of Lawrence with daily shootings and stabbings. To top that, Lawrence is the destination of choice for fentanyl, meth, and heroin dealers who are illegal aliens from other countries.

The Mayor and Lawrence City Council purposely distract from all those problems with meaningless "resolutions" and fake cries of racism.

Shame on the Lawrence City Council for even entertaining one second of discussion on "boycotting Maine" and not ONE SECOND on funding more shelters,

providing rehab, or actually solving the problems they were elected to tackle.

For the record, NH Governor Sununu also correctly stated that the fentanyl problem in his state is coming "Directly out of Lawrence Massachusetts".

Mayor Rivera's response? "He's picking on us" and we have lots of brown people here so maybe it's racism! It's up to the people of Lawrence to start holding their officials accountable and call them out when they do foolish distractions like this. Short of that, Lawrence will continue to be the fentanyl and heroin capital of New England with the most deaths per capita than any other state in the region.

But hey, passing a resolution boycotting the State of Maine is so much easier, it's not like they have to do any real work.

WANTED! DISHWASHERS, COOKS, WAITRESSES. METHUEN FAMILY RESTAURANT

Methuen Family Restaurant is looking for part time dishwashers who will also prep in the kitchen. They are looking for part-time and full-time experienced breakfast cooks, organized with a lot of energy who will also prep in the kitchen. Must be able to work quickly under pressure. They are also looking for part-time waitresses with breakfast experience. They need someone who can work in a fast-paced environment and family atmosphere.

Hours of operation: 6am to 9pm, Breakfast, Lunch and Dinner. Applicants must be reliable, friendly and work well with others. Please apply in person at Methuen Family Restaurant, 246 Broadway, Methuen MA.

WRITER NEEDED FOR HERO VETERAN COLUMN

Each month The Valley Patriot has honored a local veteran on the front page of the paper in our HEROES IN OUR MIDST, Valley Patriot of the month column. A few months ago we lost our writer who was tasked with doing these interviews with local veterans and compiling their stories. We are looking for someone who can help us continue to interview and tell the stories of local vets on the front page each month. Seniors welcome! Contact Tom Duggan at 978-771-4091 or email valleypatriot@aol.com.

TWIN LIGHTS SECURITY

I want to personally thank Patrick, Michael, and everyone at Twin Lights Security in Gloucester for not only sponsoring the Paying Attention TV show, and buying ads in the paper, but also for providing my personal security for the last year or so when I chase police calls in Lawrence, or have to appear at a public event. On top of that, the guys at Twin Lights donated a bullet proof vest for my safety. If you need a private investigator



FREDDIE SAYS

The Bash is March 23rd!

The Paying Attention TV YouTube Podcast is Thursdays at 2pm Heroes in Our Midst is Available on Amazon You won't believe what comes next!

Freddie also Says EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE 978-557-8601

or security for yourself, your business, or your family you should give Twin Lights Security a call and tell them Tom Duggan sent you. Twin Lights Security

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KANNAN ENDORSES TRAITOR DAN KOH IN 3RD DISTRICT CONGRESSIONAL RACE - HUH?

Citing his "vision and experience," Jen Kannan, Chairman of the Methuen City Council, has endorsed Dan Koh for Congress. Kannan talks a good game about fiscal responsibility but it's clear she isn't supporting a fiscally conservative candidate as her endorsement of a tax and spend liberal should raise some eyebrows. Who knew Jen Kannan was even capable of supporting a left wing, regressive who cares more about illegal aliens than citizens of his own country? I'd love to know that back story on this one but like everyone else, I found out when I got the

CONTINUED NEXT PAGE



Four in Custody After Stolen Car Driver Rams 2 Police Cars, Dangerous Foot Chase

LAWRENCE – Four men were taken into custody last month, after leading police on a chase through North Lawrence in a car stolen from Farnham Street.

Lawrence Police Officer Saindon spotted the car with four individuals inside it near Haverhill and Broadway and ran the plate. The plate came back to a different vehicle and when the officer put on his lights and followed the suspects, they rammed the police car and fled.

A few blocks away, as all police cars on the north side of the city were converging near Margin and Haverhill Streets (just outside the Essex Projects) the suspects found themselves boxed in near Butler

Street.

With police cars coming down both sides of the street, the driver of the stolen car threw it in reverse and rammed another police car, but couldn't get away.

The four men jumped out of the vehicle and fled on foot where police gave chase. In a very tense moment during the foot chase, one officer was out numbered three to one, his voice crackling over the scanner giving his location as he struggled with the suspects. Seconds later, Lawrence police were able to take all three into custody.

The fourth suspect was captured minutes later by other officers.

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press release ... from Dan Koh. SMH Gloucester's Award-Winning Bridal Expo Cruiseport Gloucester Hosts Bridal Expo on Sunday, January 28th, 2018

Brides and grooms-to-be are invited to attend Beauport Hospitality Group's 2018 Bridal Expo to explore vendors in every area in preparation for the big day. On Sunday, January 28th, Cruiseport Gloucester will play host from 2PM to 5PM to more than 65 of the most elite wedding vendors north of Boston.

Emceed by 617 Weddings, the Bridal Expo is a one-stop shop for engaged couples to get expert advice and samples from some of North Shore's top wedding professionals. Throughout the day, attendees will enjoy complimentary appetizers, cake sampling, a cash bar, live entertainment, a fashion show featuring designs by Bella Sera Bridal & Occasion and Giblees Menswear & Tuxedo, access to the beautiful Beauport Cruise Ship, and exclusive deals from the properties of Beauport Hospitality Group and more.

All attendees at the 2018 Bridal Expo will be automatically entered for the chance to win one of two destination honeymoon getaways! A five-night stay in Jamaica at Hideaway Royalton Negril courtesy of Shells Dream Travel or a three-night stay in St. Lucia at Cap Maison donated by Sensational Travel.

Attendance is \$15 and registration is required by visiting: <http://bit.ly/211day3>. Cruiseport Gloucester | 6 Rowe Square, Gloucester, MA 01930. Sunday, January 28th, 2PM - 5PM. \$15 per person. RSVP: Registration is required and can be purchased here: <http://bit.ly/211day3>

FREE WINE TASTING IN NORTH ANDOVER

The Wine ConneXtion Hosts Seasonal Wine Tasting Events. Every Saturday from January 6th, through March 31st, the expert staff will pour a variety of wines ranging in price, theme, and region while educating guests. All tastings are complimentary and open to the public from 1PM - 5PM; guests must be 21 years of age or older to attend. The Wine ConneXtion winter tasting series includes:

January 13th: Terrific Twelves - The Wine Connexion talent have handpicked outstanding wines for everyday drinking, all at the \$12 price point. Discovering new favorites at signature bargain prices has never been easier!

January 20th: France on a Budget - French wines have been known to set the standard for many wines throughout the world, but many are known for having a hefty price tag. Searching for reasonably priced French wines can be a daunting task, which is why The Wine ConneXtion will feature some great treasures all at wallet friendly prices. Wine lovers won't want to miss this opportunity to try some of the region's best wines on the market, sporting some of the most reasonable price tags.

January 27th: 90 pts and Above! Series 2 - Back by popular demand, don't miss out on discovering some of the industry's most distinct and highest rated wines from top wine critics including: Wine Enthusiast, Wine Spectator, Wine Advocate and Robert Parker. Only a handful of wines ever earn the 90+ point distinction and the experts at the Wine ConneXtion have hand-selected a wide variety of these fine wines for all guests to enjoy.

February 3rd: Super Bowl Picks Get in the zone before game day by sampling a diverse range of wines. From kick-off to final touchdown, these wines are the perfect accompaniment to any Super Bowl spread.

February 11th: Heart Melter's Tasting! Taste and explore these carefully selected wines paired with chocolates for the perfect Valentine's Day gift. Whether celebrating with that special someone or

with close family and friends, these wines are sure to melt any heart.

HAVERTHILL GOP CITY COMMITTEE ELECTS MEREDITH!

Members of the Haverhill Republican City Committee elected a new slate of executive officers to lead the committee in 2018. Meredith Warren Landrum was elected to serve as Chair of the Committee. She replaces Bill Ryan. Ryan decided to step down as chair this year and did not seek reelection to the post after having served in the role for a number of years.

Meredith has worked as a reporter at The Eagle-Tribune newspaper and was press secretary in the office of the House Minority Leader on Beacon Hill. She is co-founder of a Merrimack Valley-based communications firm, Lyric Consulting, where she serves as a general partner. She also is a salesperson affiliated with a local real estate brokerage, doing business as Lyric Properties.

Haverhill School Committee member Maura Ryan Ciardiello was elected to Republican City Committee Vice Chair. Cheryl Ferguson was elected to continue on in her role as Secretary. In addition to her role as Chair, Landrum also will serve as Treasurer. According to Landrum, this is the first time in the history of the Republican City Committee that it will be led by an all-female team of officers.

Persons interested in finding out more about the committee and its work can contact Meredith Warren Landrum at (978) 494-4450 or meredith@lyricconsulting.com.

FOSTER KIDS CHRISTMAS PARTY

Methuen, - Foster Kids of the Merrimack Valley once again wrapped up another successful holiday season helping children who have been placed in foster care due to a variety of reasons. The Annual Wrap and Christmas Party event, spearheaded by the Board of Directors, an army of community volunteers, and partners at DCF is held each year to brighten the holiday season and Christmas morning for over 250 children currently in the care of the Department of Children and Families in Lawrence and Haverhill.

"Each year we are humbled by the generosity of so many who donate money, shop for gifts and volunteer to wrap" states Sarah Rostello, Board Member. Treasurer, Katie Cook adds "for me this remarkable effort is one small way to ensure a little joy is brought into the lives of many young children, during the holiday season who, otherwise would simply go without. Over 90 volunteers were treated to pizza and other refreshments as bags, filled with new toys, games, warm coats, pajamas, hats were wrapped in record time. These bags are all coded and prepared for pick up by the foster families at the Christmas party held in their honor. While children waited anxiously for the annual visit from Santa, there were many other activities like dancing, face and nail painting, horse and wagon rides, holiday crafts and of course, lots of food!!

"This party is always a touching time for me and our board! I am so grateful we are able to partner with DCF to bring big, beautiful smiles to the faces of these kids who, through no fault of their own, will not be spending Christmas in their own homes" ... stated FKMV President, Larry Giordano.

LAWRENCE STUDENT AWARDED FOR COURAGE

Phoenix Academy Lawrence has announced Christian Rapaglia-Santos, a Senior at the school, has received The Reaching At-Promise Students Association (RAPSA) Award for Courage. The award, given to only five students across the country, recognizes students who have overcome challenges in reaching their goals and is accompanied by a \$1,000 scholarship. RAPSA is a nonprofit



Lawrence Public Schools Service 258 Homeless Children Every Day

The Valley Patriot publisher Tom Dugan hosted Arlin Santiago on the Paying Attention! Television Program earlier this month. Santiago is the "Educational Stability Specialist" for the Lawrence Public Schools. She appeared on the program to talk about what the schools are doing to help foster children and homeless children who are students in the system.

First, what does an Educational Stability Specialist do?

"What I do is work with homeless and foster students. When a family comes in we can provide to them different types of resources [and give them] information where they can get the help they need.

When asked how many homeless kids and foster kids are in the Lawrence Public Schools, Santiago revealed that the Lawrence Public Schools service 258 homeless students every day.

What are some of the services that you provide to them?

When we have a family that is in need of shelter we can direct them to services through the City of Lawrence and others. We refer them to the department of housing and community development and they try to put them in a shelter. Their department usually can provide home-based programs. In other cases we will refer them over to the Family Resource Center, which provides a wide range of services for these families. They are located at 530 Broadway. For unaccompanied youth ... these are students who are 18 and older, and no longer under their parent's guardianship, and sometimes become homeless. We send them to Children Friends and Family and Youth Forward. They provide a variety of services including providing mentors and they are located at 15 Union St. in Lawrence."

"Sometimes we have families that become homeless due to domestic violence,

for those type of families we refer them over to the YWCA."

"We have an in-house program as well, where we work directly with families. It's called the Lawrence Working Family Initiative. We help the families with job search assistance, support to develop an action plan, and coaching for family support as well."

"There is a new shelter that just opened called House of Mercy. They are open from 7am to 5pm. They have showers, a place where you can get haircuts, and supply clothing to the homeless families."

Asked if the Lawrence Schools have programs for families of addicts she said not but added, "if a family does come forward in regard to a crisis we can help refer them as well.

Asked if they had students addicted or programs for students who are addicted she said she didn't know of any.

"We also provide information on meal sites where they are able to get some groceries and warm meals. We provide uniforms and clothing for the students."

Santiago said that the schools received donations of coats, hats, and gloves from an organization called Cradles and Crayons.

"We also received a huge donation from an organization run by Dan Plouffe and Mario Alvarez. Every year they do this holiday mission and they were able to donate to 63 of our students; winter boots, coats, and backpacks. That was just amazing," she said.

What we need in Lawrence is more affordable housing and more local shelters.

EDITOR'S NOTE: The City of Lawrence doesn't spend one penny on shelter for the homeless. Special thank you to David Hernandez for making the interview possible.

organization focused on helping educators working with at-risk students. By identifying students as "at-promise," the organization emphasizes the belief that despite obstacles, all students can succeed.

Christian is the youngest of four siblings, all of whom attended Phoenix Academy. Throughout his childhood, Christian and his siblings were in and out of foster care, often times staying with their grandmother. As the youngest, Christian was impacted by his mother's unexpected absences and several abrupt moves, developing anxiety and some learning challenges.

Considered the shy one of the group, Christian has quietly risen to become a strong leader in the school. A quick study, Christian learned to play chess two years ago and represented the school in the Phoenix Network's Chess Tournament, which the school won.

During his senior year, Christian experienced another upsetting separation from his siblings and was forced to move far from school. To the surprise of few, his attendance and motivation remained steadfast. He takes the city bus every day and, with a new sense of urgency, consistently strives for and achieves honor roll grades.

"One of Christian's most important assets is his character and the kindness he shows to others," said Erin McNiff of Phoenix, who nominated him for the award. "Despite a world that showed him unfairness and even cruelty, Christian has chosen love and developed a strong moral compass to do what is right. He has not been handed anything, yet he continues to chase after what he deserves. Christian has demonstrated an unwavering commitment to his education despite obstacles

CONTINUED PAGE 24

For Minute to Minute **BREAKING NEWS**
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Opioid Crisis in MA and NH: Death Rate Highest in Lawrence

As Initially Reported on the Paying Attention Program

Ira Keltz

PAYING ATTENTION CORRESPONDANT

The Massachusetts Department of Public Health reports that in 2016 there were 2094 opioid-related overdose deaths in the Commonwealth, which was up a whopping 24% over 2015. In the first 9 months of 2017, there were 932 confirmed opioid-related overdose deaths and the DPH estimates that there will be an additional 491 to 582 deaths through the end of 2017. This DPH estimate of somewhere between 1400 and 1500 deaths is actually positive news in that we can expect to see a significant drop from last year's total.

A new report from the Centers for Disease Control last week reveals NH has the third-highest rate of opioid-related deaths among all U.S. states, behind only West Virginia, and Ohio. New Hampshire is expected to close out 2017, with 466 official overdose deaths, nearly 20 fewer than in 2016.

Breaking that down by counties, in New Hampshire; Hillsborough County (which covers Manchester and Nashua) had 199 deaths in 2016 and 178 deaths in 2015.

Rockingham County, (which covers Salem NH, Portsmouth, and Derry) had 90 deaths in 2016, and 89 deaths in 2015.

In Massachusetts, Middlesex County, (which includes Lowell and Billerica) had 416 deaths in 2016, which is up from 357 deaths in 2015.

In Massachusetts, Essex County (which covers Lawrence, Haverhill and Methuen) had 288 fatal opioid overdose deaths in 2016, which was up from 245 confirmed deaths in 2015.

Overall the number of deaths from Opioids in the northeast are trending down slightly in 2017.

Police say they believe the decreases are partially due to increased naran use, and law enforcement cracking down on fentynal and carfentynal distribution in the region.

When broken down per capita, Lawrence, Massachusetts had the most opioid deaths per-person in New England, with one opioid related death per 1,008 people. The next-highest number of opioid deaths per-capita was in Lowell with one death per 1,544 people.

(See graph to the right).

ARE THESE ALL THE NUMBERS?

The number of opioid related deaths listed from Massachusetts and New

Hampshire only reflect those deaths that have been reported and confirmed. Toxicology testing and reporting takes time and costs money, often leading to adjusted numbers after the official

reports are released to the public.

The numbers of reported deaths are only a fraction of actual deaths due to the fact that many people don't want to admit that it is touching "their family" and don't report the cause of death to police or other officials.

Most would rather list a cause of death in obituaries as "died suddenly" rather than "overdose" or "addiction".

Since there is no way to know the actual number of overdose deaths due to heroin, fentanyl, and other opioids, the reported numbers should be looked at as a baseline bottom number.

(Quianna Roy and Tom Duggan contributed to this report)



Quianna Roy and Ira Keltz do a report on Opioids in MA and NH on the new "Paying Attention!" TV Show

City	2010 Population	2016 Deaths	Deaths per 1,000
Lawrence:	76,377	46	1 per 1,008
Lowell:	106,519	69	1 per 1,544
Lynn:	90,329	49	1 per 1,843
Billerica:	40,243	15	1 per 2,683
Worcester:	181,045	64	1 per 2,829
Methuen:	47,255	14	1 per 3,217

Population based on the official census of 2010

GRAPH BY CHRISTINA JASKO

MASS. OPIOID-RELATED DEATHS BY COUNTY

Middlesex (Lowell, Billerica, Tewksbury)

2016 = 416 (up 16.5%)

2015 = 357

Essex (Lawrence, Methuen, Andover)

2016 = 288 (up 17.5%)

2015 = 245

Source: MA Department of Public Health

GRAPH BY IRA KELTZ

NEW HAMPSHIRE OPIOID-RELATED DEATHS

Year Total Opioid-Related Overdose Deaths

2017 = 466 deaths (estimated)

2016 = 486 deaths

2015 = 422 deaths

NH has the 3rd highest rate of opioid-related deaths in the US behind only W. Virginia and Ohio

Source: Centers for Disease Control via New Hampshire Public Radio

GRAPH BY IRA KELTZ

Victim of Drive By Shooting on Springfield St. Crashes into House, Causes Gas Leak , Several Homes Evacuated in Sub-Zero Temps

In the -3 degree cold early Saturday morning in December, Lawrence Police raced to 34 Springfield Street responding to a call of "shots fired".

The caller stated that they heard five shots in the area near Parker Street "no vehicle description" the dispatcher said, revealing that it was a drive-by shooting.

Detectives and uniformed officers scoured the snow and slush covered street and sidewalks with their flashlights looking for evidence, as witnesses and neighbors came out in the bitter cold to observe.

"How many shots?" One officer asked to confirm with dispatch.

"That's five shots, that's what she said"

"OK make that six shots, I have six shell casings here," one officer reported.

The victim, who was shot at but not struck, told police the shooter(s) were in a 2010 gray Honda Accord.

As police were searching for more bullet casings, another call came in for an auto accident just a few feet down the street involving a Honda Accord.

Police believe this car was involved in the drive by shooting on Springfield Street.

There, police found a red car had crashed into a multiple family dwelling belonging to the shooting victim.

Within seconds of finding the car, police

reported the smell of gas, finding the car had hit a gas meter outside the building.

"We've got a gas leak over here; we are going to need the gas company" one officer reported.

Within seconds, the gas company and the Lawrence Fire Department were called in, as officers started banging on doors to the house to get people out as quickly as they could, the smell of gas permeating the area.

Police also evacuated a neighboring building and called the Red Cross to help displaced tenants in both buildings. One parked car was hit with a bullet on the driver's side door. Police also put out a BOLO (Be on the lookout) for a gray Honda Accord they believe was involved in the incident and warned for officer safety that there was a confirmed weapon in the car.

Witnesses told the Valley Patriot at the scene that the red Honda was involved in the drive-by shooting and crashed within seconds of being shot at.

Police searched the front seat of the car as other officers continued to bang on doors to evacuate the area.

Springfield Street in Lawrence is



Lawrence Police Officer picks up shell casings on Springfield Street. PHOTOS:Tom Duggan

marked gang territory in the South Lawrence East section of the city.

Most witnesses refused to cooperate with police but the few who spoke to The Valley Patriot at the scene say they believe it was a retaliation shooting from another incident that occurred the week before.



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1p: \$36,840 | 2p: \$42,060 | 3p: \$47,340 | 4p: \$52,560 | 5p: \$56,820 | 6p: \$61,020
HUD published effective 4/14/2017. Subject to change annually.

Minimum Gross Annual Income Limits Based on Bedroom Size:
1 Bedroom \$27,540 | 2 Bedroom \$32,760 | 3 Bedroom \$37,620

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All applicants must meet the property's Resident Selection Plan criteria.

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Applications will still be accepted after the lottery and will be placed on the waiting list.

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Welcome to Lawrence Spanish Required

Kathy Runge

VALLEY PATRIOT LAWRENCE COLUMNIST

In the past month, the city has created two positions requiring fluency in the Spanish language.

In December, a community liaison position in the city council office was posted requiring Spanish fluency. The council was appropriated a sum of \$9K for a part-time interpreter in this year's budget. I guess they haven't hired one yet, so this position has morphed into an \$18K part-time job that's funded for half of a year. Remember this at budget and election time.

Some of the duties and requirements include "When/if available, attend neighborhood meetings on behalf of the Office of the City Council", "Proactive in organizing diverse constituencies", and "Identify local issues and mobilize local residents".

Isn't this what we pay our councilors to do? They're paid a nominal stipend to serve the community, the key word being serve. A councilor should serve a few terms, then be completely exhausted and retire to have a life. Some of our councilors seem to view their position as a part-time career, complete with vacation pay, sick time, and family leave.

On December 19, the council voted unanimously (except for the absent Councilors Reyes and Alvarez-Rodriguez) to put the bilingual requirement in an ordinance creating another community liaison position, this time in the police department.

During the discussion of this position, outgoing Councilor Maldonado stated that the city is 90% Hispanic, a lot with limited English proficiency. Given that this is true, shouldn't we be requiring all city employees demonstrate a level of fluency in English?

Every city position posted states bilingual preferred. How do they check the English portion of that? To a non-Spanish speaker like myself, it seems that bilingual means a person can speak Spanish. At his

trial, ex-city parking garage worker Justo Garcia needed an interpreter and stated he barely knew English. Was he classified as bilingual by the city?

I have seen one candidate ranking scheme for a city position that a relative applied for, and the bilingual category received one or zero points. Shouldn't an immigrant who is fluent in English be ranked higher than an immigrant who has limited English proficiency? It seems to me that bilingual is more than a simple yes or no.

Many city employees are granted years to obtain the certifications and education required by law for their jobs. Previous City Engineer Theodoro Rosario, current Library Director Jessica Valentin, and recent addition to the Board of Assessors Maria Halloran come to mind.

Why doesn't the city offer its non-Spanish speaking employees basic Spanish language proficiency classes? Most city positions would require only a basic level of proficiency in Spanish in order to conduct business effectively.

If the city valued these employees they would be given opportunities to acquire the skill necessary for advancement. Lack of knowledge of Spanish has been perceived by many as an excuse given to non-Hispanics as a reason for not advancing at City Hall.

If the city can afford to pay for Jessica Valentin's education to get the advanced degree required for her job, I'm sure that paying for an introductory +Spanish class for employees would be possible.

If bilingual preferred is a qualification listed on every entry level job posting in this city, then every graduate of Lawrence High should meet that qualification. The Lawrence schools should be graduating bilingual students.

The example of Holyoke, MA: Holyoke seems to be light years ahead of Lawrence on this issue. Municipal employees were given the opportunity to attend a one term

SPANISH: PAGE 27

Lawrence is an Open City for The Migrant Homeless

Joe D'Amore

VALLEY PATRIOT GROVELAND COLUMNIST

Most cities and towns that are in proximity of Lawrence including those that share municipal borders have eradicated homelessness. This does not mean that they have discovered the keys to resolving a chronic societal ill. Rather, they have intentionally created conditions that make it impossible for an unsheltered individual to stay within their borders except for only brief and mostly daylight stints. These cities and towns have learned the art of exporting their homelessness problem.

There are three basic categories of homeless people. Sheltered, meaning having a temporary reservation to a cot in an emergency shelter for overnight stays only, unsheltered, meaning living in outdoor settings mostly, and transitionally sheltered referring to a wide range of temporary housing arrangements. The principal driver of homelessness in Merrimack Valley mirrors that of most of the country; lack of affordable housing. When you add to this condition subsets of homelessness drivers such as addiction, drug abuse, mental illness and various forms of domestic isolation, homelessness becomes a sprawling and visible problem.

Lawrence is a center for exceptional social services. There is a constellation of facilities, ranging from emergency shelters to sober houses, half-way houses, clinics and a hospital. There is a plethora of government and private agencies too including DCF and DTA for example. There are also a wide variety of publicly subsidized housing projects and transitional housing units owned and managed by non-profit organizations. Add to this a strong network of non-profit agencies and faith-based organizations that provide basic necessities such as food and clothing, you create an environment that can help someone who is homeless gain the most basic underpinnings to initiate a pathway to housing stability. In Lawrence, an unsheltered homeless person can get 3 meals a day, a shower once or twice a week and an opportunity to be checked by a counselor, doctor or other medical professional.

The surrounding communities that wish to control the public safety, economic consequences and "image" issues associated with homelessness do so very effectively by enacting ordinances, zoning and police policies that make it impossible to be homeless within their borders. The most notable examples are a) no encampments permitted b) no loitering in public places c) no sleeping in public places d) aggressively discouraging or restricting pan-handling. Additional measures are enacting dusk to dawn restrictions in public parks, closing or restricting hours for public bathrooms and eliminating public fountains. Some cities and towns have also enabled restaurants and gas stations to restrict the use of bathrooms to pa-

trons only. Many municipalities have not complied with minimum state-mandated affordable housing unit counts. Still others do not allow occupying public spaces such as a library without being an active user of the facilities.

So if I was an unsheltered homeless person, whose possessions were defined by what I could carry, I would eventually leave your city or town if I couldn't get anything to eat, could not lay my head down anywhere and if I soiled my pants once or twice. Eventually, I would migrate to a city or town that would allow me to survive.

I know a homeless person who was told by a Beverly police officer to "...go to Lynn". In fact, he was even offered a one-way ride there. I met a couple from Saugus who lived under the Casey Bridge last summer. I asked them "...why are you here?" They told me "...we are users but are trying to get back on our feet. The cops in Saugus wouldn't let us stay camped out in the woods".

At the height of the population boom under the Casey Bridge where there were upwards of 60 people living there under 4 arches, you couldn't find a 1/2 dozen people that were residents of Lawrence. In fact, that sprawling community, before it was dispelled last fall, had "residents" from all 6 New England states.

Lawrence is criticized by some for being a dirty, lawless city. I disagree. Lawrence has a homelessness problem because it is a compassionate city and most surrounding cities and towns have used Lawrence's open status to their advantage.

Local state legislators should increase efforts to lead their communities in participating in regional approaches to address the issue of housing instability and homelessness. In 2015 Governor Baker and Lt. Governor Polito convened the ICHH: Interagency Council of Housing & Homelessness. Working through various committees and subcommittees numerous, viable action plans are in motion to help solve homelessness in all sub populations such as veterans, elderly, youth and those suffering from addiction. Without these actions there would be a tendency otherwise, for communities to actively implement NIMBY versions of public policy.

There aren't enough beds, shelters, programs and affordable housing units in our state. But when you have a concentration of these in a few cities throughout the commonwealth, plus a tolerant public policy structure such as you have in Lawrence, those cities bear the brunt of a massive social ill. In the meantime, the vast majority of communities will quietly maintain public policies that will keep the problem conveniently out of their proverbial back yards.

Joe D'Amore is an advocate and Founder of Merrimack Valley Hope Mission.

Contact: jdamore@merrimackvalley-hopemission.org

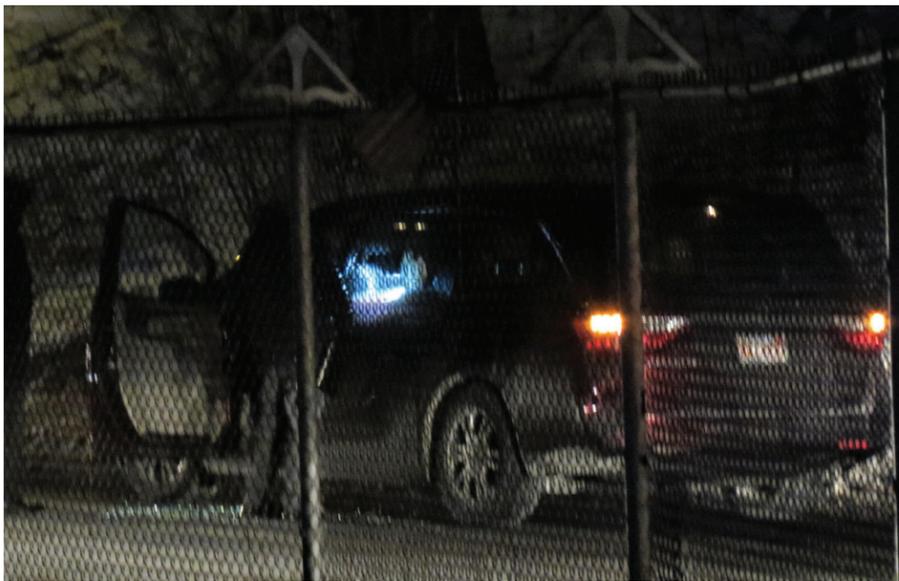


PHOTO: TOM DUGGAN (c) 2017 VALLEY PATRIOT

Lawrence Closes 2017 with One More Murder Just Hours Before the New Year Rings

Lawrence Police tackled their last murder of 2017 just a few short hours before the start of the new year.

Witnesses told Lawrence Police that someone was shooting out the windows of a minivan on Reservoir Street near Hilltop Avenue on the outskirts of the Bellevue Cemetery shortly after 9pm.

When police arrived they found a man shot to death, covered in blood with multiple gunshot wounds, with blood also covering the interior of the vehicle.

Lawrence detectives were called to the scene immediately.

Police would not say if they believe this shooting is related to the drive-by shooting on Springfield Street the night before.

The State police were called to the scene and spent hours scouring the crime scene. The state's medical examiner was also called in to secure and retrieve the body. This murder closes out 2017 for the City of Lawrence with 12 murders. An average of one a month.

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Lawrence Pop Warner E team ages 7 & 9 years made history last month.

They are the first Lawrence team to be invited to Florida and won the national title.

They beat Georgia 26-0 and New Jersey 13-0, finishing their already undefeated season season 14-0.

These amazing kids and their coaches should be recognized for this accomplishment and spreading pride in the community amongst all the negativity we hear.



PHOTO: COURTESY

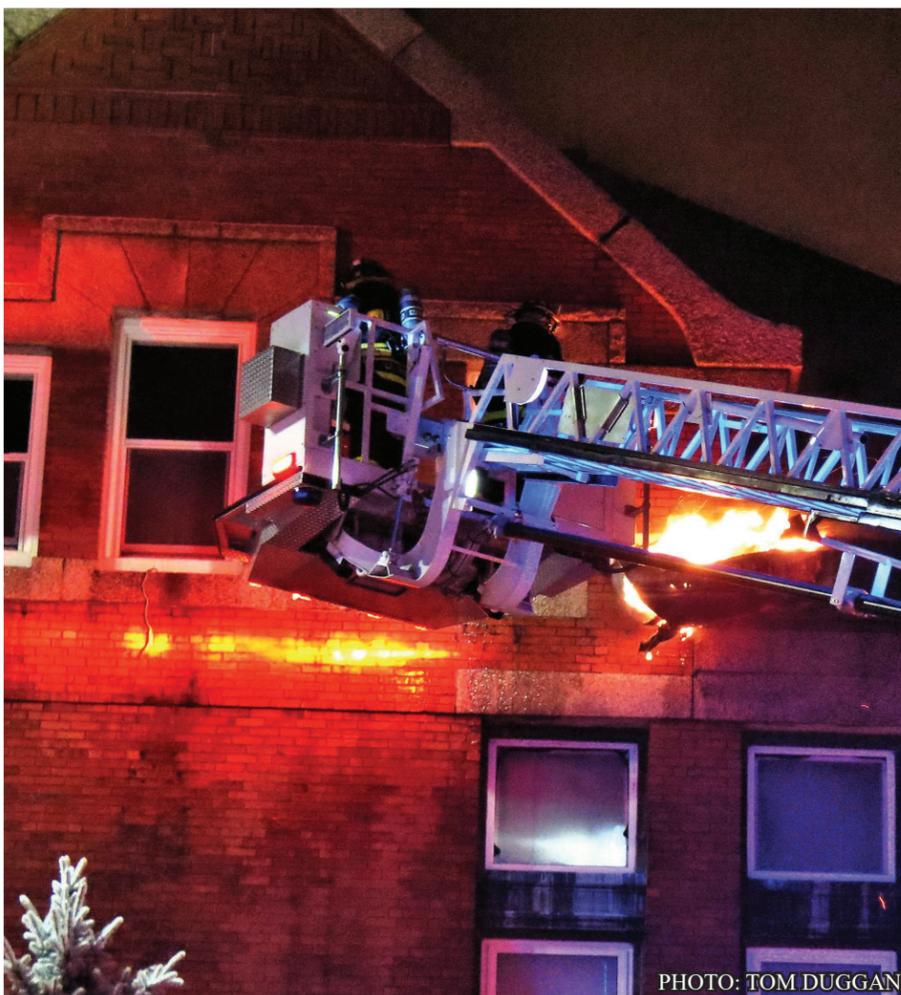


PHOTO: TOM DUGGAN

Lawrence firefighters battled a three alarm blaze at the Rollins School last month. Fortunately there were only three minor injuries.



PHOTO: TOM DUGGAN

Lawrence Firefighters were called to an accident on Lowell and Franklin Street in the early hours of New Year's morning. Firefighters had to use heavy equipment to save the passenger of the car who had overdosed just prior to the crash.



PHOTO: COURTESY

Our pal Rocky Morrison of the Clean River Project is trying to fund raise to purchase this amazing boat skimmer to help clean the Merrimack River. That's right, while the Merrimack River Watershed Council is holding meetings and sending out press releases, Rocky is out there working his tail off to try and make a difference.

We are asking our readers who recognize the great work Rocky and his crew do every day to consider making a donation. The Clean River Project was given the Methuen Exchange Club's Book of Golden Deeds Award earlier this year. They have pulled more than 100 cars out of the Merrimack and hold river cleanups throughout the year. Facebook.com/cleanriverproject



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THE BEST OF FACEBOOK: After the first snowstorm of the year someone posted this photo on Facebook of a little girl who made snowmen in the image of the raising of the flag at Iwo Jima. We aren't sure how old this photo is but we knew our readers would like it.



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From The Statehouse to the Valley Patriot

Massachusetts Legislature: 2017 and 2018

Rep. Linda Dean Campbell
VALLEY PATRIOT LAWRENCE COLUMNIST

My very best wishes to all of you in 2018.
Looking back to Legislative action in 2017, one of the most notable accomplishments was Criminal Justice Reform.

The House of Representatives passed comprehensive and responsible reforms to the criminal justice law in Massachusetts which addresses a number of important issues such as sentencing and juvenile justice, diversion to substance addiction treatment for certain offenders, and increased penalties (in fact the strictest in the nation) for the trafficking of Carfentanyl and Fentanyl and for OUIs.

I am thankful for the support of my colleagues for an important amendment I filed which limits the amount of time an inmate with a serious mental illness can stay in solitary confinement, reducing it from 30 days down to 15 days while they wait for a bed in a secure treatment unit. It also creates a reporting system where correctional institutions report to state the status of placement, an anticipated move date, as well as any changes to the inmate's mental health.

The Bond Bill

With the support of my colleagues, I was able to secure funding for both the cities of Methuen and Haverhill in the House Bond bill. Methuen received \$3 million in order to build a new parking garage for downtown, which is important as we plan for the revitalization of our downtown.

Also secured was \$263,000 in bond funding for upgrading electric structures for the new art space and cultural center at the Cogswell School in Haverhill. This funding is vital to the basic operation and opening of the building for many public and private events.

Massachusetts Council for the Social Studies Statewide Conference

The Massachusetts Council for the Social Studies invited me to speak at their Statewide Conference about legislation I filed to re-establish and energize civic education in our public schools across the Commonwealth. Senator Harriette Chandler and I are continuing to meet with educators and advocates to gain understanding of their perspectives as our

bill continues to move forward.
Veterans Legislation

The House passed three pieces of legislation that help our Veterans. There are still other bills under consideration in relation to Veterans that the legislature is looking to addressing at the beginning of the New Year.

The first piece of legislation allows municipalities to designate reserved parking for our Veterans who may be visiting and utilizing city and town halls during business hours.

The second piece of legislation allows municipalities to designate a "check off" for taxpayers to voluntarily donate money to a fund named the "Veterans Memorial and Patriotic Celebration Fund." This fund will be dedicated to events as well as the creation and restoration of monuments honoring Veterans in our communities.

The third piece of legislation dedicates a portion of a \$244 million bond bill to design and construct a new 154-bed Soldier's Home in Chelsea, replacing the Lawrence F. Quigley Memorial Hospital.

Bump Stocks Legislation

I joined my colleagues in the House to pass an update to the Commonwealth's firearms protection laws. This legislation prohibits the possession and use of devices known as bump stocks which are devices used to modify a rifle, shotgun, or firearm in order to increase the rate of fire with the intent of having it act similarly to a fully automatic weapon.

Twelve of the rifles used in the shooting in Los Vegas were modified with a bump stock.

The Access Law

Recently, Governor Baker signed into law the ACCESS bill. This bill was passed by the Legislature as a response to federal healthcare changes in relation to birth control coverage and health care access for women. This legislation protects coverage for no-copay birth control. The law requires insurers to cover at least one version of every type of FDA-approved birth control and allows women to receive a 12-month supply of prescription birth control pills after a three-month trial period.

Pregnant Workers Fairness Act

This legislation passed by the legislature reflects a compromise between



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If you've driven through the industrial park in Lawrence and happen to travel Shepard Street you've probably driven by BG Peck Industries without ever realizing it.

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Peck even makes custom made gaskets for heavy machinery, auto engines and parts, and though they have large national and international contracts, they also work with local autobody and car repair shops to make custom fit parts for hard to find models.

Peck is Veteran owned and operated.

Here are some of the other things Lawrence's Peck Industries manufactures.

METAL STAMPING

The word "die" is a generic term used to describe the tooling used to produce a stamped part. A die set assembly on the other hand has male and female components that actually produce the shaped stamping. The male and female components work in opposition to each other to form and punch holes in the stock.

Metal stamping and stamping dies are used in presses that produce up to 80 tons of pressure to produce high volume sheet metal parts. Parts can be stamped from any ductile metal to create and achieve almost any desired configuration.

In many cases even secondary operations such as tapping and assembly can be

accomplished within the confines of the die set.

Metal stamping is generally performed on materials .020" to .080" thick with tolerances to ± .001. The process also can be applied to foils as thin as .001" or to plate stock with thickness approaching 1.000".

MULTI-STATION DIES

Multi-station dies are arranged so that a series of sequential operations are accomplished with each press stroke.

With progressive dies, coil stock is fed into the press. Individual stampings are connected with a carrier strip as they progress through the various die operations and are ultimately separated and then discharged from the press.

Metal Stamping Forming Operations

The most common types of dies perform cutting and forming. Cutting dies are used to shear sheet material into what is called a blank. These blanks are then exposed to blanking dies that cut the entire perimeter of the part, or to forming dies where the blank is shaped into a part. Cutting dies are also used to trim excess metal from around a formed part. Punching is literally pushing or punching a "punch" through the blank to form a hole or slot.

Forming is a general term used to describe a stamped part whose shape and contour is usually reproduced usually through multiple operations within the dies set to produce the desired configuration.

FORMING OPERATIONS

The major forming operations accomplished with press-mounted dies are:

Drawing, or draw forming, involves forcing a blank deeply into a die cavity and shaping it into the shape and contour of the punch and dies faces and sides. Without sufficient formability qualities, drawn blanks are subject to folding, thinning, and fracturing.

BENDING AND FLANGING

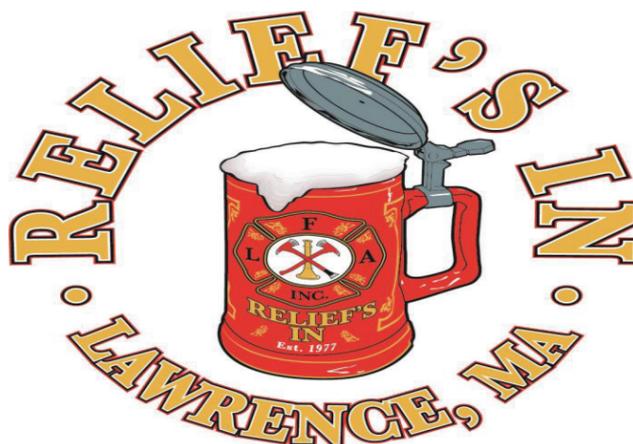
Bending is a relatively simple forming

CAMPBELL: PAGE 18

PECK: PAGE 21

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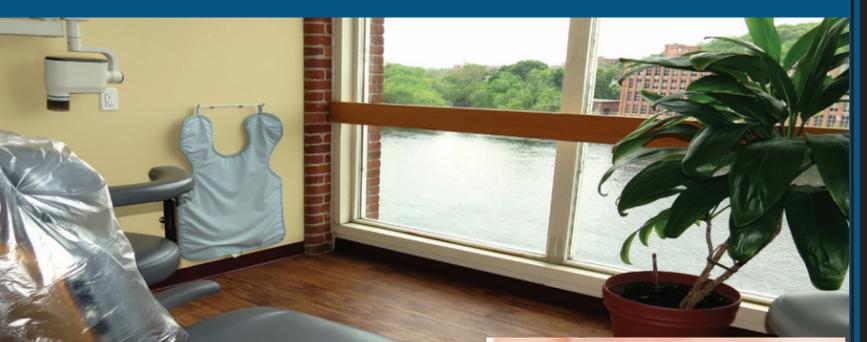
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Lawrence Man Given 22 Months in Prison for Falsifying Recordings in Federal Investigation

Defendant was paid cooperator for Internal Revenue Service

BOSTON – A Lawrence man who was working as a paid cooperator for the Internal Revenue Service's Criminal Investigation (IRS-CI) was sentenced today in federal court in Boston in connection with falsifying audio recordings in a federal investigation.

Erick Santiago-Then, 36, was sentenced by U.S. District Court Judge Allison D. Burroughs to 22 months in prison, three years of supervised release, and ordered to pay \$10,124 in restitution to the IRS. In October 2017, Santiago-Then pleaded guilty to 10 counts of falsifying records in a federal investigation.

In February 2014, Santiago-Then was working as a paid cooperator for IRS-CI. As part of his work to uncover evidence against the perpetrators of a stolen identity refund fraud scheme, Santiago-Then was given IRS-CI funds and authorized to set up a controlled meeting with a perpetrator to purchase fraudulently-obtained tax refund checks. Instead, Santiago-Then set up a sham meeting with a cohort during which he obtained a list of personal identifying information rather than tax refund checks.

Following the controlled meeting, and unbeknownst to IRS-CI, Santiago-Then split the IRS-CI funds with his cohort. Thereafter, Santiago-Then engineered several recorded phone calls during which his cohort posed as someone else and purportedly gave Santiago-Then the run around concerning the purported mix up regarding the tax refund checks.

United States Attorney Andrew E. Lelling; Joel P. Garland, Special Agent in Charge of the Internal Revenue Service's Criminal Investigation in Boston; Scott Antolik, Special Agent in Charge of the Social Security Administration's Office of the Inspector General, Office of Investigations, Boston Field Division; Michael Shea, Acting Special Agent in Charge of Homeland Security Investigations in Boston; Stephen A. Marks, Special Agent in Charge of the U.S. Secret Service, Boston Field Office; and Harold H. Shaw, Special Agent in Charge of the Federal Bureau of Investigations, Boston Field Division, made the announcement. Assistant U.S. Attorney Ryan M. DiSantis of Lelling's Public Corruption Unit prosecuted the case.

Illegal Alien from Lawrence Gets 11 Years in Prison, \$7M Fine for ID Theft

Cashed More Than \$7 Million in Fraudulently Obtained IRS Refund Checks

WASHINGTON — An illegal alien who had been twice deported and sentenced for re-entry to the U.S. (Dominican citizen) who resided in Lawrence, Massachusetts, was sentenced to 11 years in prison today after pleading guilty mid-trial to conspiring to defraud the Internal Revenue Service (IRS), access device fraud, theft of government property, aggravated identity theft and money laundering, announced Principal Deputy Assistant Attorney General Richard Zuckerman of the Justice Department's Tax Division and U.S. Attorney William D. Weinreb for the District of Massachusetts.

According to evidence presented at trial, from 2008 through 2015, Fervio Flete-Garcia, 45, obtained the personal identification information of Puerto Rico residents and, without their knowledge or consent, paid others to prepare and file tax returns with the IRS in their names.

These returns listed fake income and tax withholdings and sought fraudulent refunds. Flete-Garcia would pick up the tax refund checks from addresses he controlled and cashed them with co-conspirators for a percentage of their face value. In total, he negotiated over \$7 million in fraudulent refund checks at two different check cashing businesses in Lawrence.

An additional \$5 million of refunds were claimed on fraudulent income tax returns presented to the IRS from 2011 to

2015 using the identities of Puerto Rican residents whose identities were on lists obtained from Flete-Garcia and presented at trial.

In addition to the term of prison imposed, United States District Court Judge Leo T. Sorokin ordered Flete-Garcia to pay \$7,737,486 in restitution to the IRS. Flete-Garcia was previously sentenced in April 2016 to 28 months in prison for illegal re-entry into the United States, misuse of a social security number and aggravated identity theft.

Principal Deputy Assistant Attorney General Zuckerman and U.S. Attorney Weinreb commended special agents of IRS Criminal Investigation, who conducted the investigation, and Senior Litigation Counsel Corey Smith and Trial Attorney Sean Green of the Tax Division, who prosecuted the case. Principal Deputy Assistant Attorney General Zuckerman and U.S. Attorney Weinreb also thanked the U.S. Immigration and Customs Enforcement's Homeland Security Investigations, the Secret Service, the Social Security Administration Office of Inspector General, the U.S. Postal Inspection Service and the U.S. Attorney's Office for the District of Massachusetts for assisting in the investigation and prosecution.

Additional information about the Tax Division's enforcement efforts can be found on the division's website.

CAMPBELL: FROM PAGE 16

advocates for pregnant workers and our business community. It takes a number of basic steps to protect pregnant women in the workplace including prohibitions on employers from choosing not to hire or fire a worker based on their pregnancy or requiring an employee to take leave because of a pregnancy. This legislation allows Massachusetts to join the 18 other states that have passed similar legislation and is particularly important as more and more women are the primary breadwinners for their household.

Looking Ahead

In the year ahead the legislature must reconcile many differing pieces of legislation passed by the House and the Senate.

While Massachusetts has been a leader in medical innovation and health care coverage, the legislature is in the process of working on legislation to reign in high health care costs. Similarly, while we have made some progress in addressing the opioid crisis, the Governor and our state legislature are committed to doing more to reduce the intolerably high number of our citizens suffering from substance addiction.

I am also committed to moving forward legislation I filed in many areas, to name a few: civic education; protections for the disabled; police training; improved reporting of overdoses; school bus safety; and more.

Methuen's Rep. Linda Campbell Joins Colleagues in Trip to Israel

Linda Dean Campbell

VALLEY PATRIOT LAWRENCE COLUMNIST

Last month, Rep. Linda Dean Campbell joined her colleagues for a trip to Israel. Anti-semites and Jew haters have long protested Massachusetts legislators seeing the holy land for themselves. We asked Campbell, why go on a study trip to Israel sponsored by the Jewish Community Relations Council (JCRC)?

"Most importantly, because I am currently serving as the Vice Chair of the Committee on Revenue. I also believe I was selected because my prior military service as chief of an intelligence unit for the US Army component of the US rapid deployment force and my graduate degree in International Relations allowed me to ask meaningful questions and contribute to discussions about current military, security, political and economic policies in the region.

The JCRC is a network of 42 organizations representing Boston's Jewish Community. No lobbyists are permitted on this study tour and JCRC supports efforts towards a lasting peace in the region and a two-state solution for Israelis and Palestinians. We visited two- three locations every day. The days started promptly at 7 with a quick breakfast followed by a briefing. Throughout day briefings would precede our next visit. Dinner around 7 included briefers and discussion.

Very importantly, our itinerary included discussions with a number of Arab-Israeli citizens critical of current Israeli policies towards Arab citizens and the current separation of the two cultures. It is also very important to note that a great many Israelis, including members of their armed



forces have considerable empathy for the Palestinian people in the occupied territories.

My first priority on the trip was to gain a greater understanding of why Massachusetts has such extensive economic ties to Israel that generate substantial tax revenue here in our Commonwealth and to find ways, as Vice Chair of the Revenue Committee, to support and increase these ties. Conservatively, over 200 Israeli founded businesses generate over 18 billion in economic activity in Massachusetts. These businesses employ about 9000 people and support 27,000 jobs here in the Commonwealth. All of this economic investment in Massachusetts adds up to about 4% of our GDP and is therefore important to our budget.

Why did so many innovative Israeli business enterprises choose Massachusetts as their location for expansion?

The questions I posed to the Chief Visionary Officer of the Cyber Security firm CyberReason we visited, aimed at determining why they anchor their US presence in Massachusetts versus, Silicon Valley

ISRAEL: PAGE 23

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- PTSD/Anxiety Issues
- Severe Fatigue

GRAPH BY IRA KELTZ

KRATOM BY THE NUMBERS

- 26,000 Americans have asked Pres. Trump to keep kratom legal.
- 142,000 Americans signed a 2016 online petition supporting kratom.
- 99.1% of 23,000 commenters to the DEA in late 2016 opposed a kratom ban.

Source: American Kratom Association - AmericanKratom.org

Controversial Opioid Remedy “Kratom” Opposed by Govt., Pharmaceutical Industry

Ira Keltz

PAYING ATTENTION CORRESPONDANT

Public health experts believe that for every fatal drug overdose in the United States, there are approximately 30 non-fatal overdoses. That means in 2015, in the United States, there were over 900,000 opioid overdoses.

A possible alternative treatment for Opioid addiction and other health-related issues is called KRATOM.

Kratom is a natural supplement made from the leaves of a tropical tree, called ‘Mitragnya speciosa’, that is native to Southeast Asia and is a relative of the coffee plant. This drug only began to be seen in the U.S. in 2012, but it is also very easy to obtain online.

It’s currently legal in MA and NH and is sold as a capsule or as a tea and it’s available at local smoke shops, convenience stores and gas stations in the area.

Hundreds of thousands of people in the U.S. use Kratom daily for such health issues as chronic pain management, opioid withdrawal, as a mood enhancer, for severe fatigue, menstrual pain, and for treating panic/anxiety attacks.

In fact, thousands of veterans use this plant to treat PTSD-type symptoms. Its active alkaloids work on the mu-opioid, serotonin and dopaminergic receptors in the brain.

Unlike prescription narcotics, Kratom cannot cause respiratory depression, which is what typically causes death during an overdose. It is currently legal in both Massachusetts and New Hampshire, but is unregulated for quality much like other ‘nutritional supplements’.

Why are the FDA, DEA, and State Governments all working to ban this ‘miracle plant’?

Christopher McCurdy, president-elect of

the American Association of Pharmaceutical Scientists says he believes it boils down to one thing, money. “There’s no financial incentive for any drug company to really pursue developing this into a drug.” Developing Kratom into a therapy would cost hundreds of millions of dollars, he said. On top of that, patenting a plant - it is nearly impossible.

Source :April 2017 NH Union Leader article:

The FDA, DEA, and state legislatures have all been lobbied heavily by the Pharmaceutical Industry, knowing that they could potentially lose millions of dollars if Kratom is widely used as an alternative to addictive painkillers like Oxycontin or Xanax for anxiety.

Many believe that Kratom may be a gateway into harder and more dangerous drugs.

As recently as two months ago (In November 2017) the FDA cited serious concerns over the marketing and effects (including death) associated with the use of Kratom in the United States, stating that “There is no reliable evidence to support the use of Kratom as a treatment for opioid use disorder; there are currently no FDA-approved therapeutic uses of Kratom... and the FDA has evidence to show that there are significant safety issues associated with its use.”

According to an article in the NH Union Leader from April:

“During a meeting in April 2017 in Nashua with Mayor Jim Donchess’ drug task force, there was a discussion about the drug Kratom — a drug that according to the task force, some people are turning to if they cannot locate heroin, fentanyl or other controlled substances. “

Linda Saunders Paquette of New Futures agreed that the new trend of Kratom should be studied further. “It is an herbal substance people use for pain relief that almost has a

cult following,” she said, adding there are significant dependency concerns associated with the tree leaves from Southeast Asia.

The DEA put the Kratom debate into overdrive in August of 2016 when it tried to designate it as a Schedule 1 controlled substance on the same level as heroin or LSD within 30 days without any public comment period. The agency backpedaled after congressional lawmakers urged the agency to give the public a chance to comment. [40] A group of 51 members of the U.S. House of Representatives and a group of 9 U.S. Senators each sent letters to Acting DEA Administrator Chuck Rosenberg protesting the listing and around 142,000 people signed an online White House Petition protesting it.

142,000 people signed an online petition because either themselves, a friend, or family member was using Kratom to deal with chronic pain or wean themselves off opioids or alcohol. [40]

Part of that letter from the U.S. Congressmen read, “As our nation continues to combat the public health crisis of opioid abuse, the federal gov’t has invested significant resources to develop alternative pain management strategies. This includes a study funded by the NIH – National Institute of Health, in partnership with the University of Massachusetts and University of Mississippi to investigate the use of Kratom as a remedy for opioid withdrawal. This study led the researchers to apply for a patent identifying the Kratom extract, as a USEFUL TREATMENT for other addictive drugs besides opiate derivatives. The DEA’s decision to place Kratom, as a schedule 1 substance, will put a halt to federally funded research and innovation surrounding the treatment of individuals suffering from opioid and other addictions – a significant health threat.”The DEA noted the responses, but said that it intended to go forward with the listing; a

spokesman explained: “We can’t rely upon public opinion and anecdotal evidence. We have to rely upon science.”

Nevertheless, in October 2016, the DEA withdrew its notice of intent while inviting public comments over a review period ending the 1st of December 2016.

In November 2016, the FDA said calls to U.S. Poison Control Centers regarding Kratom increased 10-fold from 2010 to 2015, and attributed 36 deaths associated with products containing Kratom.

The DEA also reports that there were 15 deaths related to the plant between 2014 and 2016. The Federal government reports that acetaminophen — the active painkiller in Tylenol — killed 1,500 people between 2001 and 2010. Nevertheless, the FDA concluded that Kratom could make the opioid epidemic worse.

“We have reached a critical point in the opioid epidemic,” FDA Commissioner Scott Gottlieb said in a statement. “The increasing use of Kratom as an alternative or adjunct to opioid use is extremely concerning.”

Marc Swogger, an associate professor in University of Rochester Medical Center, said there is a lot of anecdotal evidence that government moving to make Kratom illegal “doesn’t make any sense.” “People are reporting that they are using Kratom to successfully get off of opioids,” he said. “It helps with the withdrawal symptoms and helps them dial back their opioid use and some of them say it helped them quick.”

Currently there are 7 states, plus Washington D.C., that have made Kratom illegal. Those states include Alabama, Arkansas, Indiana, Tennessee, Rhode Island, Vermont, Wisconsin, and D.C. In addition, the U.S. Army had forbidden soldiers from using it.[47]

-Source: JAMA – The Journal of American Medicine in Aug 2017:



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Massive Lucre Just Waiting To Be Plundered

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Warren Buffet famously warned against people who come bearing mathematical models. We must beware of people claiming the moral high ground just as much, especially anyone NPR publishes puff pieces about claiming he or she has bravely "taken on" something or someone, like Mike Moore, the man who heroically "took on" Big Tobacco twenty years ago.

The Tobacco Master Settlement Agreement followed a relentless media campaign that followed the hyena model of attacking from 360 degrees while claiming the moral high ground and the cloak of public service.

Then again, people in the know are aware the settlement was all about grabbing money from deep pockets and nothing else. Just as everyone took a share from the insurance payout in the bogus Fells Acres case, the tobacco money was just a windfall after a corrupt targeted takedown.

The media as usual pushed the official narrative that anything the tobacco companies did was suspect or blatantly illegal. Very few were held accountable. One exception was ABC News which got nailed for claiming cigarettes were "spiked" with nicotine despite evidence that this was a routine process when using non-leaf fillers.

The tobacco settlement produced 246 BILLION dollars. The theory put forward was that states needed funding for public health programs to deal with the impact of tobacco smoking. The tobacco sellers paid up so they could continue to sell tobacco in peace, which they do undisturbed because, once the \$246 BILLION was redistributed, tobacco instantly ceased to be a front-page crisis.

All the states took their share of the loot and ran, and ran far away from spending any of it on dealing with the impact of smoking tobacco. The vast majority of the loot went into the legislatures' "general funds."

See <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3021365/pdf/chest.09-0982.pdf>

In 2004 already the Journal of Economics and Finance (Vol. 28, No. 3, Fall) published a study from Mississippi showing that the tobacco industry had absorbed the settlement and was chugging along just fine.

And the heroic lawyers? They got a minimum of 3% of the loot for bravely "taking on" Big Tobacco. Meaning 7.38 BILLION dollars. That is \$7,380,000,000 to the lawyers for arriving at a settlement.

But even that much lucre was not enough for the brave. A private "non-profit" was created just two days prior to

the settlement for Mississippi was signed and the agreement directed that the money supposedly for "the state's cost of dealing with the impact of smoking tobacco" was directed to this private non-profit, for which our heroic Mike Moore is board chair. How much money? \$61,818,000 to be exact.

It was only because Governor Barbour filed suit to block this that the money returned to public hands, even though it still was not used to deal with the impact of smoking tobacco.

See <https://courts.ms.gov/Images/Opinions/CO41342.pdf>

So now we watch a rerun of this movie, with the targets being pharmaceutical manufacturers who make pain medicines and the distributors who deliver them to pharmacies.

Once again we have a relentless front-page crisis with the usual snake oil words of could and may, as in experts think prescribing of pain medicine by doctors could have created the opioid crisis. It turns out Janis Joplin's doctor should have been prosecuted too.

And once again we have the very same brave Mike Moore "taking on" the makers of pain medicine just as he "took on" Big Tobacco. Woo Hoo!!

Once again we expect a massive settlement worth billions of dollars and at least 3% of that to the brave heroes for their courage. Plus a horde of people who will be appointed as managers of this money and are just waiting for the lucre to fall into their private laps, their mouths agape, the saliva dripping. Nothing like getting millions per year of somebody else's money and be considered morally superior. Wealth redistribution with perks.

I would be the last person on earth to be surprised if those hordes included Dr. Andrew Kolodny and his friends at Physicians for Responsible Opioid Prescribing, the folks who have prevailed over the federal government to warn against treating pain in patients because that you see is why our people are dying, and not from kilograms of fentanyl imported from Mexico.

There is of course a silver lining to all this. Once the lucre has been looted and redistributed, the opioid crisis will instantly disappear from the front page and the political push to throw pain patients out on the street and let them hang themselves will also disappear.

Pain patients hold on hoping that day will arrive soon.

This column is dedicated to my friend Duncan Burns. Bharani Padmanabhan MD PhD is a multiple sclerosis neurologist who practiced in Boston till the institutionally corrupt State Medical Board stole his license on July 12, 2017 for reporting Medicaid fraud. scleroplex@gmail.com

ROBIN'S KITTY CORNER

Helping Ferals and Strays

Robin Desmet
VALLEY PATRIOT KITTY COLUMNIST

For the past couple of weeks, those of us who live in New England have been subjected to bone chilling cold. Can you even imagine having to live outside in this type of weather? Sadly, this is a reality for many cats.

This is no time of year for animals to be outside, never mind live outside, but many cats find themselves in this position through no fault of their own. Some of these cats are strays. Many have been abandoned by owners who have moved away and left them behind, forcing them to fend for themselves. Others have been let outside when they displeased their owners or when they got too old and the kids lost interest in them. Some have darted out impulsively when a door opened and have become lost.

These cats spend their days scrounging around for food and shelter, trying to avoid predators, cars, and other dangerous situations. They have gone from getting a meal every day at home, to not knowing where their next meal is coming from. When it gets cold, they find shelter where they can under sheds, in abandoned buildings and garages, and in car engines. If left outside long enough, the ones that survive will become feral. They will be afraid of people and will be forced to spend the rest of their lives out in the cold fending for themselves.

Sometimes these strays try to join up with a feral colony of cats that have a caretaker so they can get some of their meals. But the important thing to note here is that these cats don't have to spend the rest of their lives out in the cold. They can be coaxed indoors or into a cat carrier, or trapped with a Have -a- Heart trap. Once captured, they can be brought to a local animal shelter, such as Nevins Farm. Here, they can be scanned for a microchip, and if they are indeed a lost cat, they can then be reunited with their owners. If they do not have any identification, they



can get the medical treatment that they often need, and then they can be adopted into a new home. They can go from living the hard life of a street cat back to living the cushy life of an indoor cat.

Other cats you may see outside are ferals. These are cats that are not socialized to humans. They are afraid of people and they would not make suitable indoor pets. They can be trapped and then vaccinated and neutered, but they cannot be placed into homes. After they have been spayed or neutered, they are put back where they were found. These are cats that are born outside and have lived their whole lives outside, or cats that have been living outside for a long time. These community cats often form groups, or colonies, and some are lucky enough to find a caretaker. There are some kindly individuals who treat these feral cats like their outdoor pets. They take care of the cats on a regular basis, providing them with food, water, and shelter.

In the cold, harsh days of winter there is no better time to lend a helping hand to the animals. Making a feral cat a bit more comfortable or rescuing a stray from the streets is not only rewarding, but it is the humane thing to do. If you find a cat in your yard and are unsure of what to do, take the first step and contact your local animal shelter for assistance or advice. Helping the helpless. It's the right thing to do.



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PECK FROM PAGE 16

operation that provides rigidity and shape to sheet metal parts. Flanging is a form of bending that produces a flange. A flange is differentiated from other bends because the resulting bent materials is significantly smaller in dimension than the rest of the part.

The functions of a flange include:

- Giving a more finished appearance
- Rigidity
- Edge strengthening
- Providing a fastening or attachment surface

HEMMING AND FOLDING

Hemming is the folding over of a short flange upon itself to form a smooth, rounded edge and to facilitate the attachment of mating parts. Multiple stamping operations may be performed within a single die, or at a number of die stations within a die set and with a single stroke of the press. Single station dies can be either compound dies or combination dies. A compound die performs basic cutting operations such as blanking and hole punching to produce parts. Combination dies combine shaping and forming functions with cutting operation(s) to manufacture parts

METAL STAMPING DESIGN CONSIDERATIONS

An important factor in die design is clearance. punching holes and other cutting operations require specific and carefully maintained clearances between the punch (male component) and the die (female component). The setting of the required clearances is determined by both

the stock thickness and temper. In general, die clearances increase as the stock thickness increases. The depth of punch penetration into the sheet metal stock will also increase as softer stock is used.

Some type of stripper is also required to make sure the part doesn't stick to the punch and ejector is sometimes used to make sure the slug doesn't stick to the end of the punch.

CGA CIRCLE GRID ANALYSIS

The ability to 3D model has taken much of the art out of die design but not all of it. The dynamics of stamping can never eliminate the experience a highly skilled tool designer can bring to the table. One tool that is frequently used to help understand these dynamics is called "Circle Grid Analysis", or CGA.

The application of CGA involves the etching of a pattern of small circles on the surface of the blank. This pattern deforms along with the blank as it is formed, providing point-to-point calculations of the deformation that occurred. Analyzing this stamped grid pattern suggests the location and type of rework that must be performed on the dies to produce easily manufactured parts. The CGA process is repeated on the die until an acceptable part is produced.

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Happy Healthy New Year, New You

Rick Bellanti

VALLEY PATRIOT CONTRIBUTOR

Once again, a New Year is upon us which means time to put the past behind us and start 2018 with a clean slate to put those New Year's resolutions into action. What is a New Year's resolution and why do we choose to change just because it's the beginning of a new year? A New Year's resolution is a

tradition that stretches back over hundreds of years and is best described as a person making a promise to do an act of self-improvement or accomplish something nice for themselves. Such as

quitting smoking or the most common resolutions are to eat healthy, lose weight and exercise more.

Did you know that about 75% of people stick to their resolutions for at least two weeks and less than 50% are still actively working their resolutions within six months? The most common reason for people failing their New Year's resolutions is setting themselves up with unrealistic goals. It's something we all do because we seem to be a quick fix generation and want to see results immediately or we lose interest, get discouraged and just give up.

If your New Year's resolution is to lose weight then don't set yourself up for failure by having unrealistic goals to attain. If you need to lose 100 lbs, a healthy guideline to lose weight (and better your chances at keeping it off) is to lose between one to two pounds a week; so set smaller attainable goals. If your goal is to exercise more in the upcoming year, then remember to start slow and gradually build up your routines so you don't overdo it and get burned out quickly or even hurt yourself which may discourage you from starting up again. The health benefits of adding physical activity and regular exercise into your program are hard to ignore. Exercising regularly can boost your energy levels, boost your muscle strength,

help to build lean muscle which burns fat, and even improve your emotional mood.

Sometimes it is helpful to make a list of items you would like to accomplish in the upcoming year; write it down and hang it up where you are going to see it on a daily basis. Your list could be: lose weight, eat healthy, exercise more or stop smoking. Keep in mind, you don't have to start and complete all of the items listed at once or even at the same time. Pick one or two of your resolutions and do your best without overwhelming yourself; when you feel you are ready for the next improvement, add it in your daily routine and keep that momentum going.

Try to celebrate each smaller goal and be proud of your accomplishments, no matter how small, and don't dwell or get discouraged if something doesn't go as planned, pick right back up, choose another on your list and just go.

Another trick that seems to help is to keep a written journal. Make your list of resolutions (personal goals) for the year, and write daily notes in it. It could be tracking what you ate (a food journal) with calories and water intake for the day, your workout routines or even just the thoughts you are having throughout your journey. This will help when you want to look back to find out why you are not losing weight or how you were able to hit your goal. This is all about self-improvement so do it for you and at your own pace, no one says you need to start everything on January first and remember, you don't need a new year to make a change, all you need is today and think of how you will feel when December 31st rolls around.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160 lbs. 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.

CHIEFS FROM PAGE 6

DENARO: I'm gonna guess it's a funding issue, right? It's a no brainer, they need to go in. One of the problems we had, and Joe [Solomon] kind of alluded to this a little bit, is that we were seeing overdoses and they were going to the hospital, getting a cab back to their vehicles and still being somewhat under the influence, they drive off. So, we started a program about two and a half years ago where if we take you [arrest you] on an overdose, we tow your car. They kept going back to the car, and I did it not only for their safety, but it seems that when they're behind the wheel, they seem to be crashing into innocent people who were going about their business, and more times than not it's the innocent people who are being seriously injured

or killed. It is the same situation as drunk drivers.

READ OR WATCH THE VIDEO OF THIS ENTIRE INTERVIEW ON THE WEB at VALLEYPATRIOT.COM. NEXT MONTH, THE GLOCESTER ANGELS PROGRAM.



Tom Duggan is publisher of The Valley Patriot, hosts the Paying Attention TV & Radio Programs, is an author, a former Lawrence School Committeeman, and a 1990 police survivor.

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IN THE GROOVE with Cindy Annis

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Cindy Annis

VALLEY PATRIOT VINYL COLUMNIST

I hope you've been enjoying reading these articles every month. In the new year, you will learn more about the artists and groups from the 50s, 60s, and 70s you love. Let's start the new year off with Neil Diamond.

Neil Diamond was born and raised in Brooklyn, New York on January 24, 1941. His real name is Neil Leslie Diamond. He was in the Freshman chorus and was a member of the choral club at Erasmus High School. When he was 16 years old, he spent the summer at Surprise Lake Camp. One evening at the camp, Pete Seeger came to perform for the children. Seeing him perform and sing lyrics that other children at the camp wrote themselves, inspired Diamond to write music. When he got home from camp, his parents presented him with a guitar. Soon after he received the guitar, Diamond took music lessons.

Learning from the struggle his parents went through to support the family financially, Diamond went to New York University on a fencing scholarship. There he studied pre-med. Most of the time, Diamond was bored during his classes, and wrote song lyrics during most of his classes. Eventually, he started to skip school so that he could take the train to the Brill Building. He was a senior and only 10 credits away from graduation when he dropped out to accept a 16-week job writing songs for Sunbeam Music Publishing.

In 1962, Diamond started recording songs with Jack Parker, his high school friend. All of their songs flopped, and the duo split later that year. After they split, Diamond recorded a few songs on the Columbia label. Since none of the songs were successful, Columbia dropped him from the label. For the next several years, he would be writing songs for many publishing companies. His songs were made famous by artists such as The Monkees, Lulu, and Elvis Presley.

In 1966, Diamond had his first hit record on the Bang label. The #6 song was

called 'Solitary Man'. The other songs from that year include 'Cherry Cherry' and 'Kentucky Woman'.

While Diamond was on the road recording songs, his wife and daughter were at home struggling to get by. As a result, Diamond started to perform live to receive steady pay. Diamond's manager Fred Weintraub showed him how to be a performer. It took many years before Diamond felt comfortable performing.

On March 18, 1968 Diamond cut ties with Bang records and signed a contract with Uni Records. On that label, he recorded a #22 song called 'Brother Loves Travelling Salvation Show'. After that, the mood of Diamond's songs changed from rock 'n roll to sweet and gentle ballads.

Moving forward to 1972, Neil Diamond showed that he could be a truly fun performer with his live double LP called 'Hot August Night'. The album was recorded at the 5,000-seat Greek Theatre in Los Angeles. The stereo sound in this outdoor concert along with a 35-piece orchestra made the double LP sound awesome. The album stayed on the charts for 78 weeks.

Years later in 1977, Diamond recorded 'You Don't Bring Me Flowers'. A year later, Barbara Streisand recorded a sweet version of the song. The song originally became a duet by the hands of WAKY program director Gary Guthrie. By October 1978, Columbia records brought Streisand and Diamond into the studio to record the #1 record everyone knows and loves today.

The 76-year-old Diamond still performs live. After the 9/11 attacks, Diamond like other artists performed live in New York. He added the phrase 'stand up for America' to his 1981 song 'America'. Diamond performed 'Sweet Caroline' for the New Year's Eve celebration on FOX.

That's the story of Neil Diamond. Tune in to Cindy's Vinyl Vault on 980 WCAP Sunday nights at 10, Monday nights at 11, and Wednesday nights at 10. Get your fix of the best music from the 50s 60s and 70s and even make a request at 978-454-4980. Remember it's not how old it is, but how great it sounds.

TV TALK WITH BILL CUSHING



My 10 Best TV Shows of 2017

Bill Cushing

VALLEY PATRIOT TV COLUMNIST

It's that time of year again. That time when all TV people start thinking about the best shows that they watched over the past year. As usual, it was tough to leave some shows off the list, but here are my picks for the best TV had to offer in 2017.

Honorable Mention:

Twin Peaks: The Return (SHO) – I struggled deciding whether to put this show on my list or not. While it was tough to watch at times, I also couldn't take my eyes off of it. When it was good, it was very good. It had moments like nothing else on TV but, unfortunately, you had to sit through some frustrating moments to get to them and that's what kept it out of my top 10. At times, it was mesmerizing, powerful, and beautifully filmed with a mind blowing ending. One thing's for sure, it was an incredible viewing experience and I felt it deserved a mention of some kind here.

10. Sneaky Pete (Amazon) - Con-man Marius Jospovic (Giovanni Ribisi) is released from prison and assumes the identity of his cell mate Pete, conning Pete's family who haven't seen him since he was a kid. A well written and well acted drama series with some good suspense and humor mixed in.

9. The Path (Hulu) – The second season of this compelling drama about a religious cult called Meyerism, showcased the great work of Hugh Dancy as cult leader Cal, and Aaron Paul as the tormented former follower who is torn between his devotion to his family and his beliefs.

8. The Americans (FX) – The Americans penultimate season, definitely a bridge to the final season, was anchored by extraordinary performances by its lead actors Keri Russell and Matthew Rhys. It's the "slow burn" pace of this Cold War drama that makes it consistently one of TV's best.

7. Stranger Things (Netflix) – Following up such a fun first season was not going to be easy, but what we got was a season every bit as good, if not better. This time there are even more '80s references and a new monster in town.

6. Bates Motel (A&E) – A&E's superb Psycho prequel's final season brought Norman Bates' descent into madness full circle. Vera Farmiga and Freddie Highmore's work as Norma and Norman were two of TV's best performances over the run of this series, and the final season didn't disappoint.

5. The Handmaid's Tale (Hulu) - This chilling adaptation of Margaret Atwood's novel was one of the major television events of 2017. The show swept the Emmys for good reason, including a win by star Elisabeth Moss for outstanding lead actress in a drama series.

4. Better Call Saul (AMC) - Michael McKean gave one of the best performances of the year in a season in which the conflict between brothers Jimmy (Bob Odenkirk) and Chuck (McKean) boiled over with tragic consequences.

3. Master of None (Netflix) – The second season of Aziz Ansari's wonderful series was even better than the first. Episode 6, "New York, I Love You," and Episode 9, the Emmy winning "Thanksgiving," were standout episodes.

2. Mindhunter (Netflix) – This new series about the founding of the Behavioral Analysis Unit of the FBI starring Jonathan Groff and Holt McCallany and from Executive Producer David Fincher, was so deeply addictive that it's already been renewed for season two.

And my pick for the best TV show of 2017 is...

The Leftovers (HBO) – This amazing series was never about what happened to 2% of the earth's population when they vanished into thin air. It was about the people that they left behind, The Leftovers, struggling to find purpose. The third and final season takes place seven years after The Departure and across multiple timelines. From Kevin's adventures in purgatory to Carrie Coon's enthralling performance and the show's powerful character resolutions, this final season had everything you could want in a series. Great mysteries left open to interpretation, great acting, and characters we all felt for deeply. In the end, the story came down to the bond between two people: Kevin and Nora, as a couple of survivors struggling to let go of their past lives. It also gave us one of the great series finales in TV history. It's so rare for a TV show to make you feel the way The Leftovers did. This was unforgettable, soul-enriching TV. I already miss it.

Just missing my list: Ray Donovan, Billions, Game Of Thrones, Homeland, Big Little Lies, Bosch, The Good Doctor.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column. For daily TV news, follow me on Twitter @BillsTvTalk and on Facebook at BillsTVTalk.

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Initiating The Conversation With Seniors

You hesitate to talk with your aging loved ones about their care needs and future plans, but they are showing signs of needing more help. Mom keeps forgetting to take her medications. Dad balks at bathing and is unsteady on his feet. How much longer can they live safely on their own? How do you and the rest of the family start a positive dialogue with your parents about home care?

Initiating the conversation with an elderly loved one can feel daunting and is why Right at Home, a global leader in in-home care and assistance, has developed RightConversationsSM for effective communication between you and your aging family members. A practical approach in the family caregiving process, RightConversations offers tips and tools for discussing your relative's preferences and possibilities for extra assistance to continue a lifestyle they enjoy. The conversation does not ask your loved one to surrender their independence but to surround themselves with proper care for living comfortably at home.

"At Right at Home, we understand the challenge of talking through health, finances and other personal issues with aging loved ones," said Celeste Begley, Community Relations Director with Right at Home Boston and North and Merrimack Valley resident. "RightConversations helps families be proactive in what to discuss with seniors and how to phrase questions. There are also easy-to-use planners to help with gathering documentation and pertinent information to ensure

elders receive the best care now and in the years ahead. RightConversations is a complimentary resource that reduces family caregiver stress and builds rapport between elders and their concerned family members."

10 Tips to Improve Family Caregiver Communication

Begley summarizes the 10 tips listed in the RightConversations guide. These realistic ideas will help foster strong family dynamics to ensure the safety and comfort of older relatives:

1. Gather accurate, relevant information to help you assess signs of your senior's changing needs. Note if your senior can no longer perform certain tasks. Accompany your elder to doctor appointments to get a firsthand report of your elder's condition. The RightConversations Information Journal keeps personal, medical, insurance and financial information about your elder in one convenient place.

2. Determine the level of concern warranted by observing signs that your loved one needs additional support. Are bills being paid? What about spoiled food in the home? As you explore and validate your concerns, consider using the RightConversations Family Action Planner, which organizes care assistance needed and tracks delegated tasks for family members and service providers.

3. Review the facts and avoid personal biases so your loved one does not feel judged or pressured into what you want.

SENIORS: PAGE 27

YOUR MONEY

Capitalizing on a Growing Global Economy

Alex Talcott

VALLEY PATRIOT MONEY COLUMNIST

One of the notable trends in 2017 was that for the first time since the Great Recession, virtually all economies around the world have enjoyed synchronized global growth. This is one of several reasons why investors have increasingly turned to international stocks and bonds to diversify their portfolio over the long term. If you are wondering if overseas markets should be part – or an increased part – of your diversified portfolio, here are four considerations to keep in mind.

1. Non-U.S. markets make up a growing portion of the world's economy

The U.S. is still the largest economy in the world, representing about one-quarter of total global Gross Domestic Product (GDP) according to the International Monetary Fund. Yet emerging markets, including countries with much larger populations such as China and India, represent more than 50 percent of global GDP. This may represent significant investment potential.

2. Growing economies lead to an emerging middle class

For the past generation, an important economic story is the ascendance of the emerging global middle class. The improved economic prospects for millions of people across the globe continues to generate a new wave of consumers and business growth. Additionally, established companies in the U.S. and overseas are capitalizing on the burgeoning numbers of consumers and businesses. This rapid growth may create the potential for attractive investment opportunities in other markets.

3. Overall stock value is still skewed to the U.S.

U.S. stocks still draw more attention than any other part of the market. For example, their value makes up more than half of the total value of the Morgan Stanley Capital World Index of 23 developed markets. However, the influence of emerging markets is growing. As non-U.S. economies continue to become more prominent on the world stage, more investment dollars may flow into their equity and fixed income markets.

4. Global investments can help diversify your portfolio

A risk of having all your money invested in U.S. stocks and bonds is that when markets move in a negative direction, your

portfolio will be significantly exposed to the potential for losses. For example, if interest rates in the U.S. begin to trend higher, it could create a challenging environment for domestic bonds. However, that doesn't mean the same trend will be happening in all overseas markets. There may be attractive opportunities in bonds issued by foreign governments or corporations. The same is true of equity markets. As markets move up and down, there could be times when the U.S. market may perform better than overseas markets, and vice versa.

Is investing overseas right for you?

If you haven't sufficiently incorporated global investments into your own portfolio, this may be the time to explore it further. There are risks to consider, such as currency fluctuations, that can impact the net return you receive on investments in overseas securities. Purchasing individual securities may be more challenging on a global level than it is when you focus on U.S. investments. For that reason, a good alternative for many investors may be to utilize mutual funds or exchange-traded funds that invest in broad global markets or specific segments of them.

Global stocks and bonds offer the potential to effectively diversify your portfolio over the long run. Talk to your financial advisor to determine whether you might be able to capitalize on this expanding piece of the investment marketplace.

Alex Talcott, JD, is a Financial Advisor with Ameriprise Financial Services, Inc. in Middleton, Massachusetts and Portsmouth and Bedford, New Hampshire. He specializes in fee-based financial planning and asset management strategies and has been in practice for over 10 years. To contact him: (603) 319-3108; 25 Chestnut St., Ste. 300N, Portsmouth, NH, 03801; www.ameripriseadvisors.com/alex.talcott

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ISRAEL: FROM PAGE 18

in California, or NY. Certainly, Silicon Valley offers many of the same draws as Massachusetts, such as talent, with the added benefit of sunshine and warmth. (It averaged about 70 degrees F with constant sun while we were in Israel.) These other competitors also have great talent and the same tax challenges.

His answer was multifaceted. He indicated that while his highly skilled employees constantly talk about the cold weather and it is used to build esprit to corps (in a humorous and fun way) he indicated that the x-factor had a lot to do with the personal outreach of the Massachusetts community in the form of Governors, Legislators, and key business leaders taking the time to visit Israel, and the personal approach to helping Israeli families to find a welcoming community to live, and opportunities to socialize among their peers in their field of interest.

Governor Baker and Speaker DeLeo have visited Israel, and our trip included the newly appointed House chairman of Ways and Means, Jeffery Sanchez. It was just announced that another cyber security firm is coming to Boston.

This made perfect sense to me as I perceived very early on that a meeting with a promise is critically important to Israeli business leaders. Your word is your bond because it is in the Israeli DNA. This, of course, comes from, and applies to, Israeli security issues as well.

And, Israel appears to be a most attractive place for us to do business in. They have a highly educated, friendly, and most energetic workforce.

We visited the MassChallenge headquarters in Israel. MassChallenge is a non-industry-accelerator program generated here in Massachusetts. Any startup at any stage (even idea-stage) can apply to MassChallenge. To qualify for MassChal-

lenge (Boston, Israel, Mexico, Switzerland or UK) a company must be a seed- or early-stage startup.

MassChallenge awards more than \$1M annually and does not take any equity from participants. MassChallenge is a 501c3 non-profit. Sponsorships and donations cover prize money and operating expenses.

National Security Issues

I learned a great deal on the trip and realize there's a lot more that I will never know. Yes, the situation in the Middle East and in and around Israel is a big, complex, mess that has proven impossible to resolve for a great many years and likely shall remain so for years to come.

However, my conversations with an Israeli General and with Arab and Jewish activists who bring Arabs and Jews together on a regular basis give me great hope. I felt that one of the most important efforts they are leading and a prerequisite for moving toward greater peace is more interaction between Israeli and Arab students.

For the most part, schools are now segregated, but some amazing leaders are acting to change this by exchanging teachers to teach conversational language- ie an Israeli teacher teaching Arab students conversational Hebrew and visa-versa.

A big-picture and somewhat positive development I concluded is that terrorist organizations in the region, like Hamas, are losing the war in the eyes of many Palestinians.

Another big-picture conclusion that I drew through many briefings was the critical and negative impact that Iran was having in the region through its sponsorship of terrorism and warfare throughout the Middle East in Syria, Lebanon and Gaza.



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"Each person has his/hers own individual DNA - we are all unique"

MARIJUANA: FROM 2

treatment and monitoring to prevent relapse. A weekend or even a month of inpatient care is often not nearly enough. Treating substance abuse can be very expensive, consume time measured in years, and is still not always successful.

We know that cannabis use does lead some people to lose control, probably somewhere in the range of what is seen with alcohol. The Surgeon General reports that up to 30% of cannabis users will develop a marijuana use-disorder and a smaller number will become completely unable to control their use of the substance. Adolescent rates are approximately double the adult rates. In my own medical practice, I am now seeing an explosion of young patients with "cannabis hyperemesis syndrome," who develop intractable abdominal pain and vomiting that leads to hospitalization. This disorder tends to occur only with daily, habitual users. The constant exposure to cannabis in some people actually alters the body's own internal endocannabinoid system that regulates gastrointestinal motility among other things. This condition was once thought to be rare, but it is quite common now with widespread marijuana use.

What concerns me most, and also reflected in the Surgeon General's report, is that cannabis use is not perceived to be dangerous or have adverse health consequences among the public in general and the adolescent population in particular. The cannabis industry is actually paying people in our town who are well known, to promote their interests at our town meeting. Who is paying them and how much they are paying? They want you to believe that your neighbors are all on board to normalize cannabis use and make these

products more available. They are actually having house parties to influence voters. It's outrageous and unprecedented. Everything we know tells us that by permitting this activity, we will be endorsing an unhealthy product with serious potential of abuse especially among our adolescents, which will strain those same public services. We have yet to hear who is financially backing this project, who is paying our neighbors to lobby for it, and where the market is for their product. We don't need their money and we don't need their poison.

This is not about medical marijuana. If you have cancer or serious disease, you can get medical marijuana without this facility. This project is about changing our zoning to permit the largest indoor pot farm in the country and you can bet money that it will be run for their commercial interests, not our interests. Big Marijuana is just like Big Tobacco, a big business that wants to sell a lot of their product and cares little about the consequences. You can take that to the bank.

Dr. MacMillan is a medical doctor specializing in Gastroenterology and Liver disease and operating a solo private practice in North Andover. He is on medical staff at Holy Family, Lawrence General and Anna Jaques Hospitals. He has served as President of the Massachusetts Gastroenterology Association since 2014, Massachusetts Governor for the American College of Gastroenterology since 2011, and Vice Speaker of the Massachusetts Medical Society since 2015. Dr. MacMillan is a member of the North Andover Board of Health since 2007. The views expressed do not represent the views of any of his affiliations and are his alone.

NOTEBOOK : FROM PAGE 9

he has faced and there is no act more courageous." Christian was recognized at a conference in San Diego in November.

SCHOLARSHIPS AVAILABLE

The Henry David Thoreau Foundation awards collegiate scholarships of up to \$20K to eight to ten students graduating from public or private high schools in Massachusetts. As Thoreau Scholars, these select high school seniors may enroll in any college and university in the world while they major or minor in an environmentally-related field.

Thoreau Scholars have studied a wide variety of environmentally-related areas, including biology, epidemiology, oceanography, international affairs and environmental law. Scholar alumni have formed companies and organizations including the animation company, Oxbow, with clients including Wild America and the Center for Food Safety, satellite imagery startup CrowdAI, and the nonprofit energy organization Equitable Origin.

The Thoreau Foundation further assists its scholarship winners by identifying environmentally-related internships, offering internship stipends, and providing networking opportunities. A sign of success of the Thoreau Foundation's mission to foster environmental leadership is the support past scholarship winners provide to present scholarship winners.

To learn more about the Henry David Thoreau Foundation and the Thoreau Scholarship, please visit www.thoreauscholar.org. Information about the scholar-

ships and how to apply will be mailed to guidance counselors and science teachers at all Massachusetts high schools. An online application available from October. Students have until February 1st to apply.

HELP FOR THE HOMELESS THIS WINTER

If you know of or see an individual who appears to be homeless and would like to help get them out of the cold, please call 311, give a description of the person and the location, and an outreach team will be dispatched to assist. You don't have to do anything else but call. You don't need to approach the person, or wait for anyone to arrive. Just #Call311. Area Facilities for the homeless:

- * Casa Nueva Vida, Homeless Shelter Lawrence, (978) 557-5775, Open 24 hours
- * Daybreak Shelter, Lawrence (978) 975-4547 Open 24 hours
- * House of Hope Inc., Homeless Shelter Lowell, (978) 458-2870
- * Lowell Transitional Living Center Lowell, (978) 441-0805
- * Milly's Place Homeless Shelter Lowell, MA (978) 458-8853

PAYING ATTENTION TV SHOW

You can watch the taping of Paying Attention! with Tom Duggan live on the "Paying Attention Podcast" channel on YouTube every Thursday at 2pm. Paying Attention is taped live in front of a studio audience at Two Guys Smoke Shop in Salem NH.

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1p: \$36,840 | 2p: \$42,060 | 3p: \$47,340 | 4p: \$52,560 | 5p: \$56,820 | 6p: \$61,020
HUD published effective 4/14/2017. Subject to change annually.

Minimum Gross Annual Income Limits Based on Bedroom Size:
1 Bedroom \$27,540 | 2 Bedroom \$32,760 | 3 Bedroom \$37,620

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There are 8 units set aside for incomes that are at or below 30% of area median income. These units will be covered under a Project-Based Section 8 contract. Rents for these units will be 30% of household adjusted gross annual income. Preference will be given to homeless applicants.

30% INCOME LIMITS BY HOUSEHOLD SIZE
1p: \$18,450 | 2p: \$21,050 | 3p: \$23,700 | 4p: \$26,300 | 5p: \$28,780 | 6p: \$32,960

Applicants (for all 56 units) will be chosen through a lottery which will be held 1/24/18 (NEW DATE) at Haverhill Public Library at 1 PM.
All applicants must meet the property's Resident Selection Plan criteria.

APPLICATIONS FOR THE LOTTERY MUST BE FULLY COMPLETED AND RECEIVED BY 1/15/2018 (NEW DATE).

Applications will still be accepted after the lottery and will be placed on the waiting list.

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Property Sales, Foreclosures for DECEMBER, 2017 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

ANDOVER

Charles & Paula Croteau, Tristian Homes LLC, 73 Woburn St. , \$15,000.00
 James & Janet Ches, Brian & Brenda Shield, 2 Stafford Ln., \$975,000.00
 Helen Little, Nemi Singh, 24 River Rd., \$413,000.00
 Helen Little, Neeraj Tomar, 24 River Rd., 69 North St. LLC, Shine Theyagarajan, 22 Boardwalk Dr. Unit 22, \$584,900.00
 69 North St. LLC, Padma Shine, 22 Boardwalk Dr. Unit 22,
 Ho-Sung & Myra Byun, Cattle Crossing LLC, 2 Clark Rd., \$320,000.00
 Webb Realty Trust, Beverly Macleod, 86 Ballardvale Rd., \$315,000.00
 Clementina Lucci, Paula Palmer, 241 Lowell St. Unit 1, \$475,000.00
 Fouzia Faleh & Mohammed El Khadji, Elio & Michelle Tagliaferri, 90B Washington Park Dr. Unit 5, \$123,000.00
 Nancy Martorano, Evan Tines, 16 Balmoral St. Unit 409, \$235,000.00
 Cattle Crossing LLC, Veronica & Lorraine Pennick, 79-81 Chestnut St. Unit 2, \$492,000.00
 Pulte Homes of New England LLC, Marie Hickey, 1 Francis Dr. Unit 407, \$537,535.00
 Marna Moorhead & First Moorhead Family Revocable Trust, Adam & Alexa Soll, 12 Bradley Rd., \$585,000.00
 Robert & Michelle O'Neil, John & Grace Greeno, 6 Andover Country Club Ln., \$1,362,450.00
 Pulte Homes of New England LLC, Daniel & Kathleen Gunnery, 1 Francis Dr. Unit 411, \$478,845.00
 Michael & Susan Wartman, Alireza Amirkhizi, 108 Greenwood Rd., \$585,000.00
 Sandra & Lauren Dearborn, Sandra & Melissa Dearborn, 109 Elm St. , \$440,000.00
 Peter & Beth Hill, Frank Chow & Sangmi Lee, 30 Taylor Cove Unit 15, \$710,000.00
 Barbara Derosa, Anthony & Kate Villa, 58 Brown St. , \$505,000.00
 Pulte Homes of New England LLC, Michael & Susan Wartman , 7 Hood Dr. Unit 188, \$729,000.00
 Sarah Finch & Sarah Harrington, Adam & Marion Memont, 115 Abbot St. , \$699,900.00
 Lyle & Elizabeth Morgan, Michael & Erin Cunningham, 23 Topping Rd. , \$390,000.00
 Jane Axelrod, Steven & Kristina Donahue, 117 Bailey Rd., \$630,000.00
 Timothy Desutter, Jason McDuffee, 261 Salem St. , \$713,000.00
 Pulte Homes of New England LLC, Louis & Jean Musinski, 1 Francis Dr. Unit 210, \$420,680.00
 Alvin & Ellen Ohlenbusch, Matthew & Rebecca Fagan, 33 West Parish Dr., \$650,000.00
 Elizabeth Mcauliffe & Elizabeth M. Mcauliffe Trust, Penny Joel, 22 Railroad St. Unit 307, \$310,000.00

69 North St. LLC, Vasudevan Kannan, 24 Boardwalk Dr. unit 24, \$584,900.00
 Derrick Beasley & Tina McCarter, Amit Rai, 141 North St. , \$570,000.00
 Michael Brownson, Julio Coiscou & Hairolina Jimenez, 5 Reservation Rd. Unit 5, \$395,000.00
 Edward Smith, Judy Gaudet, 354 North Main St. Unit 205, \$234,205.00
 Richard & Neil & Marianne Cashman, Michael & Katherine Ham, 96 Ballardvale Rd., \$637,000.00
 Brian Lynch & Andrea Zaines, Arthur & Annmarie King, 8 William St. , \$839,400.00
 Lindsay Gwynne, Brena Parry, 10 Maple Ave Unit 2, \$216,000.00
 Pulte Homes of New England LLC, Veronica Carbone & 2014 NMB Trust, 1 Francis Dr. Unit 111, \$372,670.00
 Taylor Cove Development LLC, Jordan Correia, 16 Taylor Cove Dr. Unit 8, \$191,000.00
 Pulte Homes of New England LLC, Robert Fardin, 1 Francis Dr. Unit 104, \$347,340.00
 Pulte Homes of New England LLC, John & Dyann Olson, 4 Hood Dr. Unit 197, \$823,252.00
 Jacinta Fernandes & St. Stephens Family Trust, Mark & Tracey Kauffman, 2 Powder Mill Square Unit 3B, \$535,000.00
 Pulte Homes of New England LLC, Margaret Callahan, 1 Francis Dr. Unit 110, \$372,705.00
 Kimberly Foley, William & Elizabeth McCullom, 4 Hidden Rd., \$575,000.00
 Marius Hainal, Prashant Ganji, 9 Crescent Dr. Unit 1, \$208,000.00
 Lawrence Rungren & Marilyn Freedman, Andrey & Marina Pozhogina, 1 Tanglewood Way North, \$525,000.00
 Kristen & Donald Hunt & Kristen N. Hunt Recocable Trust, Michael & Lorraine Reilly, 105 Reservation Rd., \$1,500,000.00

LAWRENCE

Debra Cavarretta, Eliana Vargas, 467 Riverside Dr., \$240,000.00
 Ramon Veras, Paulino Castillo, 21 Summit Ave, \$275,000.00
 Ramon Veras, Beatriz Ortega & Paulino Castillo, 21 Summit Ave,
 Jose Grullon & Karina Rodriguez, Rose-lanny Tejada, 178 Union St. , \$397,000.00
 Teresa Gonzalez, Ediliza & Hudelse Peralta, 97 Railroad St. , \$277,000.00
 Pipevine MMI Real Estate LLC, Induspad LLC, 46 Stafford St. , \$5,817,500.00
 William Indociao, Santo Caceres, 2A Montgomery St. , \$249,000.00
 Lawrence Downtown Parking Assoc. Inc, Star Parking Enterprises Inc, 171 Methuen St. , \$250,000.00
 James & Jacqueline Marshall, Jose Antonio Flores-Mancia, 41 West Lowell St. ,

\$309,000.00
 James & Jacqueline Marshall, Reina Landaverde, 41 West Lowell St. ,
 Eileen Demers, Maria & Maribel Garcia, 48 Montgomery St. , \$379,900.00
 Dilcia Almonte, Oseas & Celinet Ramirez, 88 East Haverhill St. , \$430,000.00
 Hilberto Rivera & Wendy Mieses, A&A Property Management LLC, 12 Acton St. Unit 212, \$80,000.00
 Santander Bank N A, JNR Realty LLC, 96 Newton St. , \$165,000.00
 John Denehy & Jeffrey Waldman, Orlando Pena, 36-38 Olive Ave, \$435,000.00
 John Denehy & Jeffrey Waldman, Aleida Villa, 36-38 Olive Ave,
 Eladia Blackwell, Dilenny Vidal, 5 Oakland Rd., \$265,000.00
 Victor & Therese Monroy, Lenny Abreu, 105 Leroy Ave, \$258,000.00
 Wilson Javier, Lidia Hernandez, 111 Cambridge St. Unit C, \$215,000.00
 Manuel & Jorgina Freitas, Brickstone Phase One LLC, 169-171 West St. , \$457,000.00
 Philip Scangas, Luz Echeverry, 88 Beacon St. Unit 8, \$121,400.00
 Ruben Lopez & Fior Perez, Enrique & Mery Merette, 12 Tremont St. , \$415,000.00
 Radames & Rolanne Gonzalez, Samuel Dorson, 39 Adams St. , \$265,900.00
 Carlos Vargas, Ramon Solano, 16-18 Hilltop Ave, \$350,000.00
 Daxad LLC, Psuriel LLC, 25 Marston St. Unit B, \$1,081,575.00
 William & Frances Moriarty, Joaquin Rosa & Samuel Ndungu & Milagros Lima, 230 Colonial Rd., \$395,000.00
 Erol Yildirim, Justju LLC, 480 Haverhill St. , \$115,000.00
 Ramon Javier & Ramona Gomez, Luis Lopez, 70-72 Railroad St. , \$355,000.00
 Dana Francis, Paul Rodriguez, 12 Monroe St. , \$300,000.00
 Phillip Gabriel, Jocelyn Delvillar & Wendy Aquerro, 35 Swan St. , \$247,900.00
 Carolyn Wilson, David & Cherish Wilson , 15 Hoffman Ave, \$240,000.00
 Ana Colon, Jose Martinez, 20-22 Bennington St. , \$400,000.00
 Tai Pham, Progresso LLC, 250-254 South Broadway, \$574,500.00
 Daher Group Inc. , Leonardo Gonzalez & Sobeida Santos, 247 Prospect St. , \$355,000.00
 Bang Do & Anh Thi Nguyen, Hoang Dang, 109 Farnham St. , \$230,000.00
 Theresa Hill, Rolando Vinas & Victor Familia, 19 Lasalle Ave, \$300,000.00
 Samuel Hilario, Zoila Taveras, 190 Park St. , \$350,000.00
 Alberto Santana & Marisol Reyez, Reyes LLC, 75 Manchester St. , \$500,000.00
 Justo Joel Santana, Nicole Cotto, 22-24 Clarke St. , \$225,000.00
 Dianne Harriman & Ryan Blake, Dennis

Harriman, 23 Portland St. , \$150,000.00
 Crusilda Joaquin, Evangelista Hilario & Yeidaly Natal, 29-31 Montgomery St. , \$450,000.00
 Laura McCabe, Khalemar Enterprise LLC, 24 Orchard St. , \$123,500.00
 Nyasha Masiwa & Sonia Dangilan, Monique Chavez, 18 Marie Ln. Unit 1, \$238,000.00
 Peter Aznoian, Paul Devincenzo, 2 Jackson St. , \$505,000.00
 Lawrence Reynolds, PJP Realty LLC, 314-316 Andover St. , \$135,000.00
 Rose Marie Fabrizio, Juan Figueroa & Maria de Lourdez Sierra, 103 Genesee St. , \$340,000.00
 Andrew & Kelly Sullivan, Daniel Gandolfi, 20 Bourque St. , \$345,000.00
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 Patricia Knox , Andrew Sullivan, 46 Wedgewood Dr. Unit 46, \$207,000.00
 Daniel & Jane Kinsella, Thomas & Barbara Ferris, 115 South Bowdoin St. , \$360,000.00
 Taom Heritage Lawrence I LLC, Taom Pacific I LLC, 4 Hampshire St. Unit 1, \$3,848,956.00
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 Roper Investment Group LLC, Leonardo Lopez, 251-253 Ferry St. , \$407,700.00
 Maria Jaime, Marlon Santana, 20 Knox St. Unit 31, \$126,000.00
 Jose Delacruz & Lissette Matos, Carlos Dasilva, 24 Inman St. Unit 28, \$116,500.00
 Mary Henriquez, Rafael Geronimo & Dilcia Fernandez, 575-577 South Union St. , \$510,000.00
 Rocky Club Inc. , George Nacopoulos, 11 Trinity St. , \$250,000.00
 , , 15-17 Trinity St. ,
 Deutsche Bank National Trust Co Tr, La Belle Maison LLC, 11 Florence Ave, \$219,000.00
 Kenneth & Ronald Potter, BCAD LLC, 40-42 Perry Ave, \$201,500.00
 Wendy Estrella, Miguel Cirineo, 158 East Haverhill St. , \$220,000.00
 Bennington Realty LLC, Crusilda Joaquin, 116-120 Bennington St. , \$600,000.00
 Juan & Yohanka Tejada, Pedro & Olga Tejada, 151-153 Essex St. , \$132,000.00
 One Marston St. LLC & One Marston Partners LLC, Wybb LLC, 1 Marston St. , \$2,000,000.00
 Luis Azcona, Juan Duran, 20 Knox St. Unit 23, \$130,000.00
 Michael & Paul Taveras, Basilia Batista, 68 Thornston St. , \$175,000.00
 Donna Howie, Jonathan Howie, 121 South Bowdoin St. , \$310,000.00
 Tremont Property Management LLC, Walter Dionicio & Brigdeth Machic, 26 Tremont St. , \$375,000.00
 Lawrence Downtown Parking Assoc. Inc, D&R Capital Partners LLC, 70 Shepard St. , \$750,000.00
 Jinette Antigua, Leandro Antigua, 84 Perry Ave, \$127,250.00
 RJP Construction and Development Inc., Sherry Turner, 119 Everett St. , \$275,000

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Michael & Sandra Flanagan, Reynaldo & Madeline Santiago, 49 Kingston St. Unit 111, \$216,000.00
 Chong & Olga Lee, Michael & Ellen Carter, 58 Settlers Ridge Rd., \$726,000.00
 Yuthica Galiney, Chong & Olga Lee, 657 Osgood St. , \$900,000.00
 Jon Paul Cheslofska & Jessica Marie Reynolds, Carole Snyder, 180 Chickering Rd. Unit 211C, \$307,900.00
 Rakesh & Manisha Godhani, Patricia Rosel, 89 Palomino Dr., \$700,000.00
 Farideh Tayarani, Richard & Ashley Vail-lancourt, 28 Chestnut Court, \$590,000.00
 Karen & John Lunny, David Bosquet, 20 Stage Coach Rd., \$680,000.00
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Duane & Barbara Montopoli, Saying Zhang, 108 Campion Rd., \$875,000.00
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Francis M Graham Realty Trust, Katelyn Indigaro, 5 Magnolia Dr.,
Laura & Timothy Loiselle, Michael Bower, 212 Middlesex St., \$417,500.00
Deutsche Bank National Trust Co TR, Valentina Gonzalez, 22 Camden St., \$302,500.00
Harley Realty LLC, Justin Pawlowski, 2 Harvest Dr. Unit 111, \$220,000.00
Dale & Marianne Hollingshead, Carolina Properties LLC, 35 Putnam Rd., \$405,000.00
Fernando & David Caufo, Evelyn Sakwe, 450 Bear Hill Rd., \$1,235,000.00
Robert & Cheryl Mongell, Michael & Jill Frederickson, 115 Lancaster Rd., \$940,000.00
Philip & Rachel Barclay, James & Kathryn Matthews, 30 Gray St., \$450,000.00
Klaus Unterkofler & Carmen Pepicelli, Sarah Harrington, 177 Chadwick St., \$490,000.00
Michael & Jill Frederickson, Eric & Janelle Barrow, 456 Salem St., \$615,000.00
Michael & Ellen Carter & Margaret Broderick, Keith Barnard, 38-40 Phillips St., \$543,000.00
John & Soo Lagasse, John & Jennifer Coco, 114 Rosemont Dr., \$740,000.00
Arvind & Pushpaben Ramani, Awab & Fawad & Muhammad Kahn, 300 Raleigh Tavern Ln., \$515,000.00
Silvio & Maria Moscaritolo & Moscaritolo Family Trust, Don Liu & Na Dong, 127 Tucker Farm Rd., \$642,000.00
John & Denise Hashem, Louis & Gina Luciano & Jonathan Saucier, 30 Mablun Ave, \$475,000.00
TKZ LLC, Karen Zahoruiko, 1665 Great Pond Rd., \$650,000.00
North Andover Realty Corp., Christopher & Jodie Maroun, 33 Regency Place, \$1,200,600.00
Maria Karatzas, Shauna Holden, 190 Chickering Rd. Unit 308D, \$307,500.00
Ilran Kim & Soonja Kim 2016 Trust, John Hashem & Lamirage Realty Trust, 130 Lisa Ln., \$575,000.00
James & Marie Tamagnine, Timothy & Leah Upton, 42-44 Bay State Rd., \$445,000.00
Arthur Caissie, Janice Coolidge, 52 Compass Point Rd. Unit H-1, \$500,000.00
Patricia Gorham & George V Gorham & Margaret M Gorham Revocable Trust Agreement, Fundraiser Travel Realty LLC, 581 Chickering Rd. Unit 8, \$275,000.00
Ismail & Sansli Erhan, Christopher Burt & Ellen Goodwin, 350 Great Pond Rd., \$560,000.00
Peter Yagmin, Rajiv & Vibha Mishra, 101 Edgelawn Ave Unit 101EL-11, \$212,000.00
Bread & Roses Housing Inc., Felix Colon & Nelinda Sanantonio, 70 May St., \$200,000.00
Norman Hunter, Johanna Drzyzga, 53 Fernview Ave Unit 6, \$198,000.00
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E K H Family Trust, Marlenny Lopez, 65-67 Swan St., \$380,000.00
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Albert & Nydia Reynoso, Leonrique Binet, 114 Rolling Ridge Ln., \$360,000.00
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Leonard Christopher, Carissa & Gary Christopher, 34 Tyler St., \$300,000.00
Ann Dibenedetto, Anthony Liriano, 27 Dotie Ln., \$365,000.00
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Hector Severino, Susan Luis, 74 Broadway,

\$220,000.00
Kimberly Hill, Concetta Wallace, 45 Christopher St. Unit 140, \$190,000.00
Arthur & Karen Broadhurst, Jose Garcia, 109 Salem St., \$425,000.00
Maureen A Lopez Living Trust, Frederick & Gina Colarusso, 375 Merrimack St. Unit 1, \$175,000.00
Alison Skoglund, Hassan Akarkouz, 57 Benefit St., \$387,000.00
Johanne Ouellet-Ciba, Gabriela Paiva, 8-10 Plymouth Terrace, \$385,000.00
Darryl Mitchell, Nicholas Romano, 1 River-view Blv Unit 4-207, \$244,900.00
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Simon & Sarah Mcaffery, Gregory Levesque, 29 Houston Ave,
Margarita Bonilla, Teresa Tomola, 35 Elmwood Rd., \$310,000.00
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Victor & Susan Assersohn, Colleen Trout, 77 Ayers Village Rd.,
Kerri & Joshua Hayes, Rosa Taveras, 73 Tower St. Unit 2, \$220,000.00
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Leonard & Linda Conte, Joseph & Cassandra Abou-Farah, 236 Washington St., \$455,000.00
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Marcus Soule & Rachel Bain, Ronivaldo Dutra, 40 Weybossett St., \$435,000.00
Marcus Soule & Rachel Bain, Maria Dos Santos, 40 Weybossett St.,
Susan St Pierre, Platinum Real Estate LLC, 1 Riverview Blv Unit 1-205, \$183,900.00
Quang Duy Vo & Thi Tho Truong, Herminia Ynfante, 1 Curtis St. Unit 11, \$193,000.00
Karen Sheehy, Charles & Debra Braswell, 29 Bumpy Ln., \$548,500.00
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Nationstar Mortgage LLC, Freckle International LLC, 51 Reservoir St., \$206,000.00
Clifford Jurdi & Nicholas Maloof & Allyson Scanlon, Vivian Marmol, 188 Berkeley St., \$280,000.00
Hassan Akarkouz & Nora Libiad, Christian Guzman & Michaela Gaffney, 88 Pinehurst Ave, \$263,000.00
Michelle Hatch, Wilbing & Nanette Torres, 227 Pelham St., \$344,000.00
Manuel Torres, Alexander Miller, 26 Adelaide Ave Unit 26, \$200,000.00
Capitol St. Properties, Ariam Robles, 7 Capitol St., \$322,500.00
Santos & Biandy Villa, Jheddy Melendez - Feliz, 41-43 Plymouth St., \$465,000.00
John Maclean & Maclean Family Trust, Gregory & Suzannah Soloviev, 38 Miller St., \$275,000.00
Marybeth Mercier, Kathleen Roark, 23-312 Hampshire Rd., \$230,000.00
Anthony & Carol Ross, Hassan Elsayed, 42 Partridge Rd., \$383,700.00
Leonard Blum, Ramon Javier & Ramona Gomez, 68 Center St., \$210,000.00
Maureen Roberts, Gregory & Stephanie Corthell, 20 Washington St. Unit 4, \$197,500.00
Gioacchino & Rosina Dipietro, Robert & Janice Begin, 5 Bates St., \$396,500.00
Paul & Barry & Colleen Gallo & Colleen Gallo Irrevocable Trust, Mary Regan, 20 Landing Rd., \$270,000.00
Deborah Zangri & Diane Casey, Connor Casey, 29 Sandra Ln., \$100,000.00
Clara Coutermarsh & Joseph Haddad, Amy Abreu, 45 Washington St. Unit G36, \$222,000.00
Jo-ann Chesley, Sam Taveras, 30 Hawthorne Ave, \$185,000.00
Thomas & Valerie Gallagher, Kevin Daley, 20 Quebec St., \$314,000.00
Edward Cavatorta, Patrick Pirone & Jeanine Kelley & Mother 1030 Realty Trust, 66 Capitol St., \$358,000.00
Ellen Fraher & John E. Fraher Trust, Yvan Bobadilla & Thelma Larancuent, 15 Bailey St., \$200,000.00
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Patricia Hyatt & Phelt Realty Trust, Monica Sulkowski, 5D Pilgrim Cr. Unit D, \$130,050.00

Why the 1st Middlesex and MA Need More Focus on PTSD

John MacDonald
LOWELL COLUMNIST

Recently a local paper published an editorial "Shining a light on police suicides". Combat situations and exposure to highly intense traumatic experiences can contribute to Post Traumatic Stress Disorder (PTSD) and all too often resulting in suicide. State Representatives Lyons and Whelan should be commended for taking an active role in passing new legislation to help identify warning signs of PTSD and suicide in the law enforcement community, but we as citizens need to demand more. As a candidate for state senate of the 1st Middlesex I am demanding more be done.

PTSD is real and has been identified more and more in the law enforcement, U.S. Veteran and the Active Duty Military communities. I have also seen the effects of PTSD up close and personal. I've received calls from veterans in crisis and I have also received calls when it's too late and a veteran has taken his or her own life. Although PTSD is often identified, there is no known cure. 22 Veterans a day commit suicide and almost all cases are related to PTSD. We need more research for a cure, we need funding and we need to create a PTSD Cure task force at the state level.

If suddenly we were experiencing 22 deaths a day, because of the flu or tuberculosis, every news organization and politician would be crawling over themselves for awareness and precautions to take. When a veteran is diagnosed with PTSD at the VA, very often the prescription is... "Have you heard of Yoga? Have you tried breathing exercises?" or "Here's a prescription for some medication that may work" ... Really? Don't believe me?

Richard & Tammy McDonough, Edward Ramos & Maria Hiciano, 1-3 Walnut St., \$405,000.00

Christopher & Matthew & Jodie Maroun, Natanael & Ramona Ceballos, 5 Buttonwood Dr., \$515,000.00

Stephen & Janice Maddox, Sophea Um, 57 Myrtle St., \$455,000.00

Charles & Joan Wilson, Daniel & Julissa Jerez, 15 Marc Ave, \$345,000.00

Peter Aznoian, Paul Devincenzo, 2 Jackson St., \$505,000.00

Justin Fichera, David & Ratha Breen, 4 Saint St., \$436,000.00

John & Melisa Giles & Giles Realty Trust Methuen, Sumaya Simo, 9 Pelham Ave, \$397,000.00

Daher Group LLC, Stacy Emerhi, 9 Woodland Court, \$297,500.00

LLB Construction Inc., Marco & Maria Aviles, 60 Sheldon St., \$466,000.00

Thomas Barczak, Alexander & Cynthia Montanez, 81 East St., \$385,000.00

US Bank NA TR, Ana Sabando, 54 Gaston St., \$190,000.00

Ask a veteran who has been through the paces at the VA.

Over the last couple of years, we have seen deaths occur at local VA facilities. We were promised investigations, which all seem to have gone nowhere. Despite my public appeals for action from our state and federally elected officials, we have seen no attention.

Now I know my opponent, Eileen Donoghue is busy trying to secure the Senate President seat, was busy with midnight emergency pay raises, time zone studies, opposing mechanisms to prevent fraud in Mass Health and a bevy of other self-serving initiatives at the state senate, but perhaps she and her colleagues would consider something useful? Our election is a year away, this can't wait, and loss of life is what I consider a real emergency!

I would also like to remind readers that a program has been established in our community, created specifically to help our first responders with PTSD. It's the Veterans Assisting Veterans/ Owl Diner Charities First Responder PTSD Program at Ironstone Farm in Andover. There is an active program in place that allows first responders to seek help for themselves or their fellow first responders. I encourage those in need and any interested first responder agency to contact Deedee O'Brien, Executive Director at Ironstone Farm for more information.

The only way things will change for the better is through awareness and a concentration to find effective therapies that can help prevent PTSD related suicides.

Interested in my campaign, check out www.votejohnmacdonald.com

Forrest Wentworth, Benjamin & Anna Inch, 11 Gloucester St., \$359,000.00

John & Collette Donahue, Tony Louis, 177 Jackson St., \$305,000.00

Christopher Warren, Jose Vallejo & Lisbeth Celado, 16 Central St., \$347,900.00

Usama Ghabyous, Gabrielle Landino & Armando Velez, 20A Adelaide Ave Unit 20-A, \$200,000.00

Philip Matthews & Anne White, Peter Silva, 44 Linwood Ave, \$286,000.00

Wahib Charabiti, Edward Cintron, 67 Arthur St., \$325,000.00

Danbury Ventures LLC, Mark & Tracey Hanscom, 50 Danbury Dr. Unit 18, \$116,000.00

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Michael & Jean Wakeen, Donna Defreitas, 58 Darius St., \$575,000.00

Richard Scioli, Llaqi Taci, 23 Hampshire Rd. Unit 311, \$179,000.00

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HEROES IN OUR MIDST
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HEROES IN OUR MIDST
From The Pages of
The Valley Patriot

SENIORS: FROM PAGE 23

Be aware that unresolved issues such as built-up anger or frustration from the past may block current dialogue. Limit your assumptions about your senior's well-being and stick to factual observations.

4. Involve siblings from the beginning in conversations with your older parent or relative. This may mean putting aside personal challenges with a brother or sister to seek the interests of your parent. Your senior may be sharing varying information with different family members, so it's important to address these differences upfront.

5. Plan the conversation to keep your thoughts organized. The RightConversations Communication Planner can help you think through realistic goals and how your family members will work as a team during the discussion. Practicing key points and open-ended questions for your time together will cultivate trust and productive conversation.

6. Create a positive conversation by listening with intent to understand rather than to respond. The goal is not to give advice but to express love and concern for your aging loved one. Sharing feelings with a friend, counselor or support group can help keep your emotions in check during family discussions.

7. Be aware of differences in communication styles among siblings and other family members. The RightConversations guide includes a chart of seven personality characteristics and how to collaborate with these individual traits. For example, a reserved person may seem disinterested in

the discussion, but open-ended questions can help draw this individual to engage in the dialogue.

8. Understand why your loved one may withhold information or resist sharing emotional vulnerability. Keep in mind that elders typically come from a generation of holding personal thoughts and fears to themselves. While you are focused on protecting your parent's home environment, your mother or father may be afraid of losing their independence or being abandoned in a care facility.

9. Do not make your loved one feel ambushed by a "you" versus "us" approach. Take time to acknowledge each other's perspectives and focus on partnering rather than acting in opposition.

10. Be prepared for what to do if your loved one says "no" to suggestions for personal assistance and home care. If the conversation stalls, be prepared to take a step back and give your senior time to think through your words and concerns. Try positive language such as "by doing _____, we are able to keep you in your home longer" or "we can spend more time together by doing _____."

While it can be disconcerting to see older loved ones show signs of needing more assistance with daily activities, many seniors are actually relieved their families notice and care. Exploring caregiving concerns and options together makes for shared decision making and meaningful relationships well beyond the initial conversation.

ILLEGALS: FROM PAGE 4

In fact and logic there is NO official obligation to either provide for or protect any illegal entrant, beyond basic humane treatment during the process of returning said illegal entrant to his or her point of origin as may best be determined. Collectively, this nation has no more obligation than that, as well.

Illegal entrants, by virtue of presence, have no Constitutional protections, which is to say, no "Bill of Rights" under the Constitution of the United States. No crime committed by an illegal entrant deserves free public defense in court, nor does it deserve any form of "plea" bargain or appeal of verdict. Illegal entrants are not entitled to jury trial, "Miranda" rights or specific protections from search of their persons or property. Technically, they may be charged and held without benefit of a Grand Jury indictment. They have no Constitutional protection against double-jeopardy, nor any specific right to free speech, assembly or redress of grievances. They are not citizens or even legal residents.

That Constitutional rights are afforded illegal entrants is a failure of enforcement of the very Constitution in which those rights are enumerated. It is a failure to uphold the rights of citizens. To treat so-called "illegals" like citizens is, itself, a crime. Such confusion of our governing obligations is a reflection of the ascendancy of emotion to a level above that of law – law that lately is applied more strictly to citizens than to illegal entrants. It appears to have infected judges, prosecutors and defense attorneys and is corrosive to the rule of law and to the Fourteenth Amendment among others.

Some political subdivisions want to allow illegal entrants to vote, a right won by the blood of hundreds of thousands of American citizens. There being absolutely NO legal basis for Constitutional protection of illegal-entrant non-citizens, one must dig very deep to find a justification for doing so, along with the affording of comforts like welfare, medical care and public education. Is there an agenda, political or economic, that is furthered or fulfilled by harboring illegal entrants? While such does nothing to change the illegality of failures at federal, state and local levels, especially by sworn officials, the discovery of said agenda might provide a reason to understand the public willingness to break laws on behalf of illegal entrants.

We are told by otherwise rational officials, including congressmen and women and senators, that illegal entrants pay taxes. For this we should be grateful, we are told, because the ILLEGAL contributions illegal-entrant laborers make toward Social Security (on stolen or fabricated identities), will benefit our retirees. No mention is made of the crimes involved, especially when illegal entrants collect Social Security

payments on stolen Social Security numbers.

We are assured by sworn officials that many illegal entrants entered our nation illegally for very "good" reasons, such as "to work" and to "make a better life" for themselves or their families. No mention is made of the livelihoods that are stolen or devalued of United States citizens, the only people to whom said sworn officials have any obligation under law, whatsoever.

We are told that law-breaking officials are in favor of deporting illegal entrants who are charged with "serious" crimes, for which stance they seek public approval. However, this hollow pronouncement overlooks or obscures the arrogation by such officials of a role to determine on their own judgment, without benefit of law or process, which crimes are serious and which are to be ignored. There is no amount of tax to be collected that justifies the insertion of personal opinion by ANY official as to which crimes committed by ANYONE, much less an illegal – therefore known-criminal – alien, deserve adjudication and which do not.

Indeed, the arrogation of this role, inserted between criminal and civil codes and those charged under law with their enforcement, is itself a crime, made worse by its belying of officials' sworn statement to uphold "the laws."

These same have told us that the fears of illegal entrants concerning deportation do, or may, prevent the solving of crimes known to them, since they will fail to speak to police officers given those "fears." This is presented as some sort of justification for their (officials') criminal distortion of enforcement actions by the insertion of their personal judgments as noted above. This argument is specious and obfuscatory, since illegal entrants OUGHT to be fearful of deportation.

And so, we come back to the matter of Kate Steinle's illicit death. A California jury, ostensibly ignorant of immigration issues surrounding señor Garcia Zarate, agreed on the crime of possession of a firearm by a felon. The lies contained in Garcia Zarate's initial statements did not sway their rejection of even an involuntary manslaughter charge. They may have been strictly – very strictly – correct in the particular, and peculiar, circumstances of Miss Steinle's death, but the shooting was a crime resulting from crimes previously committed by elected officials in San Francisco. The killing of Steinle was not "an accident."

Ultimately, the position of open-borders apologists and illegal entrant "advocates" may be summed up as follows: "You've been stupid about immigration and border enforcement for decades, and you can't stop being stupid now – it isn't fair!"

SPANISH: FROM 13

conversational Spanish course at Holyoke Community College.1 Their public school system has a Dual Language Program where students in Pre-K through Grade 3 can learn Spanish.2 Can't Lawrence do better than, or at least as well as Holyoke?

The only way to achieve some level of unity in this city is if the residents can communicate with each other. A great many of our residents can speak English,

they just prefer to speak Spanish. There should be opportunities for every resident to assimilate into the culture and be employable in Lawrence.

1) http://www.masslive.com/news/index.ssf/2012/05/holyoke_offers_free_spanish_cl.html

2) <https://www.hps.holyoke.ma.us/families/programs/dual-language-program>

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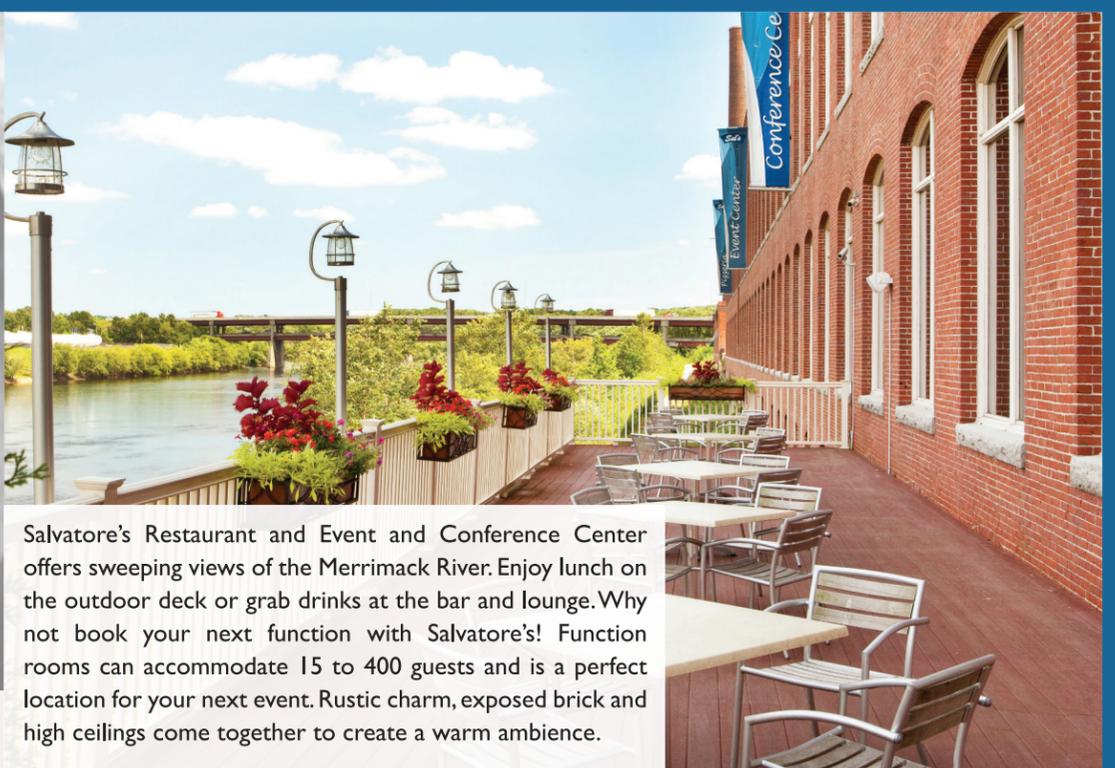


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