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JULY, 2020
VOLUME 17, ISSUE 7
Edition #201

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Food for Local Veterans



Pages: 4 & 16

From state funded programs to local volunteers, Merrimack Valley residents reach out and donate food to local veterans.

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VALLEY PATRIOT OF THE MONTH

Dracut's Alfred Araskiewicz: Paratrooper and Glider - 82nd Airborne

John Cuddy
VALLEY PATRIOT HERO REPORTER

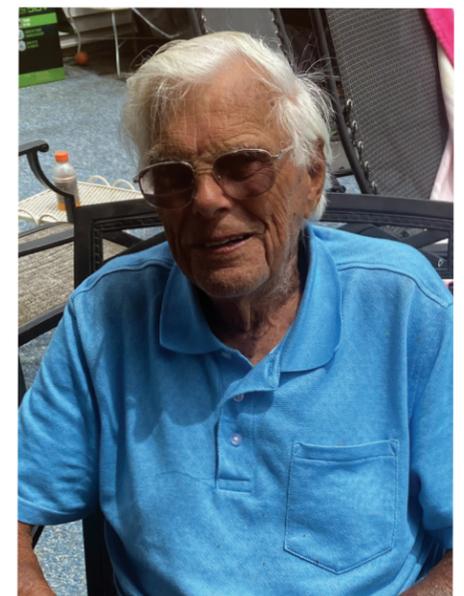
DRACUT - Born April 19, 1927, the youngest son of Polish immigrants, Dracut's Alfred Araskiewicz was introduced to me by a fellow Scout leader, his neighbor, Paul Taylor. He graduated from Dracut High School with the Class of 1944. My first interview was with his granddaughter, Jennifer Phillips. She says, "my grandfather, Private First-Class Alfred J Araskiewicz, was a paratrooper

in the US Army's famed 82nd Airborne, jumping into Germany twice". He was trained in both glider and paratrooper operations. Earning the US Army Parachutist's Badge, (nicknamed Jump Wings by the troops) the US Army Glider Qualification Badge, the US Army Occupation Medal, (European Theater) the World War II Victory Medal, and of course, the coveted (especially after Germany surrendered) Honorable Discharge "Ruptured Duck" lapel pin. While in the Army, his appendix ruptured on a patrol up in the

Bavarian Alps of Germany, and he had to have it removed. His fellow soldiers cut a landing strip in the side of the mountain so he could be medevac'd. Alfred was assigned to the 82nd Airborne's 508th Parachute Infantry Regiment, based in Frankfurt Germany. He served from July of 1945 to February of 1947, most of his time in the Army, was with the 508th.

He kept one German family from starving after the war, by providing a little boy with a box of Red Cross donuts each day. The young child, merely a toddler, would climb a set of stairs in the bombed-out building Alfred and his team were living in, every day, early in the morning, for his family's donuts. This led to an interesting conversation on the brand of cigarettes found in the US Army rations during World War II. According to the National Museum of the US Army, during World War II, and until 1976 a mini-pack of either three or four Old Gold, Chesterfield, Lucky Strike, or Camel cigarettes, along with a fold of waterproof paper matches, was included in the rations issued to our fighting troops. At 93, Alfred vividly remembers that in most of his rations, the cigarettes were "Old Gold", and the non-smoking soldiers traded these for food and other items with their fellow servicemen and local civilians. The cigarette companies were trying to market their brands and at the same time, earn customer loyalty from the troops for sales after the war.

According to the popular military newspaper, the Army Times, nearly 2,800 members of the 82nd Airborne participat-



ed in all four World War II combat jumps with the 82nd Airborne Division — in Sicily, Salerno, Normandy and Holland. Fewer than sixteen of these heroes remain living today. Alfred was qualified as both a parachutist and a glider troop. He told me that he considered jumping with a chute to be much safer and less nerve wracking, than trying to land in a glider. World War II saw the birth of "Airborne Infantry", with the first major jump conducted by the Germans during the invasion of Crete.

Alfred, after serving in the US Army and returning home, became a pilot and flew private planes, flying out of the now

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Francisco Urena Made Scapegoat for Vets Deaths

Hero Marine and Purple Heart recipient, Francisco Urena resigned last month as Governor Baker's Secretary of Veteran Affairs. He didn't actually resign, he resigned the way most people in government resign: he was told to come in for a meeting with the Governor, was met by his flunkies upon arrival, and then handed a resignation letter just waiting for his signature.

At issue was the fact that over 100 of our hero veterans at the Old Soldier's Nursing Home in Holyoke died from the coronavirus. The head of the nursing home in Holyoke was not appointed to the job by Urena, and didn't answer to Urena. He was, in fact a political friend of the governor who was appointed by Baker despite the fact that he has no real qualifications to run a nursing home. He is answerable to a board of directors, who did nothing as the Baker Administration put more seniors with covid-19 into the facility. A facility that had - at best - inadequate precautions, no PPE, and no plan to save these elderly heroes now in his care.

Because this scandal hit the Boston and national press - and ONLY because it hit the press - someone was going to have to take the fall to make the embarrassing headlines go away for Charlie Baker.

He commissioned an investigation, which led to a report that was tailor written to blame Urena, so that everyone involved in the actual neglect and mismanagement of the Old Soldiers Home would pay no real price at all. The report made no mention of the fact that Urena had no say over the administration of the nursing home, in fact, the report made it look as if Urena had full responsibility for what happened in Holyoke despite the actual facts.

Despite his bungling of the RMV scandal, a Department of Children and Families out of control, and a propensity to cover up scandals rather than fixing the problems that resulted in scandal, we have long defended Governor Baker.

What he and his administration did to Iraqi War hero Francisco Urena is not something we can ignore or defend.

We remember Francisco Urena back in 2006 during the massive floods in Lawrence. The day he returned from Iraq he heard a news report about the flood, dropped off his luggage and his gear at home, and immediately went to the make shift tents for flood victims to see what he could do to help.

He was soon tapped by Lawrence Mayor Michael Sullivan to be Lawrence's Veterans' Services Officer (VSO) where he worked tirelessly with local veterans to make sure they received the benefits they were due, housing and food if needed, and went out of his way, day or night, to help a veteran in crisis.

From there Urena was hired by Mayor Menino in Boston to be the city's VSO before finally being elevated by Governor Baker as the cabinet level Secretary of Veterans Services for the state.

Never in any of that time was Urena ever accused of neglecting his duties. Never.

Francisco Urena is someone who always put his community and the well-

being of our veterans above everything else. To publicly blame him for the gross neglect and political hackery that led to the 100+ veterans dying from the Coronavirus is a disgraceful miscarriage of justice. It is something we expected from the Deval Patrick Administration but never thought we would see from someone like Charlie Baker.

Forcing Urena to resign in disgrace for the failures of this administration cannot go unanswered.

We call on President Trump and his Secretary of Veterans Affairs, Robert Wilke to do a complete management audit and criminal investigation into what really happened at the Old Soldiers Home in Holyoke. Those responsible must pay a real price and those blamed for mismanagement of others (like Urena) must be publicly exonerated.

We owe it to the veterans who died, and their families, to know the truth. Not doing so, dishonors the service and sacrifice of every veteran who has ever served our nation. ♦

All Lives Matter

Aliana Brodmann
E. von Richthofen

VALLEY PATRIOT CONTRIBUTOR

America's identity since her inception was defined by the fundamental principles of democracy that encompass the inalienable right to life, liberty and the pursuit of happiness for all citizens. Despite of this obligation the height of disregard for these inalienable rights was broadcast last month world-wide when a police officer, assisted by three others, suffocated a man by mercilessly digging his knee into his chest. The apprehended man pleading for his life as the officer stared defiantly into the video camera that recorded his atrocious crime. A despicable murder by a psychopath sure of his impunity.

For African Americans the fact that the police officer was white and his victim black harkened back to their history of helplessness and struggle for equality within our society. Cries for the defunding of the police grew into a national movement of rioting exasperated by an assortment of political interest groups under the Black Lives Matter banner that elevated the victim, George Floyd, to sainthood while destroying private property and national public treasures. Importantly, numerous other African Americans were killed within the same time-frame as George Floyd and hardly making the news. Most notably retired St. Louis Police Captain, David Dorn, a veteran of 38 years of public service, who attempted to stop a store burglary amidst the riots and was killed by 2 armed black men, possibly more.

No halo for this hero, despite the tragic loss of his honorable life versus Floyd's with his sordid criminal history, since Dorn's murder couldn't be blamed on Systemic Police Racism. Apparently not all Black Lives Matter. Regardless of how damning, the death of George Floyd was an exception in circumstance and brutality and precisely the reason it provoked such broad outrage. Not, as the rioters would have it, because it is the norm for African Americans, as aptly



stated by Heather Mac Donald in her Wall Street Journal Commentary of 6.2.2020. The Myth of Systemic Police Racism.

Floyd tragically fell into the hands of a criminal in police uniform, as they exist in other government departments, wreaking havoc with people's lives of all colors with impunity, as they know they will evade accountability. Defunding police departments will ultimately hurt communities and not rid our society of arbitrary discrimination and unequal treatment. In violation of America's Constitutional Pledge warranting our inalienable rights, Americans can and are killed regularly in more ways than one by governmental abuse which is in fact systemic in our corrupt and collusive system. Governed by courts of law that overwhelmingly serve the well-connected and thereby encourage criminals that perpetuate crimes. In Mr. Floyd's case the judiciary did its job. The four former Minneapolis police officers are facing charges for their crimes. We need to ensure that perpetrators across board will all face the same judicial integrity.

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IN YOUR CORNER with SENATOR DIZOGLIO

Expanding Health Care Access in Massachusetts

Hello Valley Patriot Readers,

Now more than ever, it is important that we explore new ways to make our health care system more affordable and accessible for Massachusetts residents.

In that spirit, the Massachusetts Senate recently passed the Patients First Act, comprehensive health care legislation to increase access to health care, protect patients, and enhance quality care.

The COVID-19 emergency has shown that telehealth – medical care through phone or videoconferencing - has the ability to improve efficiency and expand access to care. The Patients First Act removes financial and insurance barriers to telehealth services, requiring insurance carriers, including MassHealth, to cover such services in any case where the same in-person service would be covered. It also ensures that telehealth services include care through audio-only telephone calls and requires telehealth services to be reimbursed at the same level as in-person health care services over the next two years.

The Patients First Act also aims to protect patients by ending the unfair practice of surprise billing.

Out-of-network billing, or “surprise” billing, occurs when patients who have inadvertently received health care services outside of their insurance network receive bills from a provider for costs that the insurance carrier refuses to pay. Patients are often unaware or unable to determine whether a given provider is covered by their health plan prior to a planned procedure, and it can be impossible to avoid uncovered services, especially in emergency

situations. The bill immediately requires health care providers to notify patients of a health care provider's network status before a non-emergency procedure occurs so that the patient can make an informed decision about where they seek their care.

Currently, Massachusetts lags far behind other states when it comes to expanding the scope of practice for certain health care professionals, hindering patient access to critical care.

Under the bill, nurse practitioners, nurse anesthetists and psychiatric nurse mental health specialists can practice independently so long as they meet certain education and training standards and practice under physician supervision for at least two years. It also creates a new professional license for “dental therapists” who will be authorized to provide dental hygiene and other oral health services under the supervision of a dentist. These provisions will expand access to care for patients without sacrificing quality or safety.

Over the course of this pandemic, we have learned a lot about different ways to deliver health care. This legislation will use our experiences from these challenging times to protect patients and ensure equitable access to care.

If you have questions about this bill or any other issue – or need assistance during the COVID-19 pandemic - please contact me and my team anytime via email at diana.dizoglio@masenate.gov or phone at 978-984-7747.

Yours in service,
Diana ♦

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Methuen Mayor's Report

Exclusively for The Valley Patriot



During the 3rd Annual June Jubilee, Methuen Rotary Club helped to support the Methuen Cares Donation center with a check for \$1000.00, to be specifically designated to support our local veterans. Mayor Perry and his team started this as a way to help out those in need in Methuen during the COVID-19 pandemic. For more information on how you can help or if you need help please call 978-609-1866.

To learn more about what Rotary is all about visit www.methuenrotary.org

REPLACING AMERICAN FLAGS ON MEMORIAL DAY



Photo left to right: Mayor Neil Perry, Veterans Director Tom Hargreaves, Michael Hargreaves, Barbara Hargreaves, VFW Commander Kurt Williams, Nancy Stone-Hudson and Fire Chief Tim Sheehy

Mayor Neil Perry, city officials, and over 100 Methuen citizens gathered at Walnut Grove and Elmwood cemeteries in Methuen on June 13 to replace Veterans' flags. Physical distancing was maintained and the use of face masks was also encouraged. "This was, by far, the most numerous group of volunteers we have ever had for this initiative," said Methuen Veterans Services Director

Tom Hargreaves. Mayor Perry bought donuts for all of the volunteers and was impressed with the massive turn out of people. "This was truly an honorable community effort," said Mayor Perry. "I would like to thank everyone who gave of their time to salute our deceased veterans. It was truly an incredible event for a great cause."



We wish for healing, resiliency, and peace within our communities during these trying times.



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St. Lucy Parishioners



Jillian's Nail Spa North Andover

Adapting to the new normal to keep you safe!

As we face the challenge of the global health crisis, Jillian's Nail Spa re-opened on June 22nd and is taking every precaution to follow prescribed CDC guidelines and insure the health of its workplace. As always, your wellbeing and safety is of primary importance at Jillian's, where the customer always comes first.

For those venturing out these days, a visit to Jillian's is a welcome respite. The spa that provides a "tropical oasis" in the heart of North Andover has received a facelift. The hallmark pastel décor, replete with whimsical stencils, has recently been replaced with a cool summer white-wash. The leaf shaped sinks, exotic plants and tropical fish aquarium remain.

For added customer comfort the spa now boasts new state of the art reclining leather massage chairs for pedicures. New sculpted leather chairs have been added for manicures as well.

Innovative and never ceasing in his efforts to accommodate the customer, owner Victor Ton is always at work improving the service and environment at Jillian's. A veritable fountain of energy, he has taken

advantage of this mandatory closure to give the spa an update.

Satisfied customers are his primary goal; especially at this time. Ton learned the value of hard work early in life in Vietnam, growing up the youngest of ten boys. His resilient mother lives with him in the US these days as he raises his expanding family in the Merrimack Valley.

The salon offers a varied array of nail treatments ranging from gel, tips, dipping powder and traditional manicures to pedicures with massage and hot stones. The choice of colors is endless with a whole wall of options!

Jillian's Nail Spa opens for service prudently at this time and is taking every possible recommended precaution for your health and wellbeing. Ton and his staff are ever mindful of this and look forward to serving you.

Jillian's Nail Spa located:
140 Main Street, North Andover Ph: 978.685.0121
Mon. to Fri. 9 am-7 pm, Sat. 9am-6pm,
Sun. 10 am-4 pm ◊

North Andover's Nancy Lennhoff Recognized as Commonwealth Heroine

18th Essex District Representative Tram Nguyen is pleased to announce that North Andover resident Nancy Lennhoff has been recognized as a Commonwealth Heroine by the Massachusetts Commission on the Status of Women. This award is given annually to women across the Commonwealth who make outstanding contributions to their neighborhoods, cities, and towns through selfless volunteering, mentoring, and innovation.

Representative Nguyen nominated Ms. Lennhoff for her tireless work in the creation of Wheels of Hope, a transportation program that seeks to connect people in the Merrimack Valley with treatment for substance use disorder. By establishing partnerships with local organizations and businesses and advocating for funding in the FY20 state budget, Ms. Lennhoff has helped bridge a critical gap in service for

those battling addiction. She was honored during a virtual ceremony on June 24th, 2020, alongside more than 130 women nominated by state legislators from across the Commonwealth.

Ms. Lennhoff is an active member of the North Parish of North Andover Unitarian Universalist Church and offers a Serenity Drop-In program to support people in the community who have been impacted by another's substance use disorder. Additionally, she has researched and coordinated a project on local church history.

The MCSW is an independent state agency that was legislatively created in 1998 to advance women of the Commonwealth to full equality in all areas of life and to promote their rights and opportunities. Learn more at www.mass.gov/service-details/commonwealth-heroiners.



MA House Funds Veteran Food Support

Rep. Linda Dean Campbell
VALLEY PATRIOT COLUMNIST

The Massachusetts House of Representatives has passed a bill allocating \$1.1 billion for our state's COVID-19 response that will be reimbursed by the federal government. This money will be used for personal protective equipment, hazard pay for human services providers, contact tracing, food security, initiatives to address racial health disparities, and more.

I was proud to file an amendment that secured \$50,000 for the Massachusetts Military Support Foundation's Food4Vets program, which has provided over 3.5 million meals to Veterans statewide since March – including in the Merrimack Valley, with meal kit distribution sites at Northern Essex Community College in Haverhill and the Methuen Empowerment Center! The need for food assistance has gone up drastically in recent months, with eastern Massachusetts projected to experience a 59% increase in food insecurity this year. This makes programs like Food4Vets all the more critical at this time, and I am thankful to my colleagues in the House for adopting this amendment to fund this great program and support our Veterans statewide.

In late June, Haverhill VFW Lorraine Post 29 united with other Veteran organizations, community leaders, local businesses and organizations, and members of the community from Haverhill

and beyond and worked as a team to make, bag, and serve 300 BBQ chicken dinners to our Veterans in Haverhill that have been impacted by COVID-19. This effort was led by their Junior-Vice Commander, Donald Jarvis, who applied for a COVID-19 Military Family Relief Fund grant from the Military Friends Foundation on his own and asked for the support from us all. I was grateful to participate in this community-driven event to help out our Veterans in need. Thank you to all involved!

As Chair of the Committee on Veterans and Federal Affairs, I am proud to have worked with Speaker Robert DeLeo to announce that the Massachusetts House will move forward with forming a Special Legislative Oversight Committee to review the many investigations into the tragic COVID-19 outbreak at the Holyoke Soldiers' Home. We in the Legislature have an important role to play to ensure that this tragedy never happens again. Now that the situation at Holyoke has stabilized, it is time to look deep into the permanent structures and systems that need to be put in place to ensure that our Veterans receive excellent clinical and emotional care by any and all standards.

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

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

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

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

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

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



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Methuen Youth Innovation Project in the Works

The City of Methuen is among the few communities in the Merrimack Valley that is not home to a formal youth center or agency exclusively dedicated to providing services to its young people.

In response, State Senator Diana DiZoglio (D-Methuen) recently secured \$200,000 in state funding toward a Youth Innovation Project in Methuen. The funds have been allocated to Inspirational Ones, a local nonprofit which, in collaboration with Methuen Public Schools and other partners, will initiate the pilot program, creating and implementing a curriculum model to identify and expand outside-the-box learning experiences and career opportunities, with a focus on engaging underserved youth. An essential component of the project is participation by a Youth Advisory Committee, whose members have been nominated by teachers and school staff and include representatives of that underserved population.

Originally, in addition to hiring an executive director and staff to provide programming, the goal was to utilize the funds in part to secure a physical facility in the City of Methuen. As the COVID-19 emergency reframes the way services can be delivered, the focus of the pilot phase has pivoted to embrace the new environment by finding partners with platforms that can provide effective online resources and intriguing virtual programming to introduce local youth to education and workforce paths that were previously inaccessible.

"We are excited to be a member of this partnership and have selected nine Methuen High School students with varying backgrounds, experiences, and interests to serve on the Youth Advisory Committee," said Brandi Kwong, superintendent of Methuen Public Schools. "It is critical to have the student voices as a part of the decision making as they are the ones who will benefit from the programs. The Youth Advisory Committee will help guide the work to serve our youth. As a school district, we work to provide a wide breadth of experiences for all of our students, but it is wonderful to have community partners who want to work with our students and expand their experiences outside of school. We are looking forward to a positive and long-lasting partnership."

"When we founded Inspirational Ones, it was to create impact at the community level through youth engagement," said

Susan Leger-Ferraro, founder of Inspirational Ones. "We are committed to bringing innovations for school to career opportunities back to my hometown of Methuen, in collaboration with Superintendent Kwong. It was in the early childhood program at Methuen High that I did my first internship in education. It is an honor to give back, as I believe it is all of our responsibility to strengthen our youth, who are our workforce for tomorrow."

"Now more than ever during this COVID-19 emergency, youth in our community who are stuck at home, separated from their peers, are in need of vital services to keep them connected," said DiZoglio. "The goal of this project is to provide them with that connectivity, as well as the mentorship opportunities and social and emotional learning to inspire them to pursue their unique talents and reach their goals."

"I am so excited to be a part of this youth innovation project that will give the youth the opportunity to expose themselves to a variety of careers and experiences as well as explore their interests with others," said Brooke Tardugno, a Methuen High freshman.

"I believe this project is exactly what our community needs," said Natalie Harkins, a Methuen High sophomore. "It is a great opportunity to bring people together and truly connect with one another. I've already reached out to people to see if they'd be interested in participating and they all agree it's an amazing opportunity."

"I'm excited to introduce a new way to engage youth in our community," said Molly Beeley, a Methuen High junior. "I think the Methuen Youth Innovation Project will offer our generation a unique and personal connection and will open a new door of opportunities for all of Methuen's youth."

"It is truly a blessing to be a part of this project," said Lukas Karagiorgos, a Methuen High junior. "The Methuen Youth Innovation Project is not only a great way for students and kids from our community to hang out and connect, but also an opportunity to give them the tools and resources they need to succeed in the future. One of our main goals as a student led board is to give all students a voice and allow them to have representation in their education and community issues."

WEATHER 101 WITH AL KAPRIELIAN

A Wet Start to Summer

Welcome to July and the first full month of official summer. July is also known as the hottest month of the year. There is a lag after the summer solstice (in June) in which the hottest month of the year occurs.

Recapping June: the first half of the month featured cool weather during the day and chilly temperatures at night. This cool weather was the result of the jet stream tracking south of our region. Cooler air from Canada north of the jet stream was the reason for our cool start to June. During the first week in June we did see some active weather. Ahead of a cold front on Friday June 5th some severe thunderstorms occurred during that evening.

An intense thunderstorm in Stow, MA that evening produced heavy rain, large hail one inch in diameter, and strong winds which caused trees and power lines to fall resulting in power outages. This severe thunderstorm in Stow then moved east into Sudbury, MA also producing heavy rain, large hail one inch in diameter, and strong wind gusts which caused trees and power lines to fall resulting in power outages. Not every town got these severe thunderstorms, large hail and damaging winds.

Once we get into the summer months, June, July, and August not all areas get the same amount of rain. One area can get heavy rain and flooding another area not far away gets no rain at all. Rainfall during the summer month is usually hit or miss unlike the winter months where a winter storm can cause widespread rain, or snow over a large area. June turned out to be a very dry month for some areas that missed getting heavy rains during the end of the month. Drought conditions occurred over areas in central and southern NH as well as northern/northeast MA including the Merrimack Valley.

Due to the very dry conditions many towns went under a water ban in June. NO WATERING OF LAWNS!!! The water ban was not just limited to Massachusetts. In southern New Hampshire many towns including mine are under a water ban. The water ban was a result of below normal rainfall in June. During June 18- June 21 we saw our first heat wave of the season.

A heat wave is defined as three or more consecutive days when the high temperature reaches 90 degrees or higher. Lawrence had a 4-day heat wave June 18-21. High pressure in the upper levels of the atmosphere (known as the Bermuda High) was located off the east coast and strengthened and pushed the jet stream north of New England. This put our region on the south side of the jet stream which is the hotter side.

On Monday June 22nd the heat wave ended as the winds came off the cooler ocean waters. I would think we will see more 90 degree or higher heat this summer. Some hot weather tips: drink plenty of water to stay hydrated, if working out outside take frequent breaks in the shade, light weight clothing (shorts and tee shirts) check in with the elderly (family &



neighbors). June ended with cool temperatures with some (not all) areas getting beneficial rains. An upper level low pressure system stalled over our region during the last couple of days in June. This upper level low pressure system caused chilly air in the upper atmosphere which causes the atmosphere to become unstable (greater instability).

Remember cool air is heavier than warmer air so it likes to be below the warmer air, hence this is a more stable atmosphere. The upper level low pressure causes more unstable air with the cool air above the warm air. The sun heats the ground; this warm air rises and clashes with the chilly air aloft. This causes condensation and the formation of clouds build-up and then rain. On Sunday June 28th we were affected by this stalled upper level low pressure over our area. This caused an active weather day on June 28th. Norwood, MA got 5.75 inches of rain in a short period of time. Four feet of water came into the basement of Norwood Hospital. Other areas around Norwood got heavy rain, Mendon, MA got 5.11 inches of rain, Westwood, MA 4.43 inches of rain, Dedham 3.63 inches of rain.

There was a lot of moisture in the atmosphere coupled with a lot of instability resulting in torrential downpours. These downpours were slow moving and resulted in the high rainfall amounts causing significant flooding. Also, there was a strong wind field aloft (strong wind shear) which caused strong winds with these downpours and severe thunderstorms.

The strong winds caused damaging wind gusts resulting in trees and power lines to fall causing power outages. Also, there were severe thunderstorms with damaging winds and also hail which you can get from severe thunderstorms on Monday June 29th. Central, Western MA, SE MA and parts of CT got severe storms on the 29th. Hurricanes were quiet in June; we had tropical storm Dolly which formed out in the Atlantic however did not impact any land areas in the US. Stay tuned next month as we recap the weather in July and see if any hurricanes occur in July.

In the meantime enjoy summer and stay safe!!! ◇



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HEAD OF NURSING AT UMASS FIRED FOR SAYING EVERYONE'S LIFE MATTERS - THE FASCISTS ARE WINNING

She's a left wing elitist who believes in the Black Lives Matter movement. But that didn't save her from the fascist demands of the Black Lives Matter mob. You see, UMASS-Lowell's Dean of Nursing, Dr. Leslie Neal-Boylan wrote an email where she shows support for Black Lives Matter but also stated in the email that "everyone's life matters."

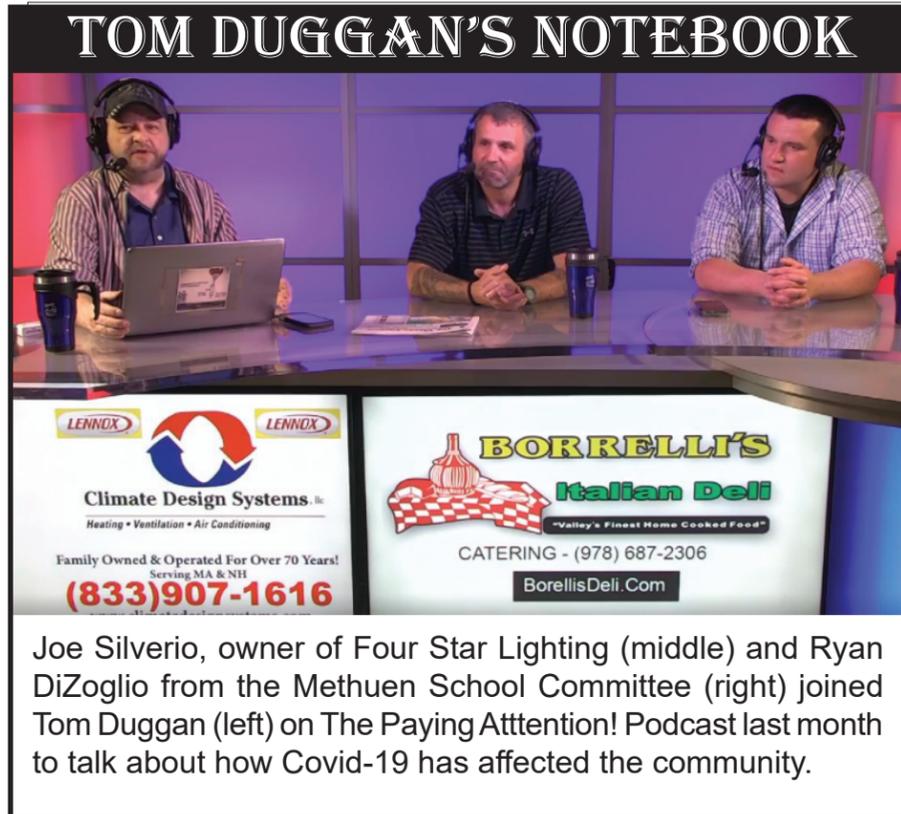
Because she did not pay strict adherence to a fascist speech code required of all public educators and dared to utter an unapproved thought she was fired from her job. This is exactly what happened in pre-WWII Germany when thoughts or concepts that were true, were not to be spoken or written for fear of being deemed an enemy of the state. The people of Germany didn't think it could happen there. They were wrong. We don't think it will ever happen here. We are also wrong. Americans are already losing our freedoms every day and there are too few people doing anything about it. One sure sign that this fascist movement is getting more dangerous is that they are now starting to turn on each other for not being communist enough.

THOSE EVIL BARRACADES

Some members of the Methuen City Council have been demanding answers as to why the Methuen Police Department had Jersey Barriers placed outside the station on the night of a Black Lives Matter rally in Lawrence. They keep bringing it up at public meetings as if they have any right to know or influence the way the police department operates day to day. Councilor Saba is "very concerned.... VERY concerned that the Police Chief put up those barriers to protect his officers, as if Solomon did a bad thing.

First, members of the Methuen City Council are part-time legislators who have two functions: Budget and policy. They have no right to meddle in the workings of city departments, by city charter that function is designated solely to the city mayor. Secondly, let's take a look at why the Methuen Police Chief put up those barriers. Up until the night of the Black Lives Matter rally in Lawrence, every BLM Rally across the country had turned violent and resulted in looting, murder, arson, and the burning down of a police station. On the morning of the BLM rally, a public flier was sent out by BLM stating that the Lawrence rally would start at the common, travel up Broadway into Methuen, and end in Salem NH.

Stores all over downtown Lawrence were boarded up in anticipation of rioting and looting. Businesses on Broadway in Methuen boarded up their buildings and



Joe Silverio, owner of Four Star Lighting (middle) and Ryan DiZoglio from the Methuen School Committee (right) joined Tom Duggan (left) on The Paying Attention! Podcast last month to talk about how Covid-19 has affected the community.

closed early in the event of a riot. Even the Rockingham Mall in Salem NH barricaded their outer doors from the inside and closed half way through the day. On top of all that, The Lawrence Police Department used Jersey Barriers to close down four city blocks around the police station and had their officers on riot patrol on Lowell Street.

As it turns out the BLM riot did not move into Methuen or Salem, NH. Now, just imagine if the rally did turn violent, moved up Broadway into Methuen and the chief had not placed the barriers there to protect the station. Steve Saba, Jim McCarty and Dave Beauregard would be calling it "mismanagement" and "corruption" given the three weeks of prior riots at BLM rallies. The chief did the right thing, here. The city council needs to focus on their own corruption and mismanagement instead of making daily accusations against the executive branch of government to distract from their own misdeeds. What misdeeds you ask? Well, besides having illegal meetings, leaking executive (secret) session documents there's this...

MCCARTY PUBLICLY REVEALS CITY WORKER'S MEDICAL CONDITION

One of the things that Methuen City Councilors are not supposed to do at a public meeting is talk about city employees' medical conditions. But, that didn't stop Council Chairman Jim McCarty last month when he went on a tirade against Methuen cops and publicly revealed the medical condition of a Methuen cop out on medical leave. City Attorney Rick D'Agostino had to send a letter to the

council chair after a complaint was filed, reminding him that it is illegal to publicly discuss city employees' medical records.

"The City is obligated to protect its employees' privacy rights (medical; [HIPPA Law] and otherwise); and maintains strict adherence to the state and federal laws regarding such. Failure for us to be mindful of this obligation may result in legal liability to the City and/or the individual, personally, who releases the information in a negligent or capricious manner."

Let's hope McCarty didn't cause another lawsuit against the city in his zeal to grandstand against police.

SHOPPING FOR THE RESULT THEY WANT - A SECOND OPINION IS BAD

Last month Councilors Steve Saba and his boy wonder Jim McCarty complained once again that Mayor Perry got a second opinion when seeking legal advice to hire Jana DiNatale as his chief of staff. She was hired in January and they are still whining about this. At issue is the fact that a charter provision states that city councilors cannot take a city job for one year after leaving office. Since Jana sat on the school committee prior to Perry being elected she is only prohibited from taking a job in the school department. When City Solicitor D'Agostino rendered his opinion that DiNatale could not take the job, Mayor Perry paid out of pocket for a second opinion from the former Kopelman and Paige now known as KP Law. They stated that Jana DiNatale could indeed take the job and DiNatale was hired. McCarty continued his whining last week saying that Perry was "shopping attorneys" to get the legal opinion he wanted and then accused Perry

of having a conflict of interest since KP Law also works for the city. You can see why McCarty is a straight "C" student at Mass School of Law. For the record there was no conflict of interest and Perry seeking a second opinion was not a bad thing since the city solicitor works for the council. What's really funny about all this is that McCarty himself has said on several occasions that the city solicitor's opinion is just that, an opinion. McCarty on several occasions has voted against the legal recommendations of the city solicitor but now wants everyone to believe his opinion is etched in stone.

OH WAIT A SECOND OPINION MIGHT BE GOOD

Minutes after Saba and McCarty cried about Mayor Perry getting a second opinion (because second opinions are bad!) they had no problem complaining about the results of an internal affairs investigation into a Methuen police officer who was cleared after drawing his weapon on a suspect. Suddenly, Steve Saba and his boy wonder think second opinions are a GREAT idea. They called on Mayor Perry to reopen the investigation because they "don't agree" with the result of the first investigation and want Perry to shop around till they get the result they want. It's bad enough that these councilors keep trying to micromanage the Perry administration but it's worse that they try to micromanage the police department knowing nothing about police management internal affairs investigations or the laws governing police display of a weapon on duty.

JESSICA ATTACKS HER OWN ATTORNEY

Normally in a legal dispute you might see someone attacking the opposing attorney, but you rarely see someone attack their own attorney, at least not in public. So, it was particularly amusing last month when Methuen Councilor Jessica Finocchiaro attacked her own attorney accusing him of lying and then lying about lying. Finocchiaro misunderstood when the city's lawyer told her that the police superior officers' union was willing to give up their "buy-back" for 2019, but in 2020 and moving forward they would get the buyback. Jessica apparently thought the lawyer said that there would be no buyback in 2019 but that the cops would be given the 2019 buyback money in the year 2020, not that they were giving up the 2019 money completely. That's not what the attorney said but Jessica attacked him anyway, telling him to go back and look at the tape of what he said. A quick look at the replay shows that the KP Law attorney was right, yet we have not heard an apology from Jessica for her attack. It always pains me when this kind of misunderstanding happens with Jessica because

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she automatically assumes that people are intentionally lying or doing something corrupt when she thinks she got two different answers to the same question. She never seems to think that maybe, just maybe, she didn't hear something right or maybe there's actually an explanation. I'm not sure when Jess got so publically combative about everything, but I do miss the old Jessica who acted a lot more professionally and wasn't consumed with conspiracy theories. It really takes away from some of the great work she is doing.

SYSTEMIC RACISM

OK, Let me see if I have this right. Joe Biden has been in elected office for 47 years. He was vice-president for 8 years. There are very few people who represent the American "system" of government more than Joe Biden. Yet, Biden is now giving speeches about how America is "systemically racist". If America is "systemically racist, by definition Joe Biden has perpetuated that system, profitted off that system, and used that "racist" system to achieve policital power... whereby he did nothing to end or even combat "systemic racism". Do I have that right?

CORONAVIRUS CASES UP, DEATHS AND HOSPITALIZATIONS DOWN

While the cable news media is obsessed with reporting the increase in "cases" of Coronavirus infections, do not fall for the propaganda of fear. What they are not telling the public is that while more people are testing positive, 99% of those people are not sick, not dying, and not being hospitalized.

ROLLING RALLY FOR LAW ENFORCEMENT TRIGGERS THE MENTALLY ILL

Last month I took part in a rolling rally to support law enforcement after weeks of watching cops across America getting attacked by criminals and mobs of rioters. The event was organized by Dracut School Committeeman John Zimini. The rolling rally had nearly 100 cars leave Dracut, travel into Methuen and drive past the Methuen Police Station to show the Methuen Police that their lives matter.

Black Lives Matter zealots, however, went ballistic that this rally took 5 minutes of attention away from their cop-hating agenda and publicly denounced the rally as ... you guess it... RACIST! Yes, a rolling rally to support law enforcement was racist because one of the trucks in the caravan had a Trump sign as well as a bumper sticker that said "All Lives Matter".

You would think that the bumper sticker had said "Kill All Black People" the way the BLM enthusiasts reacted at the Methuen "Listening Forum". Several speakers decried how the rally was "disgraceful" and "disgusting" calling for the chief to denounce the rally. Instead of doing that, Chief Solomon issued a press release rightly denouncing the political sign at a rally for law enforcement. But, he also said that the Methuen Police do not agree with the phrase "All Lives Matter".

That was a mistake. Police officer's entire job is predicated on the notion that they are to protect ALL LIVES regardless of race. If you ask me, ALL LIVES MATTER should be on the side of every police car in the country. Those who decry the use of the phrase ALL LIVES MATTER do so for one reason, they do not believe that all lives matter, they believe only some lives matter. They prove that every time there is a rally for Black Lives Matter, as they call for the murder of all cops. Chief Solomon should never have tried to appease the BLM mob because it only emboldens them. After Solomon issued his statement of appeasement, members of BLM attacked him anyway because, when you are dealing with the mob, no amount

NOTEBOOK: PAGE 17

The Best of the Andovers Award Program Honors the Achievements of The Valley Patriot Newspaper

The Valley Patriot Inc. has been selected for the 2020 Best of Andover Award in the "Products and Services" category by the Andover Award Program.

Valley Patriot publisher Tom Duggan was notified last month as the editing team was publishing the 200th edition of The Valley Patriot. The Valley Patriot has been publishing a monthly paper since 2004.

"We are honored to receive this award," Duggan said. "As a small business we go out of our way to help other small businesses promote their products and services, so to be recognized for that is humbling."

Each year, the Andover Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category.

Winners are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Andover area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2020 Andover Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Andover Award Program and data provided by third parties.

The Andover Award Program is an annual awards program honoring the



achievements and accomplishments of local businesses throughout the Andover area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Andover Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy. ◊

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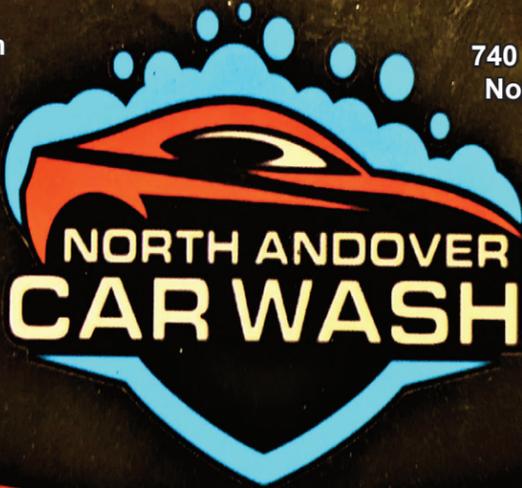
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Your Health with Rick Bellanti

Antioxidants - Making Foods, Super Foods

Rick Bellanti
HEALTH & WELLNESS COLUMNIST

We are now six months into 2020, I hope that everyone is doing well and taking whatever precautions that need to be taken to stay safe, in these unprecedented times.

This month I'm talking about antioxidants and what they do for us. Antioxidants are essential for the survival of all living things. You may have heard the term before but may not know what it means or what it does. The simplest definition of antioxidants is, they are molecules that fight free radicals in your body. Which then makes you ask the question; what is a free radical? Free radicals are compounds that can cause harm to you if their levels become too high in your body. They are linked to multiple illnesses, including diabetes, heart disease, and cancer. The body has built-in defenses to reduce the impact of free radicals, but it could use some help. That's where antioxidants come in.

Free radicals are constantly being formed in your body and without antioxidants, free radicals would cause serious harm very quickly, and possibly death. However, free radicals also serve important functions that are essential for our everyday health. For example, your immune cells use free radicals to fight infections, and as a result, your body needs to maintain a certain balance of free radicals and antioxidants together.

There are over the counter antioxidant supplements you can take, but it is not recommended by most health professionals and dieticians who advise patients to avoid high-dose antioxidant supplements. Eating plenty of antioxidant-rich whole food is a much better idea. Studies indicate that foods reduce oxidative damage to a greater extent than supplements

The health benefits associated with a diet rich in plants, is at least partially due to the variety of antioxidants they provide. Antioxidants are found in a lot of the food we eat, especially found in fruits and vegetables. Meat and fish also contain antioxidants, but to a lesser extent than fruits and vegetables. Pick out bright colored food, because foods with rich, vibrant colors often contain the most antioxidants

Here are some of the best antioxidant foods to add into our diet:

Blueberries: (one of the best) studies have shown that wild blueberries contain a large number of antioxidants. They may help prevent high levels LDL (the bad cholesterol) as well as lowering the risk of heart disease and decreasing a person's blood pressure.

Dark Chocolate: Good quality dark chocolate has high levels of nutrients and antioxidants. Researchers have linked dark chocolate to a range of potential health benefits, including: lower risk of heart disease, reduced inflammation, less chance of high blood pressure and promotion of good cholesterol.

Spinach; this green leafy vegetable is full of vitamins, minerals, and antioxidants. It is low in calories, making it an excellent choice as an addition to salads and entrees. Studies have shown that the antioxidants in spinach may promote good eye health and they also help prevent damage from harmful ultraviolet (UV) rays.

Coffee; Yup, you read that right! Coffee beans contain disease-ravaging antioxidants, called quinines, which become more potent after roasting. According to an American Chemical Society news release, coffee is the leading source of antioxidants in American diets -- in part because we consume a lot of it.

There are many common everyday foods that we can eat to increase the antioxidants that we consume. The antioxidants in these foods may help promote heart and eye health, prevent cancer, and protect against other common diseases that scientists associate with harmful free radicals as mentioned and some of the honorable mentions that we should be loading our diets with that are full of antioxidants are kale, beets, artichokes, sweet potatoes, eggplant, red cabbage and fruits such as red (or dark) grapes, apples, raspberries, strawberries and even nuts such as pecans are rich with antioxidants. You may also like to try pinto beans and legumes, all high in antioxidants.

Foods that are particularly high in antioxidants are often referred to as a superfood and keep in mind, that the important thing is to eat a variety of antioxidant-rich foods (and raw whenever possible) is best, as cooking some of these vegetables lose some of their antioxidant potency.

As always, The best strategy to ensure adequate antioxidant intake is to follow a diet rich in various vegetables and fruits, that way you'll get a range of antioxidants from sources that have proven health perks (alongside other healthy habits). The vitamins and minerals that have antioxidant properties are essential nutrients, meaning that we need them for other aspects of our health. So no matter what, you should be eating them regularly.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160lbs since the start of 2015. You can find Rick on Facebook at: Getting Healthy with Rick Bellanti ♦



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MVCC Next Generation Leaders Virtual Executive Roundtable

Monday, July 20th, 12Noon-1:15pm

Keynote Speaker: Susan Kanoff - Executive Director of Uncommon Threads, Social Media Influencer, Blogger

About Susan: Out of her passion for empowering women, Susan has combined her unique mix of experience and skills as a social worker, wardrobe stylist and style blogger to launch Uncommon Threads. Susan has dedicated over 23 years to helping low-income families move out of poverty through the HUD funded Family Self-Sufficiency Program, and has received numerous awards for her work including The YWCA's Tribute to Women Award, NAHRO awards for program innovation and a Massachusetts state citation for her dedication to supporting families.

Susan's connections in the fashion

world have been crucial to the program's success. Her blog The Midlife Fashionista has been an important tool for attracting national attention to Uncommon Threads and for generating clothing donations, volunteers and media coverage.

Thank you to our sponsor TD Bank Call Michael Bevilacqua at 978-686-0900 - email: michael.bevilacqua@merrimackvalleychamber.com about Sponsorship Opportunities.

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Lawrence General Awarded Cummings Foundation Grant

Lawrence General Hospital is pleased to announce it has been awarded a \$100,000 grant over the next three years through the Cummings Foundation's \$20 Million Grant Program. The grant will help the hospital fund its community efforts to prevent cardiovascular disease, a leading cause of death and one of the major underlying health conditions leading to higher risk of death from COVID-19. The incidence of cardiovascular disease is particularly high in the Merrimack Valley. In Lawrence alone, a city hit particularly hard by the pandemic, nearly a quarter of the population is living below the poverty line, a factor leading to statistically higher rates of chronic disease.

"This generous Cummings Foundation Grant helps us focus on racial and socioeconomic health inequities and find innovative ways to provide free cardiovascular screenings for those who need them most," says Deb Wilson, president and CEO at Lawrence General Hospital.

"The COVID-19 data show a major disproportionate impact on minority communities and a significantly higher mortality rate for those with chronic conditions like diabetes, obesity and cardiac disease. The higher prevalence of these chronic diseases in Lawrence, where health inequities are a harsh real-

ity, is due in part to lower incomes, and restricted access to affordable healthy food."

The Cummings \$20 Million Grant Program supports Massachusetts non-profits that are based in and primarily serve Middlesex, Essex, and Suffolk counties. Through this place-based initiative, Cummings Foundation aims to give back in the area where it owns commercial buildings, all of which are managed, at no cost to the Foundation, by its affiliate, Cummings Properties. Founded in 1970 by Bill Cummings, the Woburn-based commercial real estate firm leases and manages 10 million square feet of debt-free space, the majority of which exclusively benefits the Foundation. Lawrence General Hospital is one of 130 recipients of the Cummings Foundation Grant.

"We have been impressed, but not surprised, by the myriad ways in which these 130 grant winners are serving their communities, despite the challenges presented by COVID-19," said Joel Swets, Cummings Foundation's executive director.

"Their ability to adapt and work with their constituents in new and meaningful ways has an enormous impact in the communities where our colleagues and leasing clients live and work." ◇

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Newburyport Announces Small Business Relief Grant Program

NEWBURYPORT -- Mayor Donna D. Holaday is pleased to announce a new Small Business Relief Grant Program to help Newburyport businesses impacted by COVID-19.

The City is able to provide up to 15 grants of up to \$2,000 to qualified small businesses affected by COVID-19. Grants can be used to help address fixed debts, payroll, accounts payable, lost sales, lost opportunities, and other working capital expenses impacted by the COVID-19 pandemic.

Funds for the Small Business Relief Grant Program provided through the State Attorney General's Small Business Relief Partnership Grant Program.

"Many of our local businesses had been shuttered for over three months due to the pandemic and those who remained open struggled through extremely difficult times" says Mayor Holaday. "We hope these grants can be used to help cover rent, payroll, and other expenses as they reopen and get back on their feet".

To qualify to receive grant funds, businesses must be a for-profit entity with:

- Fewer than 10 full-time equivalent (FTE) employees.
- Less than \$250K in annual revenue.
- Registered with, in good standing with, and operating in the City of New-

buryport (excluding chain or corporate franchise)

To apply, a small business owner must fill out the online application form, which will be available starting Tuesday, June 30 at 9 a.m. Business owners will be able to submit their applications at that time and applications can only be submitted online.

Grants will be awarded to the first 15 qualified businesses with complete applications on a first come, first served basis. Grants will be awarded to businesses the week of July 6, 2020.

The City of Newburyport is pursuing other opportunities to grant relief funds directly to small businesses affected by COVID-19. Last week the City submitted an application for \$400,000 of Community Block Development Grant funding that could be granted directly to qualified small businesses.

The Mayor, in conjunction with her Economic Recovery Task Force, the Licensing Board and the City Council, has also worked to streamline the permitted process for outdoor dining to support restaurants and retailers reopening in Phase 2 of the Governor's reopening plan.

Questions can be sent by email to Finance Director Ethan Manning at emanning@cityofnewburyport.com. ♦

What's Next for Black LivesMatter?

Santiago Reyes Cruz, Jr.
VALLEY PATRIOT COLUMNIST

So, what's next for Leaders here in the Merrimack Valley? What steps will be taken as a strategy to bring positive change? Key Words "Positive Change" because across the Country we've seen protests become nothing but a showcase of violence and hate.

Why? because many protests have been breached by extremists; people who ignorantly chant things like "abolish the police", "F*** the Police". Thus, crippling the entire movement. Therefore moving forward we citizens of the Merrimack Valley need to be strategic and not give aid or pay attention to those groups who have nothing but negative things to say like as "abolish the police". These sayings are barbaric, lunatic and bring insecurities to our communities and homes.

Citizens and Leaders here in the Merrimack Valley Need to think and act differently. We cannot follow the actions others in the country have sadly taken. For us to defeat these extremists who have breached protests across the country, Merrimack Valley Citizens need to execute strategies outside the box that will bring unity and actual reform. We need to take as an example; the famous Terrorist group "CHAZ" of Seattle. A prime example of what can occur if extremists remain unchecked. Thankfully Seattle Police were able to take back the streets of Capitol Hill and make it habitable once again for citizens. Not just CHAZ Terrorists and extremists. By the way - the people who donated to CHAZ are just as accountable for their misdeeds.

What started off as a peaceful protest here in the Country - has escalated to various groups causing harm and destruction. Misleading young innocent minds into believing violence is the answer.

Hence we citizens of The Merrimack Valley need to be an example for the rest of the country. An example of love, positive reforms, and true leadership. Just

recently Lawrence Mayor Daniel Rivera declined the offer to defund the Lawrence Police Department. A good move by Dan Rivera considering defunding the police departments isn't at all a nearby solution for all of our current issues.

A real solution is to better educate our kids at home so they may become healthier adults and fruitful citizens. Healthier homes create better communities. The problem with many homes nowadays is that they aren't properly educating their kids. Studies show that lower income communities are the most impacted by this trend of producing inefficient adults- aka people who have negative altercation with police. For the Merrimack Valley to truly function at its full potential, we must erase these negative ideals that are attacking youth across the Valley.

A local church group based out of 297 South Union St. Lawrence MA is working on just that. Empowering local citizens to stand up against extremists that further add to the chaoticness that's occurring around us.

The church plans on opening a Boys and Girls Scouts programs so kids may go hiking, camping, water tubing, science fairs etc. along with Bible studies; the church believes it is essential for kids to be educated on National, State and local affairs.

The programs are open to all denominations. More information about the educational/recreational programs are to come. Donations, volunteering and field trip opportunities will also follow.

If you're interested in standing up against these Extremists and better educating our Merrimack Valley youth please email me personally at Reyes.Santiago22@gmail.com. Include "I CARE" under the Subject line. Inside the body text include a bio about yourself, your personal experience since the beginning of 2020 and what you hope to accomplish by joining this group.

Together we will tackle down extremists who say "abolish the police". ♦



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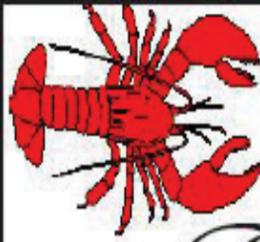
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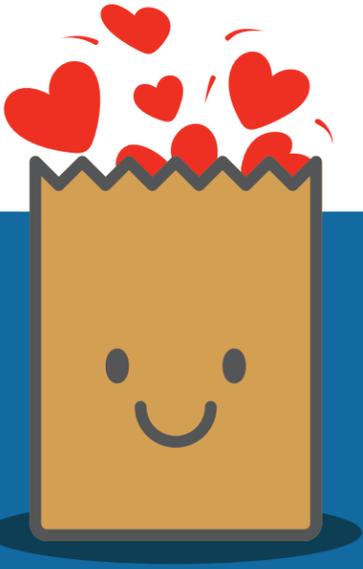
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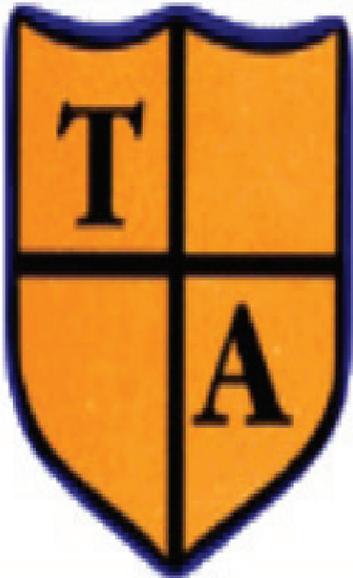
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“Methuen Saves Energy” Campaign To Increase Efficiency

Mayor Neil Perry today announced the launch of a new outreach campaign, “Methuen Saves Energy,” focused on helping residents, small businesses, and nonprofits reduce their electricity and gas usage and expenses.

The campaign is the outgrowth of the City of Methuen being named a 2020 Municipal Partner with National Grid and Columbia Gas, sponsors of the Mass Save® program. The Partnership opens up energy and budget savings for Methuen residents and small businesses and furthers the City’s commitment to reduce its carbon footprint as a Massachusetts Green Community.

Right now, there is a limited-time opportunity for residents in Methuen to receive approved insulation at no cost for their homes if they get an energy assessment by July 31, 2020 and complete work by November 30, 2020 (there is normally a 25% co-payment). This is an especially great opportunity for landlords to improve their buildings even if the energy savings will go to their tenants that pay the heating bills.

Through the Partnership, the City is joining forces with the 501(c)3 nonprofit All In Energy to increase participation in the campaign and ensure programs are accessible for all Methuen families and small businesses. All In Energy will be helping English and Spanish-speaking residents - both renters and homeowners - living in 1-4 unit buildings participate in this new municipal program.*

All In Energy is supporting the City with its outreach strategy and materials and collaboration with local organizations who would like to help their constituents access the Mass Save® residential and small business programs. You may see the All In Energy staff tabling at events and retail locations, once it is safe again to do so, or you may receive a phone call from All In Energy on behalf of the city, as we work together to spread the word about energy-saving incentives.

Through the partnership with the City, All In Energy and its partners at Neeeco and Homeworks Energy, Mass Save® Participating Home Performance Contractors, will provide Mass Save® no-cost home energy assessments. These assessments are currently being offered virtually to ensure they are safe during the COVID-19 pandemic. When you sign up, you speak with an energy specialist on the phone or a video chat to explore opportunities to save energy and money at home.

This may include receiving eligible instant savings measures like LED light bulbs, high efficiency shower heads, and programmable thermostats at no cost to you. Additionally, the Mass Save® program is currently offering 100% off of approved insulation for residents who have their no-cost virtual home energy assessment before the end of July. The partnership between the City and All In Energy aims to support hundreds of Methuen renters in accessing energy-saving services. Residents can get started in English or Spanish at MethuenSaves.org.

In addition to enabling residents to access no-cost home energy assessments, this effort also includes opportunities for small businesses and nonprofits.

Through the Mass Save® Small Business program, business owners and nonprofit leaders can access a no-cost energy assessment for their buildings as well, and receive an even broader set of energy efficiency upgrades and savings opportu-

nities. For a limited time through August 31, because of the COVID-19 pandemic, the Mass Save® Small Business program is offering virtual assessments with a 100% discount on approved weatherization and eligible building system controls. Business owners and nonprofit leaders can learn more at www.masssave.com/en/saving/business-rebates/energy-saving-solutions-for-small-businesses

“As a new Green Community, Methuen has set a goal of reducing energy use at City facilities by 20%. We look forward to working with All In Energy and the Mass Save® Program Sponsors to support our residents, business owners, and nonprofits, in saving energy and money,” said Mayor Perry, “Join us in building a more sustainable, environment-friendly Methuen.”

“Massachusetts has nation-leading public energy-savings programs which we pay for on utility bills. We know that right now, with the COVID-19 pandemic, people are spending more time at home and money is tight for many families.

This program is a great opportunity to reduce costs and make homes and buildings more comfortable and efficient,” said Rouwenna Altemose, Co-Executive Director, Programs at All In Energy. “We are thrilled to work with the City of Methuen, as a new Green Community and Mass Save® Municipal Partner, to bring energy-savings and financial benefits to the community.”

All In Energy’s outreach focuses on community connections, working with cities and community organizations to reach residents who may be unaware of energy-savings programs or have not had the time to take advantage of them. This approach ensures that each resident gets support to take advantage of energy efficiency opportunities to reduce their utility bills and make their homes more comfortable.

The Municipal Partnership program builds on a number of other Methuen programs focused on renewable energy and energy efficiency.

The City has completed or is underway with energy assessments at all its building facilities. With \$268,640 Green Community grant funds from the Mass. Dept. of Energy Resources this year, Methuen has undertaken energy efficiency measures at Nevins Library, Timony School, the Water Treatment Plant, Central Fire Station, North Fire Station and Bolduc St. Sewer Pumping Station.

An Electric Vehicle charging station is coming on line at Nevins Library and more stations in the City are planned. LED Lighting conversions and heating/cooling equipment upgrades are in planning and design at the Searles Building.

All In Energy specializes in driving adoption of clean energy technologies and services in underserved communities. The nonprofit organization recruits, hires, and trains members of communities underrepresented in the clean energy workforce, providing them with the skills and experience necessary for clean energy careers.

To learn more about All In Energy’s work, visit www.allinenergy.org.

* Property owners of buildings with more than 5 units can also benefit from the Mass Save® program. Learn more about the Mass Save® Multifamily Program at www.masssave.com/en/saving/energy-assessments/multi-family-facilities-5-units-plus/

Dracut Voters Issue Strong Mandate for Change

Brian Genest
DRACUT COLUMNIST

Times are a-changin’ in Dracut. After the town scandals of 2019, it’s about time! Just ask the voters...

This year, in a five-way race for two open seats on the board of selectmen, political newcomer Alison Genest topped the ticket, leaving some well-known town politicians in the rear of the pack. (Full disclosure: As Alison’s husband and campaign manager, I’m completely biased about her and her incredible victory. As a columnist, former news reporter and observer of Dracut politics since the late 80s, I’m completely thrilled! Change may come slowly in Dracut, but it has finally arrived.)

My wife is a town native, but she isn’t part of the political establishment. And that wasn’t the only thing that made her attractive as a candidate. As a financial services professional, she has relevant, real-world experience that can help move the town through what could be some very challenging economic times ahead. Voters responded, overwhelmingly supporting an experienced outsider with a fresh face and a positive message.

One familiar face rejected by the voters was Phil Thibault. He lost his sixth town election. Thibault, who was pushed heavily by the Dracut Connection (and a couple former selectmen), is close with the hosts of the cable TV show and often appears as an on-set guest.

In its post-election opining, however, the Lowell Sun speculated that perhaps it was Thibault’s service as chairman of the town manager screening committee that cost him the race.

“It just might be that in Thibault’s case, familiarity breeds more contempt than content,” the paper speculated in a post-election editorial. “It could also be payback for the decision by that screening panel he ran not to put interim—now permanent—Town Manager Ann Vandal on the list of finalists for that position.”

Regardless, like other candidates in the race, Thibault talked a lot about his board service. Like the other candidates who talked about their board service, he mentioned few accomplishments that benefitted the town as a result. Whatever the reason for his loss, one thing’s for certain: Thibault touting his service on just about every board in town over the last two decades wasn’t enough to help him win and neither were his connections.

Joe Espinola, a former member of the

school committee at the Greater Lowell Technical High School and a failed candidate for state senate in 2018, did practically nothing as far as campaigning – and his embarrassing numbers showed it. One of the few things he did was show up for the televised debate. Next time, he should show up prepared! Espinola was all over the place with his answers; at one point, he outed a member of his family while answering a question about LGBTQ students.

Espinola has had quite a metamorphosis himself: In 2018, he was a Republican, one of Gov. Charlie Baker’s chosen superdelegates to the Massachusetts Republican State Convention and a self-proclaimed supporter of President Trump’s.

Today, he’s unenrolled and apparently suffering from Trump Derangement Syndrome. That won’t help him with Republican voters in any future elections in Dracut, which the president won by the largest percentage in the Merrimack Valley and will no doubt carry again this year based on his incredible economic results, supporting our police, rebuilding our military, taking care of our veterans and all the other winning on his amazingly long list of accomplishments.

Mark Pease, chairman of the planning board, never had a chance to finish anywhere but dead last, as a result of calling for the town to defy the governor’s COVID-19 directives. His debate performance, like his Facebook rants, was somewhat amusing nonetheless.

Speaking of the debate, one question submitted by a resident put all the town’s recent problems front and center once again: “Procurement issues, lawsuits against the town, no confidence votes and internal investigations have put Dracut in the news this past year. Do you think that’s a problem?”

The voters of Dracut apparently thought it was a problem. Maybe they’ve finally had enough with the political shenanigans. Maybe they want fiscal discipline, transparency and accountability. Maybe they want an independent voice, private-sector experience and civility in town politics. Perhaps that’s the reason they so strongly rejected the politicians and politics of the past at the ballot box this year.

—Brian Genest is chairman of the Dracut Republican Town Committee and a member of the Massachusetts Republican State Committee representing the Second Essex & Middlesex district of Andover, Dracut, Lawrence and Tewksbury. He’s also a proud husband. ♡



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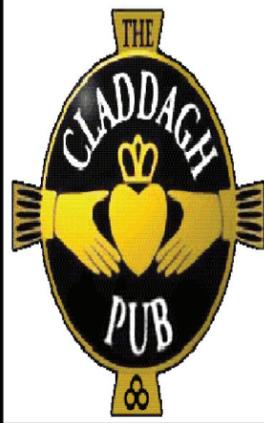
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300 Chicken Dinners, Hundreds of Bags of Groceries Delivered to Veterans in Haverhill Affected by COVID-19

Don Jarvis
VETERAN COLUMNIST

What started a few weeks ago has led to a wonderful community event serving meals directly to the homes of our veterans. Recently I was in touch with Sarah Sweeney from Military Friends Foundation who offered me a \$1,000 COVID 19 Military Relief Fund grant to go towards immediately assisting veterans and their families and families of Fallen Service Members to help those affected by the COVID-19 pandemic. The money from this grant was used to deliver 300 BBQ chicken dinners to Veterans in the City of Haverhill. It's important now more than ever that we come together, work together and support one another. This project that quickly came together does just that.

With the help and support from Military Friends Foundation, Amvets Post 147, VFW Lorraine Post 29, Veterans Northeast Outreach Center, Merrimack Valley Hope Mission, Disabled and Limbless Veterans, Middlesex County Deputy Sheriffs Association, Middlesex Deputy Sheriffs Association, Winchester Knights of Columbus Council 210, Market Basket, Institution for Savings in Newburyport, State Senator Diana DiZoglio and her staff, State Rep Linda Dean Campbell, State Rep Andy X. Vargas, State Rep. Lenny Mirra, members of the Greater Haverhill Chamber, and several local business owners and members of the community we were able to provide support directly to the homes of our veterans.

These BBQ Chicken Dinners consisted

of BBQ Chicken, Mashed Potatoes, Stuffing, Gravy, Corn, a side Salad, and Dessert. These meals were delivered in brand new thermo bags that were donated by Institution for Savings Bank in Newburyport.

These bags also contained a face mask donated by Merrimack Valley Hope Mission and a small American flag. "We are proud to support Don Jarvis' Haverhill community project which is mobilizing to support for veteran families through meal delivery. As we continue to combat COVID-19, it is imperative that we ensure food access isn't a barrier for our most vulnerable and this project is bringing support literally to their front porch."

Sarah Sweeney, Army Wife and Executive Director of Military Friends Foundation. Military Friends Foundation 501c3 awarded a \$1,000 COVID-19 Military Family Relief Fund grant towards this initiative. Military Friends has lead the charge across the state to aid military families impacted by the pandemic and has awarded over \$100,000 in grants across Massachusetts in recent weeks. Veterans and families on Chapter 115, Veterans on HUD VASH, Veterans residing in transitional housing or a place that is not their own (to include veterans living in hotels) and also we included our Senior Veterans (from WWII and Korean War) all received a meal thanks to this grant.

In addition to the meals, the veterans also received an additional bag of groceries which contained non-perishables and fresh produce that were donated last minute to this event.



With respect to COVID-19, proper protocols were taken, and plans were put into place to ensure everything was executed safely. All volunteers were required to wear masks, and anyone handling anything related to food in the kitchen or loading the bags with the meals were required to wear gloves at all times – NO EXCEPTIONS!!

All meals were delivered through contactless deliveries meals; the veterans were notified of the delivery and was to wait for either a knock on the door, a ringing of a door bell, or a phone call if neither knocking or ringing isn't an option. Drivers were required to wear a mask at all times as well. These protocols were in place to ensure the safety and wellbeing for all veterans and volunteers.

"To all our veterans who have worn the cloth of our nation, we thank you all from the bottom of our hearts. Your service, commitment and dedication to our country has not gone unnoticed. This meal is one of the many ways we want to show our

veteran community that, we as a community truly appreciate everything you have done and that your service and sacrifices are very much appreciated." Says Jarvis who is truly thankful for all the support from everyone who has stepped up to help make this happen on such a short notice. Jarvis wants all our veterans to know that we are always here for them, and as a community we love them, and we see them as family. Jarvis adds, "Know that we are with you and your community is with you; not just today, but every day!! This meal is one of the many ways we want to show our veteran community that, we as a community truly appreciate everything you have done and that your service and sacrifices are very much appreciated. This meal delivery shows work makes the dream work; Together Everyone Achieves More."

Again, to everyone who helped make this meal happen - we salute you, and we thank you!! ◊

Veteran Coffee-Talks VIA Zoom

Due to the ongoing COVID-19 pandemic many veterans in Massachusetts have found themselves being impacted by the situation. During the pandemic veterans would gather online via a veteran social group held on zoom called "Veteran Coffee Talks".

These Veteran Coffee Talks have been instrumental in connecting veterans together and also linking veterans to organizations, resources and learning about state and local benefits. During these sessions a lot of ideas have been shared and a lot of

great connections have been established.

As the weather outside got nicer discussions started to build around things veterans could do in a safe way, outside, and how veterans can enjoy time with their family safely. Through these discussions around the idea of a free drive in movie night for veterans came to life with the help of a couple of veteran advocates and nonprofits that teamed up to make this idea a reality. Bill Moore of Project New Hope, Carolyn Jette and Don Jarvis worked as a team to a Drive in Movie Night free for

Veterans and Gold Star families.

Mental health and overall wellbeing is extremely important and something that has been impacted to some degree. "Understanding there is a therapeutic benefit in being out with the family and other veterans. I'm grateful to work with this team of veterans to provide a great opportunity for families to come out and enjoy time together at absolutely no cost them", said Don Jarvis

This special movie night was hosted on Monday, June 29 at Leicester Triple

Drive In located at 1675 Main St, Leicester Mass. Registration was required for admission and all 100 spots were claimed days before the movie night. Upon entering the drive in movie theatre, when the veteran checked in they also received a free brand new pair of Bose Headphones which were given to them from Project New Hope.

This event was a proven success and it shows what a difference can make when people come together for the greater good. ◊

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NOTEBOOK: FROM PAGE 7

of appeasement will ever be enough. You will never please them. You will never satisfy them. They do not seek honest and open dialogue to solve a problem, they want the destruction of our freedoms through delegitimizing the American Police Officer. That's not ME saying that, go to the BLM website and see what they say for themselves. Then take a look at where your money goes when you donate to them. It goes to ACT BLUE, which funds the Democrat National Committee.

CONGRESSMAN MOULTON CALLS PRESIDENT "TRAITOR" AND "TREA-SONOUS"

When unsubstantiated media accounts surfaced last month stating that Russian President Vladimir Putin paid Muslim terrorists to kill American soldiers, Massachusetts Congressman Seth Moulton wasted no time with partisan attacks. Moulton appeared on cable news saying that President Trump was a traitor for not doing anything about the "fact" that Russia was paying jihadists to kill American service members. The problem here is that this so-called report was never verified. Several of our intelligence agencies stated that the information was not reliable and that there was no proof Russia paid Muslim terrorist to kill Americans. The story itself makes no sense, since Muslim terrorists live, breathe, eat, and sleep for the sole purpose of killing Americans. They don't need financial incentives. I just wish my congressman Seth Moulton (who does good work on other issues) would stop with the deceitful, partisan attacks and use that time to work on helping small businesses affected by the COVID 19 lockdown.

OUR PRAYERS FOR REP. FRANK MORAN

Last month, Lawrence and Methuen State Representative Frank Moran announced that he has throat cancer. We have known and respected Frank Moran since he was a city councilor in Lawrence and wish him and his family well as he struggles to combat this illness. Moran said in his press release that he is going to continue to work for his district. No word as to whether he will seek reelection.

VOLUNTEERS TO RESET CIVIL WAR HEADSTONES

Starting in the middle of August and going for a few weeks, likely middle of September the Haverhill Rotary Club, members of the Haverhill VFW, Donald Jarvis and others are planning to clean and reset the headstones of 16 civil war soldiers. Many of these stones are leaning or have sunken over time. For the last 6 years Donald Jarvis was the Veteran Grace Officer in the Town of Newbury where his duties was just this; taking care of the graves of our fallen heroes. Now he is taking this skill that he was taught by professionals in the field and bringing it to Haverhill. The goal of the group is to have these all cleaned and reset in time for

Wreaths Across America this year.

ONE HAVERHILL FUND - The Haverhill Chamber is coordinating the One Haverhill Fund, the United Way backed group raising money and providing direct assistance to our food pantries. On the call, they learned that a couple of volunteers go to the Boston Food Bank every Tuesday morning to receive and bring back to Haverhill four tons of food. They need a new driver for the 20 ft U-Haul truck. It's a weekly volunteer gig, leaving Haverhill wicked early, around 5:45am and back up here mid-to-late morning. That's it. If you know anyone who has some time and would enjoy giving back by serving as our driver one morning a week, please contact me directly. dougan@haverhillchamber.com or 617-22-7971. No special license needed. The need for food and housing assistance ain't going anywhere so please consider making a contribution: <https://unitedwaymassbay.org/covid-19/local-funds/haverhill/>

LOWELL ART SHOW

Painter Ed Porzio brings a splash of brilliant color to TreMonte Ice Bar in downtown Lowell, with a show of his recent oil paintings, on display beginning July 1st. The artist, a graduate of East Boston High School and Boston Architectural College, has enjoyed a 50-year career as an architect. His skill at doing realistic renderings of architectural sketches early in his career led to an interest in illustration for publications, a study of his painting craft and finally to the self-directed fine art work he enjoys now.

"My subjects come from my travels and my imagination" says Porzio, and indeed, the paintings reflect a luminous delight in color and texture with the balance of an architect's eye. The sometimes playful subject matter, while influenced by his artist heroes Kline, Picasso and Monet, also reflects another source: "children influence me the most".

The artist maintains a workspace at Western Avenue Studios, and is active in local art associations; a Lowell resident, who you might spot striding through downtown on a morning walk. As the restaurants in the center of Lowell reopen, you can now catch a glimpse of Porzio's work in person, a much needed respite from the past 3 months of gallery and museum closings.

The show will be on display at the restaurant through October, with a reception in the Fall, if allowed by State regulations. In the meantime, visit this ad hoc gallery and be uplifted by the joyful paintings.

TreMonte Ice Bar and Pizzeria is located at 112 Middle St. Lowell MA 01852. It is open Monday through Sunday, noon to 10 PM.

FARMERS MARKET BRINGS A WELCOMING SIGN OF SUMMER Market expands its offerings despite challenges of COVID-19 Lawrence, MA — As summer enters full swing, Groundwork

Lawrence is ready to start its 15th summer season of managing farmers markets. Fresh, local produce — peppers, strawberries, tomatoes, potatoes, and much more — will be ready for purchase when the market kicks off on July 8th. With new and returning vendors, the markets will be a welcoming recurrence of an annual tradition despite a summer that will be anything but traditional. "COVID-19 has presented us with numerous challenges, but we are proud to be able to expand our vendor offerings and continue to bring fresh, local produce to Lawrence and Methuen just as we've done in years past" says Lesly Melendez, Deputy Director of Groundwork Lawrence. "As we welcome additional vendors, we are also adapting to all state guidelines to ensure a safe market environment." Some of those changes include increased space between vendor tables, clearly marked spaces for standing 6 feet apart in line, limited contact at checkout, and signage with state and federal guidelines. Masks will be required to shop and will be worn by all vendors and market staff. Only vendors will be able to touch and bag produce after customers point to what they want. The markets, which have grown in popularity each year, continue to expand access to healthy food in the Greater Lawrence area. SNAP is accepted at all markets, and customers on SNAP are encouraged to take advantage of the state's Healthy Incentives Program (HIP). HIP has had a dramatic impact on the markets since its introduction in 2016, causing sales to skyrocket from \$82,000 in 2016 to almost \$600,000 in 2019. "The enormous increase in sales we've seen over the last few years truly proves that it was barriers of location and cost that limited low income communities from eating local, healthy food, not interest," says Heather McMann, Executive Director of Groundwork Lawrence. "There Groundwork Lawrence | 50 Island Street, Suite 101 | Lawrence, MA 01840 T: (978) 974-0770 | F: (978) 655-1337 | www.groundworklawrence.org is overwhelming demand for fresh, local produce, and as we make it more accessible through our markets and state funds, demand continues to increase." Starting July 8th, the markets will take place weekly from 10:00 a.m.-3:00 p.m. on Wednesdays across from The Center at Campagnone Common in Lawrence, Fridays at Nevins Memorial Library in Methuen, and Saturdays at Lawrence Catholic Academy in Lawrence. The markets will run through October 30th. Vendors include Riverdale Farm & Gardens, Lane Gardens, Farmer Dave, Blas Fish Market, Soney Bees, and Grateful Tastes. For more information in English and Spanish, visit www.groundworklawrence.org/farmersmarket

MILL CITY GROWS 2020 MOBILE MARKET SEASON STARTS TUESDAY, JUNE 23rd, IN DOWNTOWN LOWELL

Fresh, locally grown produce will be available for purchase via Mill City Grows' (MCG) Mobile Market on Tuesdays, Thursdays, and Fridays in the City

of Lowell starting Tuesday, June 23rd. Market shoppers can expect a variety of specialty food items for sale in addition to seasonal fruits and vegetables grown at the organization's three Lowell farm sites: the Urban Farm at Mill No. 5, the Rist Urban Agriculture Greenhouse and Farm at UMass Lowell, and MCG's "Big Urban Farm" in Pawtucketville. All Mobile Market sites accept cash, credit card, check, SNAP, WIC, and Senior Coupons for payment. Mill City Grows also participates in the State's Healthy Incentives Program (HIP) that provides \$1 back for every dollar spent on fruits and vegetables purchased directly from a HIP authorized farm or vendor. The full Mobile Market schedule can be viewed and downloaded at MillCityGrows.org. For the safety of customers and Market staff, Mill City Grows requests that all shoppers adhere to COVID-19 guidelines published on the front of the Market schedule.

To meet the increased demand for nutritious food, Mill City Grows has expanded its Mobile Market operation to include no-contact online ordering and pickup. A Veggie Box filled with fresh, seasonal produce can be ordered using an online order form and at MillCityGrows.org. Customers can pick up their Veggie Boxes curbside at MCG's headquarters on Hall Street in Lowell.

Below is Mill City Grows' Mobile Market Schedule, through October 2020. Please follow Mill City Grows on Facebook, Twitter, and Instagram for all Market updates. Multilingual schedules will soon be available at MillCityGrows.org.

2020 Mill City Grows Mobile Market Schedule:

Tuesdays (starting June 23), 10-1pm
Parking Lot behind Mill No. 5, across from 230 Middlesex Street

Thursdays (starting June 25th) 10-1pm
Lowell Senior Center, 276 Broadway Street. Fridays (July 10 – October 2), 12pm to 3pm

CTI Lowell Farmers' Market at Lucy Larcom Park, 258 Merrimack Street

ENEL GIVES BACK TO SUPPORT MA COVID RELIEF

Monetary and Equipment Donations Across The State Will Aid Local Recovery Efforts.

In response to the COVID-19 global health crisis, Massachusetts-based clean energy company Enel North America today announced a donation of \$35,000 and 500 respirators to Lawrence General Hospital to help in their efforts to protect their staff and those they serve in the Merrimack Valley.

The donation is part of Enel North America's multi-phase approach to help support local organizations in communities where it operates, and Massachusetts is a key target for the company as its two North American business lines are headquartered in the state. Enel Green Power, the company's renewables division, operates out of Andover, MA and Enel X, its digital innovation division is in Boston's Seaport district.

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Bill Honoring WWII Era Cadet Nurse Corps Members Signed Into Law

Boston— This month marks the first official time in the country of formal recognition by proclamation of the United States Cadet Nurse Corps (USCNC) under the provisions of legislation filed by State Senate Minority Leader Bruce Tarr (R-Gloucester) and signed into law by Governor Charlie Baker. The bill, co-sponsored by Representative Dave Robertson (D-Tewksbury), declares July 1st of each year to be proclaimed as “United States Cadet Nurse Corps Day”. It also requires the installation of a State House plaque, a first formal recognition of the USCNC in a government building.

The Cadet Nurse Corps, created by Congress in 1943, was successful in stemming an impending collapse of the nation’s health system. The country’s supply of nurses was desperately low following the First World War and the entry of the United States into World War II further exacerbated the crisis. 180,000 young women were recruited, enrolled and trained to address a critical shortage of available nurses.

Tarr said he, and Representatives who backed the bill, wanted to give long-deserved official recognition to cadet nurses from Massachusetts, women who voluntarily enlisted in the uniformed services of the United States.

“Our recent health crisis makes it much clearer to see and appreciate the contributions that these nurse cadets made during wartime to our state, to the nation, and ultimately to the world. Massachusetts has long been at the forefront of nursing education and healthcare and official recognition to honor these women is long overdue,” said Senator Tarr. “The commitment, care, and labor of these women, who averaged just 19 years of age, gave life, hope, and care to others. They have earned our respect and they deserve our thanks.”

Tarr’s bill will also cause a plaque to be placed in Nurses Hall at the State House. The marker will commemorate the 9,000 Massachusetts Cadet Nurses and will be placed with the cooperation and funding of the Friends of the United States Cadet Nurse Corps.

“The Cadet Nurse Corps was the largest group of uniformed women to serve the country and, it is the only uniformed service that has not yet been given the

status and recognition that it rightfully deserves,” said Representative Brad Hill (R-Ipswich) a longstanding champion of the cadet nurses.

“The service and sacrifices that hundreds of thousands of nurses made during World War II will now be remembered for generations with the passage of this legislation and the placement of this beautiful plaque in Nurses Hall in their honor,” said Representative Ted Speliotis (D-Danvers).

“It was a pleasure to work with Senator Tarr on behalf of these women who not only fought for the lives of their countrymen in dangerous conditions, but did so while helping pave the way for women in the future to serve in the armed forces. Their professionalism, bravery, and patriotism saved lives and contributed to stopping the Nazis and Imperial Japanese, and saved the lives of allied soldiers around the world. They are true American Heroes for what they did, and I am proud that Massachusetts is recognizing their contribution to the Commonwealth and country.”

“The State House is our capital building and there are far too few markers or monuments to the impact that women have had on our society,” said Tarr. “I think it’s important that we change that; many of these surviving veterans are now in their 80s and 90s we just can’t thank them enough.”

Dr. Barbara Poremba, Director of the Friends of the United States Cadet Nurse Corps WWII, and Professor Emeritus of Nursing at Salem State University noted that these nurses were members of the US uniformed service and provided 80 percent of the military and civilian nursing care in the then 48 states, Hawaii, Alaska, and Puerto Rico.

“We have made history in Massachusetts, no longer are these women hidden figures. People should know what these young women did when their country needed them most,” said Poremba. “Let this be a springboard for our nation’s nurses.”

The placement of a plaque in Nurses Hall is fitting, said Poremba noting that 900 uniformed nurses assembled in early 1944 at the State House to begin their initiation into the corps. Each swore an oath to serve “for the duration of the war” not knowing when it would end. ♦

HERO: FROM PAGE 1

closed, Richardson Airport in Dracut, Massachusetts. Later, Alfred became a fire fighter for the Town of Dracut. Then, he switched career paths, and joined the Dracut Police Department. He also worked security at the famous Golden Nugget in Las Vegas, once saving Country legend Johnny Cash from an irate fan after a concert. Later in his career, he became an amazing fine wood carpenter and cabinet maker, a union carpenter for Local 111 for 50 years, who was widely known for his beautiful custom work. Three locally famous projects he worked on, were Timberlane High School and the A1 Deli in Haverhill, meeting Senator Ted Kennedy at the diner’s grand opening. He installed the windows in the Mt. Washington observatory, while working for Cheviot Corporation in Needham, MA. He was a supervisor in their Window Division. Cabinet making was his true passion in life, especially as he got older.

The members of the “Greatest Generation” are all heroes. Something Alfred did, made him a special kind of hero. Alfred was best friends with, and a coworker of Joseph Serratore. Joseph was married to Helen Reardon. The couple had two children, John and Judy. When Joseph passed away from a health condition as a young man of thirty-nine, Alfred then married Helen and became a devoted stepfather to John and Judy.

Alfred had three sisters and a brother. When he was serving in Germany during the war, his sister Jenny used to send him bars of soap to give to nearby German families left impoverished by the war. Before the war, as a young child, he traveled with a circus, along with his sister Josie and her husband, their act was called “Young People of Parade”. He was married to the love of his life, Helen Reardon, who passed in August of 2015. The couple raised two children, and now have three grandchildren, and several great grandchildren. He has certainly had a full life. He just turned 93 on April 19th. He is so thankful, that he can talk freely about some of his journeys, sharing his life story with the youth of the Merrimack Valley through the Valley Patriot.

Thanks to neighbor Paul Taylor, Judy O’Connell (Alfred’s daughter) and Jennifer Phillips (Alfred’s granddaughter) for their help with this article, preserving the story of a soldier in the 82nd Airborne for generations to come.

Jennifer provided invaluable primary source military documents on Alfred’s service, making this story both accurate and timeless.



The Dracut American Legion asks all World War II, Korean War, and Vietnam War Veterans, to call 603-518-5368 and sign up for an Honor Flight to the Memorials in Washington DC! Veterans of all eras, are asked to go the American Legion’s Web site and join the Legion, preserving our Veteran’s Benefits for future generations.



John Cuddy served in the US Navy’s Construction Battalions (also known as the Seabees) after retiring from the Navy; he earned a bachelor’s in history and a

master’s in economics from the University of Massachusetts on the Lowell Campus. He has been employed in Logistics at FedEx for the last 23 years. If you know a World War II veteran who would like their story told, please email him at John.Cuddy@yahoo.com. ♦

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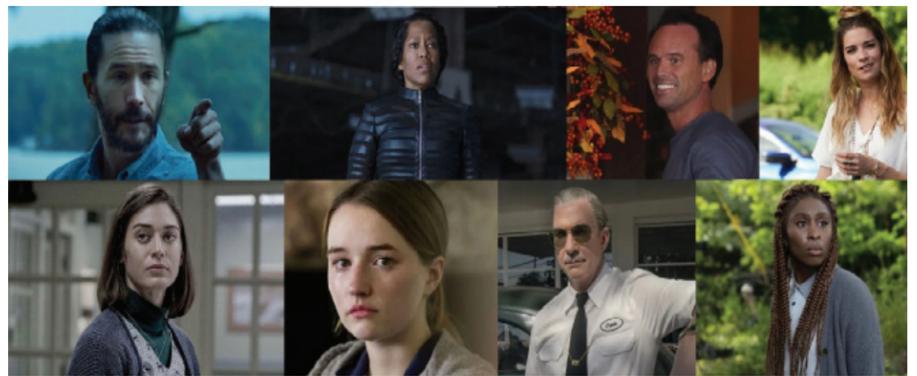
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TV TALK with BILL CUSHING



My 2020 Emmy Wish List

Bill Cushing

VALLEY PATRIOT TV COLUMNIST

The Primetime Emmy nominations will be announced shortly and every year I like to review the past year in TV and give my Emmy Wish List, my list of who I would like to see recognized. It's always tough to remember all the great work every year, and not everyone can be nominated. The actors that I mention here are the ones that people just might forget, not the ones that are shoo-ins for a nomination. So here goes...

Tom Pelphrey (Ozark) – Tom Pelphrey's amazing turn as Ben Davis, Wendy's brother on Season 3 of 'Ozark' might just be the performance of the year. In a series with such a stellar cast, Pelphrey turned in the season most defining work. His scenes with Julia Garner were pure gold.

Regina King (Watchmen) – Look, Regina King is great in everything she does, but that doesn't mean that she should be overlooked. She was mesmerizing from the moment we saw her on screen as Tulsa police detective Angela Abar in HBO's terrific miniseries 'Watchmen.'

Lizzy Caplan (Castle Rock) – Stepping into a role that won an Oscar for the person who played it first is a big challenge. But Lizzy Caplan rose to the challenge of playing Annie Wilkes, made famous by Kathy Bates in Misery, and delivered one of the season's most electrifying performances.

Kaitlyn Dever (Unbelievable) – Dever's role as Marie Adler, the teenage rape victim whose case was unforgivably mishandled, played on every emotion there is. A gut wrenching, soul crushing performance by Dever shouldn't be forgotten.

Dylan McDermott (Hollywood) – Netflix's alternative history drama series about Hollywood's heyday was star studded and had some really memorable and fine work. But none better than Dylan McDermott in his role as the gas station pimp Ernie West. McDermott was a joy to watch as he devoured each scene he was in.

Cynthia Erivo (The Outsider) – In the role of Holly Gibney in HBO's adaptation of Stephen King's novel, Cynthia Erivo made us believe in the supernatural shape shifting monster that she was chasing.

She made us look past Holly's eccentricity, and see her confidence and heroism. Erivo is a breakout star and should be recognized for this performance.

Annie Murphy (Schitt's Creek) – Among all of the Emmy love that this will get, Annie Murphy's performance as Alexis Rose shouldn't be overlooked. Over the course of this series she has turned Alexis from a shallow, self-centered socialite into a confident up and coming businesswoman with a big heart.

Walton Goggins (The Unicorn) – In one of the best new comedy series of the year, Walton Goggins delivered a beautifully touching performance as widower Wade Felton. With a string of great work over the years, Goggins has quietly become one of the best, most consistent actors on TV.

Titus Welliver (Bosch) – Titus Welliver's brilliantly understated performance as the title character in TV's best cop show never gets mentioned among these names. It certainly should be. Welliver's work and this excellent series have consistently been overlooked.

Dominic West (The Affair) – In a series that had its ups and downs, Dominic West's performance as the philandering husband and absentee father Noah Solloway was something that was always consistently top notch. He was never better than in the show's terrific final episodes.

Others that I would love to see recognized: James Franco (The Deuce), Zoe Kravitz (High Fidelity), Andy Allo (Upload), Holt McCallany (Mindhunter), Marc Maron (GLOW), Freddie Highmore (The Good Doctor).

The 72nd Primetime Emmy Award nominations will be announced on July 28th.



If you have any questions about TV you can email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future Mailbag column.

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



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Tomorrow's Eagle~Tribune Stories ... TODAY!

Unprecedented Times!

Peter Larocque

VALLEY PATRIOT COLUMNIST

At least in my lifetime, I have never seen anything like this! The entire world stopped! Economies everywhere came to a screeching halt!

Social distancing is now a familiar phrase used across the globe! We are three plus months into this and there is still no vaccine and experts are not offering one anytime soon. These same experts differ on many things concerning this virus, so what that tells me is that they really don't know! This is why we should not put our trust in the arm of man. Our trust should be in God and His wonderful Son, Jesus Christ.

Jesus himself said in John 16:33, "These things I have spoken to you, that in Me you may have peace [which comes from him only]. In the world you will have tribulation; but be of good cheer, I have overcome the world." No matter how bad things get in this world, be of good cheer, or take heart, in Jesus we can have peace by keeping our eyes on Him!

You see my friends; we serve a God who is in the business of turning things around for our good! God has an excellent track record of turning things around! God took man's worst act on earth which was crucifying His Son and made it His [God's] greatest act of LOVE! He is the God of the Turnaround! There is a verse in Romans Chapter 8 verse 28 that helps explain what I am saying. Romans 8:28, "And we know that all things work together for good to those who love God, to those who are the called according to His purpose." This verse doesn't say that all things are good, but God can take what isn't good and turn it around for our good, for those who love Him and are called according to His purpose.

Remember the story of Joseph? How he was despised by his brothers and sold into slavery and ended up in Egypt. We read in Genesis 39:2, "The LORD was with Joseph, and he was a successful man; and he was in the house of his master the Egyptian." The Lord was with Joseph through many bad situations and circumstances, but because God was with him, he was successful in all he put his hand to do! Actually, he went from being a prisoner in the dungeons of Egypt to becoming Pharaoh's right hand man and placed in charge of all of Egypt's Economy! I would call that a Great Turnaround, wouldn't you?

Soon after a great famine began and covered the land and Joseph's brothers, the ones who hated him ended up coming to

him asking for food for their people. Here is what Joseph said to his brothers concerning all of this, it is found in Genesis 50:20, "But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive."

God did this back then and I know He will do it again! He will turn this pandemic into just a blip on the radar screen. Now please don't misunderstand me, I know that there are some of you who have lost loved ones in this pandemic and I am in no way minimizing your loss. The separation you're experiencing now from your loved ones hurts, it stings the Bible says, but there is coming a day when you will see them again. I really believe they are now in a much better place where there is no more pain or suffering.

For those of us who are continuing to live through this unprecedented time, get ready for a Turnaround!

The world right now is looking for Hope. The definition for Bible Hope is, having a confident positive expectation of good. Romans 5:5 says, "Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

Here is what my Global Pastor Joseph Prince, had to say about this verse in his devotional entitled, *Destined to Reign*, "God's Word says, "Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." You may have experienced disappointed hopes, but there is a hope that does not disappoint when you are conscious of how much God loves you. It is a hope that springs from the heart of God, who loves you very much."

Our Hope comes to us from God's Heart of love!

Something else the Bible says about HOPE is found in Hebrews 6:19. "This hope we have as an anchor of the soul, both sure and steadfast," Our Hope anchors us, it is sure and steadfast which means we can trust it, we can lean on it because it isn't going to break! Amen!!!

Let's keep our eyes on Jesus and at the same time allow God's heart to provide us Hope that does not disappoint and anchors our souls and gives us a sure steadfast footing! Things are going to turn around in our favor!

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

BENEATH THE SURFACE

Law and Order

Paul Murano

VALLEY PATRIOT MORALITY COLUMNIST

Law and order is an interesting phrase. Its opposite is anarchy and disorder. Donald Trump says he is your law and order president. In today's social climate that could be a political asset for him in an election year. But is law and order necessary? Does it restrain liberty and pose an unnecessary burden on individuals? Let's go beneath the surface on the meaning of the phrase 'law and order'.

Order is a consequence of law, its result. Order enables people to live in peace with each other and with the environment. When you look up the definition of law, it speaks of rule. Synonyms for rule include words like guide, regulation, and principle. Thomas Aquinas called law an ordinance of reason promulgated by legitimate authority for the common good. In other words, it is a reasonable rule for the sake of the good of all.

Going deeper, there are two kinds of law to consider, natural law and positive law. While positive law is promulgated from without by an external authority, natural law exists from within. The latter is intrinsic to the nature of the human being. Natural law is the law of human nature, which will bring about optimal human fulfillment and happiness. Civil law, on the other hand, is positive law inasmuch as it is posited from the authority of civil government. It is man's law. This type of law can be tailored to the culture, traditions, and customs of a people – as long as it does not violate natural law.

In order for it to be legitimate, civil law must be aligned with natural law. All civilized people throughout western civilization have realized this. Dr. Martin Luther King wrote about this in his letter from Birmingham jail. He knew that laws degrading the dignity of black people were illegitimate. Racism, as well as abortion, homosexual acts, transgender procedures, sterilization and contraception all violate natural law. Any civil laws supporting them and any other acts that contradict

human nature are unjust.

Legitimate law is the rule of conducting oneself according to what is objectively true and good, for the self and society. Therefore, liberty is the freedom to do the good; not freedom to do whatever one wants. Disordered desires cannot be condoned or supported by law. Acting on them causes disorder in the individual, family and society. Legitimate law gives rise to true liberty, proper order, and the flourishing of people. Law is the means to the end of fulfillment, peace, and prosperity.

Going further, therefore, law and liberty need each other and are not at odds with each other. There can be no liberty without law. Liberty is dependent on good law. Likewise, individual liberty and the common good also are not at odds. When one is optimized, so is the other. They go together since individuals share a common human nature. What is good for all is good for one.

Law to a society is like discipline to the individual. Without self-discipline individuals cannot excel and flourish. Without virtue it is easy to fall into vice, which can easily evolve into obsession and addiction. The law of virtue is the proper governance of self. Likewise, free nations must be virtuous for them to survive.

Half our nation today is rooting for the anarchists, socialists, and violent protesters to "win." That's probably because half our country is chained to vice or addiction and needs a way to vent their feelings of frustration and resentment. Donald Trump appeals to our natural sense of safety and security. Only time will tell whether this will be enough to win a second term.



Paul is talk host of *Beneath the Surface* video and radio podcasts, teaches college philosophy and theology, is a staff writer for *St. Michael's Media*, and a singer-songwriter-musician. Check out Paul's website at Paulmurano.com. Email him at PJDM@aol.com

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Merrimack Valley Central Labor Council

The United Way in Massachusetts has a proud history of supporting working people during times of need. During the public health crisis surrounding COVID-19, the United Way is committed to providing help to those in need of food assistance as well as information around economic support during this uncertain time.

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SUE PIAZZA'S BOOK CORNER

Silence In The Stone: The Lost Pharaoh Chronicles Book IV

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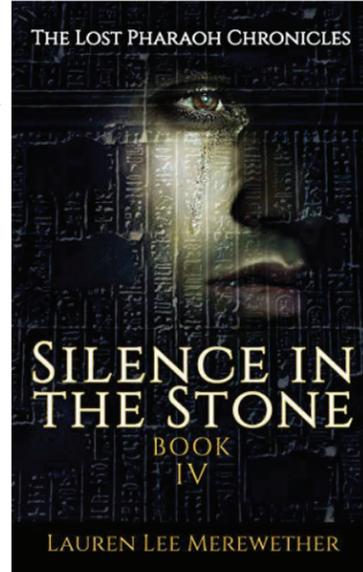
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Bookmarkers 5 of 5
For those interested in Ancient Egypt or those looking to read something filled with love, hate, murder and conspiracies, this book is for you. The New Kingdom, the 18th Dynasty, of which this series deals spans from 1550 to 1293 BC. During this time Pharaoh Akhenaten, born Amenhotep IV, ruled with his wife Queen Nefertiti.

Akhenaten, the heretic Pharaoh, and his wife instituted a religious revolution. Instead of following long established practices Akhenaten decided that the only gods the Egyptian people had ever known were no longer to be worshipped. There would now only be one god, Aten, the sun disc. The old religion was outlawed, the priesthood was weakened, even the capital city was moved. Obsessed with the god Aten, as the pharaoh neglected his duties the country was plunged into chaos.

This fourth and final book in the Lost Pharaoh series tells of the time of Horemheb, Pharaoh after King Tut. It fell to him to determine the best and quickest way to stabilize his country and return respect back to the throne and the old gods. He chose a most difficult and extreme measure - erasure, what the writer has coined "eternal execration".

The author, Lauren Lee Merewether, has a remarkable grasp of Ancient Egypt.



It quickly becomes obvious to the reader that she has done a tremendous amount of research not just into each character's historical record but also into prevailing theories regarding tomb placements, funerary practices, mummy verification, etc.

The situations she places the individuals in are believable and in keeping with current evidence.

Dialogue fits each distinct character and flows smoothly. One can easily visualize the settings and situations because her

depictions are so rich in their descriptions. She has an uncanny ability to blend fact and fiction into a seamless tale.

Her passion for the people involved are evident. Horemheb's thoughts and feelings are lovingly portrayed. We can feel the anguish he endures as he is compelled to erase the existence of all those that he loved from the memory of every living being at that time (and for almost four thousand years thereafter).

This is a well-conceived world that we are allowed to visit and experience. I would recommend this stand-alone book to anyone enamored with Egypt in general or this time period specifically.

Susan Piazza, a Navy veteran, is an author, columnist, and blogger. She can be found at susanpiazzaauthor.com Her newly released book, the historical fiction "A Bird Call That Isn't," can be found on Amazon at: <https://www.amazon.com/dp/B0829MHLRX> You can follow her progress on: Facebook: "A Bird Call That Isn't launch" for more info on the characters and upcoming Book 2. ♦

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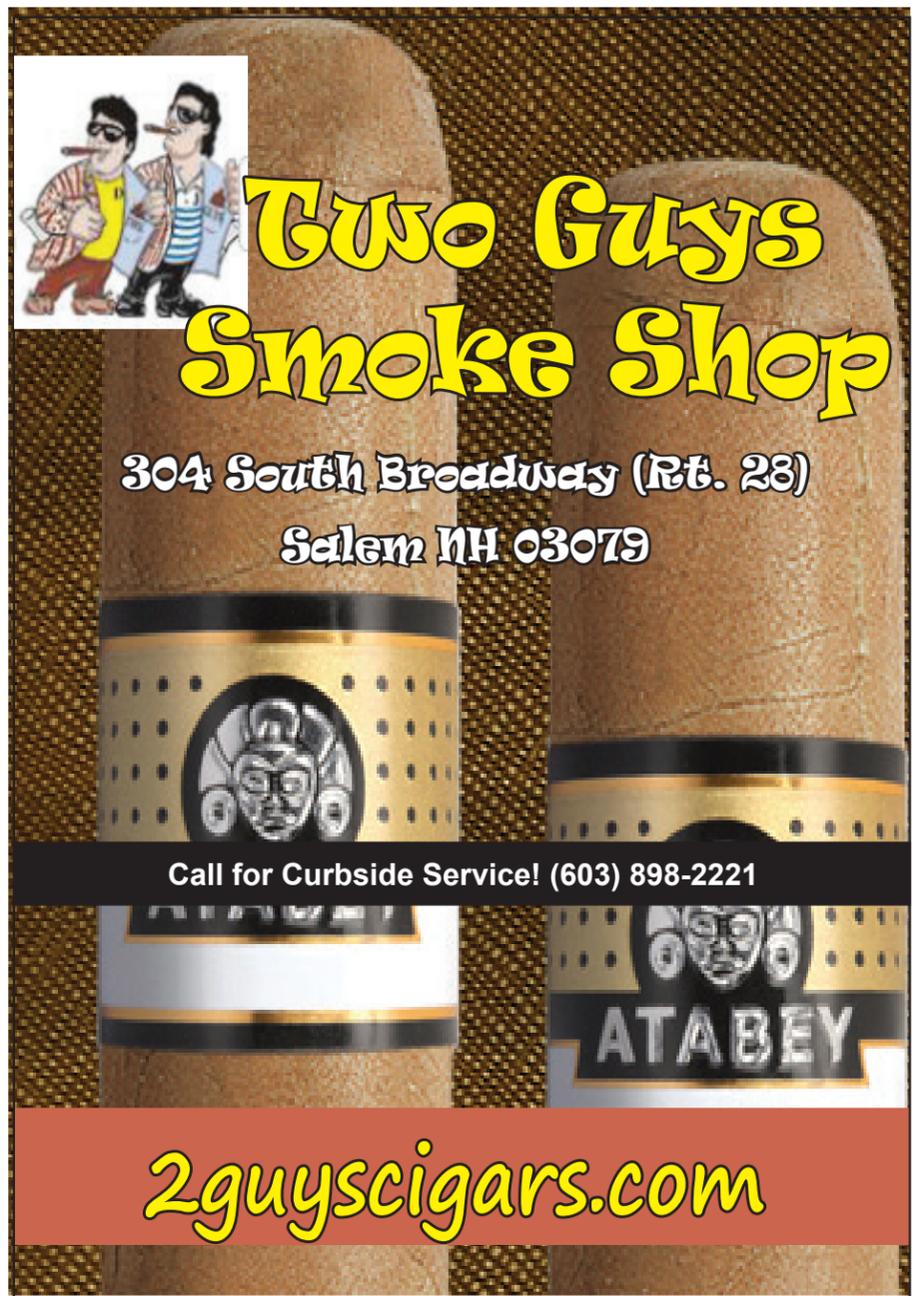
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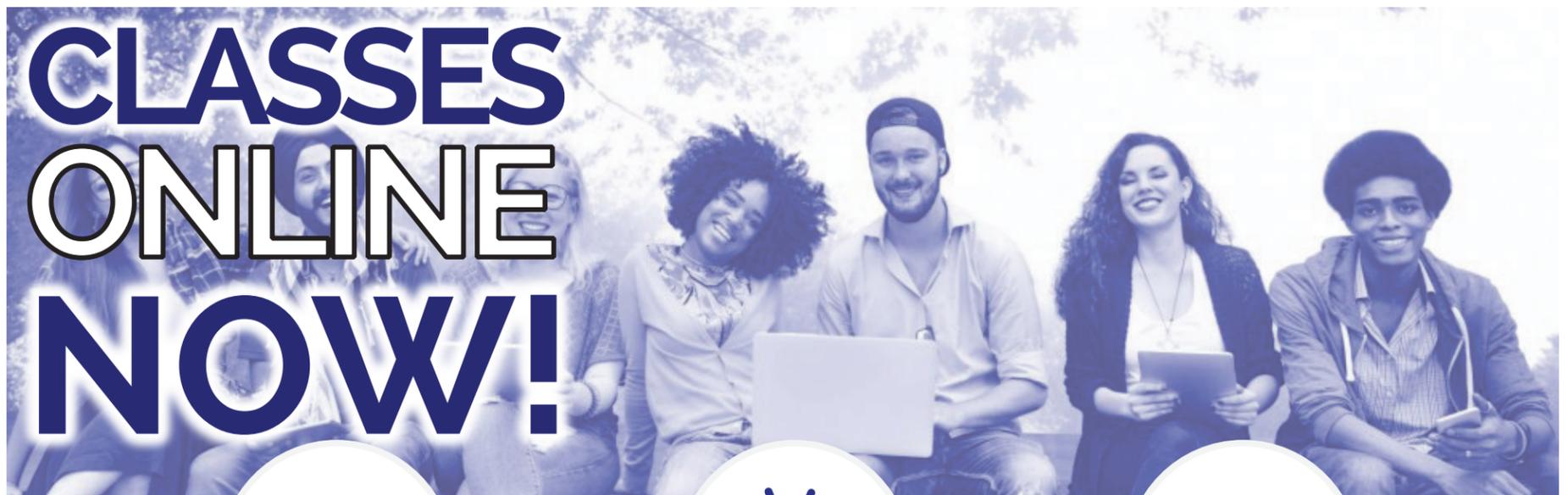
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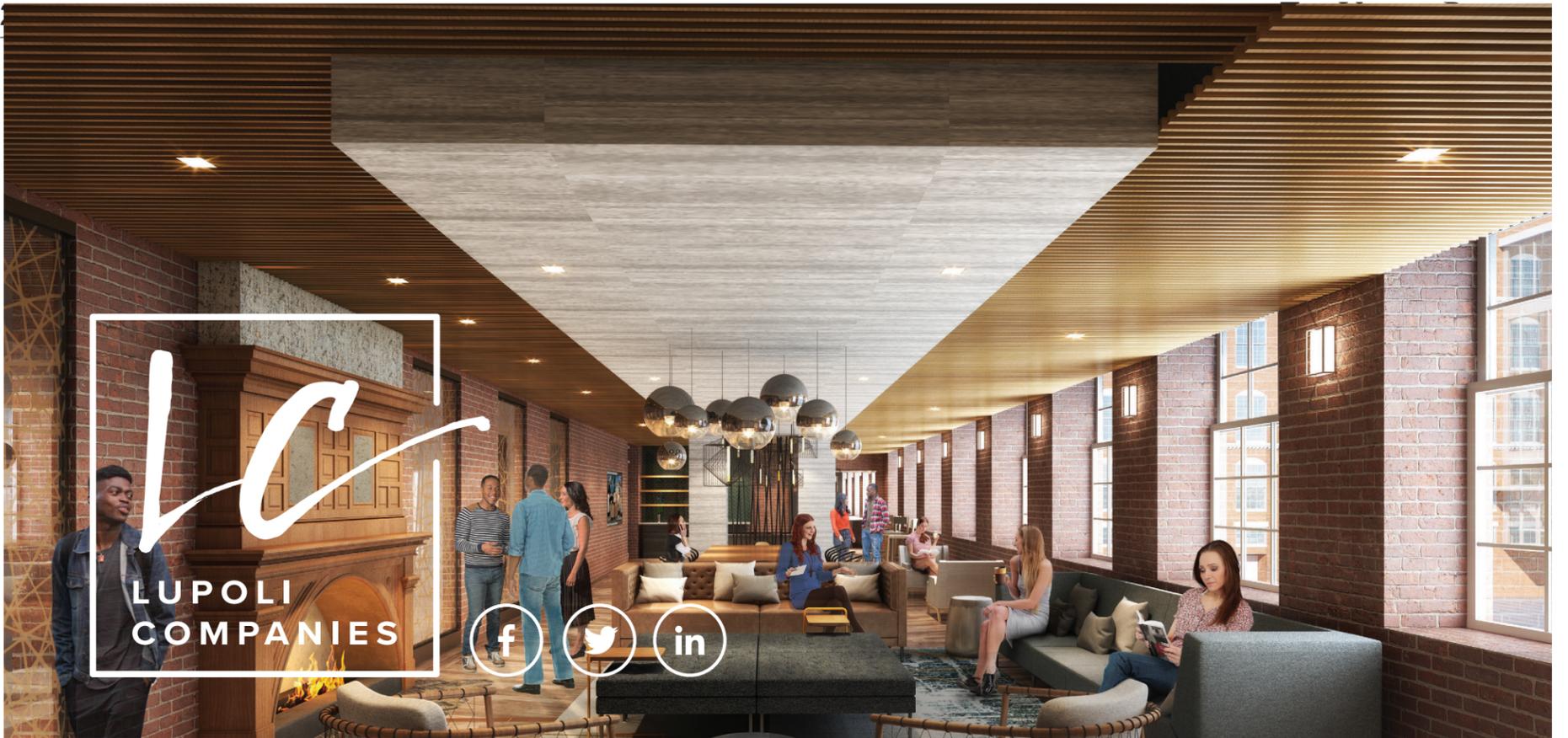
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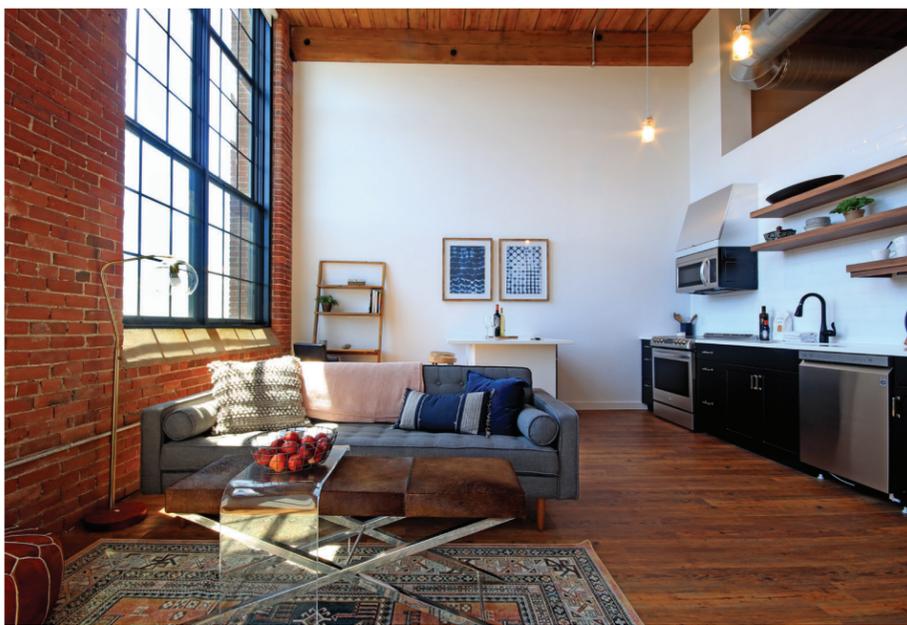
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