

## Kattar continued from 22

fight. All of the other shots come off of that. If you can use your jab, you can connect with bigger shots later on in the fight.”

It was Burgos, not Kattar, who was considered to be the upcoming UFC star before the bout.

“I knew that he was tough,” says Kattar. He was 3-0 in UFC and 10-0 as a pro but he had not faced an opponent like me.”

Kattar, who ended a three-year hiatus from fighting last year, is now in line for a UFC ranking, and larger and more lucrative fights down the line. He has signed on with Tyson Chartier’s Top Game Management, one of the most respected and reputable companies in the sport.

Kattar, himself, is also working as a promoter for the Combat 65 MMA card at

the Radisson Hotel in Manchester, N.H., on Feb. 17. Check out [czmma.com](http://czmma.com) for more information.

The future is extremely bright for Methuen’s UFC star and the three-year layoff has made him a more seasoned fighter. He states, “I knew that the opportunity to compete in UFC would come. I just try to show up at the gym and work hard. My next fight will work itself out for sure. I am ready to go, and I feel like I have more perspective and maturity.”

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## PAID AD



By Dr. Veronica Mitko

## Demystifying pacifiers & thumb-sucking habits

Sucking, whether it’s fingers, toes or other objects, is a natural reflex for infants—it makes them feel happy and secure and helps them learn about their environment. The good news is that many will stop this habit between the ages of 2 and 4 without any assistance. The bad news is that children with very aggressive habits can cause dental problems to start before this age. In these cases, an intervention may be helpful.

### Which is worse?

Pacifiers and thumb-sucking have the same potential to cause dental problems, but many professionals prefer pacifiers because parents can easily control their use.

### What problems may result?

Sucking habits can affect more than just the way the teeth look. They displace the natural positions of the tongue, lips and jaw; alter growth of the mouth and shift teeth. Children develop narrowed palates and open bites. Chewing, swallowing and speech problems can result. When pressure is placed on the bones of the palate, the floor of the nose is also reshaped and constricted, which can affect breathing. Although esthetics can be more easily corrected with braces, other issues are trickier to resolve.

### When should my child stop to prevent dental problems?

The best answer is before or at the very earliest sign any changes in the mouth. The

intensity of the sucking, not age, is the most important determinant of whether any dental problems will result. If your child rests their thumb passively in the mouth, they are less likely to have issues. A pediatric dentist can detect whether any changes have started to occur.

### How can I help my child stop the habit?

- Praise your child for not sucking and provide them with incentives to stop.
- Determine situations that prompt the habit and address them. Children often suck when they feel anxious, need comfort or are bored.
- Find a substitute for the source of comfort (blankets, stuffed animals).
- Distract your child with activities that require them to use their hands, like puzzles.
- Around age 3, children become more aware of the social unacceptability of the habit, or at least their parents’ disapproval of it. They can become more engaged in choosing a method to stop it. Employ the help of sock puppets, bandages and bitter nail polish. These are not meant to serve as punishments, but rather gentle reminders of a habit that has a strong involuntary component.
- Children may respond better to a dentist explaining to them reasons to stop.

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# Money Matters

## Stocks skyrocketing courtesy of perfect storm of factors



By Sal Petralia

*“The intelligent investor is a realist who sells to optimists and buys from pessimists.”*

~ Benjamin Graham (1894-1976), British-born investor, economist and professor who was known as the father of value investing

Benjamin Graham and his fellow writer David Dodd wrote two famous classical investment books: “Security Analysis” (1934) and “The Intelligent Investor” (1949). According to Graham and Dodd, “value investing is determining the intrinsic value (its essential nature) of a common stock, independent of its market value.”

One of the world’s most successful investors Warren Buffet, who is a disciple of Graham and Dodd, said, “I make no attempt to forecast the market. My efforts are devoted to finding undervalued securities.”

We see a different example of that on HGTV home shows when buyers have to hold their noses when looking at a house for sale. But the real-estate equivalents of Graham and Dodd are able to derive the true “intrinsic” value of the house while they’re trying not to fall through the floor. I believe that process is much easier for houses because the flippers are familiar with comparative sale prices and renovation costs.

It’s a whole other story with an intangible investment such as a stock. We’re all seeing those breathtaking rises in the various stock market indices and many are waiting for the inevitable correction in the markets.

There are several reasons for this bull market. First, former Fed Chairman Ben Bernanke used some heavy medicine to reduce interest rates to historical lows to lift the economy out of a great recession a few years ago. As a result of that recession, companies got lean, frugal and productive. When we watch the markets, it’s easy to forget that they are composites of companies that each have intrinsic value. Those companies’ value is the sum of factors known and unknown. It consists of market share, quality of management, product development, competition and employee satisfaction, among many other variables. Even though it’s very difficult for the average investor to determine that intrinsic value, the historically low interest rates drove money into real estate and stocks.

Secondly, what is the government doing to create an environment to financially and emotionally create enthusiasm in American Industry? It’s happening right now. Across all industries, except government, we have lower taxes, employee bonuses and raises, and less government regulation. We’re only in the first inning of this journey, but American industry is not stupid and sees the opportunities and the ground breaking. Government policy is the most important ingredient to providing the right environment for business and job expansion. How would Amazon and Home Depot do in Central America or the Mideast? Obviously, they wouldn’t do as well as in the United States where the environment is fertile for them. And that environment just stepped up big time. This economic re-energizing is already affecting our overseas trading partners, so trading will increase both ways. I hope this is the beginning of the end of negative interest rates overseas and the final nail in that coffin here too.

Thirdly, we’re beginning to see the repatriation of hundreds of billions of overseas profits back to the United States. Apple just announced a repatriation tax will be paid to the U.S. Treasury in the amount of \$38 billion. At the special repatriation tax rate of 15.5 percent, that would mean that the amount brought back will be \$245 billion. That’s just one company. Wait till these funds go back to work here on innovation and infrastructure.

This is what’s fueling the stock markets, but it’s never OK to not be a wary investor. Sure, a correction will come, but we don’t know when. Peter Lynch, of Fidelity Magellan fame, said, “Far more money has been lost by investors trying to anticipate corrections, than lost in corrections themselves.” This would seem to be an exaggeration, but if you take a point in 2009 when the S&P 500 index was 770 and it doubled to 1540 in 2013, you might fear a correction and get out with your 100 percent profit. That same index went up to 2,798 in January 2018 for an additional gain of more than 80 percent.\* Twenty percent would be considered a bad correction. It’s not as simple in real life, as we know there are many other considerations. But this illustrates Peter Lynch’s point.

\*Source: Worden Brothers Telechart

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