



# Nahant Harbor Review

*A monthly publication, in service since March 1994, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA.*

Volume 15 Issue 4

APRIL 2008



## Brownie Troop 323 News

On Friday, March 7th, local author Nila J. Webster, presented her picture book "Remember Rain and Songs of Wonder for the Night Sea Journey" to Brownie Troop 323. Activities included coloring, creative writing and sharing. The illustrator of the book is local artist George Ulrich, who was recently honored by the Society of Illustrators. The girls had a great time. If you are interested in any of Nila's work, please email her at [starmistbooks@comcast.net](mailto:starmistbooks@comcast.net).

The photo above is of the girls in Troop 323. Front row left: Simone Nardizzi, Colleen Osbahr and Lauren Arena. Back row left: Shelby Hill, Madison Wrenn, Molly Frauenholz, Julia Carbone, Julia Kautz, Nila J. Webster (author), Nikki Rosa, Olivia Fulghum, Clarrisse Cochran-Chipura, Jackie Frisoli, Grace DiGrande and Olivia Reiser.

## Parking Ban Over 2008 Beach Stickers are Available

The Beach Parking Stickers are available at the Nahant Town Hall for \$5. You must have a valid registration and all fees and fines must be paid. Beach Stickers are valid for parking at the Short Beach lot (next to the softball fields), the Town Wharf, the lot outside the Northeastern gates and the lot at Bailey's Hill, only.

Also, the winter parking ban ended on March 20th.  
— Per Board of Selectmen

## Town Meeting and Election Day Saturday April 26th

Mark your calendars and prepare to vote and attend the Annual Town Meeting and Election, at the Nahant Town Hall, on April 26, 2008. Polls will open at 7:00 a.m. and close at 8:00 p.m. Town Meeting starts at 12:30 p.m.

Come on out and greet your friends and neighbors. Many community groups will be available to distribute information about upcoming events, such as the July 4th fireworks display.

There will be a special voter registration session in the Town Clerk's office on Friday, April 4th, from 8:00 a.m. until 8:00 p.m. Any resident, not already registered to vote in Nahant, may register.

## Nahant Follies 2008 Talent Auditions

**All are invited to try-out to become  
Nahant's American Idol**

### Memorial Day Weekend "Fuel for the Churches" Fundraiser

Calling all actors, musicians, singers, poets, dancers, comedians, storytellers, impressionists and anyone else who just wants to be on stage, the Nahant Follies 2008 Talent Auditions are scheduled for Saturday, April 12th, from 2:00 to 6:00 p.m. and Sunday, April 13th, from 3:00 to 5:00 p.m. Maureen Edison, Director of Nahant Follies 2008 Talent Show, will be accepting auditions, for the Memorial Day Weekend event, at the Nahant Community Center, on Valley Road. All members of the Nahant community are invited to come and try-out to become Nahant's answer to the American Idol.

Many thanks to the Nahant Preservation Trust who has stepped forward to help by providing the Serenity Room stage for the auditions. We look forward to using the historic stage for the auditions. To those planning to audition, there are a few reminders that need attention. We must remember to be considerate of the neighborhood and not park on the sidewalks or across driveways. Since parking space is limited, carpooling, biking and walking to the Community Center is encouraged. Also, all your efforts to come and go quietly are very much appreciated.

Tickets to community talent show, which will be held at the Nahant Town Hall on Saturday, May 24th, at 7:00 p.m. and Sunday, May 25th, at 3:00 p.m., will be presold at \$20 for adults, \$10 for Seniors/Students. At the door, tickets will cost \$25 for adults, \$10 for Seniors/Students. This is a guaranteed sell-out, so order your tickets early by calling Donna Lee Hanlon, at 781-592-4148 or by email to [donna@nahant.com](mailto:donna@nahant.com). All donations made by check should be made payable to "Fuel for the Churches" and can be mailed to Fuel for the Churches, c/o Nahant Harbor Review, PO Box 88, Nahant, MA 01908.

The Silent Auction, Raffles and Nahant Goodies tables fundraising effort will take place at the Nahant Town Hall, during the final dress rehearsal for the Nahant Follies Talent Show, on Saturday, May 24th, from noon to 4:30 p.m. Silent Auctions and Raffles will be finalized and drawn on Sunday, May 25th, after the 3:00 p.m. Talent Show. Winners do not need to be present to win; they will be notified by telephone.

Harold "Bumper" Gooding, organizer of the Silent Auction, has received some great items for the Silent Auction and is still accepting donations of any value. Items for children are welcome. Bumper will pick up the items. Please call him at 978-979-3049.

Roberta Oliver is seeking raffle donations. Give her a call at 781-581-0945 with your donation of gift certificates from restaurants, grocery stores, pet stores and home improvement services, sports tickets, gift baskets, etc. Remember, your donation is going to a good cause and is tax exempt.

Lisa Pires, Patti Aswad and Lisa Torchiana and daughters, Oliva Aswad and Amy Torchiana are looking for those wonderful Nahant bakers and cooks to come forward with their special treats for the Nahant Goodies table. For more details and to donate goodies, please give Patti a call at 781-842-3704.

All donated items are tax exempt. A list of all raffle and silent auction donors, sponsors, volunteers and winners will be published in the June issue of the Nahant Harbor Review.

We need volunteers! There is a job for just about everyone. I strongly encourage everyone to consider doing just one little thing to help. I guarantee that you will have a fun time, working together and socializing with your friends and neighbors and giving a little bit of your community spirit to a most worthy cause. Call any of the Chairs listed above to volunteer and / or donate, or Donna Hanlon at 781-592-4148.

**VISIT THE NAHANT HARBOR REVIEW ONLINE!**  
Check it out today at [www.nahant.com](http://www.nahant.com)

Nahant Birding Field Trip

The Open Space Committee is sponsoring a morning Birding Field Trip, through Heritage Trail and other Nahant open-space sites, on Saturday, April 19th. We will meet at 8:30 a.m., at the DCR boat ramp, the first right 75 yards after entering the Nahant Causeway, from the Lynn rotary. Here we will look for ducks, loons and shorebirds. At 9:00 a.m., we will regroup at the Short Beach parking lot, on Ward Road, at the trail kiosk. Everyone is welcome! Newly arrived migrant birds from the south will be in full song, early spring flowers will be blooming and butterflies may brighten the morning. Please bring binoculars, if possible. This trip is co-sponsored by the Brookline Bird Club. FMI, call trip leader, Linda Pivacek, at 781-581-1114.

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Edison to Speak of Yeats at April 4th  
Village Church Breakfast

Maureen Edison will be the presenter at the April 4th breakfast, at the Nahant Village Church. She will give a talk about why William Butler Yeats would probably be quite happy living in Nahant and use some of his poems as evidence. Yeats was a Nobel Laureate Irish poet and dramatist and one of the foremost figures of 20th century literature. Maureen has been a member of the Northeastern University adjunct faculty for many years. She currently does most of her teaching at the Lynn Campus of North Shore Community College. She teaches courses in both literature and writing and has a special devotion to Irish and Irish-American poets and novelists. The free breakfast will be held on Friday, April 3rd, at 8:00 a.m. All are invited. Please join us for a great breakfast and fascinating presentation.

Village Church Fundraiser April 24th at Tides

All are invited to attend the Thursday, April 24th, fundraiser, at the Tides Restaurant, from 6:00 to 9:00 p.m. Proceeds will benefit the Nahant Village Church. Come for dinner and enjoy the food, company of neighbors and a 50/50 raffle! Thanks for supporting this event!

April Fool’s Concert at Nahant Public Library

Remember to come to the Town Hall on Sunday, April 6th, at 7:00 p.m., to hear violinist Gerry Mordis and pianist Marina Gendel liven your life with great music, celebrating the arrival of spring. The Friends of the Nahant Public Library will sponsor this program, which is free to all.

Big Dig at the Nahant Public Library

Sean Murphy, award-winning investigative reporter for the Boston Globe, will speak at the Nahant Public Library, at 3:00 p.m., Sunday, May 4th, on the topic of the “Big Dig.” This largest construction project, in history, has generated the most questions of any such project. Breaking many of the Big Dig’s most important stories, Murphy can answer those questions. Murphy’s well-illustrated presentation addresses the Big Dig’s cost and financing, its engineering achievements and its politics and personalities. He explains the extraordinary political coalition that made the Big Dig a reality, the public deception of its true cost and the curious management role played by the private-sector consortium, Bechtel/Parsons Brinckerhoff. Those who have attended Mr. Murphy’s lecture, have commented that it finally gave them a clear understanding of this project, that has spanned 35 years, at a cost of \$15 billion and is still spending. A lively question-and-answer session always follows the presentation. This program is sponsored by the Friends of the Nahant Public Library. Admission is free and all are welcome.

No Fleas at the Nahant Public Library’s Book Signing

Marblehead author, Linda Greenberg, will read from and sign, copies of her book, No Fleas on Us: Animal Shelter Tales, at 3:00 p.m., Sunday, May 18th, in the Nahant Public Library. No Fleas on Us, released last summer, tells the story of the no-kill Marblehead animal shelter. Run completely by volunteers, the shelter cares for abandoned and sick animals of all kinds, coloring a corner of an inhumane world with the tint of kindness and care. Greenberg, at 66 years young, has acted as the shelter’s adoption coordinator for 16 years. Her uplifting stories of animal lives will keep the listener entranced. The Friends of the Nahant Public Library are happy to sponsor this free program.

Robotics at the Nahant Public Library

Nahant Public Library, located at 15 Pleasant Street, Nahant, invites the community to the educational and entertaining Archimedes Legacy’s program “Robotics,” on Wednesday, April 23rd, at 3:00 p.m. This interactive program about robots is recommended for ages from 5 to 10 years. Archimedes Legacy limits the audience size to 30 people, so please sign up early! The Nahant Public Library (781-581-0306) is grateful to the Friends of the Library, for funding the program. Admission is free. Submitted by Rita Stepanova, Children’s Librarian



## Nahant Garden Club News

May 8th, at 10:30 a.m., the Northeastern District of Garden Clubs, will have their Annual Meeting for members, at the Nahant Country Club. Our district has 22 garden clubs. Invitation/reservations forms have been sent by email to members. For those who do not have email, printouts are available.

"The Intriguing Gardens of Ireland," with speaker Marie Stella, a full luncheon and a few surprises, are included. \$35.00 p.p. complete. For more information, please call Carmella Cormier, Recording Secretary, at 781-581-1969.

## Historical Society Offers Summer Internship

A temporary museum assistant position is available, starting approximately mid-May and ending in late August, 2008. This is for 9 hours-per-week, primarily Saturday and Sunday afternoons, plus a short mid-week consultation with the Curators, for a stipend \$1,000 inclusive. This will be an outside contractor position and a 1099 will be issued at year's end. No taxes will be withheld. EOE. Additional hours are available, on a volunteer basis. This position can be used as part of a more extensive internship, in a degreed program for museum studies, history or library science, etc. This would involve more detailed work, in agreement with the successful applicant and the Curators. Additional hours needed to complete your institution's credit requirement would be on a volunteer basis.

Qualifications: Student at graduate, or undergraduate level (in museum studies, history or library science, would be advantageous). Must be reliable and punctual, able to work independently, enjoy interacting and visiting with the public and willing to learn more about local history and work in a museum environment.

Job Description: Open and close up the Society, assist visitors and exhibit volunteers, staff small museum shop, take research requests for the Curators and do collections management tasks to assist the Curators.

Details: Resume is required. Mail to Nahant Historical Society, 41 Valley Road, Nahant, MA 01908. Finalists will be interviewed. Deadline to apply is April 16, 2008. For more information, please call the Assistant Curator, Bonnie D'Orlando, at 781-581-2727, or email [info@nahanthistory.org](mailto:info@nahanthistory.org). Submitted by Bonnie D'Orlando, NHS

## Nahant Garden Club Celebrates Arbor Day

On Thursday, April 24th, the Nahant Garden Club will hold its annual Arbor Day program, at noon, at the Nahant Village Church. Hostesses will be Margaret Piccola and Betsy Wachtel. On that day, the club will honor one of its cherished members, along with her family and friends.

A mini-flower show completes the day's celebration. Design and Horticulture Chairman Marie Ford invites all Garden Club members to take part in this flower show. There will be two components to the flower show: design and horticulture. Members may submit a centerpiece suitable for a celebration, using all fresh plant material; an interpretive design of an object selected by the designer, using fresh or dried plant material; or a tulip, daffodil, other flower, or flowering branch, in a clean, clear bottle provided by the exhibitor. Submitted by Suzanne Hamill.

## Girls Inc 20th Annual Celebration Lunch April 10th

Spring is right around the corner and so is Girls Incorporated of Lynn's 20th Annual Celebration Luncheon. The event takes place at the Danversport Yacht Club, on Thursday, April 10th, from noon to 2:00 p.m.

Frances Rivera, Anchor of the 7NEWS evening newscasts, will be the Mistress of Ceremonies. Setting the stage for the afternoon will be Fran Dichner, President and CEO of R&L Associates, Inc., and an alumna of the Lynn Girls Club. R&L Associates is a full-service staffing agency that has grown into a multi-million dollar, woman-owned business. Joining Fran will be two previous National Girls Inc. Scholars, Bopha Tum, Manager at Enterprise Bank and Patricia Tarrance, a math teacher at the Academy of The Pacific Rim Charter School. Teen Girl Hero awards will also be presented.

The proceeds from the Luncheon will benefit programs for members ages 6 to 18. Girls Inc. enrichment programs are research-based and are designed to empower girls to reach their full potential. The programs are held in a safe, nurturing environment. The Celebration Luncheon is presented by Old Neighborhood Foods.

Sponsorship and advertising opportunities are still available and encouraged. Reservations are \$60 each and may be made by calling 781-592-9744 ext 258. Mark your calendars, reserve your seat, bring a friend and join Girls Inc. in celebrating extraordinary girls and women of achievement, on April 10th.

## Nahant & the Great Blizzard of '78

The Nahant Historical Society cordially invites the public to an illustrated presentation entitled Nahant and the Great Blizzard of 1978, on April 6th, at 1:00 p.m., in the Serenity Room of the Nahant Community Center. Do come and share your memories of this most violent of all winter storms, ever experienced in New England during the 20th century. If you were not here then, learn how the Town administration and residents coped with and recovered from this "once-in-a-hundred years" storm. Special participants will be: James E. Hosker, Selectman 1976-1979 and Charles L. Brett, Jr., Superintendent of Public Works 1970-1979.

This lecture is free and open to the public. Donations are gladly accepted. Parking is limited at the Community Center. Shuttle van service will be available from St. Thomas Aquinas Church's parking lot, at 248 Nahant Road, between 12:30 p.m. to 3:00 p.m. Light refreshments will be served.

Submitted by Bonnie D'Orlando, NHS

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## Auction to Benefit the North Shore Civic Ballet

A multitude of fabulous prizes have been donated to the North Shore Civic Ballet's online auction, which runs from the present through April 5th. Prizes include luxurious weekends away, James Taylor tickets at Tanglewood, custom-design jewelry, dance lessons, rental of the historic Hooper Mansion in Marblehead, cooking lessons, spa treatments, quilts, as well as restaurant and store gift certificates, to include a few of the prizes. To see the prizes, log on: [www.ballet.cmarket.com](http://www.ballet.cmarket.com).

All proceeds will support new choreography, costumeing, scholarships, and special educational. — Submitted by Judy Moynihan



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## Nahant Police Officer Sherber Honored

Peter Sherber's diligent efforts to end alcohol-related fatalities, were recognized with an award, from Mother's Against Drunk Driving (MADD), on February 26, 2008, at the Devens Common Center, in Devens, Massachusetts. In 2007, Sherber arrested 55 people for operating under the influence. Over one-hundred State Troopers and local Police Officers, with a total of 2,800 arrests made last year, also received honors. Congratulations, Officer Sherber!

## Annual Christmas Parade Scholarship

Its time to pick up your applications, for the Annual Christmas Parade Scholarship, to be awarded at this year's Johnson School graduation, in June. The Scholarships are available to any student, who went through the Nahant School system and continued to graduate from ANY high school of their choice and are presently residing in Nahant.

The scholarship will be based on community service and / or volunteerism, in or out of school.

School grades will not be a factor; however the student must be accepted to a higher school of learning for the fall semester. Post-graduate studies (Prep School, College or University) are acceptable.

A brief letter, stating your community service, volunteerism and the school you will be attending, must be submitted to the Johnson School. These will be reviewed by the faculty, who will make the decision as to which students will receive the awards.

References for your community service and volunteering will be expected as well. These references can be from any organized group, such as scouts, community groups, high school, or church group.

APPLICATIONS can be picked up at the JOHNSON SCHOOL FRONT OFFICE.

Good luck and see you in June!

Submitted by The Christmas Parade Committee.

## Marine Science Center April Lecture to be Held at Nahant Town Hall

Due to standing-room-only crowds and the generosity of the Nahant community, the next Evening Lecture Series, for the Marine Science Center, will be held in the Nahant Town Hall, on April 15th.

This lecture will be presented by Northeastern University Distinguished Professor of History, Dr. William Fowler. Dr. Fowler has written a number of books about American history, frequently with a maritime theme. He has been a chair member on numerous committees and is the past Director of the Massachusetts Historical Society. His talk, "Tell It Good Bye Kiddo: A History of the North Atlantic Fishery," will be held at 7:00 p.m., on April 15th, at the Nahant Town Hall.

It was cod that sustained New England. The "sacred cod" tied New England into a global economy, that stretched across the Atlantic. Cod, molasses, rum and slaves were the mainstay of British North America. In independence, New England fishermen ventured to the banks off Nova Scotia and farther north, seeking cod. There was, they thought, an inexhaustible supply. Five centuries after first discovering this treasure, have we finally exhausted it?

This lecture is free to the public. Light refreshments will be served at 6:30 p.m. This will be the last lecture of the academic year. The lecture series will start again in October. FMI, call Tracy Hajduk at 781-581-7370 x321, or [t.hajduk@neu.edu](mailto:t.hajduk@neu.edu).

## Tennis at the Country Club

All are welcome! Beginners to experienced players, both youth and adults, are invited to the NCC Tennis Open House in June. Come by the courts, to meet some of the players and to hit a few balls. Refreshments will be served.

There are four beautiful clay courts available, from 8:00 a.m. to 10:00 p.m., every day. Courts are lit for night play. Play begins in May and continues as long as the weather holds, through October. Membership is open to all area residents. Lessons for all ages and levels are available with the Club Pro.

Lessons for children will continue this year. Watch for the tennis announcement of dates, registration times in May and group fees. Membership is not required for young children taking group lessons at the Club.

Questions: email: [NahantCountryClub@yahoo.com](mailto:NahantCountryClub@yahoo.com). Or call Maureen DeCenzo, at 781-599-3259. — Submitted by NCC Tennis Committee

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## Nahant 150th Commemorative Books Available

The 150th Anniversary Committee is excited to announce the publication of the 150th Anniversary Celebration Commemorative Book. It's been five years since the anniversary...we wanted to get the job done right...and we believe we have! The book contains a wonderfully-written, detailed history of Nahant, over the fifty-year period between the 100th and the 150th anniversaries, personal reflections, details about the events of the 150th, fun facts and much, much more. The 150th book is printed in full color, filled with photographs from the 150th events, historic black & white photos from Nahant's 100th anniversary celebration and many more great images from Nahant—over 150 photographs in all!

The newly-published book will be on sale at the Town Hall, on Town Meeting day, Saturday, April 26th and available at the Nahant Historical Society thereafter. You will also be able to order the book online, at [nahant.org](http://nahant.org). The price of the book is \$15. We thank you for your support in making this historic book project possible and we look forward to seeing you on the 26th!

Submitted by The 150th Commemorative Book Committee

## Spectacular Women

by Polly Bradley

Three spectacular women, who are members of the Nahant Woman's Club (NWC), will be sharing their life stories at the club's annual meeting, Tuesday, April 8th, at 11:30 a.m. They are Margie Parisi, Lynne Spencer and a third member, not yet confirmed. The event will be a catered luncheon at the home of Nancy Whitman, overlooking Short Beach. Hostesses will be the Executive Board and Board of Directors of the NWC. The invocation will be given by Calantha Sears.

Members should make reservations by April 1. Call Marrit Hastings, at 781-581-5691, or email [calhast@hotmail.com](mailto:calhast@hotmail.com), or send a \$10 check to 42 Nahant Road.

The annual business meeting will include a vote on officers and board members, for the coming year. In addition, the membership will vote on a proposed by-law change that increases annual dues, from \$20 to \$30 per year. Dues are payable at the annual meeting.

At the February meeting of the NWC, Chris Alexander won the raffle for a prized painting by Carolyn Jundzilo-Comer. Chris had a choice of three paintings and chose one of sailboats, with the Boston skyline in the background. Cay Cusack won the boat-in-a-bottle, by Maurice Poulin. Since Cay already has three boats-in-bottles, she decided to donate the work back to the Woman's Club. It was raffled again at the March meeting, and Polly Bradley was the lucky winner. Proceeds from both raffles go to the NWC scholarship fund. Many thanks to Carolyn and Maurice for the generous donations of their works, and also to Cay for her gift.

A collection of beautiful dolls, hand-made by Miriam Ostrovitz, a member of the Nahant Woman's Club and the Nahant Garden Club, is on display at the new Swampscott High School, in the Senior Center section. Miriam has won many doll-making prizes for her work. In addition to making beautiful clothes for the dolls, Miriam creates dolls from molds, adding glass eyes and painting expressive faces on the dolls. The collection given to Swampscott, for permanent exhibition, also includes several antique Chinese dolls. Miriam, a resident of Nahant for many years, has also lived in Swampscott and now lives in Lynn with her son.

Submitted by the NWC Executive Board

## Project Bread's Historic 40th Walk for Hunger

Project Bread's special 40th Walk for Hunger is Sunday, May 4, 2008. Walkers will enjoy a 20-mile route weaving through Boston, Brookline, Newton and Cambridge. Free snacks and entertainment will be provided along the way. This year, an expected 43,000 participants will raise at least \$3.4 million in pledges, to help fund 400 food pantries, soup kitchens, food banks and food salvage programs across Massachusetts. Registration is from 7:00 to 9:00 a.m., on Boston Common. For more information, call 617-723-5000, or visit [www.projectbread.org](http://www.projectbread.org).

— Submitted by Dina Piran, Project Bread, The Walk for Hunger

## COA Notebook

by Diane Desmond

Happy, healthy Spring! If you are concerned about your future, or if you are caring for a loved one and have questions about how to plan effectively for them, please join the Council On Aging for an informative presentation to help you protect your assets and provide for your future, on Tuesday, April 1st, at 12:45 p.m., in the Tiffany Room. Presenting will be Stephen Spano, Board Certified Elder Law Attorney, President of the Massachusetts Chapter of the National Academy of Elder Law Attorneys and Vice President of the National Elder Law Foundation. He is also a member of the Board of Directors of GLSS.

Presentation topics include: How to avoid going to a nursing home; What the bank teller is not telling you; How your current planning documents may fail you and How to plan now for your future. A question and answer session will follow this presentation.

Coffee and dessert will be served. We hope our Seniors and/or families of seniors will take advantage of this opportunity. Call 781-581-7557 for more information.

Nahant COA will be having lunch at the North Shore Technical High School, on Thursday, April 3rd, at 11:00 a.m. The cost of the lunch is \$5.95 and transportation will be provided. A reservation is necessary.

As always, please call for information about current activities and don't forget our program for your safety at home, "CALL BEFORE YOU FALL."

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Equitable Bank is pleased to announce that Richard C. Newton has joined Equitable Bank as Vice President of Commercial Lending.

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As such, we plan to be very cooperative and expand with a variety of general business banking services, engage in commercial lending which will include small business loans, lines of credit, construction and development loans, add a night depository and become active in the U.S. Small Business Administration Loan Program.

If Dick Newton doesn't get to you first, you can call him here at Equitable Bank, 781-599-5600 or email him at [DickNewton@EquitableBank.com](mailto:DickNewton@EquitableBank.com).



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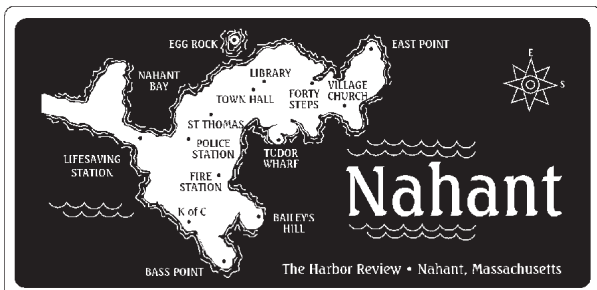
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## Eat Fat? Oh No!

by Sallee Slagle, Director, Dance Dimensions

We have been told that fat is bad. Don't eat foods with fat, as they will make us FAT. A low-fat diet is what has been believed as best for everyone. Well, America has believed this strongly. The food industry also has created "low-fat" foods for us to buy, but reducing the fat, also reduces the satisfaction and taste. So low-fat foods have more sugar, corn syrup and fructose, which convert to stored fat in the body, if not burned. Also, a lack of satisfaction can drive us to eat more, to feel satisfied. Since the low-fat craze began, obesity has risen dramatically. So, is low-fat really the way we should be eating? I say we need to KNOW fat.

Low-fat diets have made us fatter! It has to be well-known and understod, that not only the fat you eat, becomes fat in your body, but that ANY excess calories you eat and DO NOT burn off by activity, will be converted and stored as fat in your body. So excess carbohydrates and excess protein will make you fat, too! ANY extra calories can and will make you fatter, if you don't burn those calories off! Genetically, the body is still protecting us, as the hunter/gatherer that we once were. Your body stores these calories for you to use, at a later time, when food might be scarce. This system is set-up to keep us alive in a changing time, when food was often scarce. In modern times, food is never scarce and obesity is a national epidemic.

Fats are misunderstood. The fats and oils in our food contain a higher calorie density and so must be consumed intelligently. Some fats are healthy and others are not. Some raise our risk of heart disease, some increase our cholesterol and others lower it. So some fats are even good for you.

Let's clarify this. There are three types of fats: saturated fat, monounsaturated fat and polyunsaturated fat. The body reacts differently to saturated and unsaturated fats. Saturated fat is the worst type of fat and should be avoided. Saturated fats and oils are mainly animal based, including butter and cheese. Eating these stimulate cholesterol production in the liver, raising your cholesterol levels and as such, are the unhealthy type of fat. You should limit consumption of saturated fats. This is why many people limit red meat in their diet. That is a healthy choice. Lean meat is also considered healthier, as it has less saturated fat and fewer fat calories, too.

Plant-based fats and oils are not all the same. Some polyunsaturated and monounsaturated oils from plants, actually can lower cholesterol production! These are heart healthy oils include grape seed oil, olive oil, canola oil, peanut, walnut and almond oil. Corn oil, sunflower, safflower, soybean, sesame and cottonseed oils are also polyunsaturated. They do not raise, or lower cholesterol, but their structure is more unstable and likely to oxidize, which can make them a questionable choice.

Omega-3 is an essential fatty acid, that can lower your risk for heart disease, inhibit blood clots, which also aids in supporting a healthy immune system, eyes and brain function. Omega-3 also has anti-inflammatory properties, that can help ease joint pain. Where do you find Omega-3? Fish oils, flax seeds, walnuts and dark green leafy vegetables. Be sure to include these in your diet. Of course, you can also add supplements if your diet does not include fish, one to three times a week, or a handful of walnuts each day.

The biggest fat in the news today is Trans Fat and the banning of it in Boston! Yes, the vote is in and Boston restaurants will soon be Trans Fat Free! Trans fats are being found to be even more harmful than saturated fats. Trans fats may increase your risk of heart disease and breast cancer, as it can alter cell membranes. Hydrogenated or partially hydrogenated oils are trans fats. Read your labels carefully and avoid them, at all costs.

When choosing oils, the best is cold-pressed and extra virgin olive oil, is the most nutritious. Storing fats in dark containers, or even in the refrigerator, helps keep the oil fresh, as light and heat can spoil the oils more quickly. Try adding healthy fats by sprinkling fresh-ground flax seeds on cereal, or salads. Add nuts and eat avacados in your salads and sandwiches. There is more to know about fats. The news is, you don't need to avoid them completely, if you choose healthy fats!

## Quilt Workshop Begins April 5th

On Saturday, April 5th, at St. Thomas Aquinas Church Hall, from 10:00 a.m. to 4:00 p.m., the Nahant Parish Quilters will be holding a workshop. Bring your sewing machine and sewing supplies, if available. All skill levels are welcome. Basic quilting techniques will be demonstrated and hands-on learning will be encouraged.

Lunch will be provided.

Please bring a donation of one yard of newly washed and pressed 100% cotton material. It will be much appreciated.

Completed quilts will be distributed within the Nahant community.

Please call Molly Conlin at 781-581-0296, for more details.



## To my friends and neighbors of Nahant,

My name is Michael Flynn and I am asking you to support my candidacy in the School Committee election taking place on Saturday, April 26, 2008. I have been a Nahant resident for over ten years and in that time, I have been a member of the Nahant Country Club, including being elected to its Board of Governors, as well as volunteering to be the Chairperson of the tennis program and creating the Nahant Country Club tennis program for our children.



I ask for your support, because I believe that I have the credentials to serve the students, parents and the Nahant community as a member of the School Committee. I have been a public school educator for five years, as well as being an Adjunct Faculty Professor, at a local college. In that time, I have had experience teaching an array of subjects and students, as well as having school administration experience. Before I started in academia, I was a Staffing/Human Resources Manager for over ten years, working for Fortune 500 companies, as well as publically-funded engineering research and development organizations. I have experience managing people, as well as creating and following budgets, both in industry and in academia.

My academic credentials include earning a Bachelors of Science in Business Administration and a Masters of Business Administration in Human Resources Management, from Bryant University and a Certificate of Advanced Graduate Studies (C.A.G.S.) in Educational Leadership, from Salem State College. I have earned my teaching license and a principal license from the Massachusetts Department of Education.

I believe that my academic and private sector business experience and my passion and dedication to the success of our children in Nahant, makes me an excellent representative of our community on the Nahant School Committee.

I want to personally thank you for your support and please vote for me for Nahant School Committee on Saturday, April 26, 2008.

Sincerely, Michael Flynn

## An Analyst Not a Cheerleader

by Peter Przybycien, Nahant School Committee Member

As my term on the Nahant School Committee winds down, I would like to thank my many supporters and detractors. Thanks to the supporters whose backing and understanding helped me stand firm in my positions, in the face of adversity, and also to the detractors, as a loyal opposition, that led me to view the issues from a different point of view.

For the supporters that questioned, or were somewhat bewildered, by how I handled my term, I offer this; when you voted for me, you hired an analyst and not a cheerleader. My methodology was simple, do the homework, remove the emotion and personality from the issue and do what is in the best interest of the Nahant School District. If that decision places you in an unpopular place, do not waiver.

This is not to say that I turned a deaf ear to grumbling voices. Input, regardless of the origin, was factored into the decision-making but no position was taken based solely on comments from an emotionally-charged constituency. Only when the emotion was taken out of the equation, could the issue be properly examined and the best decision made.

Knee-jerk reaction by the Committee will always have detrimental affects, both near and long-term. The wheels of the School Committee, or any government body, turn slowly and decisions made presently, will have long-term affects on the school district. This reality was also a key tenet in my decision-making process.

I hope that the new School Committee members will understand the weight and breadth of the decisions they make and how far-reaching the affects may be, for better or worse. They arrive to the Committee with the Johnson School and the Nahant School district on solid ground. A new administration is in place, and if left to do the job they were hired to do and not micromanage, it will offer much-needed stability, with real near-term benefits.

Stability in both the administration and funding are key to accelerating the Johnson School from offering a good program, to an excellent full-service program. Stability in funding must be pursued with our State Representation, in the form of equitable Chapter 70 funding distributions. The burden of stable funding should not be placed on the Nahant residents, in the form of an override. My inability to commit the time to this lobbying effort is the main reason I am not seeking reelection.

In closing, I wish the Committee well and pledge my full support to the Johnson School and the Nahant School District, as it moves forward. As stated, the school is on solid ground, but there will be challenges ahead. If the Committee can stay focused on long-term stability, the Johnson School will truly reach its fullest potential.

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## Wellness Cafe: A Unique Gathering

by Dr. Devorah Feinbloom and Susan Cadigan LMT, NCTMB

The first Wellness Café, a unique gathering for the purpose of creating community and learning about wellness for yourself and planet, was well attended. The Wellness Café is a community meal, with a vegetarian pot-luck, provided by each individual who attends. This is a warm-spirited gathering, with Special Guest Speakers featured at each meal. Our first guest speakers were the Teens from The Food Project. The Food Project is an organization, whose mission is sustainable, local food systems that bridge race, class, age and more, to ensure food security for all. You may have eaten this organization's delicious produce, if you shopped at the local Farmers Market. To learn more about The Food Project, please go online to [www.thefoodproject.org](http://www.thefoodproject.org).

We enjoyed a very nice time together, with chitchat, listening, learning, sharing and laughter being part of the menu, along side the guest speakers and delicious food.

We expect this wonderful gathering to happen monthly. The announcements and schedule for the Wellness Café will be posted at the Nahant Community Center, 41 Valley Road. For more information call Nahant Natural Healing, at 781-592-5500, or visit [www.drdevorahfeinbloom.com](http://www.drdevorahfeinbloom.com).

*Dr. Devorah Feinbloom is the director of Nahant Natural Healing, located at the Nahant Community Center. She shares her office with Susan Cadigan, LMT, NCTMB, Nahant Therapeutic Massage. Holistic healing and stress management are our specialties. Susan Cadigan is licensed with the state of Massachusetts and Nationally Certified in Therapeutic Massage & Bodywork. Ms. Cadigan is employed by Partners HealthCare and provides therapeutic and deep tissue massage at NSMC Union/Salem Hospital. Ms. Cadigan can be reached at 617-240-4252, or e-mailed at [momentsofpeace@comcast.net](mailto:momentsofpeace@comcast.net)*

## How's the Spring In Your step?

by Marc Dufour, LPTA, ROA and Jacquelyn Connolly, LPTA, cFO

The day's a little longer, the weather that much warmer, we see the crocuses and daffodils beginning to peep out of the ground. Nahant has so much to see and experience, as winter turns to long-awaited spring. It is only natural to want to get outside, make plans for the yard, get the kids moving and maybe think about ourselves a bit, too. Maybe take up some walking, biking, bird watching, whatever gets us closer to the great outdoors. Okay, so Nahant may be considered one square mile, this little spot has lots to offer, good things come in small packages. So, put down the remote and get out there, oh, and let's not forget your feet. This month the goal is to educate on something called Plantar Fasciitis; one of the leading causes of heel pain.

When your first few steps out of bed in the morning, cause severe pain in the heel of your foot, you may have plantar fasciitis. It's an overuse injury affecting the sole, or flexor surface, of the foot. A diagnosis of plantar fasciitis means you have inflamed the tough, fibrous band of tissue connecting your heel bone to the base of your toes.

You're more likely to get the condition if you're a woman, if you're overweight, or if you have a job that requires a lot of walking, or standing, on hard surfaces. You're also at risk if you walk, or run, for exercise, especially if you have tight calf muscles, that limit how far you can flex your ankles. People with very flat feet, or very high arches, are also more prone to plantar fasciitis.

The condition starts gradually, with mild pain at the heel bone, often referred to as a stone bruise. You're more likely to feel it after (not during) exercise. The pain classically occurs again, after arising from a midday lunch break.

If you don't treat plantar fasciitis, it may become a chronic condition. You may not be able to keep up your level of activity and you may also develop symptoms of foot, knee, hip and back problems, because of the way plantar fasciitis changes the way you walk.

Sounds terrible right? What does this mean? Are those with foot problems destined to abandon the much-loved flip flops, crocs, or deck shoes? There are a few different solutions to ease the problem. Physical Therapy is one option. Some Podiatrists use what is called shock-wave therapy. Another quick, convenient, and successful option, is to wear custom-molded foot orthotics, in your footwear, to help the pain. How do foot orthotics work? Fabricating a custom orthotic, that is worn inside the shoe to take the pressure off the arch, as well as the metatarsal heads (the balls of your feet), will start the healing process. Wearing your orthotics consistently will decrease the inflammation in the fascia. Orthotics can be adapted to fair-weather footwear, with a little education and creativity, allowing for style, comfort and support for many outdoor activities.

The good weather is coming, Get yourself off on the right foot (literally).

Stay tuned for helpful hints on preparing for the many upcoming and popular fundraisers, such as the Avon walk for cancer, MS walk, NSMCC walk for cancer, as well as the many local road races.



## **Auto Insurance – The New Beginning** by Tom Quinn Jr. , CIC, Quinn of Lynn Insurance

Auto Insurance in Massachusetts is changing in a big way, beginning April 1, 2008. For the first time in over two decades, Massachusetts personal auto insurance is going to be competitive. Gone are the days of the one-product/one-price marketplace. However, as with all change, there is going to be some confusion. The best advice I can give you, is to call your agent and ask questions. With this new competition, many insurance companies are going to look for more information on the individual client, to provide the best quotation.

While some insurance companies are going to favor the “best drivers,” other companies are going to market to the good, but not perfect, client, while others may look to the not-so-great client. The insurance company you have had for many years, may not be the best fit for you now. If your current agent does not represent a number of different carriers, it might be worth your while to make another phone call. Quinn of Lynn Insurance represents over 80% of the auto carriers actively writing in Massachusetts, so if you want a competitive quotation, please give us a call. Don’t be fooled with rate averages, or radio and television advertisements—the only way to get an accurate quotation is to talk with an agent.

This may take a little longer than in the past because now, more information is needed. You will have more options to pick and choices to make. Carriers are introducing more coverage options and endorsement, such as accident forgiveness, Good Student, Student-away-at-school, deductible rewards, Replacement cost endorsement, OEM coverage and many more. And don’t forget, there are still some group discounts being offered like AAA, SBLI and WBUR to name a few.

Another carrot the carriers are dangling is bundling your home/apartment/condominium insurance with the same insurance company as your auto, to get an additional discount. Unfortunately, with so few property carriers writing new coverage here in Nahant, that is not a discount we can all participate in, but it is worth asking your agent about. In fact, Commerce Insurance is offering an account credit, even if your property insurance is with Massachusetts Property Insurance.

This is an exciting time and an opportunity for consumers to realize some substantial savings on their insurance. It might seem like a daunting task, to gather and understand the numerous options available to you now, so please call your local independent agent for assistance. The agent is the professional who should be able answer all of your questions and offer you the best proposal.

Quinn of Lynn Insurance, established in 1962, is a local, full-service insurance agency, offering an array of products and services. Through an affiliation with The Renaissance Alliance, we are able to provide our clients with a level of products, services and expertise associated with the largest of regional brokers, while delivering local personalized service. We are conveniently located at Seaport Landing, just over the causeway. Please give us a call, or email with any questions or comments. 781-581-6300 / [Thomasquinn@onceanddone.com](mailto:Thomasquinn@onceanddone.com) / [www.QuinnofLynn.com](http://www.QuinnofLynn.com)

## **No More Analog TV** by Joe Bukowski

On February 19, 2009, analog TV will go dark. The FCC has mandated this change, to free up the bandwidth that analog TV occupies, creating more space for security emergency systems and developing a source of revenue, when the government auctions off the abandoned space.

Currently, most TV stations broadcast digitally, in preparation for this 2009 change to the digital-only format. How will this affect you?

Every TV set over 20 inches, sold as of March 2006, has been required to include a digital tuner. If you are a subscriber to digital cable, or satellite service, you are already receiving digital and need do nothing. Those affected must receive their TV exclusively through air broadcasts, via an antenna. Their options are to purchase a new TV, with a digital tuner, or to purchase a digital converter box, around \$70. The FCC has allocated funds to offer consumers two coupons, worth \$40 each, to offset the cost of those new digital boxes.

The picture quality of tube TV degrades over time. Coupled with the lower cost of LCDs, plasmas, and big screens, it makes sense to purchase a new TV and enjoy the benefits of the rich definition format, instead of purchasing a digital converter box.

Covert TV, located in Wyoma Square, Lynn, has 20 LCD, plasma and big screen TVs on display. Come in and enjoy the high-def experience. Talk to Covert’s knowledgeable salespeople about which TV would be best for you. Covert’s also sells appliances and performs in-home service on televisions and stereo systems. We are open Monday to Thursday from 9-5:30, Friday from 9-8, and Saturday from 9-2. We can be reached at 781-599-4500.

## **Memorial Service for Phyllis Corbin April 12th**

There will be a Memorial Service for Phyllis Corbin, sister of our Town Clerk, Harriet Corbin Steeves, on Saturday, April 12th, at 11:00 a.m., in the Union Congregational Church, on Tewksbury Street, in Winthrop.

Directions to the church are available for those who wish to attend, by calling Harriet Steeves, at 781-581-0715.

## **In Memory of Prof. William (Bill) H. Dennen**



**April 8, 1920 - January 20, 2008**

A celebration of the life of former Nahant resident, William (Bill) Dennen, who passed away on January 20, 2008, will be held on April 12th, at 11:00 a.m., at the Trinity Congregational Church, in Gloucester.

Born in Gloucester, he was an Eagle Scout at the young age of 14 and served his country in the U.S. Marine Corps, a veteran of World War II. He continued to serve in the reserves until 1964, when he retired as a Lt. Colonel.

Prof. Dennen received his B.S. degree in Geology from M.I.T. in 1942 and PhD from M.I.T. in 1949. He first worked as an instructor in 1949 at M.I.T. and continued as an assistant professor from 1952 to 1957 and as an associate professor from 1957 to 1967.

He then went to the University of Kentucky, where he was a professor from 1967 to 1972. He served as chairman of the Geology Dept. from 1967 to 1972 and was the acting Dean of the graduate school from 1970 to 1972.

He was also the director of Cabot Spectrographic Lab, in the mid-1950s and from 1972 to 1983. He was involved in consulting and exploration in Pennsylvania, Nevada, Yukon Territory, Nova Scotia, New Brunswick, Colorado, Maine, Spain, Venezuela, Ecuador, Brazil, Australia, Liberia, Guinea and Ghana.

Prof. Dennen was also instrumental with the United States Geologic Survey, publishing bedrock maps for Cape Ann, Ipswich and Marblehead. He also published numerous technical articles and textbooks including “Principles of Mineralogy,” “Geology and Engineering” and “Mineral Resources.”

He is survived by his wife, Shirley E. Anderson, sons, William S. Dennen and Peter D. Dennen; daughter, The Reverend Susan Dennen de Rodriguez, as well as several grandchildren. He will be interred in the Beechbrook Cemetery in Gloucester.

His daughter, The Reverend Susan Dennen de Rodriguez, who moved away many years ago, still has many friends in Nahant and visits occasionally.

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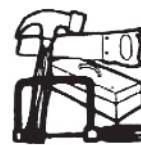
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## Be A Tudor: Really Clean Up



Submitted By Duddie & Ponsie Tudor "The Ice King Twins"

Just about every business venture our Dad, (the Fred) Frederic Tudor attempted, he "really cleaned up." At the time of his death, he left Mom (the lovely Euphenia) and us, today's equivalent of \$10,000,000, in cash-a-roo. Because of that inheritance, we have been able to fund many of the town fundraising events and keep intact the Tudor Cocktail Ice Co.

With that same visionary insight, you too can really clean up, just like us "Tudor's"

SAVE THE DATE

Saturday, June 7th (rain date Sunday, June 8th), is your annual beach clean-up day. It's a day residents (new and old) can pitch-in, grab a trash bag and really CLEAN UP! If every one filled one bag, our beaches would sparkle. Don't wait to be asked, take control, save the date, get to your beach of choice and GO-GO-GO.

Usually, one of Nahant's local organizations runs the event, but at the time of the press deadline, our staff was not aware of any group putting it together. There may be a group right now organizing that very event? If so, our sincere thanks! If not, no big deal, Dad never waited for anyone's go-ahead. Be a Tudor, feel the power of taking control of one of our many gems in Nahant...YOUR BEACHES!

GO-GO-GO to the lovely ladies of Canoe beach, the sea wall dwellers of Joe's Beach, our faithful-cult, family-followers of Tudor Beach and let us not forget the mutually-shared, Little Nahant / Big Nahant plum, Short Beach.

Special note to Short Beach volunteers, you have an even larger job. You not only have to clean, but you also have to groom. The grassy knoll "camp ground," across from the business district, has to be set up to accommodate our illegally-parked, out-of-town guests, who park there, pay the parking fine as an admission fee, and camp out with paraphernalia you would not believe!

Also, you Short Beach volunteers have to paint the stripes for the "out of Towner" parking spots at the Lowlands parking lot. Also, this year, Short Beach will need additional volunteers to test the water temperature, at the new, free shower that Short Beach will be sporting, this up-coming season. We don't want any lawsuits from the scolding of any non-resident beach sticker goer's, do we?

Of course, a tow truck could alleviate the camp grounders and if "everybody" stopped giving, or selling, their beach parking stickers to those "non-resie's," we wouldn't have to paint those special parking spaces.

NOTICE: There is no truth to the rumor that Short Beach is being re-named "Short End Beach," even though it seems to be appropriate at times.

Submitted by Ophelia Payne, Duddie and Ponsie Tudor

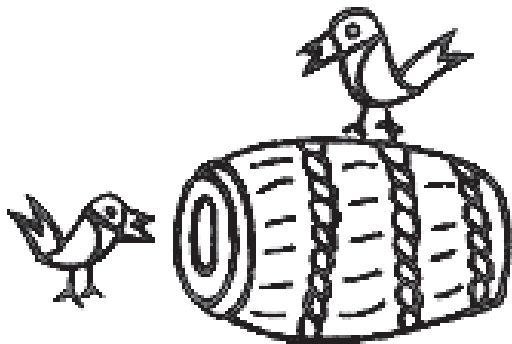
### DISCLOSURE STATEMENT

The Tudor Cocktail Ice Co. is just a bunch of fun-loving residents, who like to organize fundraising events, in order to give back to our little gem of a town that we truly embrace. As for Frederic Tudor, many of his tales are mostly true. That boy was quite a character! If you take the time to "Google" him, you'll find he was an easy target for this column and if he were living in town today, he would fit right in.

## Let's Green Up Nahant!

*A forum for sharing environmental innovations and ideas that can lead to a healthier earth.*

### Support SWIM Win a RAIN BARREL



Save water resources this spring and summer by recycling rainwater. SWIM will raffle a rain barrel in front of Town Hall on Town Meeting Day. Rain barrels can reduce storm runoff and replenish groundwater while providing free water for your lawn and garden.

Stop by and find out how it works. Then, purchase a raffle ticket and help support SWIM.

Raffle tickets are \$1 each, or 6 for \$5.

Free water is priceless!

### TOWN MEETING DAY IS SATURDAY, APRIL 26TH

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### Agenda for Safer Waters

by Polly Bradley

Rain barrels and compost bins, a summer SWIM for SWIM, the Mass Ocean Bill, and the potential effect of climate change on Nahant, will be on the agenda for SWIM's April meeting. Safer Waters in Massachusetts (Nahant SWIM, Inc.) will meet on Monday, April 7th, at 7:00 p.m., at Northeastern University Marine Science Center, 430 Nahant Road.

At SWIM's March meeting, members approved, unanimously, a letter to the Massachusetts House-Senate Conference Committee on Ocean Management. This committee is charged with bringing together the two different versions of the Massachusetts Ocean Bill, passed by the Senate (S. 2346) last fall and by the House (H4527) in February.

Excerpts from the SWIM letter are below:

Safer Waters in Massachusetts (SWIM) is writing to urge you to take the strongest possible stance for protection of the ocean environment, while you are working to reconcile the Senate and House versions of the Massachusetts Ocean Management Bill. Your major consideration should be to protect the ecology and the fisheries and build them back up to maximum sustainable levels. The living resources of the coastal zone cannot be duplicated, or located anywhere else, whereas construction of most of the facilities you allow, can be done on land.

Safer Waters in Massachusetts is a local, volunteer group, that since 1984 has worked to protect the ocean around Nahant and beyond. SWIM particularly endorses the environmental aspect of the Massachusetts Ocean Act, but we have several concerns.

First, the Senate version of the bill seems much more protective of natural resources, than the House bill. SWIM urges you to take the Senate version, as the template from which you work. You need to require that an Ocean Management Plan be in place, within two years and require that development be consistent with the plan.

The burden of proof should be up to the proponents of a project, to show that the project will not harm the fisheries. It seems as if all the emphasis and detail in the Act are on the side of development — energy (alternative and otherwise), food production (wild and aquaculture), recreation, transportation, LNG terminals, telecommunications cables, etc., while environmental protection gets mentioned, almost as an afterthought.

Modern technology has made it feasible to build, regardless of storms and tides, in locations where it was formerly impossible. (The Australians are beginning to mine for metals in the deep ocean trenches.) That does not mean that every project that can be done, should be done. You do not want the Massachusetts Coastal Zone to become the greatest land-grab since the Oklahoma Run.

What will keep the wealthy and powerful from using this bill, and the changes in

Chapter 91, and the loss of the protection of the Ocean Sanctuaries Act, to rush projects through, without regard to the fisheries, the ecology of the ocean, the endangered whales and sea turtles, and water-dependent uses of the waterfront? There's little detail in the bill on how the ocean will be protected, but plenty of detail on how the ocean will be exploited.

Development and protection should be in balance, but instead, "capitalization" is as heavy as a giant on the down side of the seesaw, while ocean protection is left high and dry, up in the air. SWIM is in favor of wind energy and other alternative forms of energy in the right places, but the bill now seems to leave the door open for just about anything, alternative or otherwise.

Please write into the bill environment first, development second. SWIM has real concerns about whether, under the proposed Mass Ocean Act, it will become easier than ever, for corporations to get proposals through, whether or not the environment suffers.

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### Minding the Gap

by Lisa Scourtas

Some markets have been hit harder than others, but one thing is clear: with the current conditions, it's a great time to buy a home. It's important to keep in mind, that the only thing that really matters, when it comes to purchasing a home, is "the gap" —the difference between the amount you sell your current property for and what you must pay to acquire the next one.

Potential clients complain, that because the sale price of their home will likely be lower than they had hoped, they can't afford to buy the next home. I say, "You can't afford not to buy." This logic works, albeit the other way around, in a seller's market. Remember when the housing market was booming? Prices were

high, but when people sold their homes, they were depressed to see the sky-high asking prices for their next home.

If you're waiting for the market to hit bottom, remember, that when you think it is at the bottom, you have already missed it! We may be looking at the lowest prices of real estate in our lifetime. It's a great time to buy a home. If you're selling, remember, it's only the gap that matters!

Do you want to know the market value of your home? Thinking of buying? Call me anytime.

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## **News from the Johnson School**

**By Diane D. Mulcahy, Principal**

The Johnson School has been extremely busy since we returned from February vacation.

On Monday, March 10th, the school hosted The Floor Lords. The Floor Lords are a group of break dancers, which presented a demonstration to the students and taught the students step-by-step, how to break dance. This interactive presentation was very popular with all the students at the school. Our Physical Education teacher, Ms. Cheri Spencer, as an introduction to the dance unit, organized this event.

Read Across America was celebrated at the Johnson School on March 3rd. Several members of the Johnson School community were joined by Nahant dignitaries, including Calantha Sears, Bob Ward, Mark Cullinan, Mary Lowe, Mike Manning, Dave Wilson, Harriet Steeves, Paul Manley and Dan deStefano. Each guest was assigned to a classroom in which to read a Dr. Seuss story to the students. Read Across America is celebrated each year, to honor Dr. Seuss and emphasize the love of reading and books.

The students assembled in the gymnasium in Friday, March 7th, for a one-woman show, about the life of Helen Keller. This multi-media presentation not only profiled Helen Keller and her accomplishments, but also illustrated to the students, that a person with disabilities can live a very fulfilling and happy life. Ms. Stacie Nardizzi organized this performance as part of the Johnson School Enrichment Program.

In February, the Enrichment Program brought the story of Sojourner Truth to the students in grades 3-6. We are so fortunate to have Mrs. Nardizzi coordinate these programs for the students.

The students in Colleen Munnelly's Pre-School class, enjoyed a visit from Gerry Mordis, Nahant resident and member of the Boston Pops. The preschoolers were delighted with Mr. Mordis's presentation and really learned that V is for violin.

Congratulations to Olivia Aswad, the winner of the Johnson School Spelling Bee. On Thursday, February 28th, the fourth, fifth and sixth-graders assembled in the cafeteria for the final round of the Spelling Bee. Mrs. Dunion moderated the event, with Mr. Brady serving as the judge. After several exciting rounds, Olivia Aswad, a fifth-grader in Mrs. Shanahan's class, emerged the winner, spelling the word sequin correctly. Sixth-grader Matthew Ryan was the runner-up. Olivia will participate in the Regional Spelling Bee on the evening of March 14th, in Lynn.

On a more serious note, it is MCAS time. The statewide test will be administered to grades 3-8. The first round of MCAS will begin on Monday, March 24th, and will continue until April 4th. We encourage good attendance and prompt arrival at school all year through, but during the MCAS weeks, it is especially important. We also encourage students to get a good night's rest before each exam day.

## **Nahant Students Achieve Honors**

Congratulations to the following Nahant students, attending Swampscott Middle School, for achieving High Honors and Honors during the second quarter.

Grade 7: High Honors - Arianna Billias, Derek Osbahr, Aristana Scourtas and Alexa Steriti. Honors - Anna Greene, Rosalie Moleti, Virginia O'Leary and Melinda Wilson.

Grade 8: High Honors - Heather Doyle, Taylor Eaton, Lindsey Marini, Alexandra Moccia, Anthony Silva and Emily Walls. Honors - Meredith Ball, Jacob Bartholomew, Abigail Caggiano, Alexendra Chasse, Elijah Clark, Shiloh Clark, Kristen Connor, Peter Klee, Madeline McKie, Colleen Meagher, William Ross, Mary Samson, Nick Sarcia, Rita Tsokanis and Trachita Wheeler.

## **Garden Club Annual Scholarship 2008**

The Nahant Garden Club is pleased to announce its offer of a \$1,000 academic scholarship, to a high school graduate, who has been accepted to an accredited institution of higher learning.

The applicant must be a current resident of Nahant and have been a resident for at least three years. The applicant's course of study should be related to ecology, environmental engineering, conservation, landscape architecture, botany, or horticulture. In the absence of applicants majoring in the above fields, the scholarship will be awarded to an academically outstanding student. Preference will be given to a student who has demonstrated significant contributions to civic and community service organizations.

Applicants must include a transcript of grades, an autobiographical letter describing the applicant's accomplishments, a letter of acceptance to an accredited institution of higher learning and a letter of recommendation from a teacher or community leader.

Please submit all requirements by May 27, 2008, to Edith Hunnewell, Scholarship Chairman, 174 Willow Road, Nahant MA 01908. FMI, call 781-581-0559.

## **Woman's Club 2008 Scholarship**

The Nahant Woman's Club is pleased to announce its annual scholarship. One \$1,000.00 award will be made to a member of the high school class of 2008, who will be continuing his or her education at an accredited two-or-four-year college. Applicants must have graduated from the Johnson School.

The award is based on academic record, financial need, community service and extra curricular activities. Interested seniors should send a letter of application, along with a high school transcript and evidence of acceptance to college, to: Nahant Woman's Club Scholarship, c/o Ruth Ann Switzer, 18 Harbor View Road, Nahant, MA 01908, postmarked no later than Thursday, May 8th, 2008.

The recipient will be announced at the Johnson School Graduation Ceremony in June and the award will be made directly to the applicant, at the beginning of the second semester in college.

Information sheets will be available at the Swampscott High School Guidance Office and at the Nahant Public Library, on or about April 14th.

— Submitted by Edie Richardson

## **Captain Jennifer J. Harris Scholarship**

An educational trust has been established to continue Captain Harris's legacy of serving others. Captain Harris graduated from Swampscott High School in 1996 and from the United States Naval Academy in 2000. She was the first female helicopter pilot assigned to the famed Marine Corps Purple Foxes squadron, served three tours of duty in Iraq, flying casualty evacuation missions and was KIA on February 7, 2007.

Graduating High School students, or GED recipients, from Nahant and Swampscott, are invited to apply for a \$1,000 scholarship, to support college expenses.

Applications are available at the Nahant Public Library, Swampscott Public Library, Swampscott High School Guidance Office, North Shore Community College (Lynn Campus, Room LE232), or by emailing Harris\_Scholarship@verizon.net.

The application deadline is April 25, 2008.

Donations to the Trust may be sent to, The Captain Jennifer J. Harris Memorial Scholarship, Eastern Bank, 405 Paradise Road, Swampscott, MA 01907.

## **Frost's Telephone—Flower**

When I was just as far as I could walk  
From Acton—a town in Mass  
Exhausted settling in the grass,  
Move on - you hurt me!  
A flower complained.  
“What? – you talking?”  
I am Frost's flower!  
“You still exist?”  
I blossom every spring  
This is why lovers  
Can meet each other  
More frequently and easily.  
“I can not imagine!”  
You will. You do.  
For now, someone is waiting for you...

Dedicated to Frost's poem “The Telephone,”  
written in 1916. — ROZI THEOHARI



## **LynnArts Spring/Summer Programs**

### **School Vacation Week Arts For ages 7 to 11**

During school vacation week, April 22nd through 25th, LynnArts will offer four days of visual and performing arts workshops, designed to encourage creative thinking and artistic exploration, while promoting self-confidence. Students may participate in the visual arts program, or the performing arts program. The day-long program includes supervised lunch and break periods. All supplies are included, though students must bring their own lunch and snacks. February vacation-week classes fill up quickly and class size is limited, so call early, at 781-598-5244, to reserve! Register by April 4.

### **Summer Arts Exploration For ages 6-12**

This summer, LynnArts will offer four weeks of programs to inspire, challenge and excite young artists. Each week students will explore a different theme with visual arts, dance, movement and drama activities. Each day includes supervised lunch and break periods. All supplies are included, though students must bring their own lunch and snacks. Registration now open. Call for fees, dates and times.

Scholarships are available for all programs. Call us to request a scholarship application. For registration, scholarship applications, or answers to questions, call Cynthia at 781-598-5244

LynnArts is a private, non-profit organization dedicated to enhancing the quality of life in the greater Lynn area by developing and fostering the arts and humanities in our community; by supporting artists and arts or cultural organizations through resources, services, advocacy and planning; by coordinating community involvement in the arts; and by supporting public programs that promote access, education, diversity and excellence in the arts, humanities and interpretive sciences.

— Submitted by Cynthia Woo

## **All Care to Host Open House on April 16th National Healthcare Decisions Day**

All Care Hospice, along with other national, state and community organizations, is leading a massive effort to highlight the importance of advance healthcare decision-making—an effort that has culminated in the formal designation of April 16th, as National Healthcare Decisions Day (NHDD). As a participating organization, All Care Hospice is providing information for the public, on how to discuss their wishes with family, friends and healthcare providers and execute written advance directives (healthcare power of attorney and living will), in accordance with Massachusetts state laws.

More specifically, on April 16th, from 10:00 a.m. to 4:00 p.m., the All Care Hospice Center for Grief and Loss, is welcoming the public throughout the day, at 583 Chestnut Street, Suite 6, Lynn MA, with free information about advance care planning and advance directive forms.

For more information about National Healthcare Decision Day at the All Care Hospice Center for Grief and Loss, please call Diane Moran, at 781-586-1609 ext 571.

— Submitted by Lisa Urbaczewski

## **Nice plan, wrong direction**

**by Pat O'Reilly**

5 million dollars. That is an estimate of market value for the 12 houses that the Town would have torn down and the land sold, for no less than 2.1 million dollars, according to the RFP that will be before Town Meeting. So, what is it that the Town hopes to get in return for giving up potentially 3 million dollars in market value? And why should Town Meeting approve this RFP?

The RFP before Town Meeting would seek a developer, to replace the 12 houses on Castle and Gardner Roads and Goddard Drive, with 28 housing units, an increase in housing density of 16 units. 7 units would be subsidized, affordable housing and the other 21 units would be market-rate housing. Castle Road would get new single-family houses which might be nicer-looking than the existing houses, while about 20 units would be built on Goddard Drive.

Conservatively, the market-rate housing units (the 21 apartments and houses) will be worth 7 or 8 million dollars and subsidies will mean that a developer won't be losing money on those 7 units of affordable housing. Additionally, the point-rating system for the RFP ensures that the largest developers will be rated most highly. This project would be a very good deal for the winning developer, with potentially very little, or no, financial return for the Town's investment, 3 years ago.

If my memory serves, one of the reasons given to buy the houses in the first place, was that we wouldn't want a big developer buying up all these houses and putting in a Chapter 40B development, against the wishes of the Town. Yet the proposal before us now, is exactly that type of development. Worse, it wouldn't move us appreciably closer to any affordable housing goals the State has for our town. Which still leaves many neighborhoods very vulnerable to the whims of a large 40B developer, like the ones we are now inviting into the town to bid on this project.

Is this the best we can do? I say no. We have to go back and explore more than just this one alternative and have a real debate about Town priorities. There is no rush. The market-rate rents on those homes will easily pay for the loan taken out to buy them. Those houses, originally built at taxpayers expense, have plenty of usable life left in them, with proper maintenance. So, waiting until rents have paid down the loan is an appealing option and gives us time to revisit our priorities at some future time. Once the loan is paid off, or paid down, then the Town could be in a position to set aside more of that land as park land and still be able to create more affordable housing. Or we could decide to use the additional money from a market-rate sale in the nearer term, to buy up some of the vacant housing in town and use it for affordable housing without increasing housing density.

No plan is ever going to get 100% support of the town's residents, but we can do a lot better, than to make an already dense area of town, even more dense and to give up on the opportunities for more parkland and more affordable housing, that this purchase was supposed to provide.

The first principle of "Smart Growth" is to first, make the most use of the housing and infrastructure that we have. That is what will save the Town money and make it more affordable and more enjoyable for people to live here, now and in the future.

## **Annual Walk for HAWC April 27th**

Mark your calendars for the 16th annual WALK for HAWC (Help for Abused Women and Children), which will be held on Sunday, April 27th. It's time to grab your sneakers and gather friends, family and colleagues to help support a worthy cause. This year HAWC is hoping to raise \$175,000 to continue its support of free services for victims of domestic violence and their children. Each year, hundreds of families turn to HAWC for help. The money raised is used solely to meet the needs for HAWC services.

The WALK for HAWC is a great family and community event with activities and entertainment for all ages! The WALK will begin and end at Old Town Hall, in Salem. Registration starts at 11:00 a.m. and the WALK will kick off at noon.

HAWC is still seeking sponsors, walkers and team captains. To register to walk, obtain WALK papers, or inquire about sponsorships, please email Alicia Black: [info@helpabusedwomen.org](mailto:info@helpabusedwomen.org), or register online, [www.helpabusedwomen.org](http://www.helpabusedwomen.org).

"This WALK is about supporting friends, neighbors and the community while raising awareness about domestic violence," said HAWC Coordinator of Communications and Events, Alicia Black. "There are so many ways you can help. You can walk, be a team captain, sponsor a walker, volunteer and lend your voice to the thousands of others who are making domestic violence their business."

For more information on Sponsorships and Registration, please visit the HAWC online at [www.helpabusedwomen.org](http://www.helpabusedwomen.org), or email Alicia Black, [walk@helpabusedwomen.org](mailto:walk@helpabusedwomen.org).



## Useless Information by Ray Barron

### Incredibly Useless Information!

Cal Hastings says there are traffic lights on the canals in Venice. His adorable wife, Marrit, says the Japanese national anthem is the oldest anthem in the world. Henry Hanagan claims a cow burps every 40 seconds. His adorable wife, Peg, proudly reports the odds of dying, while falling out of bed, are 1 in 2 million.

Sheila Hambleton reports, when Albert Einstein was nine years old, he could not speak properly. His parents suspected that he was mentally retarded. Sheila's creative husband Tom, says, the average man eats 110,000 pounds of food during his lifetime.

Physchologist, Ed Manzano, informs us that an elephant's brain is five times larger than a human brain. His sweet wife, nurse Ann Manzano, a native of Holland, says, "Vincent Van Gogh and Paul Gauguin shared a studio for nine weeks. The two artists often had fights with each other and during a mad moment, Van Gogh cut off a piece of his own left ear."

The electrifying Ed Poulin, reports there are more chickens than humans on our planet. Ed's personable wife, Gayle, wants you to know we are born without kneecaps. They develop by the age of six. And Bonnie Blydell says, dental enamel is the strongest material your body produces.

### Nahant Ancestries

One more time! Nahanter with Irish ancestries represent 32% of the town's population of 3,600. Nahanter with Italian ancestries, represent 15.8% of the population. The Nahanter with English ancestries, represent 15.7% of the population. Nahanter with German ancestries, represent 9.9% of the population. Nahanter with Greek ancestries, represent 6.1% of the population and Nahanter with French ancestries, represent 4.6 % of the population.

As you can readily note, Nahant is dominated by the Irish, Italians and the English. What's more, 96.5% of the population is white, non-Hispanic. Nahant Hispanics represent 1.1% of the population. And two or more races represent 0.8% of the population.

A decade or so ago, the most active ethnic group was the Nahant Italian American Society.

### Life's Clock

The clock of life is wound but once,  
and no man has the power  
To tell just where the hands will stop,  
at late or early hour.  
To lose one's wealth is sad indeed;  
To lose one's health is more;  
To lose one's soul is such a loss  
as no man can restore.  
The present only is our own  
Live, love, toil with a will -  
Place no faith in "tomorrow" -  
for the clock may then be still.

Compliments of Ray Barron & Buckfast Abbey

## APRIL BIRTHDAYS

April 1, April Fools Day! The lovely, brilliant, compassionate Julia Switzer, Cathy Rhodes, Mary Swaim, lovely Mary Pisano and Janice Migliaccio.

April 2: The lovely and personable Joanna Reardon, Chesley Taylor, Andy Erikson, Justin DeBerardinis, Jim Houlihan and Emmylou Harris, country and pop singer.

April 3: The glamorous Linda Kane, lovely Jean Mazzafero, Peggy O'Neill, Laura Gaudet, Barbara Brewer and the late actor, Marlon Brando.

April 4: Pam Morse, Mary Welsh, Frances McDonough, Tim Lowe, Mark Taylor, Scott McCarthy and Kevin Bailey.

April 5: Beverly Carr, the illustrious Dunbar Livingston, actor Gregory Peck and former Secretary of State, Colin Powell.

April 6: Annie Rooney, Kim Polcaro, Nancy Messina, Marilea Munoz, Kathy Marini, Mayann Quinlan, Claudia McClain, Tom McLaughlin, Will Letourneau and handsome Bill Lowell.

April 7: Sally Worthen, Mikaela Musman, Joe Dantona, Sal Migliaccio and film director, Francis Ford Coppola.

April 8: The brilliant Attorney, Paulette Marie, Georgie Tsatsis, Valerie Sofronas and the famous actress, Mary Pickford.

April 9: Julie Cadigan, Beatrice Rogers, Michelle Desmarais, Jim Hill, George Fintonis, Joe "The Eye" Manley and actor, Dennis Quaid.

April 10: Dan Taylor, lovely June Hansell, Ione Hansell, Linda Landry, Jim Peterson and sweet Kerry Gordinas.

April 11: Mary Jane Mitchell, Susan Cadigan and actor and singer, Joel Grey.

April 12: Hannah Peterson, Donna Langevain, Clinton Alessi,

Veronica Bongiorno, the dedicated public servant, Gene Regnante and talkshow host, David Letterman.

April 13: The noted nurse, Gretchen Szczechowicz, Susan Golden, Edith Gray, Donna English, handsome Dan Dill, Tony Baracewicz, John Dolhun, Gene Burrell and Thomas Jefferson, 3rd US president.

April 14: Garret Jones celebrates his birthday with country singer Loretta Lynn and comic Steve Martin.

April 15: Blanche Bushnell, Antoinette Roffler, Amy Famulari, Lynn McKnight, Patricia Lockhart, Clara Tyler, Susan O'Neill, David Lass, the noted journalist David Liscio and on this day in 1912, the passenger liner, Titanic, sank after colliding with an iceberg, on its first voyage.

April 16: Pasha Petric, Carolyn Griffin, Bill Cadigan, Jeff Hooper, Bob Branga and the late, Henry Mancini, film-score composer.

April 17: The personable Margie Goode, Cathy White, Kathy Welch, Dot Morley, Maura Cronin, Paul Bertrand, Eric Peterson, Peggy Silva's loving husband Bob and Thornton Wilder, playwright and novelist.

April 18: Personable Barbara Kairevich, Dimitrios Christoforidis, John Donahue, Brian Hawko and Leopold Stokowski, conductor and composer.

April 19: Our lovely and personable neighbor Suzanne Tarlov, Dennis Ball, easy-going Bob Munnely and the late Dudley Moore, English-born comedy film actor.

April 20: Handsome Phil Oesterlin, Mike Cullinan, Nick Fiore and actor, Ryan O'Neal.

April 21: Francis McCarthy, George Szabo, Caitlin Meagher and the late actor, Anthony Quinn.

April 22: Ryan McDermott, Wendy Payne, Richard Bacheller, Edith Payette, Mary Livingston, Larry Smith, Joe Caloggero, singer Glen Campbell and actor, Jack Nicholson.

April 23: Ellen Kutcher, Rebekah Richardson, Jim Mahan, Vic Charboneau and actress, Sandra Dee.

April 24: Lovely Allison Twiss-O'Neill, Jake Lemle, the personable Joy Spinelli, Mary Ellen Morris, the wondrous Joe Moccia, the handsome Carl Jenkins and singer, Barbra Streisand.

April 25: Cassie & Jane Picone, Carly Famulari, Patricia MacDonald, Manami Shishido, the stately Tom Hambleton and actor, Al Pacino.

April 26: Jeanette Roderick, Linda Bellofatto, Gina Hollenbach, Mary Sanborn, Betty Gooding, Jeff Goodell and Marcus Aurelius, Roman emperor.

April 27: William Lowell, Bob Alexander and also born on this day, Ulysses S. Grant, general and 18th US president.

April 28: Lovely Wendy Hayes, Brian Keohan, Kavita Kumari, Lorraine O'Keefe, Maral Gunduz, Karen Rogers, Matt Hatfield, Sofia Caloggero and the vibrant actress, Ann-Margret.

April 29: Lovely Barbara McDonald, sweet Kathy Famulari, Patricia Morad, Sean Davis, Kevin Calnan, Mark Coakley, Frank Cardile and comedienne, Carol Burnett.

April 30: Michele Kirkman, Linda Lehman, Jennifer Trentsches, Alisa DeDominicis, Irene Polnicki, Effie Schmidt, Jeff Pelley, Henry Brett, Bob Doyle and the illustrious Mark Pillsbury.

### Lest we forget...

On this day, in 1789, George Washington became the first president of the United States. Yes, on April 30!



## Mass Theatrica Presents Rogers and Hammerstein April 6th

Mass Theatrica presents "The Music of Rodgers and Hammerstein" on Sunday, April 6th, at 4:00 p.m., at The Neal Rantoul Vault Theatre, at LynnArts, 25 Exchange Street, in Lynn.

This concert will offer a chronology of Rodgers and Hammerstein's works and songs from some of their most beloved shows, including Oklahoma!, State Fair, Carousel, South Pacific, The King and I and The Sound of Music.

Featured artists are vocalists: John Arambages, Karen Fanale, Thomas Frates, Rebecca Hains, Tyler Hains, Karen Lennox, Stephanie Mann, Christopher McIntyre, Ronald Pittenger, Katherine Sandoval Taylor, Angeliki Theoharis, Danielle Vayenas and Stephannie Workman, with Sharon Lee, piano and Danny Bolton, as the Master of Ceremonies.

Admission is \$15, \$13 seniors & students and \$8 for children 12 and under. There is free on-street parking. LynnArts is wheel-chair accessible. FMI, please call 508-757-8515, or email us at, [masstheatrica@yahoo.com](mailto:masstheatrica@yahoo.com), or visit online, [www.masstheatrica.org](http://www.masstheatrica.org).

### For Administrative Professionals Day Slave Hours

Poem by Azerbaijan poet,  
**GASHAM NAJAFZADEH**

The secretaries are the doors  
of the office managers.  
If they hadn't mirror in their hands  
I'd say that they are not human beings.  
If they didn't like exclamatory mark  
I'd say that they are questions.  
If they didn't speak  
if they hadn't sound  
I'd say that they are mushrooms.  
They place flower-pots  
at the windows.  
And they dance under the sound of  
Samovar(1) orchestra.  
All day long the receiver of telephone  
is on their ears.  
They are always loved by their ears  
As if their room  
is an exhibition of beauty.  
And the managers are hidden  
behind this beauty.  
They who come for to complain  
die in the words of secretaries.  
The managers teach them  
how to lie.  
And they are dismissed from the office  
as soon as they become older.  
Punishment of beauty is always hard, lady!  
(1) Teamaker

Many thanks to Rozi Theohari for the submission of this poem. She is a friend of Mr. Najafzadeh.

## Joe Mack Meets Les Paul

Last October, two of my students Bruce Barrowclough, Paul Marios and I, went to see Les Paul at the Iridium Jazz Club, in Manhattan, NYC. Paul Marios had suggested that I bring my guitar and sit in with Les, which I was more than a little skeptical about.

Upon arrival at the club, I inquired who I should talk to about sitting in. One person sent me to the rhythm guitarist, whose reaction was not unlike he had seen a ghost. (My hair is long and I had a Jeff Beck T-shirt on, as well as I was wearing a panama hat.) He sent me over to Rusty, Les Paul's son. Rusty was cool. He asked me some questions about how long I had been playing and what I was doing now. I told him I have been playing for 32 years and have been teaching for 26 years. Then he introduced me to Les, who had much the same reaction as his rhythm guitarist. He asked me what key would we be playing in A, D or G, as if I was a first grader. I said, "Les, any key that you want. It doesn't matter. I will not embarrass you. You may embarrass me, but I won't embarrass you." He looked satisfied and I said, "Okay, Joe. I'll call you up during the set."



So there I sat, listening to the legendary Les Paul and his crack band playing jazz, sweating bullets and wondering what I was doing there. I felt that I was out of my league and that it was going to be a disaster.

Well, he called me up, telling the audience, "This guy said he wasn't going to embarrass me, so where is he?"

Boy, was I nervous. I plugged in and the first thing he asked was, "So, Joe, what happened to your barber?"

The audience laughed and I told him that I didn't get along with my barber. Les asked what I wanted to play, so I said, "How about 'Stormy Monday'."

He said "Great. I like that one."

To my relief the song went over well and Les asked me to pick-up the tempo. So I said, "Les, I have a song you're going to love. It's called, 'I Used to Have a Brain, Then I Got Married.'" Les laughed and said, "I wrote a song similar to that. It's called, 'I Wanted to Tell You I Love You But You Were Sitting on My Face!'"

The crowd went nuts. The song (Brain) went over well and we had a great, memorable night. Les signed my Les Paul guitar later that night, writing, "To Joe Keep Rockin' Les Paul."

Thanks, Les.

PS. There is a great documentary of Les called, Les Paul "Chasing Sound," that I wholeheartedly recommend. This man and his contributions to music and recording are amazing, as well as is his guitar playing, which was incredible.

## Charlotte's Web Opens May 10th

The Theatre of Light will be presenting the musical version of "Charlotte's Web" in the month of May. Performances will be held on May 10th, 11th, 17th, 18th, at 7:00 p.m., on Saturdays and 3:00 p.m. on Sundays, in the auditorium at St. Peter's Episcopal Church, in Salem. Tickets are now on sale and can be reserved, by calling 978-210-9818. Suggested ticket donation is \$15 for adults, \$10 for students and seniors, and \$5 for children ages 5 and under.

The cast of "Charlotte's Web" includes 34 actors, ages 5 to 15, from the North Shore communities of Marblehead, Swampscott, Salem, Beverly, Peabody and Nahant. Caroline Devereaux, Nahant resident, will appear in the play, in the role of Martha. Liam Foss, also a Nahant resident, is a cast member, a first-time actor and will join the chorus. This musical version of "Charlotte's Web" is based on the well-known story by E.B. White. The book is written by Joseph Robinette, with music and lyrics by Charles Strouse, who created the music for "Annie" and "Bye, Bye Birdie."

Barbara Eyges, Producing Director of the Theatre of Light, has instructed children's acting classes for over 20 years, and was the creator of the Children's Theatre Workshop, Children's Academy of Performing Arts, and the Youngest Theatre Co. She has worked for three decades as a professional actress, director, and producer, and also co-authored and directed the rock musical, DESTINY, which was featured at the United Nations in New York City.

For more information, please call the Theater of Light, at 781-631-8175.

— Submitted by Angela Foss.

**Back by popular demand and as requested by so many, the [www.townofnahant.com](http://www.townofnahant.com) forum is up and running for all residents, taxpayers and disgruntled visitors, to sound-off and post their un-edited and uncensored picks, pans, gripes, guff and bitchin'.**

— Rob Scanlan, CMS/MMS/ACMS,  
Accredited & Certified Master Marine Surveyor,  
[www.mastermarinesurveyor.com](http://www.mastermarinesurveyor.com)





# Summer In Nahant

A collaboration of old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us.



## Nahant Line

An hour's sail to  
**Bass Point**

FAVORITE  
Harbor Trip

**BEST FISH DINNERS**

## NAHANT

BOSTON'S GRAND SEASHORE RESORT.

Beautiful Drives.  
Picturesque and Shady Walks.  
Sandy Beaches.  
Rocky Cliffs.  
Handsome Residences.  
The Summer Home of  
Boston's Best People.

∴ Points of Interest ∴

EAST POINT
HON. HENRY CABOT LODGE ESTATE
PULPIT ROCK
NATURAL BRIDGE
SWALLOWS CAVE
SPOUTING HORN
BEACHES AT WILLOW ROAD
FORTY STEPS
LITTLE NAHANT
LONG BEACH

**Hotel Tudor**  
AND  
**Edge Hill**

Offer  
First-Class  
Accommodations  
for long  
or short stay.

**Public Carriages and Barges**  
Can be had at Nahant or Bass Point for those  
who wish to make a tour of the town.

## Bass ∴ Point

The Popular Day Resort for  
Mothers with their Children.  
Beautiful Drives.  
Shady, Picturesque Walks.  
Every Amusement for Old and Young.  
Good Fishing, Boating and Bathing.  
Flying Horses. Shooting Gallery. Bowling.  
Gravity Railway. Casino. Base Ball.  
Elegant and Large Dance Hall  
Overlooking the Ocean.  
Fine Orchestra.  
Dancing Free.

OPEN AIR CONCERTS, DAY AND EVENING, BY  
**Naval Brigade Band,**  
E. N. LAFRICAINE, CONDUCTOR.  
EMINENT SOLOISTS.

FAMOUS  
**Fish Dinners.**  
(SAMPLE BILL.)  
Table d' Hote Dinner.

Clam Chowder.	Steamed Clams.	Fish Chowder.
ICED CUCUMBERS.	QUEEN OLIVES.	
Broiled Rock Scod.	Broiled Bluefish.	
DRESSED LETTUCE.		
Fried Clams in Crumbs.	Nahant Potato Chips.	Deep Sea Perch.
RADISHES.	SLICED TOMATOES.	
Fried Lobster, a la Bass Point.		
French Rolls.	Hot Biscuit.	Cold Wheat Bread.
Watermelon in season.		
Ice Cream — Vanilla,	Strawberry,	Harlequin.
	Assorted Cake.	
Fruit — Bananas.	Tea.	Coffee.

∴ Bass Point House ∴  
Dining Room has seating capacity for four hundred people.  
Private Dining Rooms for small parties.  
Five thousand feet of Piazza, every foot overlooking the sea.

R. A. SUPPLY CO.

783

## Bass ∴ Point

NAHANT

Finest ∴ Trip ∴ in ∴ the ∴ Harbor.

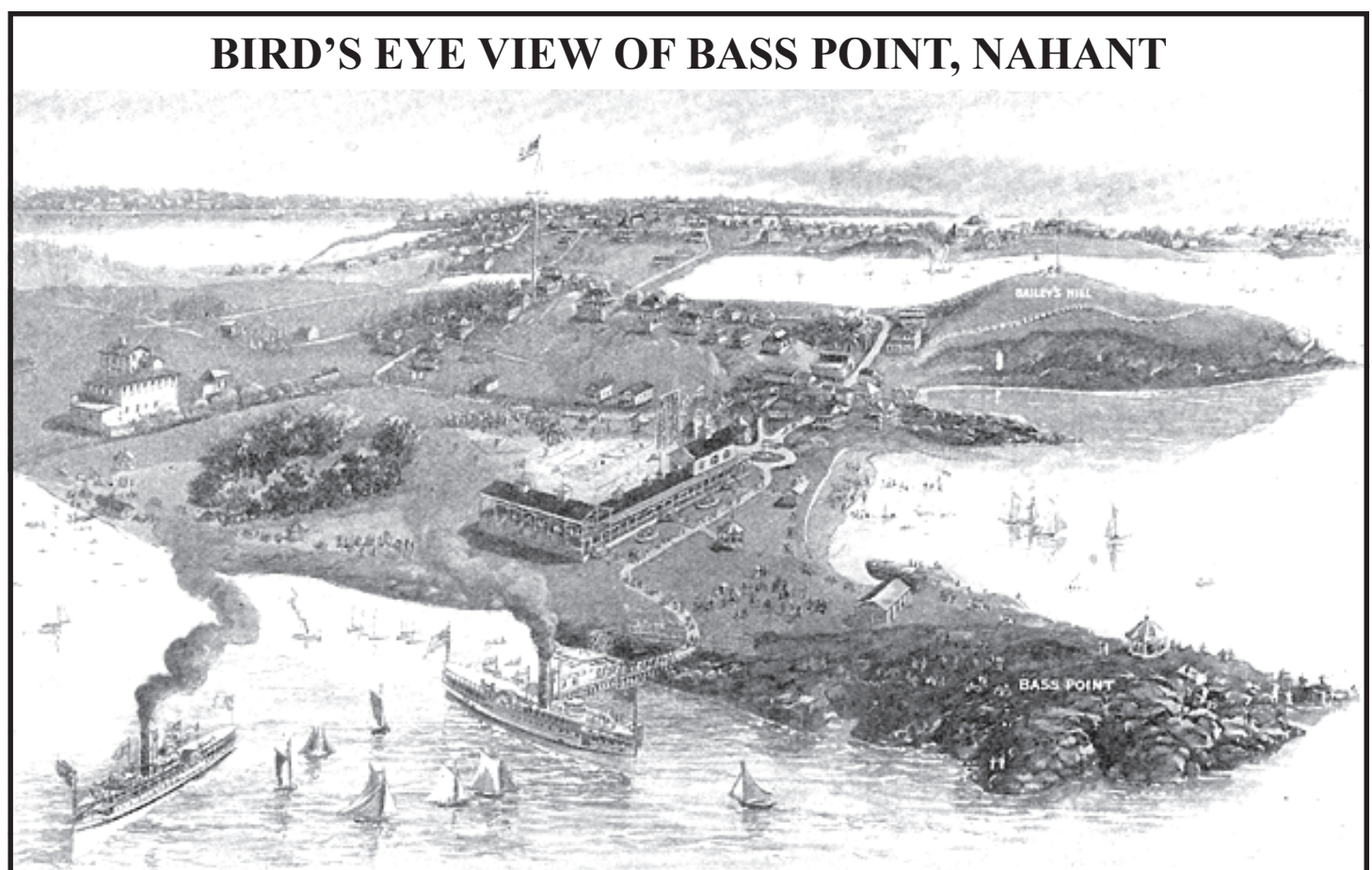
Cool Sea Breezes  
Fresh from Mother Ocean.

PASSING IN FULL VIEW ALL POINTS OF INTEREST,  
INCLUDING  
Fort Winthrop on Governor's Island,  
Fort Independence on Castle Island,  
City Institutions on Deer Island,  
ALSO PASSING THROUGH THE  
CELEBRATED SHIRLEY GUT.  
FULL VIEW OF  
Winthrop, Crescent and Revere Beaches.

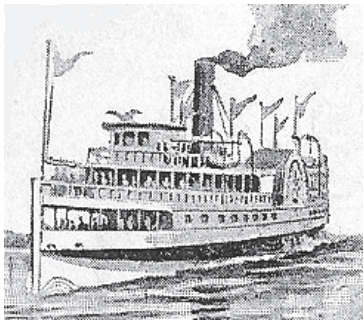
AN HOUR'S SAIL, 25c. CHILDREN, 15c.

STAUNCH IRON STEAMERS FROM  
Lincoln Wharf, Adjoining North Ferry.

SCHEDULE IN EFFECT JUNE 17, 1897.  
WEEK-DAYS.  
For BASS POINT, 9.30, 11.00 a.m., 12.30, 2.20, 3.30, 5.00, 6.30, 8.15 p.m.  
For NAHANT . . . 9.30, 11.00 a.m., 12.30, 2.20, 3.30, 5.00, 6.30 p.m.  
RETURN.  
From NAHANT . . . 8.00, 11.00 a.m., 12.15, 1.30, 3.25, 4.35, 6.00 p.m.  
From BASS POINT . . . 10.30 a.m., 12.00, 2.00, 3.45, 5.15, 7.00, 9.30 p.m.  
SUNDAYS and HOLIDAYS.  
For BASS POINT 9.30, 11.00 a.m., 12.30, 2.20, 3.30, 5.00, 6.30, 8.15 p.m.  
For NAHANT . . . . . 9.30, 11.00 a.m., 12.30, 5.00, 6.30 p.m.  
RETURN.  
From BASS POINT . . . 10.30 a.m., 12.00, 1.30, 3.45, 5.15, 7.00, 9.30 p.m.  
From NAHANT . . . . . 11.00 a.m., 12.15, 2.00, 6.30 p.m.  
\* This boat lies at Bass Point 45 minutes, arriving Boston 8.00 o'clock.  
East Boston and Chelsea Ferry cars, via Washington or Tremont and  
Hanover Streets; also "Depots and Ferries" line from Union Station, Park  
Sq., R. & A. R.R., Old Colony R.R., Kneeland Street, and N. E. R.R. run  
direct to wharf.  
SPECIAL RATES TO PICNIC AND EXCURSION PARTIES.  
For terms apply to  
E. H. SEABROOK, SUPT.,  
A. P. LANE, 201 WASHINGTON ST.,  
NEW ENGLAND AGENT, BOSTON.

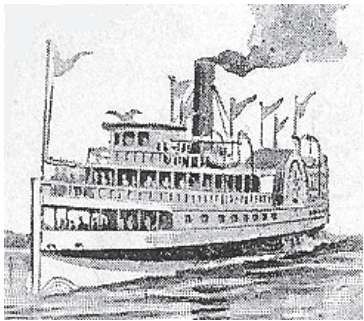




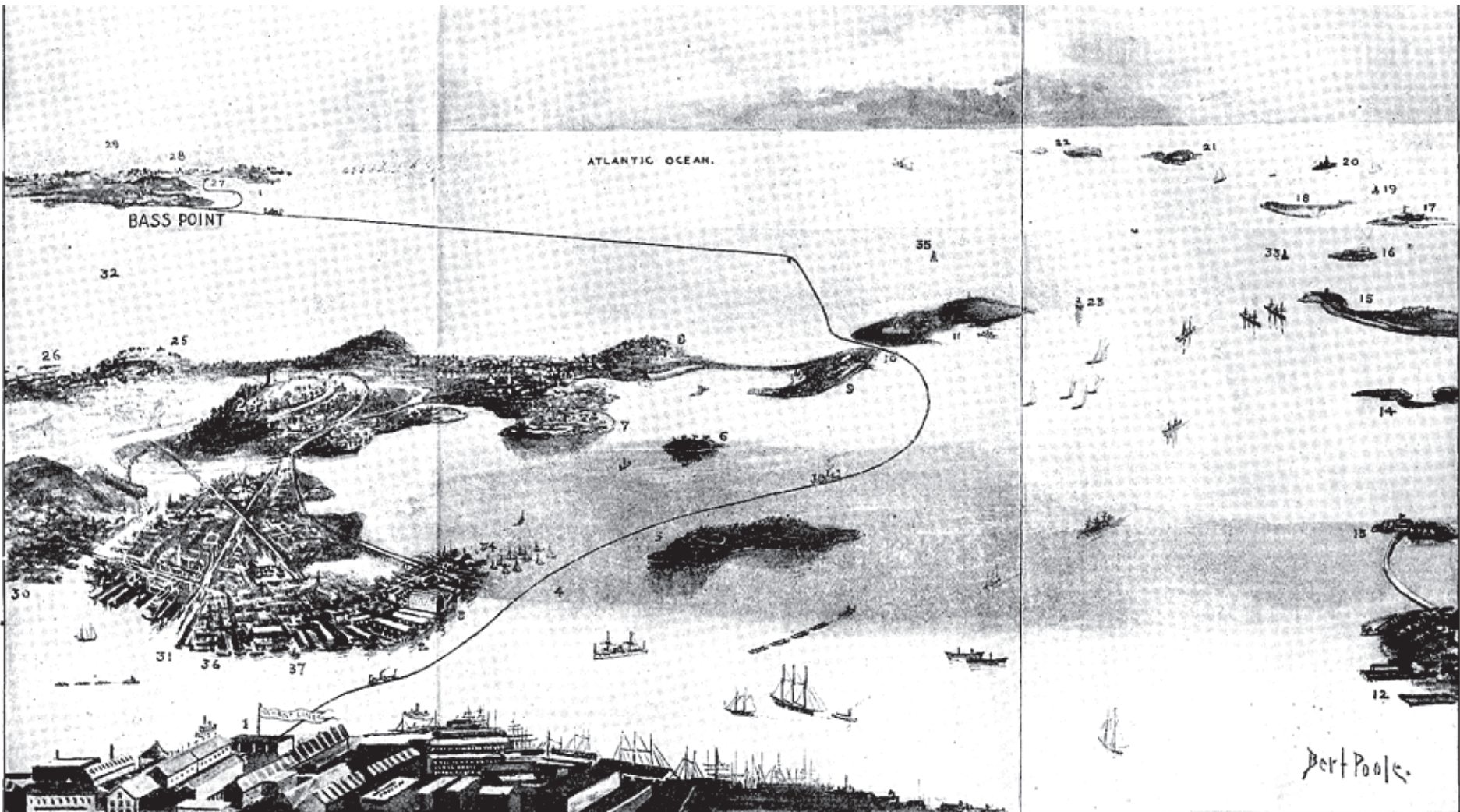


# Nahant Line

*An Hour's Sail to Bass Point*



## BIRD'S EYE VIEW OF ROUTE , BOSTON TO BASS POINT, NAHANT



- |                                        |                                        |                                        |                                  |                             |                               |
|----------------------------------------|----------------------------------------|----------------------------------------|----------------------------------|-----------------------------|-------------------------------|
| 1. Lincoln Wharf, Boston.              | 8. Great Head, Winthrop.               | 14. Spectacle Island.                  | 20. Boston Light.                | 26. Crescent Beach, Revere. | 32. Lynn Harbor.              |
| 2. Cunard Steamship Docks.             | 9. Point Shirley.                      | 15. Long Island.                       | 21. Calf Island.                 | 27. Nahant Wharf.           | 33. Nix's Mate.               |
| 3. Boston & Albany R.R. Elevator.      | 10. Shirley Gut.                       | 16. Galloup's Island, Quarantine Bldg. | 22. The Brewsters.               | 28. Egg Rock Light.         | 34. Jeffries' Yacht Club.     |
| 4. Bird Island Flats.                  | 11. Deer Island Correctional Instit'n. | 17. Fort Warren.                       | 23. Deer Island Light.           | 29. Marblehead Neck.        | 35. Fawn Bar Beacon.          |
| 5. Governor's Island, — Fort Winthrop. | 12. South Boston.                      | 18. Lovell's Island.                   | 24. Orient Heights, East Boston. | 30. Chelsea.                | 36. East Boston, North Ferry. |
| 6. Apple Island.                       | 13. Castle Island, Fort Independence.  | 19. Bug Light.                         | 25. Beachmont.                   | 31. East Boston.            | 37. East Boston, South Ferry. |
| 7. Winthrop.                           |                                        |                                        |                                  |                             |                               |



### Post Card Junkies Unite!

We are still scanning and digitizing post cards during these spring months, at the Nahant Community Center. We urge everyone to continuing searching, accessing and bringing their rare and unique, Nahant post cards, to us for scanning. Ask everyone, friends, relatives, parents and neighbors, who may have an interest in our Town's post card history.

The post cards, at left, are from the collection of K. E. Smith, of Nahant. Thank you for helping us compile a history of Nahant postcards.

For more information, call Bumper at 978-979-3049.

#### SOURCE:

Brochure with Nahant Line Schedule in effect June 17, 1897, from the author's collection

If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at [harold@steamtrapconsultants.com](mailto:harold@steamtrapconsultants.com)





NAHANT PUZZLE PAGE

"Small Change"  
by Rick Kennedy

ACROSS

- 1 Elliptical  
5 Flower locations  
9 Slender  
13 Footnote reference  
17 Coldcut section  
18 Regions  
20 Leather  
21 Canned meat  
22 Sports channel  
23 Halt  
24 Bell stroke  
25 Bridge support  
26 Part 1 of quip  
30 Basin  
31 Pixie  
32 Congressional vote  
33 "Jackson 5" hit  
36 Jewel  
38 Flavoring  
40 Performed  
41 Chart  
44 Forehead  
46 Part 2 of quip  
48 Unmixed  
50 FDR's pooch  
51 Loosen  
52 Fibber  
53 Differ  
54 Eye part  
55 Stringed instrument  
56 Naval rank (abbr.)  
57 Espy  
59 GPS point  
61 Golf ball positions  
62 Civil War cannon  
65 Columbus' ship  
67 \_\_\_\_ League, 80's band  
69 Neither's partner  
70 Poorly  
72 Bowler, e.g.  
73 Gem carved in relief  
76 Type of palm  
77 Unite  
82 Countless  
83 \_\_\_\_ shot  
85 The other half of Jima  
87 Payable  
88 Loom  
90 Univ. course  
91 Iraq's neighbor  
93 Blessing  
95 Samoan capital  
96 Nothing  
97 Woven thread  
98 Centers  
100 Part 3 of quip

- 101 Female rabbit  
102 Transgression  
103 Glorify  
105 Miserable  
107 Cub Scout group  
108 Attack  
109 "The Greatest"  
110 W.C.  
112 End of quip  
122 Factual  
123 Mosul resident  
124 Ruined  
125 Tints  
127 Hobble  
128 Rock debris  
129 Jesper Parnevik, e.g.  
130 Writer Bombeck  
131 Rank above Lt.  
132 Afloat  
133 Kostner character  
134 Origin

DOWN

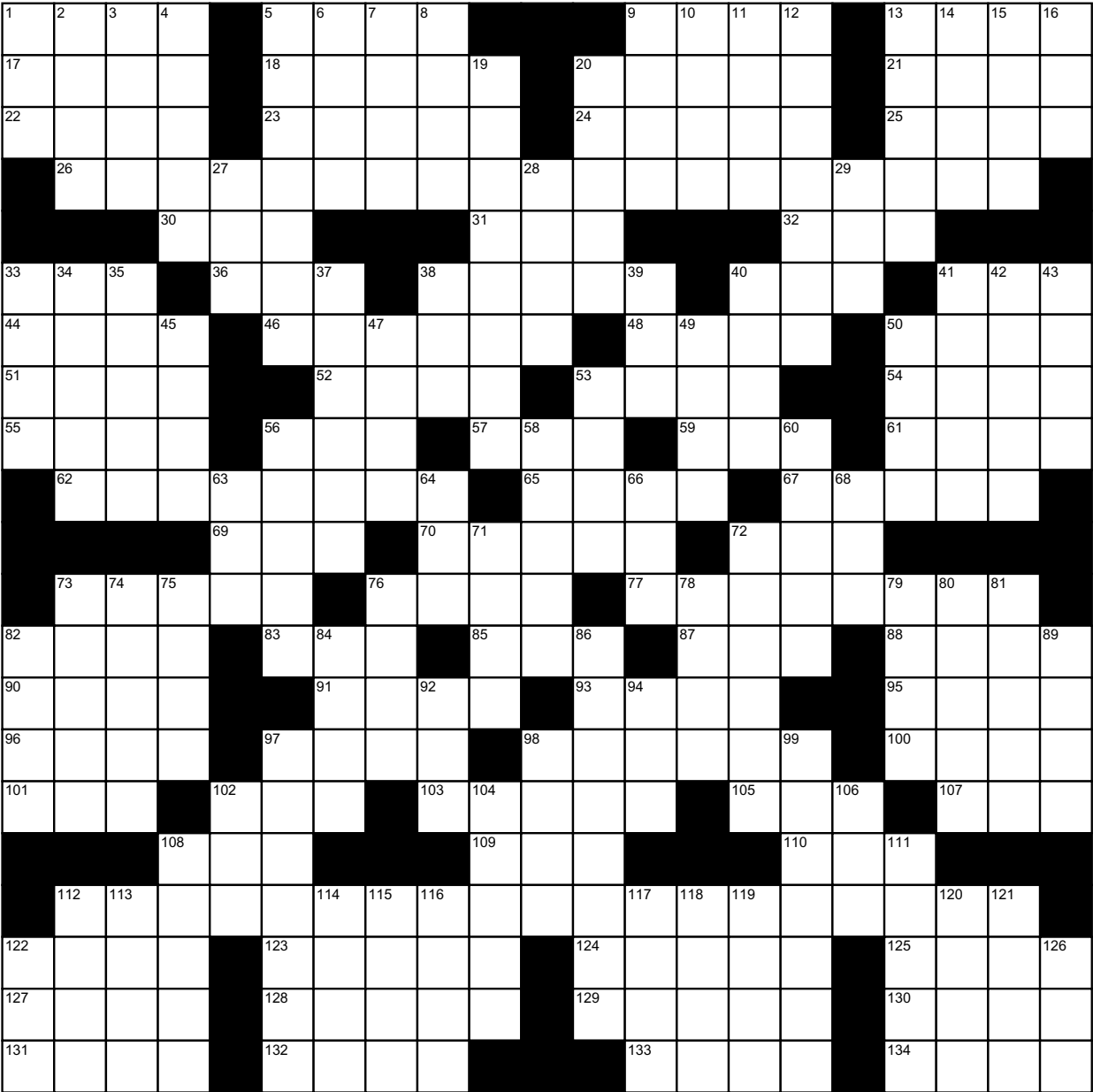
- 1 Lyric poem

- 2 Sleeveless top  
3 Dog food brand  
4 Gourmet chocolate brand  
5 Crib (2 wds.)  
6 Goofs  
7 \_\_\_\_ weight  
8 Rice wine  
9 Phoenix team  
10 Suggestive look  
11 Inactive  
12 "Brand New Key" singer  
13 European nation  
14 Inter  
15 Ancient Peruvian  
16 Morse code "T"  
19 Lectures  
20 Avoids  
27 Summer mo.  
28 Asian ruler  
29 Boy  
33 Biblical twin  
34 Shaver brand  
35 \_\_\_\_ Rica  
37 Decay  
38 Wing

- 39 Gov. agency  
40 Temperance Council members  
41 Problematic sister?  
42 Unfamiliar  
43 Col  
45 Sob  
47 Big wheel's wheels  
49 \_\_\_\_ Minor  
50 Coating  
53 Bride's headdress  
56 Unsociable  
58 Give as a gift  
60 Minke or Sei  
63 Single  
64 Org. of Raptors  
66 Big Apple (abbr.)  
68 Native American tribe  
71 Opposed in Dogpatch  
72 Hangouts  
73 Chocolate tree

- 74 Positive electrode  
75 Starling  
76 Visit websites  
78 Scent  
79 Irish playwright  
80 Valentines Day symbol  
81 Advantaged  
82 Improve  
84 Legal claim  
86 Bunker Hill monument, et al.  
89 Von Shtupp portrayer  
92 Dined  
94 Grain  
97 Kansas city  
98 Healthy  
99 Toasts  
102 Perch  
104 Part of a plane  
106 Med. practitioner  
108 Dozed  
111 Benjamin Linus on "Lost"  
112 Opera solo

- 113 Hunk  
114 Historical times  
115 Myth  
116 Turquoise  
117 Aurora  
118 Dueling sword  
119 Lemons  
120 Italian bread?  
121 Display  
122 "Miami Ink" network  
126 Posed





HOOMPA in Snowbird, Utah



Recently twelve of us from Nahant, went on a 5-day trip to visit my brother, Danny O’Connor, in Utah. We did remember to bring the HOOMPA sticker. This picture was taken at Snowbird, on a beautiful 55 degree day. A great time was had by all. A big thanks goes out to Michael Devereaux for allowing us to stay at his beautiful home. He’s a brave man! We can’t wait until next year!!!

Nahanterers in photo (in no particular order): Jill Trentsch, Lee Trentsch, Kelly Gillis, Michael Gillis, Danny Trentsch, Elaine Sullivan, Corie Grieves, Danny O’Connor, Zak Taylor, Danny Walsh, Thomas Walsh and Danny Bennett.

— Submitted by Jill Gillis.

When Irish Eyes Are Smiling  
By Rick Kennedy

Dan and Robin deStefano were the winners of last month’s puzzle contest. They have won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside’s Restaurant, on Nahant Road and then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.

M	A	R	E		F	L	A	K		B	E	T	S			A	C	T	H	
A	M	O	S		R	A	S	P		A	D	O	R	E		S	C	O	R	E
Y	O	U	K	N	O	W	T	H	A	T	I	T	I	S	S	U	M	M	E	R
A	N	T	I		G	N	U		V	O	T	E		C	E	L	E	B	E	S
	G	E	M	S		S	T	A	I	N	S		M	U	R	K				
			O	U	T		E	P	A			R	I	D	E		G	R	A	B
	A	S	S	E	R	T		E	N	D		U	N	O		B	O	I	S	E
A	S	L		D	E	A	N			I	S	L	E		H	I	T	T	E	R
P	T	A	S		K	N	E	W		A	T	E		L	E	G		Z	A	G
S	I	T	E	S			S	W	A	L	E			I	N	C	A			
E	R	E	C	T		I	N	I	R	E	L	A	N	D		A	P	H	I	D
			T	R	I	O			S	C	E	N	E			T	I	A	R	A
E	G	O		O	W	N		D	O	T		Y	W	C	A		A	N	O	N
M	I	K	A	D	O		M	I	N	I			S	P	I	C		O	N	E
U	S	A	G	E		C	U	R		C	A	N		A	D	O	N	I	S	
S	T	Y	E		B	L	O	T		G	Y	P		E	N	E				
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Nahant Harbor Review  
PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION  
MAY 2008

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
TUESDAY, APRIL 15th • 5:00 P.M.  
Home Delivery: Sat & Sun, APR 26th & 27th

Staff, Volunteers & Contributors

Owner/Editor &		
Publisher:	Donna Lee Hanlon	781-592-4148
Assistant Editor:	Harold “Bumper” Gooding	978-979-3049
G M & Sales:	Suzanne Hamill	781-592-1263
A/R Manager:	Barbara Thistle	781-592-4148
Proofreader:	Harriet Steeves	781-581-0715
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Suzanne Hamill	781-592-1263

The Nahant Harbor Review, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148. Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher.

The Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

Anonymously submitted articles and / or letters, unsigned or lacking author contact information, will not be published. Exception: although not a regular practice, a writer’s identity may be withheld, by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop box** at the **Equitable Cooperative Bank** on Nahant Road. For ad rates and dates, call Suzanne Hamill, Sales Director, 781-592-1263.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation.

The views and opinions expressed in this publication do not necessarily reflect those of the management and staff of the Nahant Harbor Review, or Seaside Business Services.

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**Got something to share...**  
with your neighbors and friends? Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the Equitable Cooperative Bank. As space allows, items will be published. If you want photos back, please send a SASE with them.



Many Thanks to the 2008 Harbor Review Subscribers

Once again, my most heartfelt thanks to all of you who subscribe and renew subscriptions, to the Nahant Harbor Review’s Home Delivery and Out-of-Town Delivery services. It helps keep the Harbor Review coming to you. Thank you! If your name is not on the list and you sent in a subscription, please let us know. Send an email, or drop a note in the Harbor Review box, on the Teller’s Counter, at the Equitable Cooperative Bank, on Nahant Road. Or, call Suzanne Hamill, 781-592-1263, if I am not available.

Here are all your friends and neighbors who have subscribed for 2008, as of March 25, 2008.

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“Thank you for supporting the Nahant Harbor Review.”

Council On Aging Calendar April 2008

TUE	1	12:45P	Meeting with Elder Affairs Attorney, Tiffany Room
THU	3	11:00A	Luncheon at North Shore Technical High School
SUN	6	4:00P	Mass Theatrica, Rogers & Hammerstein
MON	7	12:00P	Blood Pressure and Glucose Clinic, Tiffany Room
WED	16	12:00P	April Birthday Cake by Roz, Tiffany Room
THU	17	TBA	Foot Clinic by appointment
MON	31	11:00A	TRIAD Mtg, Sheriff’s Dept. Rep., Tiffany Rm

Monday thru Friday, Lunch, Tiffany Room, 11:30 a.m

MONS	9:00A	Yoga (COA sponsored) at Community Center
TUES	9:00A	Quilting at the Community Center
TUES	1:00 P	Cribbage, cards, games, puzzles at Community Center
WEDS	TBA	Water Colors will resume in the spring
WEDS	12:30P	Shopping Trip from the Tiffany Room, or call for pick-up
THURS	6:00P	KNIT IN (COA Sponsored), Community Center

“CALL BEFORE YOU FALL” 781-581-7557  
Information and calendar subject to change.

Hoompa in Aganguero, Mexico



Here is Nahanter Mia Forster, in Aganguero, Mexico, during February vacation, for the annual migration of the monarch butterflies. 200 million monarchs migrate to this five-mile area each February.  
— Submitted by Patty Forster.



# Community Calendar • MARCH 2008

To have your event listed on the Nahant Community Calendar, please mail note, letter or postcard to: Community Calendar, Nahant Harbor Review, PO Box 88, Nahant, MA 01908 or email: [donna@nahant.com](mailto:donna@nahant.com)

SCHOOL VACATION WEEK - MON, APRIL 21 THRU FRI, APRIL 25

TUE	1		APRIL FOOLS DAY
TUE	1	12:45P	COA Presentation by Stephen Spano at Tiffany Room
THU	3	11:00A	COA Lunch at NS Tech HS. Call to reserve.
FRI	4	8:00A	Free Breakfast at Village Church. All welcome.
FRI	4	8:00A	SPECIAL VOTER REGISTRATION. Town Clerk's Office. Nahant Town Hall. Till 8:00 p.m.
SAT	5	10:00A	Quilting Workshop at St. Thomas Aquinas Church Hall
SUN	6	10:30A	Worship Service & Sunday School at the Nahant Village Church. All are Welcome.
SUN	6	1:00P	NHS. Blizzard of '78 presentation. Community Center
SUN	6	4:00P	Mass Theatrica's Rogers & Hammerstein at LynnArts
SUN	6	7:00P	April Fool's Concert at Nahant Public Library
MON	7	7:00P	SWIM Mtg at Northeastern's Marine Science Lab
TUE	8	11:30A	Woman's Club Spectacular Women at Whitman Home.
WED	9		Woman's Club Annual Meeting
THU	10	Noon	Girls Inc Luncheon. Danversport Yacht Club, till 2:00 p.m.
SAT	12	2:00P	TALENT AUDITIONS for Nahant Follies 2008 at NAHANT COMMUNITY CENTER. Till 6:00 p.m
SAT	12	11:00A	Phyllis Corbin Memorial Service in Winthrop
SAT	12	11:00A	William H. Dennen Memorial Service in Gloucester
SUN	13	10:30A	Worship Service & Sunday School at the Nahant Village Church. All are Welcome!!
SUN	13	3:00P	TALENT AUDITIONS for Nahant Follies 2008 at NAHANT COMMUNITY CENTER. Till 5:00 p.m
TUE	15	5:00P	DEADLINE MAY HARBOR REVIEW
TUE	15	6:30P	Marine Science Lecture at Nahant Town Hall
WED	16		NATIONAL HEALTHCARE DECISIONS DAY
WED	16	10:00A	ALL CARE Open House. See page 15 FMI
SAT	19	8:30A	Birding Field Trip with Linda Pivacek
SUN	20	10:30A	Worship Service & Sunday School at the Nahant Village Church. All are Welcome!!
MON	21		In Memory Day (Vietnam Veterans Memorial, Wash. DC)
WED	23		ADMINISTRATIVE PROFESSIONALS DAY
WED	23	3:00P	Robotics at Nahant Public Library
THU	24	NOON	Garden Club Mtg. Village Church.
THU	24	6:00P	Fundraiser for Nahant Village Church at the Tides. Till 9:00 p.m.
SAT	26		HARBOR REVIEW DELIVERY DAY
SAT	26	12:30P	TOWN MEETING BEGINS
SAT	26	7:00A	TOWN ELECTIONS - Polls Open till 8:00 P.M.
SUN	27	10:30A	Worship Service & Sunday School at the Nahant Village Church. All are Welcome!!
SUN	27	11:00A	Walk for HAWC. FMI <a href="mailto:walk@helpabusedwomen.org">walk@helpabusedwomen.org</a>

MAY 2008

SAT	3	9:00A	NE GEM & MINERAL SHOW, Topsfield Fairgrounds. Till 5:00 p.m.
SUN	4	10:00A	NE GEM & MINERAL SHOW, Topsfield Fairgrounds. Till 4:00 p.m.

Public Library Hours

Mon. thru Thurs. 10:00 a.m. to Noon. & 2:00 to 8:00 p.m.

Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.

Saturdays and Sundays: 2:00 to 5:00 p.m.

781-581-0306

SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.

School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.

PTO • first Monday • 7:00 p.m. • Johnson School

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The Nahant Historical Society is open to the public on Wednesdays, Thursdays and on the first Sunday of each month, from 1:00 to 4:00 p.m. (except holidays).

American Legion Post #215 and the Nahant Veterans Association meets on the first Tuesday of every month, at 7:00 p.m., at the Nahant Town Hall.

Nahant Village Church

Join us for Sunday School and Worship Service at 10:30 a.m.



EMERGENCY MANAGEMENT

Visit the Emergency Management page at [www.nahant.org/](http://www.nahant.org/) for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website:

<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.

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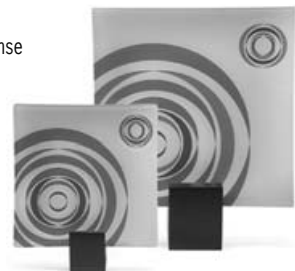
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