



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 3

MARCH 2008

Nahant 5th Grader Richard Cadigan Meets Red Sox Legend Johnny Pesky



Richard Cadigan, a Nahant resident and a fifth-grade student at St. Pius V School, Lynn, recently had the great fortune to privately meet with Red Sox legend, Johnny Pesky (photo at left).

When Richard was in third grade, his uncle, Skip Frary took him to meet Johnny Pesky, who was appearing at a car dealership. Richard was so taken with the experience that he began to research the career of Johnny Pesky. With the help of his school librarian, Mrs. Rita Burke, Richard gathered facts and statistics of this impressive baseball career. He set out to create a Johnny Pesky baseball card, as he did not have one in his treasured baseball card collection. When the card was completed, he decided that Mr. Pesky might like to have it. So he sent the card off to Johnny Pesky, together with a note and his own Nahant Little League "Rangers" baseball card.

Some time passed and in December, Richard was told by Mrs. Burke that Johnny Pesky had received the baseball card and would like to meet him in person. Richard met Mr. Pesky at his home in Swampscott. The pair chatted about baseball and various players. He shook hands with a legend, had a special baseball autographed and tried on Johnny Pesky's 2004 World Series Championship ring!

Towards the end of their visit, Johnny Pesky brought out the "Rangers" card and asked Richard for his autograph. It was a great afternoon in the life of an 11-year-old boy!

Mother-Daughter Tanzania Adventure is the Topic of the Nahant Woman's Club March meeting. See page 3.



Native American Traditions Come to Life at Peabody Essex Museum Performing Arts Festival March 8th

Storytellers, dancers, musicians and performing artists representing the Native cultures of Alaska, Hawai'i, Cape Verde and Massachusetts, will take part in the 8th Annual New Trade Winds/ECHO Performing Arts Festival, at the Peabody Essex Museum, on Saturday, March 8th, in the museum Atrium. The main ensemble performance takes the stage at 2:00 p.m., with individual artist performances throughout the afternoon. Admission is free with general museum admission.

Festival artists infuse their performances with the oral traditions, music, dance and humor of each of their regions. *Keeping the Fire in the Dark Moon Times* honors ancestral stories and the diverse symbolism of the moon, its cycles and the many meanings of the harvest.

The ECHO (Education through Cultural and Historical Organizations) project reaches thousands of students and community members nationally through public performances in Washington, D.C., New York City and the ECHO partner regions.

Nomination Papers Due March 10th

March 10th is the last day to file nomination papers for the April 26th Annual Town Elections. The following positions are open for candidates:

Moderator (1 year), Selectman (3 years), Town Clerk (1 year), Assessor (3 years), Constable (1 year), Public Library Trustee (3 years) School Committee, 2 Openings, (3 years), Planning Board (5 years), and Housing Authority (5 years).

Nomination papers are available from the Town Clerk, during regular business hours.

Nahant Soccer Registration

Nahant Youth Soccer Spring Registration is now open. If your child will be turning 5 years old before July 31, 2008, then it is time to get them registered for Saturday soccer clinic. Please go to Nahantsoccer.org and follow the registration link. The cost is \$30.00 for new players. If you registered in the fall, all you need to do is show up. The clinic will start on Saturday, April 26th. If you have any questions, please call Sue Rosa, at (781) 842-2448. See you in April!

Backyard Creatures at the Library March 19th

The Nahant Public Library, located at 15 Pleasant Street, in the Town of Nahant, welcomes the community to the educational and entertaining Audubon Ark program, "Backyard Creatures," with live animals, on Wednesday, March 19th, at 3:30 p.m. This program is recommended for children 3 to 10 years of age. Audubon Ark 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

Rob Scanlan, CMS/MMS/ACMS

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Nahant Garden Club Welcomes Spring!

The Nahant Garden Club welcomes Spring, with a reminder to all gardeners: it's time for the annual Spring Flower Show, being held March 8th-16th, at the Bayside Expo Center, sponsored by the Massachusetts Horticultural Society. Our Garden Club's Marie Ford created a beautiful, award-winning arrangement for last year's Flower Show. This year's show promises to be lovely. The theme this year is "Rhapsody in Green."

The first meeting of 2008 for our club, will be on Thursday, March 27th, at noon, at the Nahant Village Church. Hostess Margaret Blank will bring us the "Wonderful World of Window Boxes." Barbara Prietz, a well-known window-box designer from Newburyport, will instruct attendees on the design of two, very special window boxes. These creations will be auctioned off at the conclusion of the program. Guests are welcome; guest fee is \$5.

Submitted by Suzanne Hamill.

Kentucky Longrifles at Nahant Library March 2nd

By Dan deStefano, Director, Nahant Public Library

Nahant resident, Eric von Aschwege, is a flintlock gunsmith, who handcrafts reproductions of Eighteenth Century American "Kentucky" longrifles. Eric will speak about his craft on Sunday, March 2nd, at 3:00 p.m., in the Reading Room of the Nahant Public Library.

Eric will discuss all aspects of the Kentucky longrifle, including its history and development, how gunsmiths crafted the weapons and how the rifles are made today.

Eric strives for authenticity in his work, trying to build rifles using only the tools and technology available to the gunsmiths of the period. He will bring three longrifles, some reference books and printed handouts.

The Nahant Public Library is located at 15 Pleasant Street, in Nahant, telephone 781-581-0306. We are grateful to the Friends of the Nahant Public Library for sponsoring this program.

Nahant Garden Club welcomes Spring!

By Suzanne Hamill

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Nahant Public Library Book Sale

From April 19th thru April 27th, at the Nahant Pubic Library, on Pleasant Street, the Library is having a Book Sale! The Sale will be conducted during regular library hours which are Monday through Thursday: 10:00 a.m. to noon, 2:00 to 8:00 p.m.; Friday: 10:00 a.m. to noon, 2:00 to 5:00 p.m. and Saturday and Sunday: 2:00 to 5:00 p.m.

Donated books and discards from library collection will be priced at .50 each and 3/ \$1.00, for paperbacks and for hardbound books, \$1.00 each and 3/\$2.00.

The Library Book Sale supports the Friends of the Nahant Public Library for library programming, subscriptions and beautification projects for the library. For more information, please call Robin deStefano, at 781-596-1767.

Submitted by Robin deStefano

Fireworks Fundraiser

By Jennifer McCarthy

I know it is early, but we are busy thinking about the Fourth of July already. We will be holding a fundraiser at Tides on Thursday, May 1st, from 6:00 to 9 p.m., so please save the date! More details will be in next month's Harbor Review. The Fourth of July will be here before we know it!

Annual Blues Night March 1st

Blues Night at the Nahant Country Club, Saturday, March 1st, from 8:00 p.m. until Midnight. Admission is \$20.00 per person. Tickets will be available at the door.

This town will shake, shimmy and roll!

Any questions, please call Sherri McDermott at 781-581-1600 x 0. Proceeds to benefit the Johnson School PTO.

Free Breakfast March 7th at Village Church

Marsha Billias, Associate Executive Director of Girls Inc. in Lynn, will be the featured speaker at the March 7th breakfast, at the Nahant Village Church. Marsha will be talking about the things that Girls Inc. is doing, to inspire girls to be strong, smart and bold, and to be self-sufficient, responsible members of the community. For 65 years, Girls Inc. has served as a vigorous advocate for girls aged 6 to 18. The presentation will highlight some of the many Girls Inc. success stories.

The free breakfast starts at 8:00 a.m., with the presentation to follow, at 8:30. ALL OUR WELCOME. Please come and bring one or more friends.

Winter Carnival March 15th

The Annual Johnson School Winter Carnival is being held on Saturday, March 15th, from 10:00 a.m. to 2:00 p.m. Features include Moon Bounce, cake walk, games, food, raffles and lots of fun for all! Volunteers are needed! Please call Sherri McDermott at 781-581-1600 x 0, or Patty Toomajian at 781-596-2727.

Summer Park Help By Jennifer McCarthy

The Nahant Recreation Commission will be accepting letters of interest from teenagers, that are interested in working the summer tot-lot program. We have openings for arts-and-crafts instructors, sports instructors and tennis instructors. Letter of interest must include your name, full address, phone number and the best way to contact you for an interview, either through a phone call, or an email address. If you would like us to contact you via email, please be sure to include that in your letter. The deadline for all applications will be May 3rd, 2008, and interviews will be held during the week of May 12th. Any teen that is hired will be required to obtain a worker's permit. You may send your letter to Jennifer McCarthy, 19 Range Road, Nahant, or email it to mccarthyj@lynnschools.org. For more information please call Jen at 781-592-5272.

Mother-Daughter Tanzania Adventure Nahant Woman's Club March Topic By Polly Bradley

Last March, Holly Payne Strange and her parents, Wendy Payne and Nick Strange, traveled to Tanzania, in East Africa, on a movie-making expedition. Holly and Wendy will tell about their African adventure at the Nahant Woman's Club March meeting, Tuesday, March 11th, at 6:30 p.m., at the Nahant Village Church.

"We very much look forward to sharing our mother-and-daughter experience with you," Wendy says. "We were lucky enough to get involved with a rural school and begin to understand the challenges and triumphs of those determined children, who go to one of the first Maasai schools in the nation."

Since returning to the United States, Wendy, Nick and Holly have sent their Tanzanian friends school supplies, including pens, pencils, crayons, chalk and chalk-board erasers, as often as possible. Also, personal items for the teachers, like soap, towels and washcloths are much appreciated.

Woman's Club members are asked to come to the meeting with educational supplies, which Holly and Wendy will pack up and send to schools in Tanzania. Other items are welcome, but nothing too heavy.

Hostesses for the March 11th meeting, will be Carol Crawford, Edie Richardson and Ruthanne Switzer. Polly Bradley will give the invocation. Please bring your favorite dish to share at the potluck supper. This is a mother-daughter event, so members are invited to bring a daughter, mother, favorite niece, aunt, or special friend.

An Invitation from the Nahant Village Church

Come celebrate this Season with neighbors and friends! Beginning with Palm Sunday, on March 16th, the 10:30 a.m. Worship Service will include a Children's Procession with Palm Branches.

On Maundy Thursday, March 20th: Join neighbors and friends at 6:00 p.m., for a potluck dinner in Swansburg Hall, followed by a Tenebrae Service, in the Chapel, at 7:30 p.m.

Easter Sunday Sunrise Service, March 23rd, 6:30 a.m.: Come to Nahant Road, overlooking Castle Rock, between 40 Steps and Northeastern University, for a brief service, as the sun rises out of the ocean, followed by an Easter Breakfast for everyone, in Swansburg Hall.

The Celebration of Easter, on March 23rd, at 10:30 a.m., in the Village Church Sanctuary: This is a joyous service with superb music, celebrating the ongoing miracle of faith, in our caring community.

For more information, please call the Church Office at 781-581-1202. The Nahant Village Church is located at 27 Cliff Street.

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Nahant Students at Swampscott High School 2nd Quarter Honor Roll

SENIORS

HIGH HONORS: Jacquelyn Ball, Elizabeth Cleary, Kevin Li, Edward Maroney, John Michael Mason and Samuel Rauworth.

HONORS: Francis Barile, Lauren Baumeister, Alex Caloggero, Allison Colson, Evan Farr, Leah Gomperts, Jenna Mazzaferro, Michaela O'Donnell, Brian Palangi, Alec Roy, Megan Sanborn and Mary-Lyn Taylor.

COMMENDED: LaShaun Cummings, Janelle Mazzaferro, Catherine Norton, Jon Pellegrini and Matthew San Roman.

JUNIORS

HIGH HONORS: Breegan Houlihan, Bianca Munoz, Maggie O'Callaghan, Jonathan Poth, Brandon Poulin, Kelly Walton and Owen Welsh.

HONORS: Mary Bartholomew, Emily Cook, Kelsey Dill, Michael Gillis, Heather Irvine, Caitlin Smith, Emma St. Jean and Trevor Wheeler.

COMMENDED: Briana Canty and Robert Fiore.

SOPHOMORES

HIGH HONORS: Amelia Antrim, Olivia Barba, John Blank, Monique Bleau, Rebecca Gray, Kate Hall, Julianna Liscio, Patricia Silva and Kyle Taylor.

HONORS: Thomas Ball, Casey Connolly, Stephen Meagher, Lillian Pillsbury, Alexandra Savino and Shantell Smith.

COMMENDED: Jennifer Cleary, Kelly Gillis, Hugh Mosher, Thomas Walsh and David Wilson.

FRESHMEN

HIGH HONORS: Ian Antrim, Alexander Billias, Patrick Gavin, Thomas Lamando, Taylor Maccario, Christi Mazareas, Nicole McDermott, Maggie Osbahr, Casey Shanahan and Leah Towe.

HONORS: Frank Barba, Daniel Barbacoff, Dimitri Christoforidis, Christopher Mason, Dara Mosher, Emma O'Donnell, Jessica Simons and Gabriella Wootten.

COMMENDED: Jennifer Desmond and Eric Greene.

Submitted by Sherri McDermott

Nahant Student Makes UD Dean's List

The following University of Delaware students from Nahant achieved the 2007 fall semester Dean's List. Named to the Dean's List are full-time students with grade point averages of 3.33, or above (on a 4.0 scale), for the semester, with no temporary grades as of January 25th.

Zachary J Liscio, a sophomore English major in the College of Arts and Sciences and Zachary J Liscio, a sophomore Psychology major in the College of Arts and Sciences, from Nahant, MA 01908.

Nahant Students Honor Roll at St. John's Prep

St. John's Preparatory School recently announced the names of students who earned academic honors for the second quarter of the 2007-2008 school year.

Nahant students who qualified for the Principal's List earned grades of B+ or above, in all courses; Michael Dantona, Christopher Oesterlin, Stephen Pasinski and Mark Scalise.

Nahant students who qualified for the Honor Roll earned grades of B or above, in all courses; Matthew Connor, Alexander Farr, Mario Forgione and Matthew Scalise.

News from the Marine Science Center It's registration time for Coastal Ocean Science Academy (COSA)

This summer, the Marine Science Center will be hosting a Coastal Ocean Science Academy (COSA), for students entering 9th or 10th grade, in the fall of '08. This two-week academy is held August 11th through August 23rd. Students will spend time doing field work in local marine habitats, in and around Nahant, learning about New England coastal marine habitats, as well as partake in ongoing Marine Science Center research. This is a great opportunity for students to be introduced to marine science and have some fun while doing so. On the last day of the Academy, families are invited to attend a family BBQ at the Marine Science Center. Call 781-581-7370 x321, for more information and to ask about the discount for Nahant residents. Or, visit us on the web at www.marinescience.neu.edu/outreach.

Submitted by Nicole MacRae



Christine M. Menzies
Owner

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Girls Incorporated of Lynn 20th Celebration Luncheon on April 10

On Thursday, April 10th, Girls Incorporated of Lynn, will be celebrating their 20th annual Celebration Luncheon at the Danversport Yacht Club, from noon to 2:00 p.m.

"For the past 20 years, we have been honoring outstanding women of achievement, and for 65 years we have been providing essential programs for girls and young women. This year will be a true celebration of all the strong, smart and bold girls and women, who have been involved with Girls Inc.," said Cheryl Conte, Development Chair at Girls Inc.

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.

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

For sponsorships, advertising opportunities, or reservations, call Girls Inc. at 781.592.9744.

A Gospel and Jazz Brunch March 15th By Alvah Parker, Director

On Saturday, March 15th, from 11:00 a.m., to 3:30 p.m., the Follow Hymn Music Ministries will hold their fifth annual Gospel and Jazz Brunch, featuring the soulful sounds of the Tony Gallo Band and Fred Williams, saxophonist extraordinaire, with a special appearances by the Kipp Academy Lynn

Children's Chorus and the Follow Hymn Interfaith Choir, at Angelica's Restaurant, on Route 114, in Middleton.

Fred Williams played saxophone with Jack Benny, is well known on Basin Street and has a national reputation for jazz and big band sounds. Tony

Gallo performs regularly at Ryle's Jazz Club, in Cambridge and The Acton Jazz Café.

The cost of the brunch is \$40 per person. For information and tickets, please call Virginia Makkers, at 781-321-2052, or Doreen Murray, at 781-953-1849.

The Follow Hymn Interfaith Choir is comprised of men and women from a diverse set of religions and ethnicities, that join together in song. Members come from Lynn, Swampscott, Marblehead, Chelsea, Salem and other North Shore communities. To learn more about the organization, go to www.followhymn.org

The Follow Hymn Music Ministries, a nonprofit organization, is committed to promoting their mission of harmony, peace and love, through music, movement and spoken word. The organization champions oneness in diversity and defies the separation of God's people.

Mass Theatrica Presents Rodgers 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. The 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, pianist and Danny Bolton as the Master of Cermonies.

Admission is \$15, \$13 seniors and students and \$8 for children 12 and under. There is free, on-street parking. LynnArts is wheelchair accessible. For more information, please call 508-757-8515, or email us at masstheatrica@yahoo.com, or visit our website: www.masstheatrica.org

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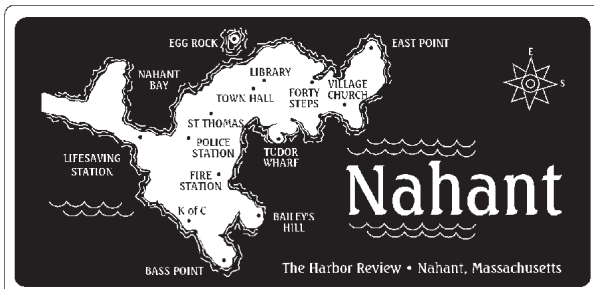
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Posture

By Sallee Slagle, Director, Dance Dimensions

What is your posture like? Do you slouch when you're tired, or hang back your shoulders when you're just "hanging out"? Do you always lean on one hip, more than the other? Take note. Your posture may cause, or relieve more problems than you realize. Gravity is a force at work everyday, to make our bodies sag, or pull us down into a slouch. We must maintain our postural muscles, to maintain our posture through the years and resist gravity.

Let's start at the top, your head and neck. Is your head on top of your shoulders? Have someone check for you, or turn sideways and look in the mirror. Many times our heads are forward. This places a lot of strain on the muscles in the neck and shoulders. Since we often carry our tension here, it can add up to one big headache.

If your head remains forward, the muscles will adjust and the neck muscles are elongated, making it harder to hold your head centered on your shoulders. To help correct this, there are two main objectives; strengthen the back of the neck, upper back and shoulders, as well as elongate the front. Try stretching the neck, regularly lifting the chin upward. Be careful not to compress the neck. Think long and lifted-up, not dropped back. You can open and close the mouth while doing this, to help relieve tension in the jaw, too. Repeat this several times building up gradually. Also, try shifting the head straight back, thinking of the chin pulling back and the ears behind the shoulders. Hold a moment and repeat up to 10x, also building up gradually.

Next, the upper back will compensate for the forward misplacement of the head and curve more back. This is often what causes a round shouldered look. The shoulder blades should be held with a tension downward and together, but not pinched. A good upper back strengthener is lying on your belly with your hands under your forehead, lift your head, hands and elbows off the floor, hold and return. Repeat 10-12x, building up gradually. Modified, simpler versions include leaving one or both hands on the floor, as you lift up. Advanced versions of this exercise can include reaching one, or both, arms forward, side, or back. This exercise is also great for counteracting round shoulders and the rounded posture which, over the years, can lead to dowagers hump.

The low back is an area of concern, all the time, for many of us. Pain and discomfort usually lead to inactivity and then resultant weakness, which creates a vicious cycle. Weak abdominals and tight hamstrings are contributors to our low back stress. Since I have devoted articles to these in the past, I will not get as detailed here. If you have chronic low back pain, you should see a doctor, or chiropractor, who specializes in treatment for the spine. Also, carrying extra weight puts extra stress on our spines and all of our joints. Shedding even a few pounds can help relieve this stress on the body and allow for you to do strengthening and conditioning without pain. Abdominal exercises, done incorrectly, can also cause back pain. Be sure to pull abdominals inward, pressing toward your spine. Only curl up with legs bent and only as far as you can maintain abdominals inward. They will want to push out, but be patient, as you get stronger you will come up higher. If your back bothers you, don't lift as high. There are many core strengthening exercises besides abdominals, including pelvic tilts and for spinal health, the cat stretch and child pose from yoga, can help release tension and relieve pain, too. Be sure to stretch out your hamstrings, as well, since these also pull directly on your low back.

If you sit for long periods of time, be sure to get moving whenever you can. Stand and stretch often. Walk on your lunch break. Also, watch your seated posture. If you are at the computer, check the level of your monitor, the height of your chair and try using a foot rest. Look online for help in making your seated posture more ergonomic. Watch your wrists and mouse location, too. Repetitive Stress can influence the wrist. Tension in the arm and shoulder will contribute to it, too.

Observe how you stand. Habitual postures can create havoc, over time. If you carry a briefcase, or handbag, try switching your carrying side. Alternate the load you put on your body to help keep your posture more even. By having correct posture, you can prevent looking older. Good posture also promotes better circulation, better digestion and internal organ function. It also projects confidence and poise. You look thinner and younger. So stand straight and look great!

Ice Skate and Feel Great!

On-Going Learn-To-Skate classes for adults and children, ages 4½ and up, are held at the Lynn Connery Ice Rink, on Sheppard Street. Classes held Sundays at 1:40 p.m. Participants may use either hockey, or figure, skates. Beginner, intermediate and advanced classes are taught. For information and to register, call Bay State Skating School, at 781-890-8480, or visit online at www.baystateskatingschool.org.

COA Notebook by Diane Desmond

Welcome March! On the way into Spring, we invite our seniors to participate in the “Call Before You Fall” Program. The Nahant Council on Aging has received a grant from the Greater Lynn Senior Services, for the purpose of helping Nahant Seniors prevent falls in their homes. We hope our seniors will take advantage of this program, to identify unforeseen problems in their homes, that could lead to a fall. Evaluations will be done by trained All Care Nurses. After the evaluations are complete, seniors will be provided with reports and recommendations to improve home safety. Some may qualify to have minor repairs and/or safety installations done to their homes, to help keep them safe.

Please call the Senior Center at 781-581-7557. There have been three falls, in the last six weeks, involving seniors, that we know about and so we encourage you to take advantage of this opportunity.

The COA is planning a new exercise program. We have an instructor, but we need participants. The weather will be getting better and we should be able to get out more and exercise. Again, we encourage you to get some senior exercise. To register, call Diane, at 781-581-7557. Please refer to the Community Calendar in this paper for March activities and events.

DON'T FORGET TO “CALL BEFORE YOU FALL.”

Footprints in the Sand

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

Who hasn't walked down the beach barefooted, especially here in Nahant. A trained eye can tell a lot about a person's footprint in the sand. For example; if you can see a heel and then the ball of the foot, you may have what is called a cavus foot, or in other words, a high arch. Or, let's say you can see an impression of the entire foot. This imprint can tell us that the foot is a flat foot. With each presentation, there may be an associated problem related to the way a person walks. Okay, so let's say you are the person with the high arch—you may experience pain right in the ball of your foot. You may walk on the outside of your foot. You may have a history of ankle sprains. One way to tell, is to take off your shoe and look at the bottom for a wear pattern. In the long run, this can lead to knee and hip problems. On the flip side, if you are the person with the flat foot, you may notice pain in the arch of your foot. This could mean many things from Posterior Tibialis Tendonitis, to Plantar Fasciitis, or Osteoarthritis. So, what can we do to help?

Custom foot orthotics allows us to re-align the foot to its normal anatomical alignment. This helps to promote proper propulsion when you are walking. We can design an orthotic to ease the pressure from the inside, or the outside, of your foot, as well as unweight the ball of the foot, which may help prevent a problem from progressing.

Although a footprint in the sand can tell many things, from high arches, to flat feet, to whether a person is walking, running, jumping, or even limping, some things may remain hidden. For instance, have you ever experienced pain right in the center of your heel? This could mean one of a couple things. You may have a heel spur, or Plantar Fasciitis.

A Heel Spur is a bony outgrowth from the center of your heel, that puts pressure on soft tissue, causing pain. Modifying a custom orthotic in just the right way to unweight the heel, can significantly reduce a person's pain.

Plantar Fasciitis, on the other hand, is an inflammation of the plantar fascia which runs from the heel to the balls of your feet, this is also very painful. Supporting the arch, as well as other modifications to an orthotic, can help to significantly decrease the effects of this problem.

There will be more to come on these and other painful afflictions.

In closing, a well-aligned foot means a more comfortable foot, and if your feet don't hurt, well, the possibilities are endless.

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Massage Therapy Helps Prevent Injury to Muscles

By Susan Cadigan, LMT, NCTMB, Nahant Therapeutic Massage

Spring is coming and many are working on New Year's resolutions to get into shape, lose weight, or condition themselves for summer sports/competitions. Trying too hard, or over-training, to get into, or keep in "shape," can lead to more harm than good. Too much, too soon, can hinder the training process, bringing on injury and discomfort. Over-training, intense, vigorous exercise can bring about side effects that can cause injury and pain. As the muscles tighten up, the length of muscular structure is shortened. When we get too tight, it leads our bodies to have disturbances in circulation within the muscle, that leads to lactic acid not being eliminated easily, which can cause the soreness, or pain, in the muscles. When this lactic acid and other metabolic wastes build up and get stuck within muscle tissues, a mucus-like "muck" can form, which can, over time, harden somewhat, creating a situation that can lead to injury. When fibers are not free and flexible, they can break, or tear. Even the slightest micro-tears can lead to discomfort and dysfunction. A domino effect of negative reactions can then occur. One dysfunction leads to another, which leads to another and so on.

Over-training usually causes micro trauma in muscle tissue, that leads to tiny scar formations in the slightly torn/damaged tissue, which leads to adhesions within the soft tissues/muscles. When these adhesions, knots and micro tears are not managed correctly, the area loses elasticity, by-products are accumulated and the muscle shortens. This is a set-up for injury and structural dysfunction.

Massage can help manage muscle tension and knots that form. If you wake up in the morning, after a day of working out, or training, and you ache all over, or feel a tension all over, you may have over-trained. If you need a really hot shower to get loose, or find it difficult to bend over and pick up your socks, or brush your hair, you may have over-trained. We can't help but try hard, or over-train, but we need to help the body recover and lessen the tension, to prevent injuries from happening.

A qualified massage therapist, that understands your activities and training, will be able to help you to help yourself. Some goals of a session should be to reduce tension in the muscles and connective tissue, increase the drainage of venous blood and lymph fluid, promote drainage of lactic acid build-up in muscles, break up, or reduce, the adhesions, knots and scar tissue that have occurred and help to restore length to the muscle, as well as balance the sympathetic and parasympathetic nervous system.

A good massage can help to prevent injury and promote your athletic ability and performance. Overall, therapeutic massage will help you relax, breathe and feel better.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She is the proprietor of Nahant Therapeutic Massage, at the Community Center in Nahant, within the office of Dr. Deborah Feinbloom's Healing and Chiropractic office, at Nahant Natural Healing; 41 Valley Road (The Community Center). Ms. Cadigan is also employed with Partners HealthCare and provides therapeutic and deep tissue massage, at North Shore Medical/Salem Hospitals. Ms. Cadigan can be reached at 617-240-4252, or e-mailed at momentsofpeace@comcast.net

Email to the Editor

It is quite enlightening and enjoyable, that the Nahant Harbor Review print every month "old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us." However, when such records present aspects of our society that predate the civil rights movement, such as minstrel shows, which savagely demeaned African-Americans, it behooves the author of the piece, or the editor of the newspaper, to include a note of perspective, indicating that the article is published solely as an illustration of the historical record. Without such a commentary, the article, titled "Aristocratic and Townie Minstrel Shows," that appeared in the February issue of the Harbor Review seemed like a nostalgic endorsement of our racist past.

Submitted by Cecile Rouleau and Pam Strong

Response to Email to the Editor

Dear Cecile and Pam,

Thank you for the kinds words about the Summer In Nahant monthly article. I also appreciate your comments regarding last month's photo of the minstrel shows held here in Nahant, in the past.

Like you, at first, I was offended by the photo, as I retrieved it from a file at the Nahant Historical Society. After some thoughtful consideration and taking in account some opinions I had received, I decided to include it. I am not racist, nor is anyone I know, particularly here in Nahant. If the picture offended you, I apologize, but I do not regret looking at all the history of Nahant. As the saying goes, those who ignore the lessons of history are doomed to repeat it.

Once again, I appreciate your comment and concerns. Most don't take the time to write a letter or address it publicly and for that I thank you.

Harold "Bumper" Gooding, Assistant Editor
Summer In Nahant author

GLSS Building Dedication and Open House March 20th Dedicated to the Memory of Long-time Nahant Resident Vince Lique

After more than 3 years of construction, Greater Lynn Senior Services (GLSS) is inviting the public to a Building Dedication and Open House, on Thursday, March 20th, from 2:00 to 4:00 p.m., at its newly-renovated office building, at 8 Silsbee Street, in downtown Lynn. GLSS is the Area Agency on Aging serving Lynn, Lynnfield, Nahant, Saugus, and Swampscott, providing assistance and services to residents age 60 and older, their families and the disabled in those communities. The building, which is almost 100 years old, will be dedicated to a long-time Nahant resident, Vince Lique, who served as the Agency's Executive Director for 24 years, from 1982 until the time of his death, in March 2006.

"It was always Vince's dream that this building would someday be transformed into a state-of-the-art office facility, that will allow GLSS to carry out its mission in the community over the long-term," said the Agency's current Executive Director, Ron Airey, who worked with Vince for 10 years. "I know he would be extremely pleased with the outcome." The massive renovation project included creating offices on the building's third floor, in what had been 20,000 square feet of previously unusable space, renovating the existing office space on the second floor, and finally, creating some additional areas for the Lynn Senior Center, which is also located in the building, on the first floor. That final piece of construction was completed this winter.

The project officially began, back in 2004, with the renovation of part of the first floor, creating offices for the Nutrition Department and the Meals-on-Wheels Distribution Center. That project was dedicated to the memory of another well-known Nahant resident, Jacqui Barreda, who served as the Director of Health and Nutrition at GLSS, for 9 years. "Through the generosity of many, including a number of Nahant residents, we were able to raise the funds to cover 90% of the cost of that piece of the renovation," said Rosalie Grattaroti, GLSS' Director of Development. "We hope that many will come and see this wonderful tribute to Jacqui and her work."

The 8 Silsbee Street office building houses more than 250 staff, who assist in 20 different programs offered to seniors in the Agency's five-town service area and beyond. Every year, GLSS provides a broad range of in-home assistance services, to over 1,500 home-care clients and more than 300,000 meals to seniors, many of whom are homebound. The Agency's staff also includes another 250 in its Transportation Department, headquartered in Peabody. GLSS is the MBTA's contractor for the North Territory of "The RIDE," providing over 500,000 rides annually, to disabled persons of all ages, who live in 23 cities and towns north of Boston. Through the range of services provided, 3,000 people depend on GLSS every day to improve the quality of their lives.

For more information about the Building Dedication and Open House, or GLSS, please call 781-599-0110. Submitted by Margaret Gilligan

ABC Home & Healthcare Professionals Awarded 1st of a Kind Grant from Greater Lynn Senior Services

ABC Home & Healthcare Professionals was awarded a Title Three grant, from Greater Lynn Senior Services (GLSS). The Grant, "Essential Live-In Program" (ELIP), is the first-of-a-kind service, that has been established by GLSS. It's for elders and low-income individuals in long-term care institutions, who need intensive short-term home care, to ensure a safe discharge. ABC Home & Healthcare Professionals congratulates GLSS on their innovative approach to service for a very vulnerable population.

ABC Home & Healthcare Professionals, serving all of Essex, Middlesex, Norfolk and Suffolk counties, are leaders in private home and health care, specializing in elderly and chronic care. Call ABC Home Care, at 781-245-1880, for further information about this grant, or to learn more about their services, or visit their website at abchhp.com.

Submitted by Christine Sheehan.

Special Heads Up

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. (TRUE. VERY, VERY TRUE.)

Submitted by the Staff of the Tudor
Cocktail Ice Co.

The Staff and Board of Directors of **Greater Lynn Senior Services**

cordially invite the community to attend a

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at its newly renovated
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Thursday, March 20, 2008

2 ~ 4 p.m.

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The Building Dedication in honor of
Vince Lique will take place at 2:15 p.m.

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Ophelia Payne Tudor Runs for Office

Not since the honorable Jayne Solomine left office, has the Town of Nahant had a woman as Selectman. Well, hang on folks, the CEO of the Tudor Cocktail Ice Company has thrown her red hat in the ring for this year's Town election.

"While meditating in our family pew, at our Nahant place of Worship, I had an epiphany. A voice came to me and said Ophelia, you must run!" With this, my fellow Nahanters, I am looking for your support on Town election day. (NOT TRUE)

My eccentric, but always visionary, family has been part of Nahant's fabric, since the early 1800s. In the late 1700s, Lynn farmers cut down most of the existing trees, to create a sun-filled pasture for their cattle to graze. (TRUE and I can't understand why we keep giving those folks beach parking stickers.) Our father, Frederic Tudor, who made millions cutting ice from frozen local ponds, took it upon himself to take our then, treeless peninsula and plant the majority of the trees you enjoy today. (TRUE)

Thus, I would like to take our Family's keen vision, along with a ton of our money and buy your vote. My qualifications are: Age: None of your damn business; Education: Many private finishing schools throughout Europe, (never completed one); Marital Status: Single parent; Children: Son, Jon Bleu; Career: CEO, Tudor Cocktail Ice Co., Nahant, MA. (ALL NOT TRUE)

Vision for Change If I Am Elected

1. Install Victorian gas lights along the walking path from the Financial District (Little Nahant Bank) to the downtown Business District;
2. Organize a free paint program for the Business District. Voters get to choose one main body color and one coordinating-trim color for all the commercial buildings in the downtown Business District;
3. Create a small supplemental decal, to fit perfectly above existing beach parking stickers, that states "TRUE NAHANT RESIDENT" and
4. Get "The Fred" (Frederic Tudor Memorial), the Bass Point to Boston tunnel Project underway, to help alleviate the extra traffic volume and show support for the proposed 32 mixed-income units. (ALL VISIONS NOT TRUE...too bad.)

If you would like to contribute \$1,000.00 towards the "Elect Ophelia Payne Tudor Campaign," please send a check to my campaign managers, Duddie and Ponsie Tudor, c/o The Tudor Cocktail Ice Co., Nahant, MA. In return for your generosity, you will receive this lovely 8' x 10' storage shed for your backyard, painted in the "voter-approved" color and trim. (OH SO NOT TRUE.)

Submitted by Duddie and Ponsie Tudor, The Tudor Cocktail Ice., Co.



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

DISCLOSURE STATEMENT

As of last month's issue of the Harbor Review, the Editor, while enjoying the column, seemed to be getting conflicting feedback from some readers. They want to know what is real and what is Memorex? Hopefully, this month's attempt will clarify any confusion. (If anyone in town actually sees a Mulooster, you should probably keep it to yourself.)

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.

Global Warming Teach-In

By Polly Bradley

Five SWIM members — Emily Potts, Maureen Edison, Peg Hinrichs, Nancy Smith, and Polly Bradley — crossed the causeway on January 31st - February 1st, to attend the Global Warming Teach-In, at North Shore Community College. We met students who are taking classes in solar energy installation and heard talks on everything from green jobs and renewable energy, to shoreline loss and diesel fuel studies. North Shore Community College is working to make a greener campus with its "Green Curriculum Project," a college-wide environmental education effort which also incorporates recycling and environmentally friendly building techniques and grounds management.

A highlight was talking to leaders from the Food Project and the Farmers' Markets in Lynn and other communities. The Farmers' Markets not only offer the freshest of fresh food, but save energy because fresh produce is not trucked across the country. The Central Square Farmers' Market in Lynn is open on Thursdays, beginning July through October and the Farmers' Market, at the Ingalls School, is open on Tuesdays, during September and October. Watch for 2008 hours.

The Food Project's North Shore's Summer Youth Program offers paid summer employment for students 14 through 17. Young people grow food at local sustainable agriculture farms and help distribute it, especially at the Farmers' Markets. They also participate in workshops on topics such as poverty and the influences of race, class and the economy on communities and food access. Nahant students are invited to apply for these summer jobs, which can be extended to part-time jobs in the fall. In addition, Saturday morning volunteers are wanted this Spring at the Long Hill Farm in Beverly or at Ingalls Farm in Lynn.

Community service credit is available. For more information, see www.thefoodproject.org, or visit Katie Fiorella, Community Outreach Fellow, The Food Project, at kfiorella@thefoodproject.org, or call 781-346-6726.

Photo, top, above: Katie Fiorella, Community Outreach Fellow, at the Food Project table, at the Global Warming Teach-In, North Shore Community College.

Photo above: Emily Potts at the SWIM table, at the Global Warming Teach-in. The poster is Massachusetts Bay from Space and the white card is a photo of an LNG terminal construction vessel with a whale nearby, taken by the Whale Center of New England.



SWIM news for March

Safer Waters in Massachusetts (SWIM) will meet Monday, March 10th, at 7:00 p.m., at Northeastern University's Marine Science Center. You are invited to attend.

On the agenda: What should SWIM priorities be? An overwhelming number of environmental problems face the North Shore, from global warming, to boat waste discharge, to fisheries issues. SWIM has neither the financial, nor the human resources, to tackle every threat. It is essential to clarify where SWIM can be effective and what its major focus should be. SWIM's first concern is the North Shore coast and ocean, but we are part of one blue globe.

SWIM hopes to distribute compost bins and rain barrels, at cost, for Earth Day, on Nahant Town Meeting day. Watch for news of a compost bin-rain barrel raffle! Nancy Smith and Emily Potts are spearheading the project.

A "Swim for SWIM" is planned for next summer — a swim (literally) along Long Beach (the Nahant causeway), to further environmental awareness and ocean protection. More details later this spring. Sal Genovese will be leading the "Swim for SWIM."

For more information and a list of SWIM issues and priorities to be considered at the March 10th meeting, visit the SWIM web site, <http://www.nahant.org/community/swim.shtml>, or call Polly Bradley, 781-581-0075; or email, nahantswim@comcast.net. Please come to the SWIM meeting if you want to help with any one of SWIM's projects, or spearhead a project of your own, to help the environment.

Northeastern Lecture Series: Buy a Fish, Save a Fish

On Tuesday, March 4th, beginning at 7:00 p.m., Scott Dowd, amazon Biologist with the New England Aquarium, will present his topic: "Preserving Amazon Rainforest Through Sustainable Aquarium Fisheries," as part of Northeastern University's Marine Science Center on-going Evening Lecture Series.

Since the 1950's, every year, large quantities of live fish are captured in the Amazon rainforest and exported for the aquarium fish trade. Tens of millions of individuals, of a single species, can enter the international trade from Brazil. Over the past decade, these fisheries have become the focus of the scientific community. When the scope of the industry was first observed, the usual red flags were raised, with fisheries concerns: over-harvesting, habitat damage and socioeconomic inequity. However, after taking a closer look at the regional trade in aquarium fish, quite a different picture has emerged.

Come hear about the surprising role that these tiny beautiful fish play, in not only the safeguarding of Amazon rainforest, but the role they play in the growing climate change crisis.

This lecture is free to the public. Light refreshments are served at 6:30 p.m. The lecture begins at 7:00 p.m. and is roughly an hour long. The Marine Science Center is wheelchair accessible. Submitted by Tracy Hajduk

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Nahant Real Estate Market Report by Andy Uzcategui, Century 21 The Howard Group

Across the nation, homeowners are keeping a close eye on the real estate market trying to find the perfect time to buy or sell. Some communities have been hit harder than others, but there are high-end suburbs experiencing a healthier market. Here are some Nahant statistics:

Nineteen houses sold in 2007, compared to twenty-one in 2006.

Sales volume in 2007, increased 6% over 2006.

The average sale price in 2007 was \$600,324, compared to \$511,821 in 2006.

The average sale price per sq. ft. was \$275.46 in 2007.

(This information was gathered from Multiple Listing Service.)

Andy Uzcategui lives in Nahant and is a residential marketing specialist for Century 21 in Brookline. He specializes in working with buyers and sellers for Nahant properties. For more information, please call Andy at 617-824-0411.

Nahant Firefighters Test Nautical Equipment for Practical Sailor Magazine



Practical Sailor Magazine tests nautical equipment. The publication accepts no advertising, so the products take a real beating to see if they can truly stand up to manufacturers' claims. In the February issue, there is a test of foul-weather gear, in which several Nahant firefighters helped, by volunteering as guinea pigs. They literally got hosed down after their monthly training. The men got involved because David Liscio, a Nahant firefighter, is also a field-tester for Practical Sailor. From left are Robert Tibbo, Rick Leger, Dennis Ball, David Moore and Bruce Marshall. Bill Rogers is on the hose.

Photo by David Liscio.



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YOUR EYES—MRS. CLINTON

Feb. 5, 2008

In the Democratic primary—Lynn, Massachusetts,
I, a female, voted for her...Hillary Clinton, for President!

What an inner gladness—for the first time in my life!
On a pink ballot

I filled up the small white ellipse with a pen, from the
center outward

As if to draw Hillary's eye!

Imagining:

The power of her gaze

That dissolves the classical "glass-ceiling...!"

.....
Your eyes, Mrs. Clinton—the expression
Of-the-clear-blue/azure-morning-sky.

In your eyes,
Aristophanes is replaying the joyous scenes
Of the women-chiefs again in the 21st century...

Your eyes—
Whispering: "To be or not to be!"
Your eyes—praying:
"Vote for me!"

A woman has come...love pouring out from her blue
eyes...

—ROZI THEOHARI

School Choice Programs in Massachusetts

By Joseph F. Lisi Ed. D., Superintendent of Schools

All school-age children who live in Massachusetts, are entitled to attend a public school free of charge and all children between the ages of 6 and 16 must attend school. Most children attend school in their home district, the school district in which they live. In certain situations, parents may choose to enroll children in public schools outside of their home district. This school choice program allows parents to send their children to schools in communities other than Nahant and the tuition is paid by Nahant to the receiving district. The tuition cost (\$5,000-\$6,000 per student) is deducted from the State reimbursement, a school system would receive, from Chapter 70 funds.

Considering that Swampscott, Lynn and Marblehead do not offer School Choice in their public schools, choices for Nahant students are narrowed to Charter Schools in surrounding communities and the North Shore Technical High School in Middleton.

Authorized by the Commonwealth of Massachusetts' Education Reform Act of 1993, Charter Schools are independent public schools, that operate under five-year charters, granted by the Commonwealth's Board of Education. Charter Schools are usually proposed by teachers, school leaders, parents, non-profit organizations, or other members of a community and are funded in the same manner as other school-choice schools. For each child that a Commonwealth charter school enrolls, it receives a tuition amount from the state equal to a per-pupil amount calculated by the Department's School Finance Unit. This amount is deducted from the funds that Nahant receives from State reimbursement (approximately \$10,000 per student). This year, 13 Nahant students are enrolled in Marblehead and Lynn Charter Schools. Nahant will lose from its State reimbursement over \$100,000. Fortunately for the first year, approximately 100% of the cost is reimbursed, so there will not be a significant loss in school aid this year. The second year, only 60% of Charter School tuition will be reimbursed, so the cost next year to Nahant will be approximately \$46,000. The third and last year allows only 40% reimbursement, which would cost Nahant over \$60,000 in lost State aid.

With this in mind, I've asked, in a Lynn Item article and now in the Harbor Review, that parents who have chosen to send their children to other schools, give the Johnson School another look. Make an appointment, schedule a visit and compare the educational services that are available. If enough parents express interest, we would schedule an information night, to fully explain the services available to children attending the Johnson School. There will also be an evening orientation program this spring, held at the Swampscott Middle School, to discuss transitioning to grade seven, as part of the grade 7-12 experience for Nahant students in the Swampscott Public Schools.

If you have any questions, please call me at 781-581-1600, or email me at jlisi@johnsonschool.org

News from the Johnson School

By Diane D. Mulcahy, Principal

I want to thank everyone in the Johnson School Community for extending such a warm welcome. The Johnson School is a wonderful school and I have enjoyed visiting the classrooms and meeting the children. Nahant is very fortunate to have such a great new facility. I am very impressed with the dedication of the teachers and I am looking forward to working with them.

I want to thank Dr. Lisi, for the wonderful job he has done, in his dual role, as Principal/Superintendent. Things are in great order and that makes my transition so much easier. I look forward to working with him to move the Johnson School forward.

My first three weeks at the Johnson School have been very productive, for one and all. Students celebrated the 100th day of school. First-graders invited their parents to view their collections of 100 objects and the Kindergarten built an impressive city with 100 blocks. Fifth-graders celebrated their milestone of 1,000 days in school, by inviting parents to view their research projects. Mrs. White held her annual Valentine's Tea for her second-graders' special valentine guests and the Student Council capped off the day with the Teddy Bear raffle. There's never a dull moment.

I have had an opportunity to meet some of the parents and I look forward to meeting you all. Please don't hesitate to ask any questions you may have. The first half of the school year has been successful and I am looking forward to having the second half of the school year, be just as productive.

The Nature of Nahant: Winter Birds

by Linda Pivacek

Winter is a quiet time. By November the trees, shrubs, fields and beaches are swept clean of migrating birds and for many weeks, even our resident cardinals, mockingbirds and sparrows are quiet, as they concentrate on finding food and keeping warm. However, this is Nahant, where there is always something avian happening.

Nahant has many wonderful locations from which to view the sea for wintering flocks of waterfowl. For example, a walk on Marginal Road provides great sea views and often close looks at loons, grebes and ducks, like Common Eider, Red-breasted Merganser, Bufflehead and scoters. Nahant's impressive flock of Brant geese, numbers about 450 individuals. This is the northernmost wintering flock of this rugged species, along the east coast. They will depart by the end of May, for their breeding grounds in the arctic tundra. At a distance, this striking goose is similar to the black-and-light pattern of the Canada Goose, but it is smaller, shorter-necked and lacks the white "chin strap" of the Canada. Brant are usually found feeding on eel grass, in the bay off Black Rock ("Doggie") Beach. In the early spring, they enjoy the wet softball field, across from Short Beach. Along the coastline, a few hearty shorebirds linger, such as Sanderlings, Dunlin and Purple Sandpipers.

Landward, birds of prey eke out a living. Winter is the time when Cooper's Hawks are most-likely seen, near bird feeders. The "Little Nahant Coop" has swooped by our bird feeder on several occasions, scattering the birds in all directions. An American Kestrel, our smallest and most-striking falcon, can often be found along the Nahant Causeway, looking for prey, from the top of one of the light poles. The hardy little Snow Buntings and Horned larks are seed-eaters, found sometimes at Lodge Park and in the dunes along the beaches.



The nightlife in Nahant can also be lively in winter. That is, nightlife of the avian kind. Owls are spectacular and fascinating creatures, but not easy to see, as they are active at dusk and pre-dawn. Snowy Owls are the exception, as they roost in the daytime, in the open in places, like the cliffs at East Point, or on the dunes at Short and Long Beach. They are uncommon, but annual visitors to Nahant. In recent years, with the large number of dogs on the beaches, a Snowy Owl can sometimes be seen sitting on a channel marker, in Lynn Harbor or on a light pole, along the causeway. Short-eared Owls roost in low vegetation and are sometimes found flying close to the ground, at East Point, just before dusk. Barred Owls winter annually in Nahant, but are hard to find, because they roost during the day in tall evergreens, like spruce and pine. There is usually one at the Mass Audubon thicket and at dusk, it is sometimes seen along Nahant Road. This year, there has also been one seen, several times, at dusk, along Fox Hill Road. Several residents were pretty excited to get great looks at their first Barred Owl.

What to look for in March: Signs of Spring

The Vernal Equinox, the first day of spring, occurs on March 20th. Pussy Willows will be "fuzzing-out" in mid-March. On warm, sunny days, look for Mourning Cloak Butterflies, one of the few butterflies that hibernate over the winter months. One of our first-returning migrants, Red-winged Blackbirds, will be back; listen for their song especially in open areas and on reeds in wetlands. They will soon be joined by their cousins, the Common Grackles.

The Great Cormorants are now sporting their new breeding plumage: a large white flank patch. Try spotting them from East Point, as they fly to and from Egg Rock. This is our "winter cormorant." In spring, these birds will fly north, to breed in the Canadian Maritimes. They will be replaced by the Double-crested Cormorant, our "summer cormorant," now wintering in the south.

And, of course, the birds will begin singing their spring songs. Enjoy!



Useless Information by Ray Barron

Spring In Nahant

Cal Hastings thinks spring is the season when you rely very little upon the weather and even less upon the weather man. Cal's sweet wife, Marrit, says, "In the spring, a young man's fancy lightly turns from thoughts of work."

The attractive educator Mary Dill, of Cary Street, says, "Spring is the silly season, when men plant grass in order to slave in the summer to keep it cut." As for her husband, Dan Dill, "Spring is the glorious season when the grass grows along the roadside and hides the discarded beer cans."

Once again, Sheila Hambleton reminds us, "Spring is the time of year when the weather seldom gets together with the season."

Well, as Bill Vaughan once said, "No one objects to March coming in like a lion—it's the hanging around like a polar bear that's depressing."

Perhaps the only individual in Nahant who will miss the winter season is "The Hunk" Jim Devereaux, who enjoys skiing.

History buff, Kerry Gordinas, of Spring Road, wants you to be aware: In the Middle Ages, Italians were the first to use a fork, the first to wash their hands before a meal and one of the first to prepare food using the freshest ingredients.

Nahant Women with Spring Warmth

Nahant women add warmth to the spring season: Angela Lowell, Janet Malatesta, Jackie Meuse, Patti Aswad, Allison Twiss-O'Neill, Donna Lee Hanlon, Donna Foti-Scovell, Sheila Hambleton, Marguerite Rizzo, Deborah Waters, Marie Pasinski, Maureen Palangi, Madeline Tanen, Diane Desmond, Lissa Keane, Maura Devereaux, Librarian Carole Brophy, Michelle Kirkman, Lisa Torchiana, Linda Kane, Nancy Antrim, Meredith Salt, Julie Tarmy, Julie Cadigan, Paulette Marie, Judie Marie Moccia, Ann Manzano, Marie Muzzioli, Beverly English, Lisa Perella, Maureen Ward, Anne O'Brien and Jane Kirkman.

Karen Barisano, Polly Bradley, Linda Hall, Susan Arzillo, Deborah Cashman, Paula Devereaux, Arlene Connor, Jane Lombard, Cynthia Pierce, Sarah Riley, Annie Rooney, Susan Moleti, Kerry Gordinas, Pam Motley, Dorothy Vitale, Rosalie Ryder, Peggy Barile, Barbara Lombard, Ellen Klink, Joanna Reardon, Gayle Poulin, Peggy Silva, Martha Keller, Ruth Brownell, Barbara D'Amico, Noel Spinney-Costin, Linda DeBenedetto, Gina McCoy, Mary Dill, Janet Dolan, Courtney Dolan, Mary and Barbara Mackey.

Gail Guiney, Karen Canty, Florence McDonough, Tracy Simpson, Lynne Spencer, Dorothy Hagoort, Gertrud Joyce, Paula Smith, Marcia Gaudet, Darlene Conigliaro, Maria Welsh, Patricia O'Shaughnessy, Joy Pechinsky Spinelli, Diane Mason, Maureen Pompeo, Marrit Hastings, Molly Conlin, Bonnie Blydell, Linda Jenkins, Peg Hanagan, Nancy Risch, Harriet Steeves, Marion Capano, Mary and Patricia Magner, Mary Messina, Lisa Scourtas, Annette Merlino, Mary Medeiros-Donahue and Mary Irene Dickenson.

MARCH BIRTHDAYS

Time to wish a happy birthday to your dearest friends and nosey neighbors who are celebrating their birthdays in March.

Our March 1st birthday kids: Mike Mitchell and Tim Maguire. Also born on this day, bandleader Glenn Miller and singer Dinah Shore.

March 2: Claire Brownlie-Cox, Anna DiCastro, Jean Ghazi, Cary Wolinsky, Diane Palombo, Matt Donahue and Jon Bon Jovi, rock singer.

March 3: Susan Bonner, Penelope Ross, Christine Stevens, Cathy Cardile, Paul Smith and James Sanborn.

March 4: Nancy Keen, Eleanor Goodman, Nicole Doucette, Celia Cornish, Carol Crawford, Ed Riley and Antonio Vivaldi, Italian composer.

March 5: Peggy Jeddry, Eleanor LeBlanc, Carole Keller, Alex Eaton, Ken Gavin, Jacob Musman and on this date, the term "iron curtain" was first used, by Winston Churchill in a speech.

March 6: The serene Georgia Perepelitza, former Nahanter, harpsichord great, Don Angle, Jim Doran and on this date in 1930 Clarence Birdseye's first frozen foods went on sale in Springfield, Massachusetts.

March 7: Sweet Angela Lowell, Claire's lover, Arthur Collins, Tom Cypher, Charlie Butera, Ian Potts, the award-winning chef, Peter Davis and Maurice Ravel, French composer.

March 8: Kevin Costin, Warren Edwards, Scott Watson and Cyd Charisse, film actress and dancer.

March 9: Amy Klee, Lisa Perella, Madeline Long, Colleen Trentsch, Tom Levangia, Tom Peterson and on this date, Russian dog Laika was launched into space aboard Sputnik 9.

March 10: Ruth Titus, Kathy Lique, Joe Bertorelli, Joe Migliaccio and also celebrating a birthday on this day, is Prince Edward, youngest son of Queen Elizabeth II.

March 11: Marie Reenstierna, Maureen Burke, Joyce Gaudet and Mackenzie Hall.

March 12: The great Bob Risch, fearless Billy Waters, Bill Rubbico, Bryon Smith, Helena Moreno and also wish a happy birthday to singers, Liza Minnelli and James Taylor.

March 13: Charlotte Dracousis, lovely Nancy Gallo, Lauren Bromberg, Amy Hill, Doris Nelson, Mary Dick, Art Ross and the late, distinguished Dr. Charles Schepens.

March 14: Dot Hartigan, Peggy Coles, Chris Mostone, Steve Arzillo, physicist Albert Einstein, film actors Michael Caine and Billy Crystal.

March 15: Lovely Arlene Connor, Jennifer Baker, Brenda Thompson and Loredana Barletta.

March 16: The handsome, brilliant Rick Kennedy, Barbara Caloggero, Pauline Mahoney, Sophia Hyde, Paula Devereau, Jayne Davidson, Karen Hubert, Georgia Lesburt, Pete Hemenway, Chris Connolly and Bob Meyers.

March 17: Saint Patrick's Day: Marrit Hastings, David Legon, Sharon Provencher, Marianne Riley, Ida Nannini, lovely Victoria Capano, Barbara Lally, Mary Ioven, Sherri April McDermott and singer, Nat "King" Cole.

March 18: Angela Bonin, Betsy Taylor, Wendy Johnson, Shari Locantore and Anders VonAschwege.

March 19: The flower power Marie Ford, Ann Marie Passinisi, Patricia Adams, Cathy Cafaso, Pam Cooley, Patricia Roche, Tony Sacco and actress,

Glenn Close.

March 20: Christine Gandolfo, Betty Hall, Charlie Buisset and actors Spike Lee, William Hurt and Holly Hunter.

March 21: Patricia O'Shaughnessy, Jennifer Baldini, Jennifer Montague, sweet Patrice Emberley, Paul Catoggio, Nick Nash, Andre Ponton and also born on this day, composer Johann Sebastian Bach.

For the record, anyone needing to calm down, ought to listen to Johann Sebastian Bach's "Goldberg Variations."

They are said to have been composed to help a Count fall asleep. Which reminds me, Prokofiev's Seventh Symphony calls out to listeners, to overcome pain and move on to new happiness.

March 22: Happy birthday, Andrea Murphy!

March 23: Lovely Julia Kavanagh and Jennifer Sweeney.

March 24: Lovely Jennifer Keefe, Clayton Purdy, Dot Auchmoody, Todd Wilson, David Riley and Maya Moon Lique. Also celebrating a gala birthday on March 24th, my wondrous daughter, Robyn Waters.

March 25: Mary Gavin, Mark Reenstierna, Pete Brown, Barrett Senk and singers Aretha Franklin and Elton John.

March 26: Elizabeth Lowell, Dot Pass, Patricia Hatzis, Eden Milroy, Carol Finkenaure, Tim O'Keefe, Billy Ostermiller and actors Alan Arkin, Leonard Nimoy, James Caan, singer Diana Ross and a dear friend, writer Erica Jong.

March 27: Michelle Kourkoulis, Erin Sweeney, Michelle Abisso, Vin Lopez, Paul Caira, the noted, former, State Trooper Captain and educator, Tim Moran, actress Gloria Swanson and jazz singer Sarah Vaughan.

March 28: Carol

Continued on next page.

LynnArts Community Arts Center Presents

Submitted by Susan Halter, LynnArts

The Luminous Landscape

In the Time Warner Gallery, March 18-April 18.

Opening: Saturday, April 5th, 2:00 to 4:00 p.m.

Curators: Linda Cordner, Janet Bartlett Goodman, Charyl Weissbach.

Encaustic Artists: Lindsay Bentis, Linda Cordner, Janet Bartlett Goodman, Dorothy Simpson Krause, Julie Shaw Lutts and Charyl Weissbach.

Landscape art traditionally depicts scenery in a realistic presentation, that can sometimes minimize the subtleties and ethereal qualities we often experience in real life. When the landscape is depicted using a technique known as encaustic, the melted wax fused with pigment, naturally interacts with light, creating a luminosity easily perceived, particularly in a familiar setting, such as the landscape. The wax, color and texture adopt new and boundless manifestations, that appear to transcend the typical dimensions of earth, space, and time; and evoke feelings of inspiration. The use of hot wax, with its translucent and transcendental properties, is uniquely able to convey nature's vastness and its mysterious allure, creating an illusion of timelessness, a virtual reality landscape.

The artists hope that the images in this show will serve as a poignant and compelling reminder of the need to preserve our landscapes, in the face of our misguided breach of the sensitive balance between man and his environment.

About the Artists

Lindsay Bentis's encaustic paintings are an exploration of the dichotomy between the beauty and ugliness of our natural world. She is intrigued with the many pieces that make up the landscape, rather than the whole vast space. Lindsay has unraveled, through her style, the underlying structure of nature. Her circular, organic shapes possess a unique ability to express textures, colors and contours of our environment.

Linda Cordner is drawn to certain color schemes and shapes. Repetition and placement are very important to her. She layers, using multiple coats of wax, which is obscured by the under layers. At times, she scrapes away areas of the wax, to expose the dynamic compositions below. Her landscapes are harmonious and free-flowing. The dichotomy between her uses of bold, clean color, juxtaposed with graceful organic shapes, is sophisticated, intriguing and pleasantly refreshing.

Janet Bartlett Goodman is very much involved with materials and process. She doesn't believe that the process of making art should be easy and we see this in her grand forest paintings. The use of neutral and chromatic color, forms the backdrop for line, that is magnificently and effortlessly drawn. Her landscapes are on-going patterns of nature's forest, which speak of mystery and grandeur. She sometimes incorporates gold leaf in her work, which magically transforms her paintings into regal depictions.

Julie Shaw Lutts employs hot wax, to protect her multifaceted collages, that convey her inspiration for even the smallest elements of nature. She has the unique ability to weave ideas into a mosaic, that completely interconnect the various formulations found in our natural world. Her landscapes are fascinating interchanges between nature and its many different forms.

Dorothy Simpson Krause is a painter and collage-maker, focusing on both traditional and digital mixed media. Her encaustic landscapes have an unusual, surreal quality that captivates the viewer and deepens our appreciation for the grandeur of nature's pristine quality. Her ability to merge luminous light and color to evoke a panoramic 3-dimensional framework, is truly extraordinary.

Charyl Weissbach derives great pleasure reinterpreting the landscape. Her paintings are a combination of drawing, abstraction and impressionism. Her use of Belgian linen forms the basis for her encaustic paintings and is revealed through layers of tinted wax, that create the illusion of timelessness and expansiveness. Her paintings are tranquil, atmospheric and luminous.

March Birthdays, continued

Sanphy, Cathy Letourneau, Suzy Gorham, Robyn Gaynor, Jane Comito, Eva Cardile, Susan Gilbert, Terri Crosby and Raphael, Italian painter.

March 29: Sean Dolan and Nancy Antrim.

March 30: Jeanne Fiore, Brian Perry, Adam Walker, actor Warren Beatty and guitarist Eric Clapton.

March 31: Betty Murfitt, Julie Morris, Fred Taylor, Joe Mellen, Paul Tobin and former Vice President, Albert Gore.

Did we forget to mention your birthday? Please let me know, 581.

Useless Information

Women blink almost as often as men do.

Two million mites live in your bed.

There are no fish in the Dead Sea.

Some hens produce green eggs.

The word "school" comes from the Greek word "Skhol," which means leisure time, time for spiritual exercises.

The salt in your tears comes from the food you eat. It's transported via the blood circulation to the lacrimal gland, near your eyes, where tears are produced.

When you are born, you have 300 bones in your body. But when you die, you have only 206.

It has been proven that taller people score better on intelligence tests.

Marilyn Monroe had six toes on her left foot.

There are more chickens than humans on our planet.

Nearly all lipsticks contain fish scales.

If olive oil comes from olives, then where does baby oil come from?



HOOMPA in St. John

Submitted by Bruce Tarney

HOOMPA is in St. John USVI, with Bruce Tarney and Michael J. Foody!

Michael is the son of Ed Foody. Many people will remember popping into Foody's Market, that was for years, at the intersection of Willow and Emerald Roads. Michael stocked shelves there as a kid, working along side his father, who's alive and well, 84, and living in Tampa, FL.

Michael is the chef at Aqua Bistro restaurant, in Coral Bay, St. John. If you're down there, stop in and say hi.



Summer In Nahant

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



John Lothrop Motley

John Lothrop Motley, the brilliant historian of the Dutch Republic, was born in Dorchester, Massachusetts, April 15, 1814. He was a man of fine personal appearance. Lady Byron spoke of him as more like her husband than any man she had ever met.

Like Sumner, Mr. Motley was one of those who came much to Nahant in the early days and never lost his affection for the scenes of his youth. Here he came whenever he returned from Europe, where he spent much of his life.

From the Life of the Reverend Samuel May we read the following:

“During the summer of 1820, at the invitation of several gentlemen of Boston, I accompanied them to Nahant. I instructed their children during the week and conducted the service of public worship each Sunday morning. I remember that I enjoyed my little school and that among my pupils were some boys who have since become distinguished men, especially the Rev. Robert c. Watterson and the historian, John Lothrop Motley.”

From this we infer that Mr. Motley learned his first lessons in the old (old) stone school house. In later years, he spent a number of summers at Nahant in the Hood house, where a part of one of his histories, the Rise of the Dutch Republic, was written.

The summer of 1875, the last one he spent in this country, he was the guest of the late Mrs. John E. Lodge, at the “Villa” (5 Cliff Street), now occupied by Mr. Ellerton James.

In the “Correspondence of John Lothrop Motley,” edited by George William Curtis, are two of his letters written at Nahant to his wife, who was then in Europe, parts of which I will read.

Nahant, July 11, 1861

My dearest Mary:

I write you this line only to tell you of a most dreadful calamity which has thrown this community into mourning. Mrs. Longfellow was burned to death the day before yesterday. She was making seals for the amusement of her younger children in her house at Cambridge, when the upper part of her thin muslin dress caught fire, and in an instant she was all in flames. Longfellow was in the next room. Hearing the shrieks of the children, he flew to her assistance and seizing a rug, held it around her and although she broke away from him attempting to run from the danger—as persons in such cases seem invariably to do, he succeeded at last in extinguishing the fire, but not until she was fatally injured. She lingered through the night, attended by several physicians and expired yesterday forenoon about half past ten July 10...Longfellow was severely burned in the hands, but not dangerously.

I had not the heart to make any inquiries, but think that on Saturday I will try to see Mrs. Appleton. It is not more than five or six days since I was calling on Mr. Appleton. F—— (Mrs. Longfellow) was there and greeted me most affectionately, making the kindest inquiries after you; she never looked more beautiful, or seemed happier and Longfellow was, as he always is, genial and kind and gentle...

I am finishing this note tonight at N——’s. (Mr. Edward Motley’s, his brother’s), as I must send it by tomorrow’s early boat. My Mother is looking better than usual. I have been on the Agassiz’s piazza just now. He was not there but will come tomorrow. Mrs. Agassiz (Elizabeth Cary) and Mrs. Felton (her sister) all looked very nice and natural and gentle.



MOTLEY FAMILY HOUSE: “DASHING ROCK”

The Property at 6 Cary Street, Nahant. was bought by Motley, brother of historian John Lothrop Motley and summer house and barn were built in 1859.

Thomas Motley, son of Edward, built “Spouting Horn” for his family in 1882. This generation included five sons. Warren Motley, the youngest, lived out his life (summers) at “Spouting Horn.” That house was then lived in by Tom and Kathy Motley (now divorced) until sold to Ed and Sandy Cain, the present owners.

Warren Motley’s twin brothers, Edward and J. Lothrop, came back to the original Motley property at the time they married, with Lothrop taking the “Red House” down by the water.

Edward and Harriet converted the barn into this present house in 1914. (J.T. Wilson’s original letter of estimate hangs in the downstairs “loo.”) As their family grew, they added the wing towards the tennis courts, which doubled the size of the kitchen and added room for servants. The original wall of the kitchen is apparent by the large beam dividing the ceiling.

The “Red House” at the water’s edge was destroyed by fire in the winter of 1949.

The Edward Motleys had four children. Mrs. Powel was bedridden in Concord at the end of her life, and this family tree was assembled by her granddaughter, Eleanor Motley Billings, to help the nurses sort out the various family members who continued to visit her regularly.

“Gran” died in 1975 at the age of 90, leaving the Nahant property to her third son, Herbert. He winterized the house that winter and spring. Herbert Motley Jr. and his family have lived here since 1976. They are joined regularly by Herb, Sr. and Cathy between seasons in Naples, Florida and North Haven, Maine.

Written and given by Herbert Motley, Jr., 12/9/89



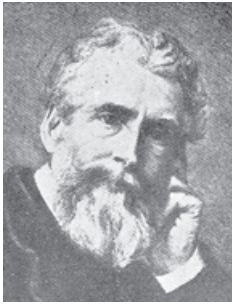
At left: Motley Brothers, sons of Thomas & Eleanor Warren Motley. L to R: Warren, Edward and John Lothrop (Edw. & J. Lothrop were twins).

Above: Motley House, or Red House, copied from Herbert Motley original, October 1979.

Top, next page: Jacques Family group. Gift of Herbert Motley, Jr., December 23, 2003.

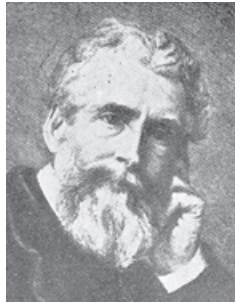
Far right, next page: Photograph of Caroline Merriam Jaques, great-great grandmother of Herbert (Jaques) Motley, Jr., seated in her hooded rattan chair, which is currently located at the Nahant on the Rocks exhibit at the Nahant Community Center.

All materials are from the Nahant Historical Society and have been donated by the Motley Family.



John Lothrop Motley

Dashing Rock circa 1859



The Motley Family in Nahant

“Dashing Rock” was built for Edward Motley, brother of diplomat and historian John Lothrop Motley, in 1859. He died in 1894. Summer home of the J. Lothrop Motley family from 1922 to World War II, it was sold to twin brother Edward. Then known more simply as “The Red House,” Edward Motley’s children and grandchildren summered there until it burned in February, 1949.

The barn on this property was converted into a summer home for the Edward Motley family in 1913. It is this expanded structure on the original property which remains in the hands of Edward’s son Herbert, who was born there in 1917. The house was winterized in 1976 for the present occupants, Herbert Motley Jr., and his wife, Terri.

Other Motley family properties in Nahant include “Spouting Horn,” built by Thomas Motley in 1882. He married Eleanor Warren and they had five sons. Thomas Junior owned the pair of houses at 30 Summer Street. Caspar summered in the house at 233 Nahant Road. Edward and Lothrop (twins) divided the Dashing Rock property. Warren Motley continued at Spouting Horn until his death in 1971. The house was then bought by Thomas Motley (his great nephew, grandson of Edward) who later divided the land and built the modern house on the front lawn. This property passed out of the family in 1982.

Eleanor Warren Motley’s sister was Rosamond Warren Gibson. The house at 4 Cliff Street on the corner of Nahant Road was owned by the Gibson family. Charles Gibson, nephew of Eleanor Warren Motley, was the last family member to live there. Mary Warren Hammond, oldest sister of Eleanor Motley was married to Samuel Hammond and they lived next door to the Gibsons at “Castle Rock.” Howland Shaw Warren lives further along Nahant Road at number 409. His daughter Deborah has recently purchased the Greek Revival “Mifflin House” at the north end of 40 Steps Beach.

The house on Apple Lane belonging to Freeman and Rosamond Gibson Allen was torn down in 1975 as part of a zoning compromise to permit construction of a new house on the corner of Summer Street.

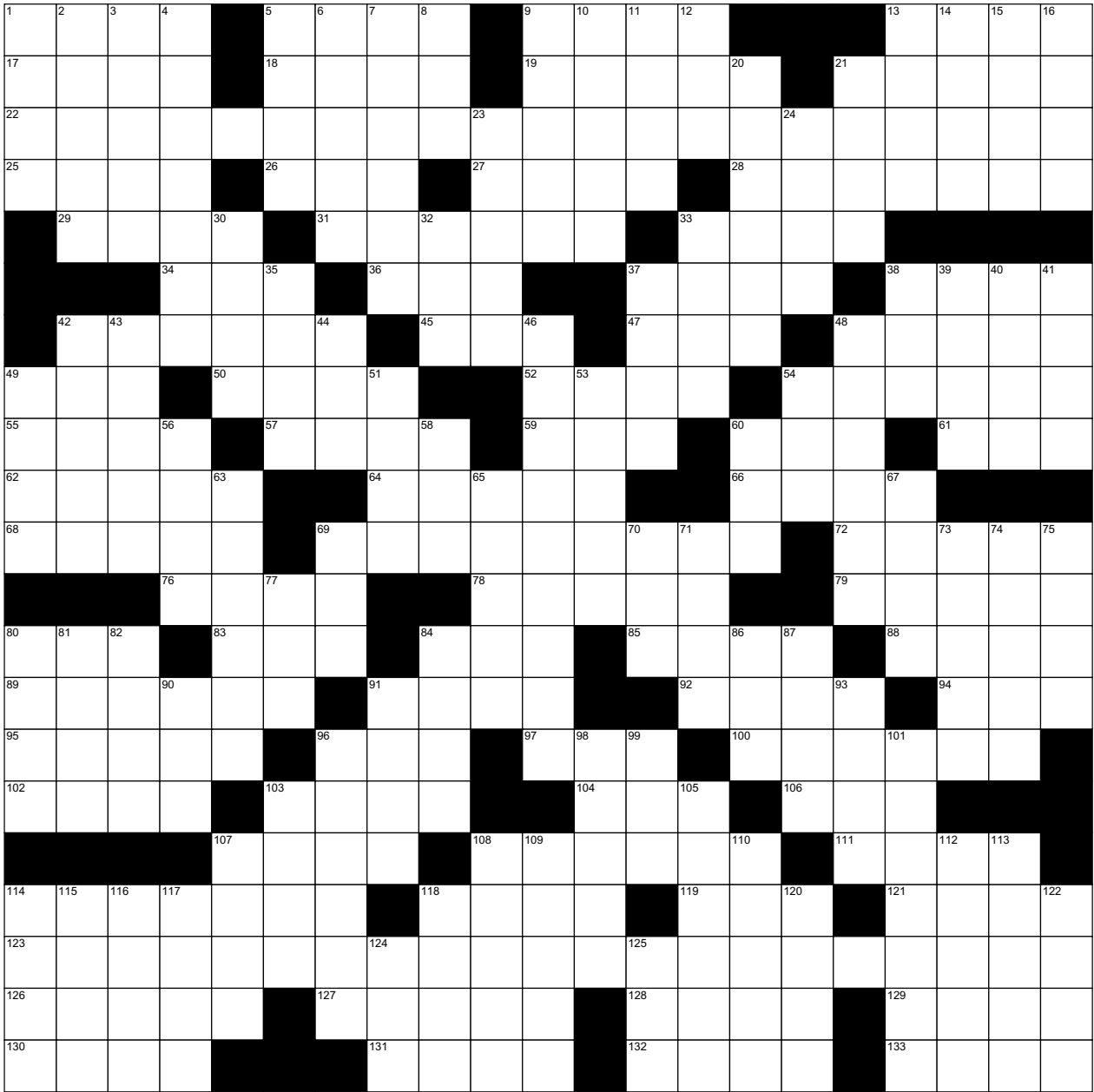
The Samuel Guild house (Jessie Motley) is at 66 Ocean Street, and the “laundry house” is next door on Maolis Road. The Guild barn is now a residence at 14 Fenno Way.



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

NAHANT PUZZLE PAGE

"When Irish Skies are Smiling"
by Rick Kennedy



- 51 BoSox network
53 Inscribed stone slab
54 Female lobster
56 Faction
58 "War To End All Wars" abbr.
60 Container top
63 Walked quickly
65 Malicious burning
67 Samoan capital
69 Charged particle
70 One or some
71 Tidings
73 Capital of Vietnam
74 Presses
75 Copenhagen resident
77 ___ Jima
80 Flightless birds
81 Essence
82 All right
84 Gossip
86 Preparer of IRS forms
87 Assistant
90 Iron or Bronze
91 Elementary particle
93 Pt. of speech
96 Nearer
98 Growing older
99 Wall St. locale
101 Inert

ACROSS

- 1 "Old gray" critter
5 Antiaircraft fire
9 Wagers
13 Pituitary hormone
17 Famous cookie maker
18 Grating sound
19 Dote
21 20
22 Start of a Hal Roach quip
25 Opposed
26 Wildebeest
27 Cast a ___
28 Indonesian island
29 Jewels
31 Discolors
33 Fog
34 Absent
36 Gov. agency
37 Midway feature

- 38 Snatch
42 Be firm
45 Expire
47 Card game
48 State capital
49 Lang. of the deaf
50 Dizzy or Daffy
52 Man e.g.
54 Batter
55 School grps.
57 Was aware
59 Supped
60 Limb
61 Zig's partner
62 Web locations
64 Low area
66 Early Peruvian
68 Put up
69 Part 2 of quip
72 Plant louse
76 Small group
78 View
79 Crown
80 Pride
83 Hold

- 84 Period
85 Women's org.
88 After awhile
89 Emperor of Japan
91 Skirt type
92 "___ and Span"
94 Single
95 Utilization
96 Mutt
97 Use a Ball jar
100 Greek demigod
102 Eye infection
103 Smirch
104 Swindle
106 GPS direction
107 Billions of years
108 States
111 Spring
114 Agrees
118 Small city
119 "Sprechen ___ Deutsch?"
121 Blare
123 End of quip
126 "The Cloister

- and The
Hearth" novelist
127 Lunar trench (var.)
128 Winglike parts
129 Bullets
130 Sweet potatoes
131 Bruin
132 Addr. book data
133 Endure

DOWN

- 1 Yucatan civilization
2 In the midst of
3 Newspaper ___
4 Arctic dwellers
5 Amphibian
6 Grassy areas
7 Wise
8 Odometer abbr.
9 Wand
10 Tends text
11 Carry
12 ___ Lanka

- 13 Summit
14 Foghorn feature?
15 Elder or alder
16 Towel word
20 100 centavos
21 Pout
23 Relating to birds
24 Dry
30 Took to court
32 Imitate
33 Diamond site
35 Star ___
37 Judge
38 Have
39 Something put on?
40 Not in port
41 Floating ice
42 Bustling
43 Listing
44 Make leather argumentation
48 Tiger (2 wds.)
49 Niche

- 103 ___ Israel
105 Mortar's partner
107 Pay to play
108 Magician's expression
109 Possessor
110 Strong rope fiber
112 "Throw ___ from the Train"
113 Verses
114 Amiss
115 Queens stadium
116 Clothing stitch
117 Tails
118 Yarn
120 Female sheep
122 Gait
124 Tease
125 Dine

HOOMPA in Ushuaia, Argentina
Submitted by Rob Scanlan



Here’s HOOMPA with Victoria Vass (fiancee of Rob Scanlan) and her parents Pauline & Sip Vass with relatives Alice, Walter & Laurie Bencal at Ushuaia, Argentina, the world’s southern-most city.

Nahant Harbor Review
PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION
APRIL 2008

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
SATURDAY, MARCH 15th • 5:00 P.M.
Home Delivery: Sat & Sun, Mar 29th & 30th

Staff, Volunteers & Contributors

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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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Thank you.

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.

CIRCULAR LOGIC

By Rick Kennedy

Ralph Canali was the winner of last month’s puzzle contest. He has 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.

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T	H	E	W	H	E	E	L	E	N	A	B	L	E	D	M	A	N					
	A	S	E	A		S	I	L	E	N	T		R	I	O	T						
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A	R	I	S	E			A	D	A	G	E			A	U	T	O		T	O	M	E
S	I	N	E	W			T	I	T	A	N			P	L	E	A		E	B	B	S
P	O	N	D					C	E	N	T			H	E	R	R		R	O	O	T

Council On Aging Calendar - March 2008

Diane Desmond, Director

Sat.	1	2:00P	Senior Party, Knights of Columbus Hall
Mon	3	12:00 P	Blood Pressure and Glucose Clinic, Tiffany Room
Tues.	4	6:30P	Informative Meeting with Elder Affairs Attorney, Town Hall
Thurs.	13	11:30A	St. Patrick's Day Lunch, Tiffany Room, RESERVATION REQUIRED
Mon.	17	12:00P	March Birthday Cake by ROZ, Tiffany Room
Sun	23		HAPPY EASTER
Fri.	31	11:00A	TRIAD Meeting Sheriff's Dept. Representative, Tiffany Room

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

Mondays	10:00A	Yoga (COA sponsored), Community Center
Tuesdays	9:00 A	Quilting, Community Center
Tuesdays	1:00P	Cribbage, cards, games, puzzles, Community Center
Tuesdays	7:00P	KNIT IN (COA sponsored), Community Center
Wednesdays	TBA	Water Colors – to resume in the spring
Wednesdays	12:30P	Shopping Trip from the Tiffany Room, or call for pick up
As Scheduled	TBA	Mall Shopping Trips
As Scheduled	TBA	Movie Theater Trips

Fall Prevention Program, including free home safety evaluations in progress. Please call Diane at COA Center, 781-581-7557, for more information. We hope to keep our seniors safe from injury resulting from falls at home. Please, “Call Before You Fall.”

Please call the Center at 781-581-7557, for information and updates as our calendar is subject to change.

Fuel for the Churches Fundraiser
Memorial Day Weekend

Volunteers Needed!
Nahant Follies 2008 Auditions in April

The Nahant Harbor Review is planning a gala fundraising event, to raise money for fuel for the Nahant Village and St. Thomas Aquinas churches.

This two-day spring event will feature two presentations of Nahant Follies 2008, a community talent show, a Silent Auction, Raffles, Nahant Goodies and other fun-filled, fundraising features.

Harold “Bumper” Gooding will organize the Silent Auction and is looking for donations of any value. No item can be too small. We will have a separate table dedicated to the younger crowd, so we welcome items for children. Bumper will pick up the items. Please call him at 978-979-3049.

Lisa Pires, Patti Aswad and Lisa Torchiana and daughters, Oliva and Amy, have graciously volunteered to organize the Nahant Goodies sale. For more details and to donate goodies, please give Patti a call at 781-842-3704.

Maureen Edison, Director of Nahant Follies 2008, will have audition dates and details in the April issue of the Nahant Harbor Review. In the meantime, all singers, dancers, comedians, musicians, storytellers, poets, actors, etc., get ready to audition and have a wonderful time! (Psst! I heard that Don Wilkinson has graciously offered to sing “Old Man River” at the Show. He is awesome!)

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 Donna to volunteer at 781-592-4148.

This “Fuel for the Churches” fundraising event is scheduled for Memorial Day Weekend, Saturday, May 24th and Sunday, May 25th and will be held at the Nahant Town Hall.

More information will be included in the next issue of the Harbor Review.

2008 Harbor Review Subscribers

Once again, my most heartfelt thanks to all of you who took pen in hand, wrote out a check and put a stamp to an envelope and braved the elements to subscribe and renew subscriptions, to the Nahant Harbor Review’s Home Delivery and Out-of-Town Delivery services. 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 Feb. 1st. (An updated list will be printed in April.)

Frances Ahern, Robert & Christine Alexander, Joseph Balsama, Doris Barrett, The Benson Family, Larry & Polly Bradley and gift sub. to Randolph Bradley, Scott Bradley, and Cynthia Young, Anne & David Bromer, Rachael & Ted Brown, Judith Bryant, M/M Paul Caradonna, Kenneth Carangelo, Deborah & James Cashman, Malcolm Chamberlain, Nancy Cochran, The Collins Family, Alice Cort & Bruce Walker, Carmella & Robert Cormier, William & Carol Crawford, Dale & Michael Cullinan, Francis & Catherine Cusack (+2009), Josephine & Paul DiAmico, John & Susan Dineen, Charles Dean, Manuel & Maria Sousa, Carol & Thomas Doherty, Robert Donahue, Lorraine & Robert Doran, Mona Doss, Joyce Dragone and gift sub. Jeanette LeDonne, Susan Edwards, Patricia Emberley, Dr. Kathleen Edwards, Julia Ellassard, Kristina Etter, Mary and Constantino Evos, Clifford Flynn, Nancy & Karl Forsell, Carolyn Fowle, Bernadette Gaynor, Nora & John Gergely, Octavia Randolph & Jonathan Gilman, Michael Golding, Estelle Goodell, Michael Goyetche, Maria Glavas, Janice & S. Jeffery Hall, Margaret & Henry Hanagan, Cal & Marrit Hastings, Susan & Matthew Hendrickson, Patricia & James Hickey, Lisa Hiland, Cecelia & Robert Hill, James & Jean Hosker, H. Hollis Hunnewell, Donald Huston, Robert & Phyllis Irvine, Elizabeth & Edward Johnson, Dorothy & Thomas Johnson, Patricia Johnson, Mike Kairevich, John & Martha Keller, Carole Keller & James McCurdy, Gina & James Lang, Donnalee Leonardo, Marion C. Lester, Lea & Jeffrey Lewis, Robert Lewis, Dana Lewis, Jeffrey Lewis, Alan Lewis, Mayland P. Lewis, Jr., Joyce Loguercio, Madeline Long & Kathryn Famulari, Joan & Ralph Lowell, Vee & John Lynch, Kevin & Terri Maguire, Peter & Richard Malatesta, Cynthia Manning, Cynthia & William Mantzoukas, Anna Marie & Edwin Manzano, Marie Martin, Mrs. J. Richard Jackson, Elaine Mavros, Shea Mavros, Jean & Thomas Mazzaferro, Linda & John McCarthy, Mary Lou & Noel McGinn, Julian Middleton & Thomas Campbell, Mary Lou & George Mihovan, Herb & Terri Motley, Pamela Motley, Robert Munnelly, Michael Murray, Nahant Dory Club, Helen M. Niosi, Dawna & Mark Nocera, Antonina OConnor & Nancy Keen, Elizabeth Olson, Margaret Pelley, Norma Poole, Mary Ann Putnam, Tom & Elizabeth Quinn, Joanna Reardon, Wallace & Theresa Riddle, R. Phillip Russell & Allison Spinney, Rosalie & John Ryder, James & Karen Savino, Robert & Dolores Scanlan, Effie Schmidt, Paul & Nancy Sciaba, Robert Scigliano, Flora & Andrew Sigourney, Margaret & Robert Silva, Calantha Sears, Alma Smith, Jayne Solimine, Christine Sonis, Lynne Spencer, J. Karen Stanford, Frederick & Maria Stanley, Robert & Harriet Steeves (& gift subscriptions to Penny Billias, M/M William Kinley, M/M Robert Steeves, M/M Donald Steeves), Edward & Antonia Steriti, Vincent & Elizabeth Steriti, Ronald & Martha Strout, Paul Taylor, Julie & Les Tarmy, Ruth & Gerard Titus, Edward & Cecilia Ustaszewski, Mary Valeri, Video Production Services (Michael Billias), Mary Wachtel, David & Mary Walsh, James & Emlen Wheeler, Arthur & Mary Wilson, Nancy Whitman and Nancy Wilson.

The Nahant Harbor Review is Nahant’s
only source of community news.

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

MARCH 2008

SAT	1	8:00P	Blues Night at Nahant Country Club. Till midnight.
SUN	2	10:30A	Worship Service & Sunday School. All are welcome! Village Church.
SUN	2	3:00P	Eric von Aschwege Kentucky Longrifles, Nahant Library.
TUE	4	7:00P	Marine Science Center Lecture. Scott Dowd, speaker.
FRI	7	8:00A	Breakfast at the Village Church. Marsha Billias, speaker.
SUN	9		DAYLIGHT SAVINGS TIME BEGINS
SUN	9	10:30A	Worship Service & Sunday School & Soup Social. All are welcome! Village Church.
MON	10	7:00P	SWIM Meeting at Northeastern Marine Science Center.
TUE	11	6:30P	Woman's Club meeting at Nahant Village Church.
SAT	15	10:00A	Johnson School Winter Carnival. Till 2:00 p.m.
SAT	15	5:00P	DEADLINE APRIL HARBOR REVIEW
SUN	16	10:30A	Palm Sunday Worship Service & Sunday School. All are welcome! Village Church.
MON	17		ST. PATRICK'S DAY
WED	19	3:30P	Backyard Creatures at Nahant Library.
THU	20		SPRING BEGINS
THU	20	6:00P	Maundy Thursday Pot Luck and Tenebrae Service (7:30)
FRI	21		GOOD FRIDAY
SUN	23	6:30A	Easter Sunrise Service. Held on Nahant Road, overlooking Castle Rock between 40 Steps and Northeastern University. All are welcome.
SUN	23	10:30A	Easter Worship Service & Sunday School. All are welcome! Village Church.
THU	27	noon	Garden Club meeting at Village Church.

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Thank you.

NHT and HOOMPA Stickers are available FREE by calling 781-595-6225. Compliments of Rob Scanlan.

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).

The American Legion meets on the first Tuesday of every month, at 7:00 p.m., at the American Legion Hall, 5 Coolidge Road, in Nahant.

Post Card Junkies Unite!

We are still scanning and digitizing post cards during these winter 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 card at left is from the author's collection and represent one of the rarest and unique post card in his collection.

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

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.

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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

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/ 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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Copley Society of Art

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www.copleysociety.org

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William Letourneau • wills_email@hotmail.com

Nahant DPW Appreciated



Many thanks to all the DPW workers for keeping our streets safe. During the many recent snow and ice storms, they worked all hours of the night and day to keep the roads clear. Here is a photo of a recent storm. Photo by Paul Wilson.

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