

Nahant Harbor Review

Celebrating 15 Years • 1994 - 2009

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 16 Issue 33

• Celebrating 15 Years • 1994 - 2009 •

APRIL 2009

Zoe and Syndey say It's Beach Cleaning Time!



Zoe to Syndey, who's next to her sticks: "My, what a big pile of sticks you have." Syndey responds, "All the better to keep the beaches clean!"

The Reverends Kathryn and Larry Titus, owners of Zoe and Syndey say, "Everytime we go to either Tudor or Short Beach, Sydney searches for a stick to add to her collection. When she finds one, she's ready to start her walk home."

We can all take a lesson from Zoe and Syndey. When walking along the shore this spring, bring along a trash bag and help clean up. We will all benefit from it. And, all the bending and picking up will help us trim our waistlines a little bit!

09 Beach Parking Stickers

The 2009 Beach Parking Stickers will be available to Nahant residents, at the Nahant Town Hall, on Thursdays from 8:00 a.m. to 7:00 p.m. The cost is \$5.00. You must present a valid registration and all fees and fines due to the Town of Nahant must be paid prior to the issuance of a sticker. Beach Stickers must be properly displayed and are for parking at the Town beach lots and wharf parking lots only.

—Per Nahant Board of Selectmen

Blood Drive April 15th

Blood Drive, Wednesday, April 15th, at Nahant Town Hall, from 1:00 to 6:00 p.m. For information, or to make an appointment, call Harriet at 581-0018, from 9:00 a.m. to noon.

The Winter Parking Ban is over as of April 1st!

Town Meeting and Election Day Saturday April 25th

On Saturday, April 25th, Nahanters will go to the polls to elect our representatives. Polls will be open at 7:00 a.m. until 8:00 p.m. The ballot to consider presents David Conlin for Town Moderator, Robert Frary for Selectman, Harriet Steeves, for Town Clerk, Mark Reenstierna, for Assessor, Paul English, Sr., for Constable, Christine Kendall and Ann Schiffenhaus, for School Committee, Calvin Hastings and Mark Schiffenhaus for Planning Board, all unopposed. For Public Library Trustee, there are three candidates for one position, George S. Richardson, Dewitt Brown and Christine Stevens.

For those who are not registered voters in the Town of Nahant, the final opportunity to register to vote, in order to participate in the upcoming Town Meeting and Election Day, will be Friday, April 3rd, in the Town clerk's Office, from 9:00 a.m. to 8:00 p.m.

For those who have never experienced an old-fashioned, New England Town Meeting, you are in for a treat! Come and experience democracy in action! Take part in the discussions, ask questions and enjoy the commraderie of the day. Most organizations will be lining the walkway to the Town Hall to share their items and garner support for their groups. The Senior Center will offer refreshments in the Tiffany Room.

The Town Meeting starts at 12:30 p.m.

Bring a Canned Food Donation to Town Hall on Town Meeting Day

When you head up to Town Hall on April 25th, this time bring along a little something to help the folks who are taking the brunt of this economy.

Wall Street gets too much attention. In times like these, the rubber really hits the road, in households where the pink slip means devastation. When there are over a half a million new unemployed people each month, some of that pain will be very real — and not far away.

The canned food drive got off to a great launch, on March 14th, at the Life-Saving Station. Generous Nahant citizens donated some 1,500 pounds of food, that was quickly delivered to benefit the needy, through the established food pantries of Lynn.

On Town Meeting Day, a truck will be stationed right outside Town Hall to take donations for the same effort — from 9:00 am until 4:00pm. You can really make a difference in someone's life, and put a little spring in your step, by bringing a donation up to that truck, before you go on into Town Hall. Kindly limit donations to non-perishable items, not beyond any printed expiration date.

Folks who can't come by on Town Meeting Day, can call Kathy Lique (581-1935), Jim Walsh (599-5533), Becky Richardson (581-0432), or Emily Potts (581-0101), to arrange an early drop-off.

We'll all feel better that you did!!

This food drive is a non-sectarian, non-partisan outgrowth of the Call to Service generated by USASERVICE.org and publicized by President and Mrs. Obama.



Holy Week at the Nahant Village Church

You are invited to take part in Holy Week events at The Nahant Village Church, 27 Cliff St., in Nahant.

On Palm Sunday, April 5th, at 10:30 a.m., in the Sanctuary, we will celebrate Jesus' entry into Jerusalem, as the children process with Palm branches, while the Gospel story of Jesus' entry into Jerusalem is read and Palm Sunday hymns and anthems are sung.

On Maundy Thursday, April 9th, at 6:30 p.m., you are invited to join with members and friends, for a Potluck meal in Swansburg Hall, featuring Mediterranean-style foods (similar to what Jesus may have eaten) and then for a worship service at 7:30 pm in the chapel to remember the last supper and betrayal of Jesus. If you have any questions, or if you need a ride, please call Rev. Dr. Larry Titus, at 781-581-1202.

Easter at the Nahant Village Church

Easter is April 12th. You are invited to join neighbors and friends for an Easter Sunrise Service at 6:00 a.m., overlooking Castle Rock (405 Nahant Rd). After the service, you are invited for Easter Breakfast, at 6:45 a.m., at the church in Swansburg Hall (27 Cliff St).

Also on Easter, join us at 10:30 a.m., in the Sanctuary, for a joyous service of Resurrection. If you have any questions, of need a ride, call Rev. Dr. Larry Titus, at 781-581-1202.

Summer Park Help Wanted

The Recreation Commission is now accepting letters of interest for employment, for this year's summer park program. This year, we need to fill four positions. Two positions are for the arts and crafts. The other two positions are for the sports part of the program. This year the sports will be split by age, so we are looking for one person to run the younger group, ages 5-9 and one person for the other group, which will be ages 10 and up.

The deadline for letters is May 1st, 2009. Letters should be sent to Sue Rosa at 37 Wharf Street, Nahant, or can be emailed to nahantrec@hotmail.com. Applicants will be reached for an interview. Each letter must include your name, address, phone number and if you have an email address, that is helpful. Please let us know what position you are applying for and the best way to reach you to schedule an interview. FMI, please call 781-592-5272.

Annual Recreation Easter Egg Hunt

We will once again hold our annual Easter Egg Hunt, behind the fire station, on Friday, April 10th, at 1:00. All our welcome to attend. Recommended ages are 10 and under. FMI, call Jen, at 781-592-5272, or send an email to nahantrec@hotmail.com.

We are looking for some volunteers to help the bunny hide some eggs. If you are interested, please let us know. Thanks.

Recreation Members Needed

We have two openings on the Recreation Commission. If you are interested in being on this committee, please speak with Kellie Frary, 781-581-1453, Robyn Howard, 781-581-1373, or Jen McCarthy, 781-592-5272, or send an email to nahantrec@hotmail.com

Recreation Cookbook Fundraiser

The Nahant Recreation Commission needs your help! We are seeking YOUR favorite recipes, to be included in a cookbook, that we will be selling this upcoming holiday season. The cookbook will be divided into different sections: Appetizers, soups and salads, entrees, desserts and Fun with Food for Kids.

You can submit as many recipes as you would like. We will try to fit in as many as we can into the book. To submit a recipe, please email it to nahantrec@hotmail.com, by August 30th. If you prefer to write the recipe and send it to us, you can send it to Robyn Howard, at 4 Flash Road, 781-581-1373, or Jen McCarthy, at 19 Range Road, 781-592-5272. For more information, feel free to call one of us.

Proceeds from this fundraiser will be used to help fund the summer tot-lot program.

Fireworks Fundraisers

In order to reach our goal for this year's show, we will be raffling a whole book of \$2 scratch tickets. Raffles will be sold for \$10 each. The winner will be drawn on July 4th, at the morning races. You can purchase a raffle ticket wherever we are selling the shirts, or you can call us and we will come to you.

We will also be holding a fundraiser at UNO Chicago Grill, in Swampscott, right in Vinnin Square, on Thursday, April 23rd. This fundraiser works similar to Tides where they donate a percentage of what you spend back to the fireworks. There are two major differences: First, the fundraiser is ALL day and night, 11:30 a.m. until closing, which is usually between 10 p.m. and midnight. Second, in order for a percentage of your check to be donated back to the fireworks, you must present the coupon that is at the bottom of this article. It is April vacation! So grab the kids, or make a lunch, or dinner date, with your friends and go have a great meal. You can check out their menu, or order online at www.unos.com

We are preparing our annual donation letter. You should be getting that within the next two weeks. Much of the money raised for the fireworks comes from many generous donations from this letter. Please remember that any amount is helpful. We get donations each year from \$5.00, up to \$500.00. We appreciate each and every donation and it is very helpful.

And as always, this year's tee shirt is being printed and will be ready for sale on Town Meeting Day, April 25th. We will have all sizes from kids, up to XXXL.

For more information, or to make a donation, buy a shirt, or raffle ticket, feel free to call: Robyn Howard, 4 Flash Road, Nahant, 781-581-1373, or Jen McCarthy, 19 Range Road, Nahant, 781-592-5272. Or email: nahantrec@hotmail.com



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Seven Years, Seven Continents Topic of April 3rd Nahant Village Church Friday Breakfast

It's around the world in seven years, on Friday, April 3rd, when Polly and Larry Bradley present an illustrated talk, at the Nahant Village Church monthly Friday breakfast, about their travels since retirement. The breakfast is free and open to all.

Polly and Larry realized after Larry's 50th high school reunion, that in seven years, they'd be celebrating their 50th wedding anniversary. So they said to each other, "Seven Years, Seven Continents!" Why not?

First, in January 2002, soon after 9/11, they visited Antarctica. Very few terrorists among the penguins. Then it was just one continent after another. South America over the Andes, from Chile to Argentina. Africa with a distant cousin who lives there. Asia, atop the Great Wall of China. Australia, with a bunch of farmers from South Dakota. Lots to learn, lots of fun and lots of pictures. They'll show you the best ones. Polly and Larry celebrated their 50th anniversary in Europe—Salzburg, Austria, completing the sixth continent. North America, of course, is home—their favorite continent and their favorite place, Nahant.

"These trips were also environmental journeys for us," says Polly, co-founder of Safer Waters in Massachusetts (Nahant SWIM, Inc.) "We were in Antarctica, when the Larsen Ice Shelf was splitting off from the continent. China was incredibly polluted, air and water and the trees mostly cut down with some replanting of tree farms (monocultures). The glaciers of the Alps and the Andes are receding. Australia's large animals (megafauna) were killed off, about the time the aborigines arrived. America's megafauna, including horses and mammoths, were killed off about the time the native Americans arrived. Coincidence? These animals, like the tortoises of the Galapagos and the penguins of Antarctica and the Galapagos, had no fear of humans.

"In historic times, the wildlife of islands like New Zealand, which we visited, were decimated, or driven to extinction, when they were settled by humans. People associate Africa with the amazing large animals there, which have a healthy fear of humans, but of course they are now almost all in national parks, or reserves, same as the buffalo and pronghorn antelope in North America. Except for the driest of deserts and frozen places like Antarctica, all the continents are filled up with growing billions of people. The places for wildlife are few and far between. Even in the oceans, there's no place for a fish to hide. Right off Nahant, endangered whales and sea turtles are threatened by two new liquefied natural gas terminals. Yet, there are places where there is good environmental news. In the Galapagos Islands, which belong to Ecuador, the giant tortoises and land iguanas have been brought back from the brink of extinction and there is strong protection for the blue-footed boobies and Darwin's finches."

Larry adds, "We were in the Galapagos on February 12, 2009, the 200th anniversary of the birth of Charles Darwin. We wanted to relive the atmosphere, that inspired Darwin to come up with the theory of evolution."

Come to the free breakfast to hear more about the adventures of the globe-trotting Bradleys. All are welcome.

Mordis and Gendel Return to Nahant!

Violinist Gerry Mordis, of Nahant and pianist Marina Gendel, will offer a concert of bright and cheery music, to celebrate the advent of spring and April Fool's Day. Gerry Mordis has played with the Boston Pops and the Boston Ballet, as well as numerous other musical groups, in the Boston area. He also gives lessons in Nahant. Marina Gendel is a rehearsal accompanist for the Boston Ballet, known also for her sense of humor and wit.

Come to the Town Hall Auditorium, on Sunday, April 5th, 7:30 p.m., to enjoy this sparkling musical event. Admission is free and refreshments will be served.

The Friends of the Nahant Public Library are sponsoring this concert.

Stay Healthy at the Nahant Public Library

The Friends of the Nahant Public Library, along with Greater Lynn Senior Services and The Lynn Cancer Association, Inc., invite you to a presentation titled: "Staying Healthy At Any Age."

Marion Garfinkel, RN, BS, professional Health Educator at GLSS, encourages you to bring your curiosity, questions and ideas, to the Nahant Public Library, on Sunday, April 26th, at 3:00 p.m. Marion will be glad to answer your health-related questions and teach you the latest information about maintaining your precious health.

Admission is free. The Friends of the Nahant Public Library will serve refreshments.

Nahant Garden Club Enjoys "Art in Bloom" and Plans Awards Night

March 26th, began our celebration of Spring's arrival with a program on "Nahant Art in Bloom." The noontime program, at the Nahant Village Church, featured our own Master Flower Show Judge, Marie Ford, who designed lovely arrangements to interpret paintings by artist Deborah Gates. Thanks go to hostess Mary Jane English.

The Nahant Garden Club will hold its annual Awards Night on Thursday, April 23rd, at the Nahant Village Church, at 7:00 p.m. During this meeting the Rosemary Bacheller tray and the Arbor Day plaque will be presented to two cherished members of the club.

The evening's featured speaker will be Nahant Tree Warden Marc Carbone. Hostesses Katy Dolhun and Margaret Piccola wish to remind each club member to invite a friend to this celebration. Light refreshments will be served during the evening.

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Gala Village Church Fundraiser at the Tides

Save the date – Thursday, April 23rd, 6:00 to 9:00 p.m. – to meet your friends at the Tides, for a delicious dinner and to support the Nahant Village Church.

Tides owner, Michael O’Callaghan, will generously donate 10% of the night’s receipts to the church. A wide variety of must-haves will be raffled off, including fine jewelry, gift baskets, an exquisite Chinese tea set, decorator wreaths, spring plants and much more.

It’s a great reason to get out of the house and celebrate these longer spring days. Join your friends for great food and a great cause.

Rare Book Specialist to Speak at Nahant Historical Society on April 26th

The Nahant Historical Society invites its members and the public to the 34th Annual Meeting, on Sunday, April 26th, at 2:00 p.m., in the Serenity Room at the Nahant Community Center. (Please note the change in date.) Anne C. Bromer, rare book dealer of Boston and Nahant, will present “Miniature Books: 4,000 Years of Tiny Treasures.” Mrs. Bromer has been selling rare books, with her husband David, for almost forty years in Copley Square, Boston. She has been especially fascinated by tiny volumes.

Learn from her why books of all kinds have been published in special sizes, some no larger than three inches tall. Did you know that the Emancipation Proclamation by President Abraham Lincoln was first printed in this small form? How many centuries have miniature books been created and for what purposes? Mrs. Bromer will answer these questions and, as time permits after the lecture, give verbal appraisals of any miniature books brought in by attendees.

Her book, also entitled Miniature Books: 4,000 Years of Tiny Treasures, co-authored with Miniature Book News editor, Julian J. Edison, will also be on sale for \$40 with part of the proceeds going to the Society. Admission is free and light refreshments will be served. As parking is limited at the Nahant Community Center, a shuttle van service will be available from 1:30 to 3:30 p.m., from the additional parking site of St. Thomas Aquinas Church, at 248 Nahant Road.



Christine M. Menzies
Owner

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Mass Theatrica presents the Music of Irving Berlin

See Mass Theatrica “Puttin’ on the Ritz,” in honor of prolific and well-loved composer, Irving Berlin! Celebrate some of Berlin’s most well-loved classics, including “There’s No Business Like Show Business,” “Cheek to Cheek,” “I’ve Got My Love to Keep Me Warm” and “God Bless America,” on Sunday, April 26th, at 4:00 p.m., at LynnArts, in the Neal Rantoul Vault Theatre, 25 Exchange Street, Lynn, MA.

Featured artists include Art Dunlap, Bethany Tammara Condon, Paula Downes, Lara Fox, Thomas Frates, Dana Schnitzer, Angeliki Theoharis, Tom Weber, Ashley Yarnell, Eric Schwartz, on piano, and our own Danny Bolton, Master of Ceremonies, who will regale you with interesting and fun tales about the life and music of Irving Berlin.

Admission is \$15, \$13 seniors and students. For more information about the program, please call Mass Theatrica: phone: 508-757-8515, or email: masstheatrica@yahoo.com, or visit our website, www.masstheatrica.org. For directions to LynnArts, visit their website at www.lynnarts.org.

Spectacular Women at the Nahant Woman’s Club April Meeting

Spectacular Women II will be the theme of the Woman’s Club meeting, to be held April 14th. Members Becky Richardson and Miriam Ostrovitz will speak about some of their accomplishments.

There will also be a collection for Women to Women International.

Another highlight of the meeting will be a raffle for a painting by celebrated Nahant artist, Carolyn Jundzilo-Comer. Raffle tickets are just \$5. The winner will get to choose from the paintings Carolyn will bring to the meeting.

New board members and officers will be elected at this busy meeting. Hostesses will be the Board of Directors. Patty Demit will give the invocation.

The meeting will be held at the home of Linda Jenkins, 339 Nahant Road, from 11:30 a.m. to 1:30 p.m. Lunch, catered by Periwinkle’s of Salem, will be \$10, payable in advance to Marrit Hastings, 42 Nahant Road. Annual dues of \$30 should also be sent to Marrit, or can be paid at the meeting.

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\$1,100/mo. Utilities not included. Please call 781-581-0648.

Nahant Youth Soccer Spring Registration

It is hard to believe, but winter is almost over and it is just about time to head down to the soccer field. Spring registration is open and all you need to do is go to nahantsoccer.org and follow the registration link. The cost for the spring season is \$50. Everyone who played in the fall must re-register to play again, in the spring. The first clinic starts on April 25th, at 8:30 to 9:30 a.m. You must be 4-1/2 by April 25th, to be eligible to play.

We will not have clinic on May 9th, due to the Little League parade. Also, there will be no clinic on Memorial Day weekend. If you have any questions, please email Sue Rosa at, susanrosas@hotmail.com.

Knights of Columbus Support Youth Soccer

Nahant K of C representative, Jim Konowitz, recently presented Nahant Youth Soccer (NYS) President, Al Eaton, with a \$300 donation. The Knights have made this donation to NYS for several years, giving our youth soccer program the needed funds to purchase new equipment. Last year's donation was used to purchase portable "Pugg" nets, for use at our Saturday morning Clinic. Thanks to the Knights for your support.

Our Flags Need Our Help!

As we are all too well aware of, this winter has been pretty awful and it has taken a toll on our flags. Mike Kaeovich, our Animal Control Officer and the watch-dog of our flags, has given me all of them to repair.

The Nahant DPW has done wonders, above and below ground. The Nahant Police make us feel safe and carefree—in our homes and on the streets. Our Town Manager and everyone in the Town Hall keep a lid on everything civic. So, let's take care of our flags.

We don't just have one in the center of Town—we have them flying proudly everywhere, including our Veterans Memorial Circle.

How about some donations for new flags—which incidentally are very expensive! Please send a donation in any amount to: The American Legion Post 215, Flag Fund, PO Box 83, Nahant. The whole Town will benefit.

Submitted by Catsy Fowle.

LACC Business Directory Available

The Lynn Area Chamber of Commerce (LACC), representing Lynn, Lynnfield, Nahant and Swampscott, has printed the 2009 Business Directory and Community Guide. The program has a new format and size. Five thousand programs are being distributed throughout the Chamber's "area." The Business Directory serves as a resource for both businesses and residents, regarding local businesses and useful town information and important numbers.

Several residents from each community were chosen to highlight why they love their town, adding a local flavor to each of the community pages.

The LACC would like to extend a big thank you to "Skip" Frary who has graciously agreed to help distribute the Business Directory in high traffic areas and municipal departments.

For more information, please email the LACC at info@LynnAreaChamber.com, or call 781-592-2900.

Birding Field Trip April 18th

The Open Space Committee is sponsoring a morning Birding Field Trip, through Heritage Trail and other Nahant open space sites. We will meet at 8:30 a.m., at the DCR boat ramp, the first right 75 yards after entering the Nahant Causeway from the Lynn rotary. Here we will look for ducks, loons and shorebirds.

Folks can also join us At 9:00 a.m., we will regroup at the Short Beach parking lot, on Ward Road, at the Heritage Trail kiosk.

Everyone is welcome! Newly-arrived migrant birds from the south will be in full song, early spring flowers will be blooming and if the weather is warm enough, butterflies may brighten the day. Please bring binoculars if possible. This trip is co-sponsored by the Brookline Bird Club.

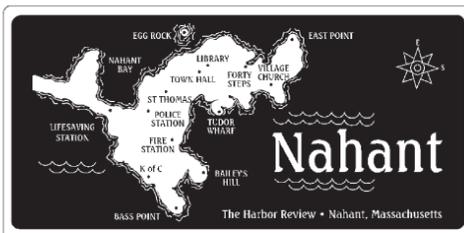
FMI call trip leader, Linda Pivacek at 781-581-1114, or email: lpivacek@comcast.net.

Puppet Theater at the Nahant Public Library

The Nahant Public Library, located at 15 Pleasant Street in Nahant, invites the community to the famous Petit Puppet Plays & Toy Theater, with Judith O'Hare, on Thursday, April 16th, at 3:30 p.m. Judith O'Hare is the Education Consultant for the Puppeteers of America, who received the Puppeteers of America, Marjorie Batchelder McPharlin award, for her work in Puppetry in Education. The theater presents: "Sleeping Beauty," "The Three Bears," and "Three Pigs." The performer limits the audience size to 30 people, so please sign up early! The Nahant Public Library (tel. 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

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The Nature of Nahant: New Beginnings

By Linda Pivacek

March 2009 definitely roared in like a lion, a white lion. Yet early in the month the pretty white flowers of hardy Snowdrops bloomed between the mounds of snow. As the snow slowly receded I was surprised to see that the daffodils were already 3 inches above ground and by mid March, the snow was gone and crocus were in bloom. The Pussy Willows “fuzzed out” and Weeping Willow trees took on a fresh yellow cast as the buds swelled with the promise of a new growing season. March is a month of change and anticipation. New beginnings.

It's not that I don't expect these things to happen each spring, but it's still somehow a surprise, like “opening the gift”. Or maybe a sense of relief that spring is really here again and my “old friends” are back. Actually I was truly surprised when I nearly stepped on a garter snake stretched out and warming in the sun on the first day of spring on March 20. The first Mourning Cloak butterfly of the season flew around the yard and I found the Woolly Bear caterpillar under the flowerpot where I saw it last fall. Its thick chestnut and brown “fur” was still lush and fresh looking and it moved ever so slightly in the sun. It had survived the winter, but still had to escape the mice, birds and other predators before eventually transforming into a Tiger Moth.

As the month progressed, the increasing hours of sunlight warmed the days and winter's quiet was replaced with bird song. Nahant's year-round residents, the Cardinals, House Finches, Song Sparrows, Mourning Doves announced their intentions to set up housekeeping. The rolling song of the Carolina Wren, “tea kettle, tea kettle, tea”, could be heard from many locations around town. Robins seached for worms on the lawns Yes!

Early spring migrant birds arrived in Nahant from their southerly wintering grounds. Red-winged Blackbirds, Grackles and Brown-headed Cowbirds were at their usual haunts at the Audubon Thicket and along the Heritage Trail at the lowlands, where the males competed for territory with displays and songs.

Thousands of waterfowl winter along Nahant shores. By the end of March some of our ducks, such as both Lesser and Greater Scaup, leave Nahant Bay to seek open fresh water where they breed. One of the most unique species that winter in Nahant is the Brant, a goose that superficially resembles the Canada Goose, but is smaller, shorter necked and lacks the white “chin strap” of the Canada. This is the northernmost location along the east coast for a wintering flock of Brant and Nahant hosts up to 400 birds. This “salt water goose” spends its time on Nahant's west shore off Doggy Beach and around Tudor Beach feeding mostly on eel grass. By March they begin to spend more time in the ocean surf at Short and other beaches responding to an annual cycle of change, either in the available food or their own nutritional needs. It is amazing to see these geese, or any geese for that matter, swimming in big surf. The Nahant flock will swell to 600+ in April as more birds arrive from the south. It is a beautiful sight as these Brant geese fly about in huge flocks across Nahant Bay calling out to each other as they move. In May they begin thinning out as they make their long journey north to the tundra to breed.

What to look for in April

The first really warm breezes. Fresh new buds. Leaves emerging. Butterflies. A familiar cycle of sights, sounds and smells. The full moon on April 9th is called the “Planting Moon. Northward migration will be well underway for birds, fish and many other creatures.

It's a good time to look for flocks of Gannets flying over the sea off of East Point or Marginal Road. As the schools of herring, alewife and other fish move along the coast, they are pursued by flocks of Northern Gannets, oceanic birds with a wingspan of 6 feet. The adult birds are white with black wing tips. They are “plunge divers”, sometimes diving into the water from heights of 50 feet or more with wings folded back. Join the Open Space Committee on April 18 for a field trip with gannets on the agenda: see the Calendar section.

Listen for the bell-like sound of Spring Peepers, our tiny tree frogs. Their numbers have dwindled greatly over the years in Nahant, but a few still sing in the spring along Heritage Trail at the lowlands and other wet land areas.

Tree Swallows return in early April followed by Barn Swallows by the third week. Traditionally welcomed by man, these aerialists gobble up mosquitoes as they fly. Check out the Tree Swallow boxes at Lodge Park put up by Henry Hall.

As you enjoy the outdoors and the Forsythia blooming in mid-April, listen for the stirrings of newts and earthworms under the leaf litter. Focus on the muffled rustlings and you will begin to notice slight movements – something to share with your children. A secret world that comes to life each spring. That is, if you a fortunate enough to have a yard which has been allowed to live and has not been “sterilized”.

Food for thought...as I observe the limited open space in Nahant, I can't help thinking that it would be a great step toward biodiversity and conservation if we used less of our property for a monoculture of grass on which we shower chemicals and water. The use of undemanding native plants and a weedy patch here and there can provide a much healthier and richer environment free of chemicals for a diverse number of creatures, including our children and ourselves.

Fuel Assistance

Lynn economic Opportunity, Inc. (LEO) is accepting applications for the Low-Income Home Energy Assistance Program, through April 30, 2009. This federal fuel assistance program is open to all eligible resident households of Lynn, Lynnfield, Nahant, Saugus, Swampscott and Wakefield. Eligibility is based on family size and income of the entire household. Tenants, with heat included in their rent, may be eligible for benefits, depending upon the household income and are encouraged to apply. (Households with heat included in their rent and who are in public housing, or private subsidized housing where rent is limited to a low percentage of their income, may not be eligible for fuel assistance benefits, but may be eligible for utility discounts.) Payments for assistance will begin in November.

You may get information at the LEO Office, 156 Broad St., Lynn, or call them at 781-581-7220, extension 283. While this is not only a senior program, the Council On Aging is accepting applications in Nahant, for Nahant residents. You may get all the necessary information and application for this assistance at the Tiffany Room / Senior Center located at the rear of the Town Hall. If you wish, you may call us at 781-581-7557 or e-mail us at dadesmond@nahant.org. We will be happy to assist you.

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Letter to the Editor

My name is Joy Loguercio. I've lived in town all my life, since my parents, Ray and Joyce Loguercio moved here in 1954, shortly before my birth. You might remember my father Ray, as he was a well-known figure in town, who worked for the Public Works Dept. for many years.

Over the years, I've noticed that you ran other old Little League pictures in the Harbor Review and thought you might like this one, as a new Little League season is coming up. This picture is of my brother Jim's team, sponsored by Foody's Market. I was working on getting names for all these faces last summer, but then got distracted with other things.

I've been able to name most of them myself, but had help from my friends and neighbors, Nancy & Rex Antrim, and Sean Antrim and Phil Baldwin, who are also in the picture. And of course, my brother, Jim, who lives in Florida. There are a couple of question marks on a couple and one unnamed, but maybe they can be named if you run it in the paper. I was also trying to pin down a year, by comparing the picture to my brother's old class pictures that we still have. I'm thinking it should be 1960-62.

Hope to see it in the paper. My mother has been a subscriber since it started pretty much, and we both enjoy reading it every month.

You and your staff do a great job. Hopefully you get this with attachment as I'm a fairly new computer owner.

So here's what I got: Sitting, L-R, Scalia, Bobby Gates, Phil Baldwin, Billy Johnson, Mr. Foody, Richie O'Connor, Jim Loguercio, Gary Collins, Eddy O'Connor, unknown, Steve Macarelli. Kneeling, L-R, Glen Poole, Jerry Giarla, Eric Harper, Kenny Gavin, David Sinclair, Sean Antrim. Submitted by Joy Loguercio



Friendly Knights Honor Nahant's Dan Dill

On March 12th, the Friendly Knights of St Patrick met at their 62nd annual gathering and honored Dr. Daniel F. Dill, as their Irishman of the Year. Dill is a Nahant resident and a Lynn public schools psychologist. Past recipient, Lynn Mayor Edward Clancy and Friendly Knights President emeritus, John F Barry, Jr., presented the award to Dan, a long-time Friendly Knights committee member. Mayor Clancy commented, "Dan is always there when you need him and the Dills are really foundation people of the Lynn community." Dan's only regret was that his lovely wife, Mary, was not able to be present, as she was chaperoning their two, college-student daughters, spring break trip.

This year's gathering was held at the Old Tyme Italian Cuisine Restaurant, at 612 Boston Street, in Lynn. The Friendly Knights would like to thank owner Bob Stilian, for his very generous hospitality and support for this year's event.

Over the years, the Friendly Knights have met at the Nahant Country Club, the former Nandee's Manor and the former Hotel Edison. Every March, the Friendly Knights gather to celebrate their rich Irish heritage and provide for their ongoing mission, as Friendly Knights of St. Patrick. Proceeds from the annual gathering, fund the four Friendly Knights scholarships: the John F. Barry Scholarship at Lynn Tech, the Dr. James Leo McGuinness Scholarship at Lynn English, the Msgr. Paul V. Garrity Scholarship at St. Mary's and the Friendly Knights of St. Patrick Scholarship at Lynn Classical.

While our membership has obviously changed over these sixty-two years, the Friendly Knights mission remains steadfast. We are proud of our legacy of providing educational opportunities for the leaders of tomorrow and invite you to help us increase our ranks. Committee members from Nahant include Barry, whose father was a founding member back in 1946, Thomas P. Costin, Jr., Dill, Dr. Joseph J. Dowling, Atty. Stephen P. O'Malley, Jr., Thomas F. Quinn III and Robert A. Frary.

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Be More Flexible

By Sallee Slagle, Director, Dance Dimensions

Wouldn't you like to be more flexible? The three main components of fitness are strength, cardiovascular and flexibility training. Most people who exercise, spend most of their training on strength and cardiovascular, but the third gets little attention. Though the rewards of flexibility may be subtle, they are equally valuable.

The American College of Sports Medicine includes in its general exercise recommendations that flexibility training be done 2-3x a week using stretching exercises for all the major muscle groups. Developing and maintaining range of motion helps prevent injury, improves performance, can help correct postural deviations and assists us in many functional activities in our daily lives.

When to stretch, may be your first question. Stretching can be done anytime, first thing in the morning, before lunch, before bed and should ALWAYS be done after any workout, sports activity, or even a long walk. The most benefit will be gotten if your muscles are warm. So, you want to stretch before any activity. Do some full body movements, march in place, walk briskly, dance, or do calisthenics, first. Also, after activities while you're still warm, stretching can be more intense, working to truly increase your flexibility. Notice your range while stretching and set goals to increase this. Consistency is key to achieve your desired results.

The second question is, how should you stretch? There are different ways to stretch. Avoid bouncing, called ballistic stretching, as this activates what is known as the "stretch reflex," which actually tightens and contracts the muscle you are trying to stretch! Static stretching is very effective. You slowly stretch to the maximum range, where you feel the pull on the muscle (some may find this uncomfortable, but it should not be painful) and hold for a minimum of 10 seconds, but preferably longer, like 30 seconds, or even more. Always listen to your body on how far to extend, or how long to hold any stretch.

Active stretching involves using the muscles of one area to stretch another group of muscles, like pulling your shoulder blades together and your shoulders back, to stretch the chest pectoral and deltoid muscles. This is a very useful form of stretching for warming up before an activity and helping to reduce postural stress at work, or at home. Passive stretching is exactly that, passive. This can be done using a partner, gravity, or some equipment. You place yourself into the stretch position and relax, allowing the position and the external force of gravity to increase the stretch. This is a very relaxing way to stretch. A good way to end the day.

Breathing is also a very important part. Stretching the muscles increases blood flow to the area and increases the oxygen demand. This can help relieve the muscles, so they will not be sore from overexertion. Getting oxygen to the muscles is important, at all times during exercise, but be sure to breathe, especially while holding stretches. Deep breaths, in through the nose, out through the mouth, help the muscles relax and elongate. The body responds to stretches more readily, if it is relaxed.

Stretch regularly. You will see quicker results, over time, if you are consistent. Make stretching a part of your life. Try a class which includes plenty of stretches, or create your own stretch routine. Be sure to evaluate your own tight areas and imbalances and address these, or have a professional help you create a customized stretch routine.

Stretching will help you maintain range of motion in all your joints. Stretch and strengthening exercises will help us maintain a better quality of life, as we get older. Make it part of your life now. Don't overlook the benefits of stretching.

Eastern Bank Sponsors Walk for HAWC

Eastern Bank is the 2009 Presenting Sponsor for the annual Walk for HAWC. As the Presenting Sponsor, Eastern Bank has generously donated \$10,000 to the Walk for HAWC, which will be held on April 26th, in historic downtown Salem. Eastern Bank Chairman and CEO Richard E. Holbrook will serve as honorary chairman of the walk.

"Eastern Bank is such a well respected financial institution in the community because of its community outreach and involvement with organizations like HAWC," said Candace Waldron, Executive Director for HAWC. "Under Rich's leadership, Eastern Bank's support is truly invaluable to the HAWC organization as it will help us to build awareness about our services while taking important steps to advance our mission to end domestic violence in our communities."

Thousands of North Shore residents will join to raise awareness about domestic violence by participating in the Walk for HAWC which will be held in Salem on Sunday, April 26th. The Walk for HAWC raises more than \$200,000 to provide life-saving services for victims of abuse and their children on the North Shore.

For more information about how you can participate in the Walk for HAWC, visit www.hawcdv.org.

My Path to Understanding Your Discomfort

By Susan Cadigan, LMT, NCTMB, Nahant Therapeutic Massage

As one who has experienced the discomforts that are similar to your own, I sought out a “way” to healing and alleviating the distraction and mounting misery that chronic pain and muscle dysfunction can bring.

Many have asked me, how long I have been involved with massage and bodywork. It is difficult to put the experience into years. I remember, as a child, that I was praised for the massage work that I applied to my mother’s tired legs and feet.

While in college I was a part-time caretaker for a 98 year old man. Every two weeks, Toshiko Phipps would come to his home and give him a shiatsu massage session. Toshiko was very experienced and had provided Japan’s royal family with shiatsu massage. The session given involved shiatsu along traditional meridians on the body, as well as Swedish and neuromuscular massage. I witnessed how this massage and bodywork can change and improve one’s daily life. This gentleman went from shuffling along, with a cane, slowly and hunched with a minimal appetite, to not needing his cane, high spirits and a healthy appetite. Not only did I witness, but I became a believer in the power and healing that bodywork permits.

In 1985, I was accepted for private tutoring with Ms. Toshiko Phipps, the founder of Nippon Shiatsu Daigaku. I sat elbow-to-elbow and was taught one-on-one, how to use my “good hands” and spirit to help allow healing and change to occur. Through the early years of learning I attended many seminars, with high caliber teachers and advanced students. I was very young, compared to my classmates. I was like my teacher’s child. I was embraced with patience and kindness, from the older and wiser students. This good energy allowed for learning, not only in my mind, but my heart and spirit, as well. It was one of those seminars that put me on another path to healing and bodywork.

I had been in a car accident, about a year and a half earlier and was in discomfort every day. I had physical therapy, but it dealt only with the initial pain. The problem was compounded by previous surgeries, in another area, but it was relative to the function of my neck and shoulders, the area that was hurting. At that point, I did not know how damage, or trauma, to one muscle group, could affect another muscle group. I did not realize the “silent traumas” from overuse and previous injuries, could actually add onto the discomfort I was experiencing now. The pain disturbed my sleep and distracted me from my schooling and even got in the way of practicing my massage and bodywork.

One particular body worker noticed how I was favoring one side and trying to avoid straining the side that was hurting. This massage therapists name was/is Bob Onne, of the Universal Institute of Healing Arts, in Vermont. Bob has practiced and taught since 1970. As a competent and experienced body worker, Bob could read my “body language.” I was hesitant. I wanted to protect the area in pain. He said he had an idea of the exact cause and encouraged me to try to help change this problem. He was going to provide his specialty: deep-tissue massage. It was not going to be comfortable, but it was “good pain.” Yes, the sessions were rather painful, but the relief outweighed the discomfort. It was then and there I was introduced to real deep-tissue and myofascial mobilization. I experienced the freedom and relief that occurred from moving “stuck” tissue, to allow correct function, range of motion and allow proper body mechanics to resume. This good pain liberated my spirit and brought a new awareness to my life. This was an experience that I need to share with others. Even though I started learning bodywork in the mid 80’s, I continue to learn, going further into the mastery of the techniques, so I can provide you with my best.

Thank you for blessing me with your confidence and support. Special Thanks to Bob Onne and my dear teacher Toshiko Phipps.

Weekly Tai Chi Meeting

Tai chi meets weekly at Nahant Therapeutic Massage. This is authentic Tai Chi, which involves internal energy work, as well as forms. Please go to the website, www.nahantmassage.com and click on TAI CHI for more updates. We will have more special workshops with master teacher Ramel Rones, in May, or June. Thank you for your interest.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She holds a 750 hour diploma in advanced massage therapy and has many hours of continuing education, certifications and experience. Nahant Therapeutic Massage is located at the Nahant Community Center; 41 Valley Road. Ms. Cadigan can be reached at 617-240-4252. Please visit www.nahantmassage.com for more information.

**To advertise in the Nahant Harbor Review, call 781-592-4148,
or email donna@nahant.com. Thank you!**

Seek Therapy to Help Prevent Falling

Q. My doctor wants me to have physical therapy to help improve my balance. What does that mean, and why is he concerned about balance?

A. Your doctor may have noticed that you were having difficulty getting up from a chair, or walking unsteadily. He knows that patients can improve their walking and turning ability with physical therapy. Being able to perform reaching activities, change direction, negotiate curbs, ramps and grassy areas, all require balance. Practicing balance activities and getting stronger in your hips and legs, will help prevent loss of balance and perhaps a fall.

Balance re-education begins with an evaluation in which leg strength, posture, walking and special balance tests, are performed by a Physical Therapist. As part of your evaluation, you may be given a Falls Risk Assessment screening. Several short tests are performed by the client, under the supervision of the clinician, which involves a timed walking test, weight shifting and variations of one-legged standing.

After completing the evaluation, balance activities are practiced during your weekly, or bi-weekly, follow-up appointments. A home exercise program is given to increase leg and hip strength. It may also be suggested that you try aquatic physical therapy, to practice balance activities in a pool, so that your balance is challenged by the resistance of the water. Research demonstrates that patients improve their balance skills by practicing in the water. The water provides a safe environment to practice turns and can give support, to help you move more comfortably and gain confidence, without the fear of falling on a solid, hard surface.

Sometimes, the use of a cane, or another assistive device, is suggested for use on outdoor, or uneven surfaces. Safety strategies and patient education, are also an important component of your therapy.

The prevention of falls is a health concern many physicians are focusing on, with their patients. Falling can put a person at risk for fractures and head injuries. A fall can be a life-altering experience.

If you have any questions, please call North Shore Physical Therapy, at 781-631-8250, to set-up an appointment, or to talk with a physical therapist about balance and your fall risk.

AN INVITATION

**The Nahant Harbor Review is
15-years-old!
EVERYONE is invited to our 15th
Anniversary Celebration,
Meet the People Behind the Print,
at the Nahant KofC, on SUNDAY,
May 31st, from 2:00 to 6:00 p.m.
This will be the event of the year!
Don't miss out on a fun and social
time for the whole family.
Watch for MORE INFO in the MAY
2009 issue of the
Nahant Harbor Review.**



Job Searching in 2009: Ace that Interview!

By Deb Barnes

Have you heard the one about the job seeker, who interrupted her interview to phone her therapist for advice, or the interviewee who flushed the toilet, during a phone interview?

Although most job seekers wouldn't go so far as these real-life bloopers, it's not a bad idea to review some interviewing basics before heading off to your next one.

Do your research. Familiarize yourself with the company, through its website. Check out the competition, client base, mission statement, marketing materials and newsletters. Use Google. Has the company been in the news recently? If so, mention it during the interview. Show you are current. Also, go to masscis.intocareers.org, for more information about career specifics.

Dress appropriately; don't go over the top with makeup and jewelry and stay away from perfume. Be on time. Do a dry run at the time of the interview. Arrive in the building 10–15 minutes before the interview. Arriving too early may convey a sign of desperation. Remember, all interview questions boil down to three elements. Can you do the job? (Do you have the knowledge, skills and ability?) Will you do the job? (Are you motivated? Are you enthusiastic? Will you stay with the company?) Is it a good fit? (Do you fit in with the company culture? Do you have good chemistry?) And remember, you're interviewing the company, as well.

Nonverbal and verbal behavior: In one study, researchers found that 97% of communication is nonverbal, i.e. tone of voice, mannerisms, posture and eye contact. How is your handshake? Is it a "dead fish" (timid), a "bone crusher" (aggressive), or just right? Mirror your interviewer's behavior. Not to an extreme; you don't need to mimic each and every move. Whether the interviewer's demeanor is formal, or more casual and relaxed, follow his, or her, lead.

Listen. Ask questions. Show enthusiasm. Job searching is analogous to dating and this is the honeymoon period. Interview Magic, by Susan Britton Whitcomb, Best Answers to the 201 Most Frequently Asked Interview Questions, by Matthew J. DeLuca and Best Keywords for Résumés, Cover Letters and Interviews, by Wendy S. Enelow, are excellent resources. Check with your library.

Join Toastmasters. You'll get lots of practice answering questions extemporaneously, in a supportive environment. Practice answering questions, out loud, with your spouse, your friends, or your pet. Think about your accomplishments, write them down and remember the "gist" of your statements, so they don't sound canned. Don't be vague. Use numbers and percentages. Again, think PAR (problem>action>result), or OAR (opportunity>action>result) statements.

Practice visualization. Visualize yourself aceing the interview and having fun while you're at it. Life is a self-fulfilling prophecy and your brain doesn't know the difference between fact and what you're visualizing. The Secret, by Rhonda Byrne and Creative Visualization, by Shakti Gawain, are excellent resources. And NEVER mention that you're nervous. Most of the time, people won't notice; you'll just call attention to it and it will make the interviewer nervous for you. And don't forget to send a thank you note within 24 hours. More about that next month.

Deborah Barnes is a Certified Professional Résumé Writer (CPRW) and Graphic Artist; active member of The Professional Association of Résumé Writers & Career Coaches; Myers-Briggs Type Indicator® (MBTI®) qualified; and published in Cover Letters for Dummies, 3rd Edition by Joyce Lain Kennedy (Wiley Publishing). She can be reached at debnaht@comcast.net, or 781-598-1127.

Refrigerator Door Art: Not Just for Kids!

By Carol Hanson

Are you someone who thinks you can't draw and/or have wanted to paint for years but think you're not good enough? Do you find yourself creating at the kitchen table, after everyone else has gone to bed, planning to take it out again the next night, but two years have passed?

WE CAN HELP! Refrigerator Door Art (RDA) has classes for adults in drawing and painting, sculpture, mixed media, stained glass, jewelry making, photography, sewing and knitting.

We offer daytime, evening and weekend classes, during the day and night. We offer children's classes, starting at age 2, on Mon., Weds and Fri, from 9:00 a.m. to noon and Mon, Weds, Thurs and Fri, after school.

What is OPEN MIKE? Live acoustic music and poetry reading, right here on our little tombolo! We welcome all ages and abilities, performers and audience members! Where else can you take the whole family to see live entertainment for less than the cost of a movie? And... you can bring your own snacks and drinks! These will be held on the FIRST FRIDAY of each month, starting on April 3rd, from 7:00 to 10:00 p.m.

Ted Lewis is teaching Fly Tying on Tues and Thursdays. Please call for info, 781-599-2222. Our CLAY STUDIO is open and we offer classes for children and adults, Sat. from 10:00 a.m. to noon and from 1:00 to 3:00 p.m. The classes are taught by Trinidad Martinez. Her work is currently on exhibit in our gallery, along with the work of her artist husband, Kevin Hudson.

Would you rather have paint on my smocks, or your carpet? RDA offers an artistic, enriching place to have a birthday party, or celebrate any special occasion, or for play groups and field trips! You just sit back and we handle the rest!

"Our son, Jackson, talked about his birthday at the School of Refrigerator Door Art for days!! He absolutely loved it! We were really impressed with all of the creative and interactive activities that they had like painting, reading and music. What a great experience! We would recommend it to anybody!" —Patrick and Andrea

Refrigerator Door Art is offering programs during school vacation week, in wood working and Faerie houses, as well as accepting registrations for summer 2009. Please call us, or stop by 143 Nahant Road. Our website is under construction, but you can e-mail us at info@carolhansonart.com, or refrigdoorart.com.

Nahant Garden Club Annual Scholarship 2009

The Nahant Garden Club, once again, is pleased to announce our offer of a \$1,500 academic scholarship, to a 2009 high school graduate, who has been accepted to an accredited institution of high learning.

The applicant must be a current resident of Nahant and have been a resident for at least 3 years. Their course of study should be related to ecology, environmental engineering, conservation, landscape architecture, botany, or horticulture. In the absence of an applicant majoring in any of the above fields, the scholarship will be awarded to an outstanding student. Preference will be given to a student who has demonstrated significant contributions to civic and community service organizations.

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

Please submit all requirements by May 20, 2009, to: Maureen H. Ward, 114 Willow Road, Nahant, MA 01908.

For more information, please call 781-581-0138.

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News From the Johnson School

By Diane D. Mulcahy, Principal

Spring has sprung at the Johnson School. Students are beginning to go outdoors for recess. The spring rounds of after-school activities have begun. This term, we have Gardening, Creative Arts with Recycled Materials, Ball Skills, Tennis and Building with Legos. Approximately ninety-nine students have signed up for spring activities. We are really grateful to Mrs. Diane Dunfee and Mrs. Vasquez (Ball Skills), Mrs. Gene Hollenbach (Tennis), Mrs. Beebe and Ms. Brown (Gardening), Mrs. Peever and Ms. Brown (Reuse and Recycle) and Mrs. Howard (Lego Building). We are happy to have such a talented group of adults willing to work with our children.

The sixth-grade students in Mrs. Dunion's class had a visit from an Egyptologist. Nahant resident, Joyce Haynes, who works at the Museum of Fine Arts, in Boston, volunteered to share her expertise and many authentic artifacts, to help make ancient history come alive for our sixth-graders. Her program was well received and the entire Johnson School community is very appreciative of Ms. Haynes's effort.

MCAS tests are scheduled to begin March 30th through April 10th. The first session will test Math and English Language Arts, while the second session, which will be conducted in the last two weeks in May, will test Social Studies and Science. Students in grades 3-6, have been practicing Open Response questions, as part of their homework assignments, all year long. We know our students are prepared and ready for this year's battery of MCAS tests.

The evening of March 24th was the date of the Spring Concert. Students in Kindergarten through Grade 2 held their concert in the morning and students in Grades 3-6 held their concert in the evening. The younger students performed music by Raffi, a popular artist with primary students and the classic "Ants Go Marching One by One." The older students' concert theme was Jazz songs from the American Songbook. Students performed Gershwin tunes and songs by Johnny Mercer. As always, the students were in great voice and the packed audiences enjoyed the concerts.

Students in the first grade performed a play for the Johnson School community. Each first grade performed the same play, "Where Are My Animals Friends?" Students in pre-k through grade 2 were the enthusiastic audiences. The play has a seasonal theme and explores where various animals spend the winter. First-graders in Mrs. Peever's and Ms. Brown's classes, learned a lot about hibernation and migration and were able to answer questions from the audience, after the performance. This was a terrific blend of English Language Arts and Science for our young students.

Friday, March 13th, was a lucky day for the kindergarten students, in Ms. Purdin's and Mrs. McKenna's classes. It was the day of the Teddy Bear Float Parade. Each kindergarten student created a special float to carry his, or her, teddy bears during the parade. Many parents were present, along the parade route, to cheer on the kindergarteners. This event was the culmination of the thematic unit on bears.

GLSS Offers Lique Human Services Scholarship

Greater Lynn Senior Services (GLSS) is accepting scholarship applications from high school seniors, at Swampscott High School, through the Lique Human Services Scholarship. Scholarships will be awarded to students who have an interest in, or are considering, a career in human services and who have made an impact in their community, or the world, through community service. Scholarship applications are due to the SHS Guidance Office, by Friday, April 10, 2009.

The Lique Human Services Scholarship will be awarded to one senior, at each of the seven high schools, located in GLSS' service area of Lynn, Lynnfield, Nahant, Saugus, and Swampscott. The scholarship is named in memory of Vince Lique, the Agency's long-time Executive Director who devoted his career to helping others, particularly vulnerable senior citizens and people of all ages with disabilities, demanding that all people be treated with dignity and respect.

"We want to honor Vince, by inviting people of another generation, to continue his legacy of compassion for people and his contributions to society," said GLSS' current Executive Director Ron Airey. "Today, it is more important than ever, to be reminded of the importance of helping those in need around us and giving back to our communities."

Application forms are available, through the SHS Guidance Office. For more information about GLSS, visit www.glss.net.

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Nahant Students Achieve Honors

St. John's Prep, 2nd Quarter:

Principal's List, William Ross, 2012. Honor Roll, Christopher Oesterlin, 2010 and Patrick O'Malley, 2012.

Boston University: Eric R. Pasinski, Dean's List, Fall semester.

The Governor's Academy, 1st Semester: High Honors, Devon Harrell, grade 10 and Taylor Reeh, grade 10.

Swampscott Middle School, 2nd Quarter: High Honors, Class of 2014, Emily Fiore. High Honors, Class of 2013: Virginia O'Leary, Derek Osbahr, Tyler Peterson, Aristana Scourtas and Melinda Wilson. Honors, Class of 2014: Jesse Barbacoff, Jared Dignan, Dayna Fernald, Melissa Gavin, Kenneth Li, Daniel Marini, Haley McDevitt, Ian Munnely and Joseph Silva. Honors, Class of 2013: Arianna Billias, Anna Greene, Caitlin Ludke and Alexa Steriti

Swampscott High School, 2nd Quarter: High Honors, Seniors: Briana Canty, Victoria Desomnd, Maggie O'Callaghan, Jonathan Poth, Kelly Walton and Owen Welsh. Honors, Seniors: Kelsey Dill, Michael Gillis, Breegan Houlihan, Heather Irvine, Nicholas Lamando and Trevor Wheeler. Commended, Seniors: Amy Simons and Emma St. Jean.

High Honors, Juniors: Amelia Antrim, Monique Bleau, Rebecca Gray, Juliana Liscio, Lillian Pillsbury, Alexandra Savino and Kyle Taylor.

Honors, Juniors: Thomas Ball, Olivia Barba, John Blank, Kelly Gillis, Stephen Meagher, Karlen O'Neill and David Wilson. Commended, Juniors: Casey Connolly, Thomas Walsh and Adam Wilson.

High Honors, Sophomores: Ian Antrim, Alexander Billias, Kaitlyn Dantona, Christi Mazareas, Maggie Osbahr and Leah Towe. Honors: Frank Barba, Marco Bauder, Dimitri Christoforidis, Jennifer Desmond, Patrick Gavin, Christopher Mason, Nicole McDermott, Casey Shanahan, Meghann Toomajian and Gabriella Wootten. Commended: Daniel Barbacoff and Taylor Maccario

High Honors, Freshmen: Elijah Clark, Kristen Connor, Peter Klee, Lindsey Marini, Anthony Silva and Emily Walls. Honors: Meredith Ball, Alexandra Chasse, Shiloh Clark, Taylor Eaton, Colleen Meagher, Rita Tsokanis and Trachita Wheeler. Commended: Heather Doyle, Shannon Kelly and Holly Noonan.

Congratulations to you all!

Lions Club Scholarship for 2009

The Nahant Lions Club will award \$500 to a Nahant student who meets the following criteria: a current Nahant resident, graduating from an accredited secondary school and acceptance to an accredited institution of higher learning.

The award is based on citizenship, scholarship, extracurricular activities and need. Interested applicants should submit a letter, detailing how he, or she, meets the citizenship criteria, a transcript through the third quarter of the senior year and a letter of acceptance from the institution of higher learning, that the applicant plans to attend.

All documentation must be submitted to: Mr. Mark S. Reenstierna, PO Box 212, Nahant, MA 01908. Deadline: May 23, 2009.

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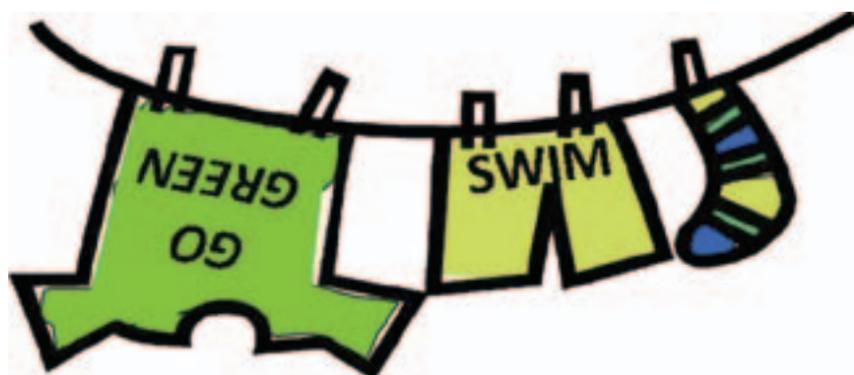
Submitted by Emily Potts

Stop by the Safer Waters in Massachusetts (SWIM) table, at the Nahant Town Meeting, on Saturday, April 25th, and take a look at some green alternatives to your "power hungry" dryer. Clothes dryers account for 10 to 15 percent of the domestic energy used in the United States. Our dryers are one of the biggest energy users in our homes, just behind our refrigerators.

What about using an Energy Star dryer? Good luck finding one. In a study by the Department of Energy's Appliance Standards Program, clothes dryers on the market did not significantly vary from each other in energy consumption. Because of this lack of difference, the Federal Trade Commission (FTC) does not require clothes dryers to have a yellow Energy Guide label.

But they left out the good old clothesline! In fact, on the Energy Star website, the final suggestion for saving energy is to air dry, whenever possible. LaundryList.org calculates that a family doing one load of laundry a day can save 1,016 lbs of CO₂/year, by air drying half of that laundry.

SWIM will raffle a clothes rack and an umbrella-style clothes line, at Town Meeting this year. The lucky winner will save energy and save money! Raffle tickets will be \$1 each, or 3 for \$2. Come buy a ticket and cast your clothing to the wind!



Nahant Alternative Energy Committee

Submitted by Larry Bradley

The Nahant Alternative Energy Committee (NAEC) will meet on April 8th, at 7:30 p.m., in the Nahant Town Hall basement. Bob Tina, Superintendent Wastewater Treatment Facility of the Lynn Water and Sewer (LWS) Commission, will give us a rundown on the status of the wind turbine that they plan on erecting, to provide power for running the LWS operations. Since Nahant owns a share of the LWS operations, this should be of

interest to the general Nahant public. Larry Bradley will give a brief report on the development of electricity from simulated photosynthesis; work being done at MIT. All NAEC meetings are open to the public.

AN INVITATION

**The Nahant Harbor Review is
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**Meet the People Behind the Print,
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**Watch for MORE INFO in the MAY
2009 issue of the
Nahant Harbor Review.**

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SWIM News

By Polly Bradley

An announcement by the Environmental Protection Agency (EPA) accepting the Lower North Shore No Discharge Area (NDA) has been received and the news is great! In an email sent by Ann Rodney, rodney.ann@epa.gov, the EPA has approved the request to designate these waters as no

discharge: the waters of Revere, Saugus, Lynn, Nahant and Swampscott, are now a "No Discharge Area" (NDA). Here's the link:

<http://www.epa.gov/fedrgstr/EPAFR-CONTENTS/2009/March/Day-18/contents.htm>

Safer Waters in Massachusetts (SWIM) sends a big THANK YOU to all of the 80 citizens who wrote to the Environmental Protection Agency supporting the proposed NDA. There were 81 comments, only one negative. This NDA designation will ban the discharge of wastewater from boats and ships into the coastal waters of Nahant, Lynn, Swampscott, Saugus, and Revere. It is particularly important for Nahant, so that not only local boats, but boats and ships headed to and from Boston Harbor, will be prevented from discharging into local waters.

A giant step forward in enforcement of NDA requirements was taken in January, when Governor Deval Patrick signed into law H 4805, legislation that gives the director of environmental law enforcement and all who serve under him, including environmental police officers, harbor masters, fish and game wardens and police officers assigned to patrol the waters of the Commonwealth, the ability to issue an administrative penalty of up to \$2,000 per infraction, for violations of No Discharge Area (NDA) regulations. This new law applies to all NDAs.

SWIM is on an every-other month schedule now: the next meeting will be on May 11th, the second Monday of the month, at 7:00 p.m., at the Northeastern University Marine Science Center, in Nahant.

For a quick whirlwind world tour, come to "Seven Years, Seven Continents: An Environmental Journey with Polly and Larry Bradley," on April 3rd, at 8:00 a.m., at the Nahant Village Church, for the monthly, Friday Breakfast (free and open to all). Polly, co-founder of SWIM, and Larry, chairman of the Nahant Alternative Energy Committee, kept an eye open for changes in the natural and human environment, as they skipped around the planet, one continent at a time. See details in the Nahant Village Church article in this issue of Harbor Review.

Bob Tina, superintendent of the Lynn Water and Sewer Wastewater Treatment Facility, will give an illustrated talk on the new windmill planned for their plant on the Lynn Harbor shore. The talk, sponsored by the Nahant Alternative Energy Committee, will be held at 7:30 p.m. on Wednesday, April 8th, in the Nahant Town Hall basement. See the report from the Nahant Alternative Energy Committee, on this page, for more information.

On Nahant Town Meeting day, Saturday, April 25th, be sure to buy a raffle ticket to win a no-pollution, no-energy clothes dryer: an old-fashioned, but newly-stylish, umbrella clothes rack for outdoors, or a folding clothes rack for indoors.

Let's Green Up Nahant!

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

Changing Climates, Changing Coasts Symposium

On February 5th, the New England Aquarium (NEA) and Woods Hole Oceanographic Institution (WHOI) sponsored a symposium on the local effects of climate change. A very diverse, senior group of climate-change experts, business leaders, policy makers and representatives from non-governmental organizations met to relay the latest information on the current impact and future risk of climate change, as well as the latest thinking on preventive measures and mitigation strategies. This interdisciplinary group met for a full day at the Moakley Federal Courthouse in Boston.

The speakers discussed how potential climate change would affect our local businesses communities and marine environment. They examined the impact on coastal development, our fishing and real estate industries and our supporting infrastructure. Much discussion centered around how increases in sea levels, throughout New England, would result in severe flooding and erosion and drastic changes to our coastline - especially in Boston, Cape Cod, Nantucket and Martha's Vineyard, by the end of this century. This rise in sea level is of particular concern in MA because 75% of our population reside in coastal communities.

There was no debate that our climate is changing and already beginning to have an effect on our coastlines. Much concern was expressed, that the rate of climate change is occurring six times faster than projected several years ago. These experts speculate, that since climate warming results in "ocean warming", our sea levels will rise regardless of the reduction of CO2 levels at this point, because the ocean is such an excellent storage mechanism of heat.

To that end, progressive, innovative leadership at both the Federal and local levels, that focus on Climate Action Plans for communities, rezoning and changes in land use, conservation land strategies, to preserve our beaches and plans to protect the resilience and biodiversity of species, were discussed. From an infrastructure perspective, plans to restructure the electric grid, to take advantage of renewable sources of energy and ways to protect our subways and urban areas, are all major actions being planned. In addition to our State government, organizations such as WHOI, NEA, Mass Audubon, Storm Smart, The Nature Conservancy, The Green Group and companies such as National Grid, will be playing major roles locally, in formulating and carrying out these new actions and policies.

Despite the deep concern over the state of our environment, much optimism was expressed, that our local government (specifically Governor Deval Patrick and Ian Bowles - MA Secretary of Energy and the Environment), is spending significant time with President Obama, advising him and his staff on developing aggressive plans, to deal with these issues. The President has sought our local government for advice because we are one of the few states that have both Energy and Environment policy-making under one roof and are viewed as progressively and innovatively planning for these changes. Examples of these policy changes MA has been involved in and/or passed include: The Regional Greenhouse Gas Initiative (RGGI), The Green Communities Act, Renewable Portfolio Standards (RPS) and The Oceans Act.

According to the experts, some of the biggest issues we face include prioritizing what needs to be done and weighing the cost of taking action now versus the cost of taking small measures at a non-aggressive pace. The consensus was that aggressive mitigation and adaptation action needs to be taken now to avert disaster in the 2nd half of the century, like is being seen in New Orleans when the barrier beaches and salt marshes disappear. Another major challenge is that there is not one place or organization you can go to for policy reform or take action.

Two good starting points for further information include the New England Aquarium: www.neaq.org and Coastal Zone Management: www.mass.gov/czm websites.

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Evening Lecture Series Creatures of the Deep Blue April 14th

Northeastern University, the Marine Science Center is pleased to present, Evening Lecture Series, on Tuesday, April 14th, at 7:00 p.m., "Creatures of the Deep Blue," presented by Jonathan Bird, Underwater Cinematographer.

Creatures of the Deep Blue is Jonathan Bird's new hard cover coffee-table photography book, about large marine animals—whales, dolphins, sharks, rays, turtles, seals and manatees. This beautiful full-color book is his most spectacular book, to date and contains some of his most magical images from around the world.

Join the Marine Science Center, on April 14th, for a presentation by Jonathan, about some of the adventures he had in the making of this book and get your own signed copy. More information about the book is here: http://www.jonathanbird.net/deep_blue_book.htm

Jonathan Bird is a professional underwater cinematographer and photographer. His films have appeared all over the world, on networks such as National Geographic Channel, PBS, ABC, USA Network, Discovery and even the SciFi Channel. He has won two Emmy Awards and two Cine Golden Eagles for his work. He is the author of seven books of underwater photography and the host of his own program, on American public television Jonathan Bird's Blue World.

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.

Thank you for a wonderful series. See you at our Open House in the fall.

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Come Down and Meet the Candidate

Town Election Day is Saturday, April 25th and Nahant socialite and philanthropist, Ophelia Payne Tudor, has thrown her hat into the ring to run for Mayor of Nahant.

Her platform strategy is to take the land at Lodge Park and build (with funds from her war chest) a plant, to manufacture both cocktail ice and Nahant turkey (Causeway Canadian geese) pâté. The plant would be powered completely by wind. "Lodge Park is the perfect spot for the plant: plenty of wind, salt water and land, with no abutting houses," states Ms. Tudor.

Twenty multi-colored windmills would generate enough power to run a desalinating system, that would purify the salt water for the cocktail ice, as well as run the pâté factory. There would be plenty of power left over for all the town's electrical needs, no longer making Nahant at the mercy of big brother, National Grid. We truly could become the Peoples Republic of Nahant – sorry, Cambridge. (The multi-colored windmills are a Ms. Tudor flashback of Willie Wonka and the Chocolate Factory....My, my, isn't that special, and pretty darn green, too!)

Hey, it's a better deal than what we're getting from the DCR (MDC) and their windmill idea.

Now, let's see if we have this straight: the DCR leases the light poles to a company that will pay to attach cute little windmills on them. That company, in turn, will sell the energy to National Grid and National Grid will charge us for that energy. The only "green" we islanders are going to get, is the solace taken from reducing the earth's carbon footprint, while National Grid charges us for the energy generated by our own wind.

As Mayor, with her windmill plan, Ophelia Payne Tudor, would make it a heck of a lot "GREENER" for us islanders in the form of "MONEY," while still reducing the earth's carbon footprint.

(YOU ALL REMEMBER WAY, WAY, BACK WHEN THERE WAS MONEY, DON'T YOU)?

So, come on down to the Town Hall on Election Day and meet "the candidate" for Mayor. She will be at the Tudor Cocktail Ice Co. table, selling this year's official Nahant Beach Wear with proceeds going to the Mitchell's Cahnah block party.

Submitted by the Committee to Elect Ophelia Payne Tudor

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Useless Information

by Ray Barron

Fascinating Facts

Nahanters with fascinating facts: Cal Hastings says the Pilgrims in Massachusetts used a special tool in church, a wooden ball attached to a long string on a stick. If anyone fell asleep during the sermon (which might go on for seven or eight hours) a specially appointed member of the clergy would hoist the pole over the reprobate's head and clop him with the wooden ball. Cal's inspiring wife Marrit says the ancient Egyptians slept on pillows made of stone.

The attractive educator Mary Dill wants us to know Nero did not fiddle while Rome burned. The fiddle had not yet been invented. Nor was Nero there. He was at his villa in Antium, 50 miles away.

Mary Dill's loving husband Dan, says the United States Department of Agriculture reports that the average American eats over 8 pounds of pickles a year. Dill pickles are twice as popular as sweet. Gee, now we know why Dan Dill is so popular.

The fashionable Peggy Barile, says, fashionable women in medieval Japan gilded or blackened their teeth. Today many Hindu women in India stain their teeth bright red to enhance their appearance.

Sheila Hambleton who has a pet rabbit strips away the mystery of how a rabbit's foot came to be considered a good luck charm. In Western Europe, people have considered the feet of rabbits lucky since 600 B.C. Several characteristics of the rabbit may have led to its great popularity: It is born with its eyes open, suggesting innate wisdom; it spends much of its life underground, suggesting a connection to a mysterious netherworld; it is prolific, suggesting wealth and prosperity. Any part of the rabbit was considered lucky, but the foot was especially prized-possibly as a phallic or fertility symbol.

We asked Marie Muzzioli why do people cross their fingers for good luck. The practice may have evolved from the sign of the cross, which was believed to ward off evil.

Discrimination in Nahant

What follows was taken from a 1928 real estate document. We, Henry H. Freeto and Florence W. Freeto of Lynn, being married, for consideration paid, grant to Thomas McTiernan and Mary E. McTiernan, as joint tenants of Charlestown, Mass, with quitclaim covenants, the land in Nahant, Mass described as lot 19 in "Plan of Land" in Nahant, Mass and known as Colby Hill. Recorded in Essex south District Registry of Deeds Book of Plans 41 Plan 13, conveyed to us by Henry J. Murphy by warranty deed recorded in Essex South District Registry of Deeds Book 2636 page 91. The premises are conveyed subject to the following conditions and restrictions to remain in force for twenty (20) years from date namely; that the premises shall not be used for the sale of intoxicating liquors; shall not be occupied by a club; and shall not be owned or occupied by any person of Negro, Jewish, Italian, Greek, or Armenian blood.

Yes, no Negro, Jewish, Italian, Greek, or Armenian need apply! And that's the way it was in Nahant back in 1928.

April Birthday Babies (Continued)

Some of our friends and neighbors who will be celebrating, or mourning, their birthdays in April.

April 1, April Fools Day! Anne Bromer, Cynthia Manning, John Mason, Constance Merigo, Mary Pisano, Catherine Rhodes, Karen Rogers, Mark Sewell, Jr. and Mary Smith.

April 2: Thomas Callahan, Justin Deberardinis, , Andy Erikson, James Houlihan, Daniel Marini, Vicki Myers, Ann Margreth Peterson, Joanna Reardon, Chesley Taylor and Emmylou Harris, the country and pop singer.

April 3: Thomas Beaulieu, Barbara Brewer, Patricia Clements, Laura Gaudet, Linda Kane, Nicholas Kersten, lovely Jean Mazzafero, Margaret O'Neill, Susan Rosa, Grace Scott and the late actor, Marlon Brando.

April 4: Louise Abisso, Kevin Bailey, Kristen Lamando, Tim Lowe, Scott McCarthy, Pamela Morse, Marissa Salomon, Mark Taylor, Judith Walsh and Mary Walsh.

April 5: Rachael Akerley, Ava Caccivio, Beverly-Ann Carr, Robert Finkenaur, John Gere, Gary Hanson, Carolyn Jundzillo-Comer, Robert Kerig, David Livingston, Jean Mazzafero, Kevin Swope, actor Gregory Peck and former Secretary of State, Colin Powell.

April 6: Warren Carlson, Matthew Connor, Makenzie Cutillo, Holly Estrella, Patricia Johnson, William Letourneau, William Lowell, Kathryn Marini, Claudia McClain, Nancy Rose Messina, Christopher Meyer, Erik Mihovan, Marilea Munoz, Mary Ann Quinlan, Judy Robidoux, Anna Rooney and Christoph Wald.

April 7: Neil Callahan, Carolyn Croft, Joseph Dantona, David Krauter, Thomas Letarte, Mikaela Musman, Sally

Worthen and film director, Francis Ford Coppola.

April 8: Sean Callahan, Attorney Paulette Marie, Stacey Reiling, Anthony Silva and the famous actress, Mary Pickford.

April 9: Katharine Aldrich, Terry Brown, Julie Cadigan, Kendra Cerretani, Molly Cohen, Peter Doyle, George Fintonis, James Hill, Joseph Manley, John McNicholas, Beatrice Rogers, Brina Rogers, Valerie Witcher and actor, Dennis Quaid.

April 10: Michael Geaney, Kerry Gordinas, Ione Mary Hansell, Joseph Scott Hensley, Linda Landry, Dianne Lee-Urany, Suzanne McDonough, Ann McNulty, Christopher Meyer, Ratchanon Rittiboon, Mark Scalise, Leslie Tarmy, Daniel Taylor and Abigail Wilson.

April 11: Susan Cadigan, Judith Herrick, Meghan McCauley, Elaine McDonald, Mary Jane Mitchell, Daniel Myers, Simone Nardizzi, Allura Poulin, Thomas Quinn III and actor and singer, Joel Grey.

April 12: Clinton Alessi, Dina Carnevale, Veronica Cooke, Luke Curtis, Donna Langevain, Sharon Purcell, Gene Regnante, Michelle Ann Stickney and talkshow host, David Letterman.

April 13: Patrick Arnold, Samantha Blank, Eugene Burrell, Daniel Dill, John Dolhun, Edith Gray, Haley McDevitt, Melissa Noonan, Gretchen Szczechowicz, Richard Woodworth, Donna Zuckerstatter and Thomas Jefferson, 3rd US president.

April 14: Donald Barone, Anthony Deluca, Leonie Flake, Elizabeth Gray, Kenneth Siriani, country singer, Loretta Lynn and comic, Steve Martin.

April 15: Blanche Bushnell, Ryan Erminelli, Amy Famulari, David Lass, David Liscio, Kara Mazareas, Lynn McKnight,

Robert Morse, Clara Tyler and Agnes Williams. On this day, in 1912, the passenger liner "Titanic" sank after colliding with an iceberg on its first voyage.

April 16: Robert Branga, Jefferson Hooper, Kellie Kirkpatrick, Torrey Kovalesky and Aaron Soule.

April 17: Paul Bertrand, Diana Brandi, Katherine Cronin, Maura Cronin, Kerrian Dill, Thomas Dowd, Margaret Goode, Dorothy Morley, Eric Peterson, Robert Silva, Kathleen Welch and Madison Wrenn.

April 18: Kerry Barrasso, Nancy Carey, Dimitrios Christoforidis, John Donahue, Wayne Karayianes, Frances McCarthy, Jr., Robert Nolan and Bruce Walker.

April 19: Dennis Ball, Florence Hill, Patrick Morse, Robert Munnely, Suzanne Tarlov and Ute Wald.

April 20: Richard Allyn, Frank Barba, Susan Caccivio, Michael Cullinan, Nicholas Fiore, Louise McBryde, Phil Oesterlin, David Przybycien, Amy Waldman and actor, Ryan O'Neal.

April 21: Olivia Cooke, Paul Gallagher, Pamela Julien-Comito and Frances McCarthy, Sr.

April 22: Richard Bacheller, Margaret Burke, Alexander Catalani, Suzanne Cooper, Mary Livingston, Ryan McDermott, Anthony Picariello, Susan Shipman, Lawrence Smith, Kerry Sullivan, Paul Taylor, singer Glen Campbell and actor Jack Nicholson.

April 23: David Bishop, Nicholas Bishop, Victor Charbonneau, Molly Dignan, Dawn Dorgan, Ellen Kutcher, Joseph Moleti, Erica Olandt, Rose O'Malley, Robert Poaletta, Rebekah Richardson and Andrey Zhuykov.

April 24: Mary DiMaggio, Carl Jenkins, Angeliki Kourkoulis, Jake Lemle, Joseph Moccia,

Birthdays (Cont.)

Sarah Dion O'Brien, Joy Pechinsky-Spinelli and Lovely Allison Twiss-O'Neill.

April 25: Iris Cyr, Carly Famulari, Thomas Hambleton, Craig Hawley, Thomas Hosker, Faith Inello, Patricia MacDonald, Dennis Maclone, Derek Murzyn, Wayne Putnam, Manami Shishido and actor Al Pacino.

April 26: Linda Bellofatto, Margaret Brown, Mona Doss, Mara Gaulzetti, Elizabeth Gooding, Mildred Howell, Juan Montes, Kirk Palmer, Margaret Parisi, Elizabeth Quinn and Mary Jo Sanborn.

April 27: Robert Alexander, Heidi Gauthier, William Lowell, Karen Munroe, Shannon Oliver, Wendy Payne, Lawrence Robinson and also born on this day, Ulysses S. Grant, general and 18th US president.

April 28: Sofia Calloggero, Maral Gunduz, Lovely Wendy Hayes,

Phillip Hitch, Richard Kane, Karen Kautz, Brian Keohan, Kavita Kumari, Marie McDuff and Lorraine O'Keefe.

April 29: Jake Canty, Frank Cardile, Mark Coakley, Sean Davis, Kathryn Famulari, Alexandra Gray, Lowell Gray, Andrea McDonough, Patricia Morad and Peter Santa Maria.

April 30: Arianna Billias, Virginia Carlson, Emory DeCastro, Alisa DeDominicis, Robert Doyle, Yvonne Donovan, Liam Dunfee, Veronica Hill, Michelle Kirkman, Kathryn Kougiass, Linda Lehman, Thomas McBryde-Marshall, Miranda Nocera, Luis Pagan, Jeffrey Pelley, Mark Pillsbury, Irene Polnicki, Paula Sammarco, Effie Schmidt, Patricia Silva, Isabelle Skabeikis and Jennifer Trentsch. Less we forget, on this day in 1789, George Washington became the first president of the US. Yes, on April 30!

Nahant Ancestries

One more time!

Nahanters with Irish ancestries represents 32% of the town's population of 3,984. Nahanters with Italian ancestries represent 15.8% of the population. The Nahanters with English ancestries represent 15.7% of the population. Nahanters with German ancestries represent 9.9% of the population. Nahanters with Greek ancestries represent 6.1% of the population and Nahanters with French ancestries represent 4.6 % of the population.

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

ALLELUIA

A poem by ROZI THEOHARI

Our Father, who art in Heaven, allowed
A placement of wireless antenna
Over the steeple of our Church-By-the-Sea
Thy will be—
Not to reach You. But around the planet!
Thy Kingdom of the Cell Phones
On Earth will be done:
In plane, car, street, library, school, coffee shop,
boat...for fun,
A tech skill of the sky!
To pass by
Monthly rent- Money- Divinity
From- T. Mobile- Company
Pennies from Heaven!
"This is good...!"
To repair the church roof...

x x x

Every noon
We shall listen to the cell
The echoing of the belfry's bell
New Englanders to inspire
By our church's spire.
Alleluia...

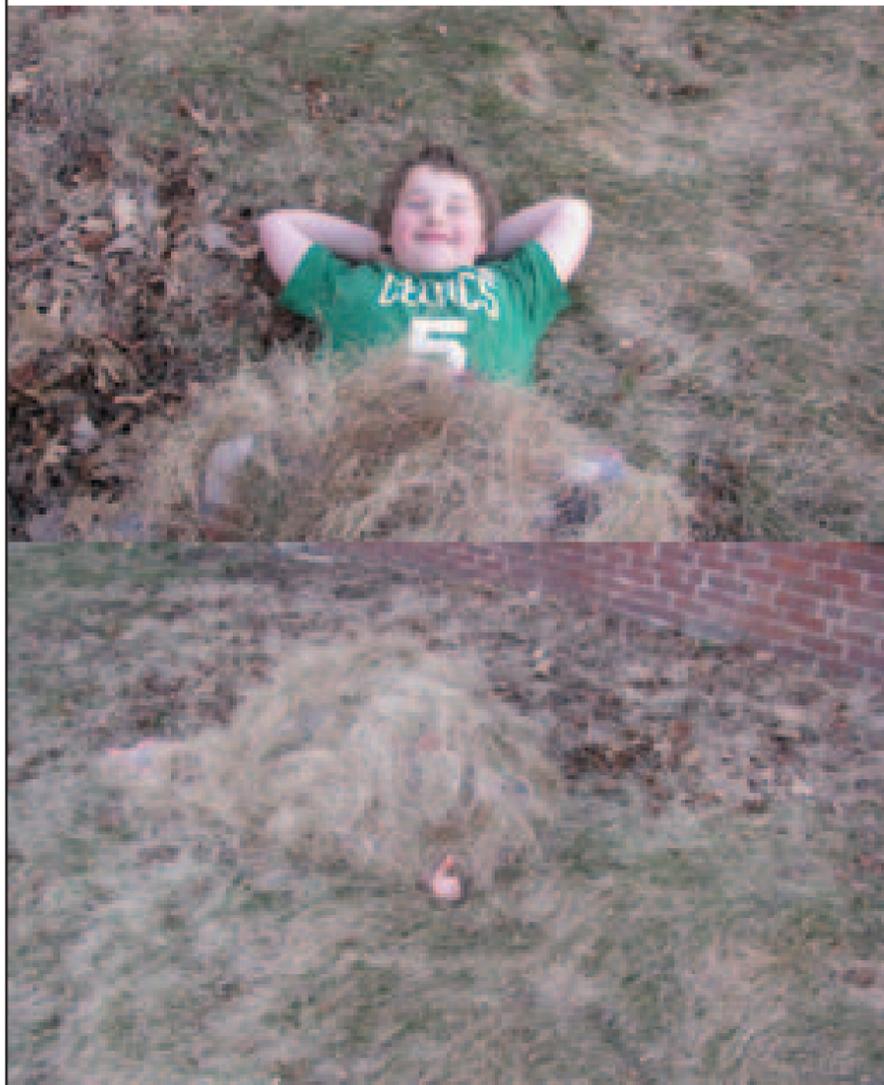


Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA
donna@nahant.com • www.nahant.com

NOW you see him, NOW you don't!

Nahant resident, Ryan Gooding, displays how to make a Gilli suit that allows one to hide from others in the wilderness!



Girls Inc. Incorporates Quilting with Help from Nahant Resident Molly Conlin

Teaching girls to quilt was an everyday task known to girls' long before women had the right to vote. This winter Girls Inc. added a spin to this old tradition by threading women's right to participate in politics and their right to vote onto a quilt.

Girls Inc. Middle School program finished their "She Votes" unit, a national Girls Inc. program, in January. Lena Crowley, Director of Middle School program, and Lillian, a staff person of the Middle School program, taught the girls about politics and voting in our country. To get the girls more involved each girl was given the task of researching a woman that participated in politics any where in the world. They used the internet to research a woman of their choice finding out about their work, families, and achievements. Then, Lynn artist, Yetti Frenkel, came in to give the girls a lesson on how to represent facts by using creative symbols so the girls could translate their research into different art forms.

"I liked taking what I learned and applying it to a project" said middle schooler Lindsey Crowley. Lindsey researched vice presidential candidate Sarah Palin and used her research to design a quilt square where she created a picture of Sarah Palin and her children.

Another middle school participant, Kati Vu, researched Michelle Bachelet, the president of Chile. Kati put a picture of a hospital and a doctor surrounded by children on her quilt square because Bachelet is a pediatrician.

"I like Girls Inc. because you meet new friends and have fun learning about a ton of new things" said Kati, a long time member of Girls Inc. Both Lindsey and Kati, who are now in the eighth grade, have been going to Girls Inc. since they were six years old.

After all the girls finished their quilt squares, Molly Conlin, a Nahant resident and talented volunteer, assembled the pieces into a beautiful quilt. "We are so very happy that we can call on Molly when we need the expertise to help with quilting or sewing," said Lena Crowley. "She is creative and patient. We plan to display the quilt in our new facility this summer."

"We like to get the girls involved in a finished product because they get excited to see the great work they have done" said Lillian. Lillian and staff member are leading the girls in two new programs this month "Mind over Matter" and "Are You What You Eat?" In "Mind over Matter" the girls are learning about healthy ways to manage stress, emotions, and communication. In "Are You What You Eat?" the girls are learning about healthy eating habits and recipes that they can bring home to their families.

Girls Inc. is located at 88 Broad Street in Lynn and has programs for girls ages 6 to 18 years old. For more information on this and other programs, contact them at 781.592.9744 or visit the web www.girlsinlynn.org.

The mission of Girls Inc. of Lynn is to inspire girls to be strong, smart and bold by meeting the needs of girls in the community, developing girls' capacity to overcome the effects of discrimination and to be self-sufficient, responsible members of the community, and to serve as a vigorous advocate for all girls.



Chili Challenge Spices up Nahant

Nahant Youth Soccer brought back the Chili Challenge with great success Saturday March 14th.

Amateur Entrants Kellie Frary, Jen Carbone, Angie Foss, Sandy Warren, Bruce Bennett, Gail Davis, Heidi Fiore, Roger Peladeau and Amy Graciale competed alongside pros Mount Vernon at the Wharf, Captain's Seaside Pizza, Kelley Greens, Tides, Old Town MBP, Nahant Country Club, Dean Palombo of the Nahant Fire Department, Ros Puleo representing the Nahant Police Union and Uno's Chicago Grill. "Judge's Favorite" winners were professional Kelley Greens and amateur Jen Carbone. Thanks to Judges Jeanne Fiore, Ralph Colson, Molly Conlin, Deb Murphy and Peter Davis.

The Nahant Country Club put out a spread that was the talk of the event and walked away with the "Peoples Choice" professional winner. Longtime entrant Roger Peladeau stood out in the crowd with his big cowboy hat and ran off with the "Peoples Choice" amateur award.

Thanks to Ralph Colson at Kayem Foods for providing a variety of hot dogs for the non chili eaters. Carol Hansen of the School of Refrigerator Door Art was kind enough to provide the audio equipment, Uno's donated gift certificates, and Doyle Electric helped keep electric flowing to all the croc pots. Special Thanks to Robyn and Kevin Howard and everyone at the Knights of Columbus for going the extra mile and making the hall Chili Challenge ready.

Thanks to "On Fire" sponsors Tides, Kelley Greens, Quinn of Lynn Insurance, North Shore Animal Hospital & Impact Soccer Club, "Hot" sponsors Dunkin Donuts, Michael Russo Plumbing & ABI Agency, "Spicy" sponsors Nahant Associates, Doyle & Kersten, Apogee Media Services and Donald Savino & Sons.

The event would not have happened without the hard work of Sue Rosa, John Fulghum, Jennifer Wyse, Kellie Frary, Nancy Cochran, Jen Carbone, Jen McCarthy and all that helped make the return of our annual Chili Challenge a success!

Submitted by Al Eaton

INVEST IN NAHANT
Save gas and time.
BUY from your local merchants.

Music Therapy Connects with Hospice Patients

The meaning of music has varied throughout history, changed relative to culture and adapted to evolving societies. Whether of the classical, romantic or contemporary genre, music has served a purpose to all. Treated as a language in and of itself, the power of music resonates with people on one level or another.

Not just a form of entertainment, music is also used as a therapy. By addressing the physical, emotional and cognitive needs of individuals, music is particularly beneficial in palliative care and hospice treatment. These end-of-life therapies aim to have each patient live life to the fullest, every-day in comfort. Palliative care promotes the patient's quality of life by alleviating physiological, psychological, social and spiritual distress, and improving comfort. The direct correlation between music's therapeutic qualities connects to those of treating terminal illness.

Rev. Janet White, Chaplain of All Care Hospice, has implemented a music therapy program to connect spiritually with Hospice patients. A year ago, Janet's mother-in-law's birthday gift to her was a check to All Care Hospice for her "to do something special and fun with it for the Hospice." Janet, in turn, proposed the idea of a music ministry to the Hospice team in April 2008. After receiving favorable feedback, she immediately purchased several CDs and compact disc players to bring along with patient visits. Adorned in bright blue headsets, or listening to bright blue CD players at bedside, patients of All Care Hospice now enjoy music of their particular liking.

All Care's music therapy service is offered to patients upon admission to Hospice. Many patients in both homes and skilled nursing facilities do indeed elect this service. The efficiency of the new McKesson computer system has allowed for the process of implementing this service to be seamless. If the patient wishes to use music, a member of the Hospice team notes such and the particular genre in their medical chart. The following day or subsequent visit, appropriate music is brought to the patient for their listening pleasure. After passing on, the family will often hold onto the CD as a keepsake memento of their loved one.

Janet notes, "When language can no longer minister to the patient, the joy of music speaks to the soul. It's amazing to experience breaking down the walls of silence of those afflicted with terminal illness but in particular, Alzheimer's patients." Music has helped to disable the fear associated with dying.

The music library at All Care Hospice ranges in tastes from gospel to Mozart to Frank Sinatra. Each style of music has had the ability to connect with a patient's life or culture where they otherwise might not have been communicative. All Care Hospice volunteers, chaplains, social workers and nurses may stay and listen to the music as a way to deepen their bond with the patient.

Barbara Crowe, past president of the National Association for Music Therapy states, "Music therapy can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort-between demoralization and dignity."

Music not only helps the patients, but also is a great team-building tool for the Hospice team itself. Members of the Hospice staff may share patients' stories in bi-weekly interdisciplinary group (IDG) meetings where music's influence as an intervention in the patient's care is often covered.

As music therapy continues to grow in popularity, so does the need for appropriate resources. Have you converted to digital music? Do you use an Ipod regularly? If you would like to donate CDs or CD Players in good working condition to the music therapy program, please send them to Spiritual Care Services in our Hospice Department. Mailing address: Spiritual Care Services, All Care Hospice, 16 City Hall Square, Lynn, MA 01901. For more information, please call 781-586-1608.



Julia Cort Wins Award for Asteroid

Julia Cort, an Emmy-award winning, senior producer for "NOVA" and "NOVA scienceNOW" (produced out of WGBH, Boston), is the winner of the 2008 AIP Science Writing Award in the BROADCAST CATEGORY for her production "NOVA scienceNOW: Asteroid," which aired on PBS stations across the country, in 2006-2007.

Ms. Cort grew up in several communities in and around Boston, mostly in the Town of Nahant. She attended St. Mary's Regional High School in Lynn and studied filmmaking as an undergraduate at Harvard. She currently lives in Milton, Massachusetts.

More About Asteroid

Produced as a segment of NOVA scienceNOW and originally aired in October 2006, "Asteroid" poses the question will a doomsday rock the size of the Rose Bowl hit Earth in 2036? The rock in question is called Apophis, an asteroid which astronomers discovered in 2004 was headed dangerously close to Earth — but how close?

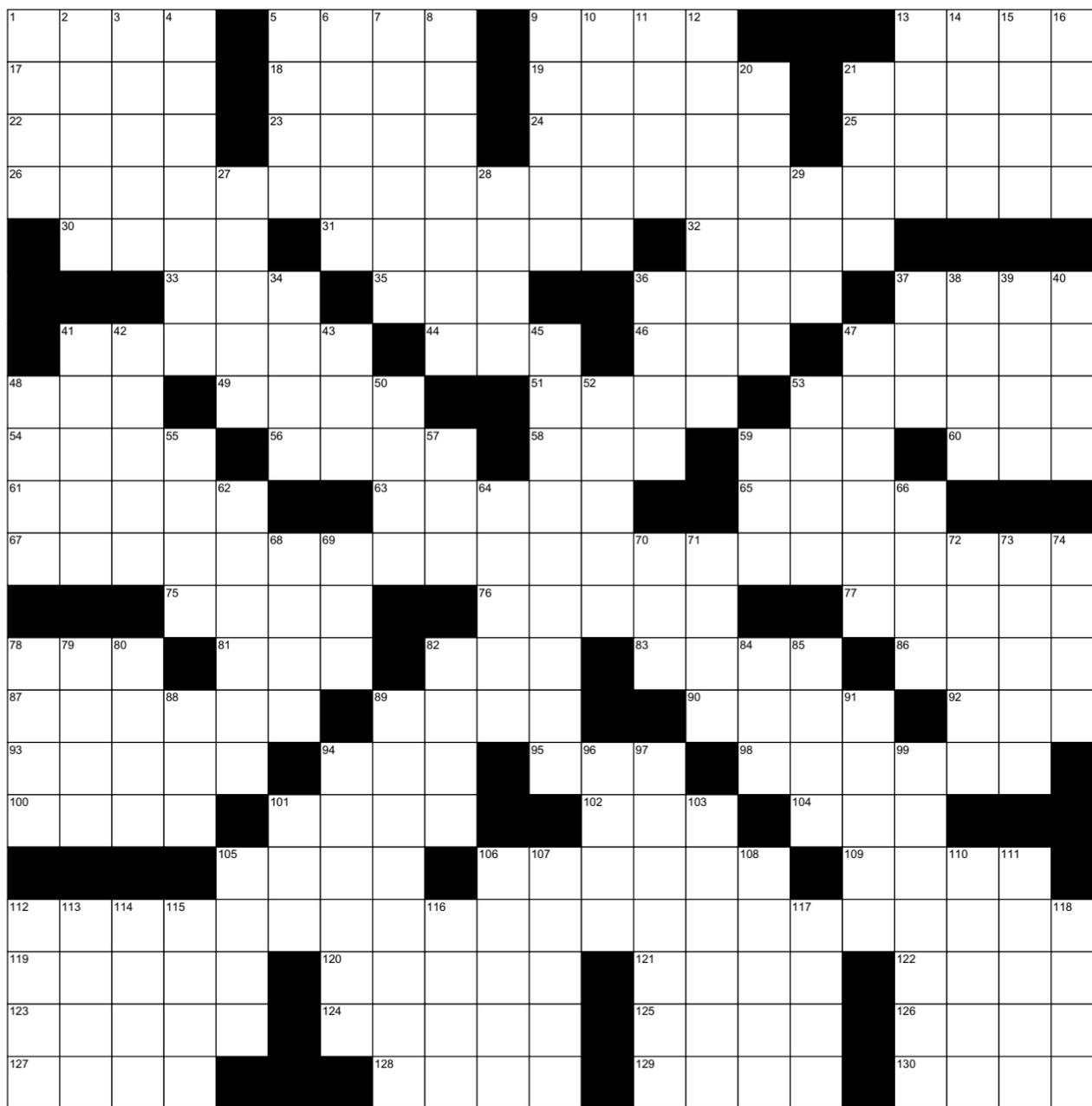
The initial estimates by NASA put the chances of a direct hit on the planet Earth by Apophis at one in thirty-seven. "Asteroid" examines what could happen if an asteroid that size were to strike the Earth and profiles NASA's asteroid hunters. They continually track Apophis and other objects while searching for new, threatening monster chunks of space debris. They routinely estimate the odds of these objects colliding with the Earth, and they figure out ways to avoid such impending disasters — an asteroid strike is perhaps the only natural disaster we might be able to prevent. As Cort was producing "Asteroid," NASA was continually adjusting the odds of a collision with Apophis, downgrading the risk of its impact. "I'm embarrassed to admit I was sort of hoping the odds wouldn't be reduced too far," confesses Cort. "At least not before the airdate!"

The latest estimates, computed in May 2008, would seem to afford humanity a collective sigh of relief. NASA now figures the odds Apophis will strike Earth to be a scant 0.0023 percent. But the scary truth, says Cort, is that even if Apophis is not a real threat, astronomers still estimate that there are thousands, if not tens of thousands, of large near-Earth objects out there that we haven't discovered yet. One of them could easily be headed our way. Cort's award was presented on March 19, 2009, at the American Physical Society's March Meeting in Pittsburgh. A recording of the broadcast can be viewed at: <http://www.pbs.org/wgbh/nova/sciencenow/3313/01.html>.



NAHANT PUZZLE PAGE

"Got a Light?" by Rick Kennedy



- 47 Carboic acid
- 48 Perched on
- 50 Despot
- 52 Type of shark
- 53 Stooges, e.g.
- 55 Selves
- 57 Draft choice?
- 59 Not working
- 62 Blitz
- 64 Wire message
- 66 Pack
- 68 Utah lily
- 69 Pair
- 70 Putin's former org.
- 71 Time period
- 72 Tropical fruit
- 73 Analyze ore
- 74 Cal. page
- 78 Bank statement no.
- 79 Java neighbor
- 80 Disparaging remark
- 82 Hospital count
- 84 Weep
- 85 Pawl
- 88 Word with pack or pick
- 89 Worn
- 91 Dirty political tactic
- 94 Horse color
- 96 Particle
- 97 Upset (2 wds.)
- 99 Ring site?
- 101 Calendar abbr.
- 103 Job hunter's need
- 105 Music staff symbol
- 106 95 Across spice
- 107 Employer
- 108 Beer mug
- 110 Kid
- 111 Some vertical lines
- 112 Bivouac
- 113 M.P.'s quarry
- 114 Brussels-based org.
- 115 Plumbing problem
- 116 Sturdy cart
- 117 Totals
- 118 Gossip

ACROSS

- 1 Medicinal amount
- 5 Gym set
- 9 Auspices (var.)
- 13 Nag, maybe
- 17 Asian nation
- 18 Shaft
- 19 Traffic directors?
- 21 Like some floors
- 22 Reef dwellers
- 23 Box
- 24 Making all stops
- 25 Battery terminal
- 26 LIGHTS
- 30 Certain cookie
- 31 Calm
- 32 Coalition
- 33 Gun
- 35 Doughnut shop qty.
- 36 Drudge
- 37 Queens stadium
- 41 Ground
- 44 Head sign

- 46 Slippery or American
- 47 Sacred song
- 48 Ready follower?
- 49 Fuzz
- 51 Part of M.I.T.(abbr.)
- 53 Basic belief
- 54 Runner's goal
- 56 Pioneer org.
- 58 Granola morsel
- 59 A load off one's mine?
- 60 Sign of summer
- 61 Last of a series
- 63 Change
- 65 Scuba gear
- 67 LIGHTS
- 75 Brood
- 76 Feudal lord
- 77 No-goodnik
- 78 Tummy muscles
- 81 Past
- 82 Waggle dance performer

- 83 See 87 Across
- 86 Stinger
- 87 With 83 Across, game fish
- 89 ___ message
- 90 Fails to keep
- 92 Tank
- 93 Barnyard sound
- 94 Blue
- 95 Something often cured
- 98 Gateway to India
- 100 Fatigue
- 101 Children
- 102 Pitch
- 104 Snow ___
- 105 Brusque
- 106 Loses badly
- 109 Esq.
- 112 LIGHTS
- 119 Hip
- 120 What thsi clue has
- 121 Made a case?
- 122 Hotel waiter?
- 123 #1 attraction in

- Rockport?
 - 124 Exit
 - 125 Among
 - 126 Addict
 - 127 Alka-Seltzer sound
 - 128 Tinter
 - 129 Scout groups
 - 130 Tops
- DOWN**
- 1 Carpe ___
 - 2 Lunchbox desserts
 - 3 Permanent place?
 - 4 Tangle up
 - 5 Coarse file
 - 6 Nationals formerly
 - 7 Gilt
 - 8 Slave class
 - 9 Acclaim
 - 10 Christmas entree
 - 11 Mark of a ruler
 - 12 Car safety device

- 13 Lake Wobegon's locale (abbr.)
- 14 Healing plant
- 15 Make over
- 16 Starting point?
- 20 Alpine event
- 21 Sprinkle after a shower?
- 27 Period of time
- 28 Take it easy
- 29 It's not free of charge
- 34 Blood line
- 36 Raid victim
- 37 Compass pt.
- 38 Flag down
- 39 Otherwise
- 40 Magazine contents
- 41 Florida city
- 42 Drive forward
- 43 Genetic stuff
- 45 Betty Ford celebrated hers on April 8, 2008

Tactfully Tacit
By Rick Kennedy

Ken Carangelo, of Willow Road, 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, 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.

A	C	A	D		F	D	R		I	R	A	N		A	L	O	H	A		
G	A	G	E		A	R	E	A		N	O	U	N		B	O	R	O	N	
U	R	G	E		R	A	G	S		J	O	N	E	S		B	L	E	N	D
A	D	I	P	L	O	M	A	T	M	U	S	T		E	C	O	L	O	G	Y
	S	E	R	E		A	R	R	A	N	T		T	A	U	T				
			E	A	T		D	O	Z			D	O	V	E		U	G	L	Y
	K	I	D	N	A	P		S	E	W		E	G	O		I	G	L	O	O
B	O	D		S	L	O	P		A	L	W	A	Y	S	T	H	I	N	K	
A	R	I	D		C	I	A	O		S	A	Y		A	H	A		B	E	E
S	E	O	U	L			C	A	T	H	Y			G	E	L	T			
S	A	M	O	A		H	E	R	A		E	A	S	E		I	O	T	A	S
			S	Y	L	I			P	A	R	S	E			C	U	R	I	A
P	S	T		M	O	D		J	I	F		P	A	N	G		R	E	S	T
T	W	I	C	E	B	E	F	O	R	E		L	Y	R	E		A	L	E	
A	A	R	O	N		S	A	W		W	A	R		C	U	R	A	T	E	
S	P	E	D		B	A	W	L		B	E	D		B	E	N				
			S	O	W	N		C	A	B	L	E	S		C	A	V	E		
O	K	I	N	A	W	A		H	E	S	A	Y	S	N	O	T	H	I	N	G
D	A	R	E	D		Y	O	U	R	S		O	P	E	N		E	L	A	N
D	R	O	O	L		F	L	E	E		N	O	E	L		I	N	C	A	
S	O	N	N	Y		F	A	S	T		T	R	Y		M	A	T	T		

About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. 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.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation. Articles and / or letters, submitted anonymously, or 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**, Donna Lee Hanlon, Editor, Nahant Harbor Review, PO Box 88, Nahant, MA 01908, or to the **Nahant Harbor Review Drop Box on the Teller's Counter**, at the **Equitable Cooperative Bank on Nahant Road**. For ad rates, discount programs and deadlines, call 781-592-4148.

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.

Special "Thanks!"
to the people of the Nahant Village Church, for the use of the
Companionway, once a month, for the distribution of the Review.
Many, many thank yous!



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DEADLINE INFORMATION
MAY 2009

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
WEDNESDAY, APRIL 15th • 5:00 P.M.
Home Delivery: Saturday, April 25th.

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The Puzzle Guy:	Rick Kennedy	781-592-8616
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Route 8: Bass Point Apts	

Harbor Review Distribution

Papers for Home Delivery):	1,724
Papers OOT Subscribers & Advertisers:	212
Papers to Nahant stores & public places:	364*
Total Papers Distributed:	2,300*
*Every month, there are a few hundred more newspapers (printer's over-run), which are distributed to stores and public places in Lynn and Swampscott.	

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Got something to share...

with your neighbors and friends?
Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the Equitable Cooperative Bank. Located on the Teller's Counter, save the stamp. Pickup is daily. Submitted photos and other items will be returned, if accompanied with a Self-Addressed, Stamped-Envelope.

Pillsbury Takes Over the Helm at Cruising World



Sally Helme, group publisher of Bonnier Corp.'s Sailing Group, has announced the promotion of Mark Pillsbury to editor-in-chief of Cruising World. Pillsbury has been with the title, considered the bible for blue-water sailors, since 2005, as senior editor.

"I'm really excited to about this opportunity to lead this work, with a great team of publishing pros and the extended Cruising World family of contributors to keep as we inspire bringing our readers with stories that make them want to get out there and go sailing," said Pillsbury. "Working with this magazine is more than a job, it's a passion of mine, and I look forward to the challenges and duties of this new position."

Pillsbury, his wife, Sue, and two daughters hail from Nahant, Massachusetts, but since joining Cruising World, he's split his time at home by living aboard his sailboat in Newport. After four winters aboard, he's developed an understanding for why cruisers often head for tropical climes. He began his career as a newspaper reporter and editor for daily papers in Massachusetts. His experience as editor and publisher of a business-to-business weekly called Mass High Tech gave him an understanding of the commercial interface between industry and media, which has stood him in good stead in his Cruising World role as director of the Boat of the Year program.

"Mark is well respected within the marine industry for his fairness, his understanding of industrytheir challenges, his technical knowledge and his integrity," said Helme. "Our readers can relate to him because he is one of them, a cruising sailboat owner who wants nothing more than to go sailing."

Along with Pillsbury, Elaine Lembo and Sue Fennessey have also been promoted within Cruising World's editorial department. Lembo, with the magazine since 1998, will serve as deputy editor, moving up from managing editor. Before coming to Cruising World, she worked

as a journalist while living aboard, in New England and in the Caribbean. Her years in the tropics were spent freelancing for North American newspapers and editing publications in the Virgin Islands while also working as crew aboard several yachts, the latter experience giving her a solid background for becoming the magazine's chartering authority. In her new role, she will take on expanded writing assignments and a more direct role in working with contributors. In the summer she can often be found aboard her classic wooden ketch or rowing around nearby Wickford harbor.

Sue Fennessey will take over as managing editor. She has been with the magazine since 2004. Fennessey, a Cornwall, England, native whose parents originally hailed from Portsmouth, England, now lives in Portsmouth, Rhode Island. She is an accomplished squash player and likes to take advantage of the fleet of small sailboats available at the U.S. Navy base in Newport.

Cruising World is published monthly by Bonnier Corp. For more information, visit the website, www.cruisingworld.com

Council On Aging Calendar – April 2009

Thu	2	12:00P	Shopping – Christmas Tree Shop from Tiffany Room
Mon	6	10:00A	TRIAD
Mon	6	12:00P	Blood Pressure and Glucose Clinic – Tiffany Room
Fri	3	1:00P	Movie–Community Ctr Theatre, <i>The Great Waldo Pepper</i>
Wed	15	12:00P	April Birthdays–Birthday cake by Roz–Tiffany Room
Fri	17	1:00P	Movie–Community Ctr Theatre, <i>Chicago</i>
Sat	18	5:00P	Italian Night, Tiffany Room
Sat	25	11:00A	Town Meeting - Coffee, Lunch - Tiffany Room

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

Mondays	TBA	Yoga - Class to be rescheduled
Mondays	10:15A	Senior Exercise – Community Center
Tuesdays	9:00A	Quilting Class –Community Center
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center
Wednesdays	12:30P	Shopping Trip from Tiffany Room, or call for pick-up
Thursdays	10:15A	Senior Exercise – Community Center

HOME EVALUATIONS FOR SENIOR SAFETY CONTINUE. This program includes helping to prevent falls in the home, helping with medications, suggestions for making the home a safer environment for seniors. Please call for information about this important program, 781-581-0482.

INFORMATION AND CALENDAR SUBJECT TO CHANGE. PLEASE CALL for updates on other April programs, trips and events call 781-581-7557 or e-mail us at dadesmond@nahant.org.

COA NOTEBOOK

By Diane Desmond

NATIONAL VOLUNTEER WEEK – April 19th to 25th is National Volunteer Week. The theme, this year, is “celebrating people in action” – honoring the individuals who dedicate themselves to taking action and helping their community, by volunteering. The Council On Aging, here in Nahant, is fortunate to have excellent volunteers. More are always needed. We are, at this time, looking for volunteers for the dining room. It would only require one hour, one-day-a-week. This one-hour-per-week would make a big difference to the daily service we offer our seniors. The COA is also looking for a person with knitting talent, to share that talent with our seniors, one afternoon-a-week. If you are interested, we hope you would be able to work with us, to provide some instruction and some social time for our seniors. Please think about volunteering, during this month of April. Our number here at the Tiffany Room is 781-581-7557 and our e-mail is dadesmond@nahant.org. Hope to hear from you—you will be most welcome.

Community Calendar • APRIL 2009

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 2009

SAT	28		HOME DELIVERY OF HARBOR REVIEW
SAT	28	9:00A	Spring Boutique Flea Market at Village Church
SUN	29	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	29	10:30A	Worship Service & Sunday School, Village Church
SUN	29	11:30A	After Service Soup Social at Village Church

APRIL 2009

FRI	3	8:00A	FREE Breakfast at Nahant Village Church. All welcome.
FRI	3	9:00A	Register to Vote at Town Hall. Till 8:00p.m.
SUN	5	10:30A	Palm Sunday Worship Service, Village Church
WED	8	SD	PASSOVER BEGINS AT SUNDOWN
WED	8	7:00P	Bailey's Hill Development Open House at Town Hall
THU	9	6:30P	Maundy Thursday Meal at Village Church
THU	9	7:30P	Service of Tenebrae, Village Church
FRI	10	1:00P	Easter Egg Hunt behind Fire Station
SUN	12	6:00A	Easter Sunrise Service at Castle Rock, Nahant Road
SUN	12	6:45A	Easter Breakfast at Village Church
SUN	12	10:30A	Easter Worship Service at Village Church
TUE	14	7:00P	Evening Lecture Series at Marine Science Center
WED	15	1:00P	Blood Drive at Nahant Town Hall. Ends at 6:00 p.m.
WED	15	5:00P	DEADLINE FOR MAY HARBOR REVIEW
THU	16	3:30P	Puppet Theater at Nahant Public Library
SAT	18	8:30A	Birding Field Trip through Heritage Trail. etc. FMI call Linda at 781-581-1114 or email: lpivacek@comcast.net .
SUN	19	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	19	10:30A	Worship Service & Sunday School, Village Church
WED	22		ADMINISTRATIVE PROFESSIONALS DAY
THU	23	all day	Fireworks Fundraiser at UNOs in Swampscott.
THU	23	6:00P	NVC Fundraiser at the Tides.
SAT	25	7:00A	Town Election. Polls Open
SAT	25	12:30P	Town Meeting Begins
SAT	25		HOME DELIVERY OF MAY HARBOR REVIEWS
SUN	26	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	26	10:30A	Worship Service & Sunday School, Village Church
SUN	26	4:00P	Rare Book Specialist at Nahant Community Center

MAY 2009

SAT	2	9:00A	New England Gem, Jewelry & Mineral Show, Topsfield Fairgrounds, Hosts: North Shore Rock & Mineral Club. Bring the kids, pan for gold...etc. Till 5:00 p.m.
SUN	3	10:00A	New England Gem, Jewelry & Mineral Show, Topsfield Fairgrounds, Hosts: North Shore Rock & Mineral Club, Till 4:00 p.m.
SUN	10		MOTHER'S DAY
SUN	31	2:00P	Meet the People Behind the Print, 15th Anniversary Celebration of the Nahant Harbor Review. Till 6:00 p.m.

Public Library Hours • 781-581-0306

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.

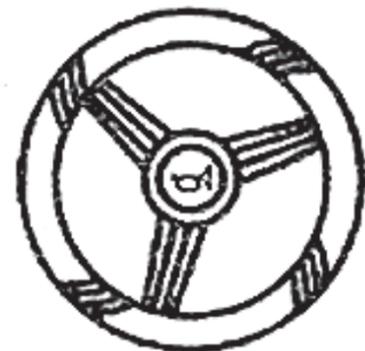
SCHOOL ORGANIZATIONS MEETING DATES

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 • 6:30 p.m. • Johnson School

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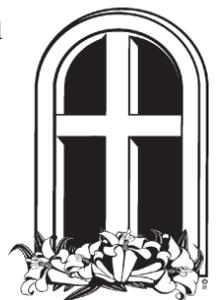
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Nahant Village Church

Worship Service

begins at 10:30 a.m.

*"For Worship, a warm welcome
and a hot coffee or tea,
join us, Sundays, at 10:30 a.m.
All are welcome."*



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.

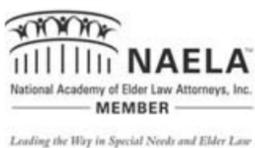
Please patronize the advertisers of the Nahant Harbor Review. Without their advertising dollars, there would be no community newspaper in Nahant. Thank you for your voluntary subscriptions and continued support over the past 14 years. The Editor.

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

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

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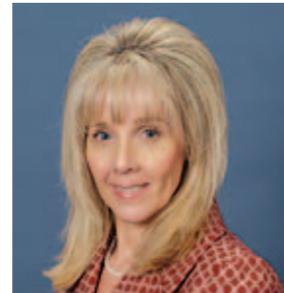
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