

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 10

• Celebrating 15 Years • 1994 - 2009 •

OCTOBER 2009



Duddie And Ponsie Tudor "The Ice King Twins"
Submitted By The Tudor Cocktail Ice Company

The Tudor Cocktail Ice Company once again reached it's goal, this year, at its annual Mitchell's Cahnah Block Party, by raising over \$10,000 in a four-hour period.

The proceeds benefit the Johnson School PTO and the Nahant Elderly Care program.

Photo below: Event Organizers Frank Cardile and Michael Billias, present Harriet Steeves with a commemorative sign, honoring her 35 years of service, as Nahant's Town Clerk.



Last Glimpse of Summer 2009



Ryan Gooding riding a wave at Short Beach, 8/24/09. Photo by Dan Forster.

Halloween is October 31st

When driving, please watch out for the little ones.

November 1st

Daylight Savings Time Ends

Turn clocks back one hour.

Nahant Brothers Saddles Up For Marblehead Little Theatre's "Oklahoma!"

Submitted by Susan Griffin, sgriffin@seachangeinc.com

A dazzling cast of actors, from all over the North Shore, including 31 children, has been selected for Rodgers and Hammerstein's "Oklahoma," to be staged by Marblehead Little Theatre, from November 5th thru 15th. Presented by Tumbleweed Productions,



MLT's "Oklahoma," produced by Ginny Morton and Tammy Nohelty, will feature the touring set from the Broadway revival, that featured Hugh Jackman.

Director Steve Black, Music Director Lianne Goodwin, and Choreographer Joey Mirabile (all from Salem), present a fresh take on this timeless classic's energy and pace, while paying homage to its familiar songs and foot-stomping dances. Marblehead Little Theatre will showcase this beloved favorite, based on the highly-popular and successful recent Broadway revival.

"Oklahoma!" will be held at the Marblehead Veterans Middle School, located at 217 Pleasant Street, in Marblehead. Show times: Thursday, November 5th at 7:30 p.m., Friday, November 6th at 7:30 p.m., Saturday, November 7th at 2 p.m. and 7:30 p.m., Sunday, November 8th at 2 p.m., Friday, November 13th at 7:30 p.m., Saturday, November 14th at 2 p.m. and 7:30 p.m., and Sunday, November 15th at 2 p.m.

For more information, visit www.m-l-t.org, or call 781-631-9697. Tickets will go on sale beginning October 1st.

Photo above: Kristian Hosker and Harrison Hosker, from Nahant, will appear in the children's ensemble of Marblehead Little Theatre's "Oklahoma!" (Photo by Joe Puleo)

Hear a Plane – Complain

**By Jillian Middleton, Nahant Representative of Logan Airport
Citizen Advisory Board**

Citizens of Nahant, we have a growing serious problem with airplane noise. According to the FAA, they don't get noise complaints from Nahant. Thus, the FAA and Mass Port think Nahanterers do not care. Planes are now flying over Little Nahant and Short Beach Bay, out of the designated pattern, almost hourly every day.

(Continued on page 2.)

Flea Market October 3rd

By Linda Lehman

The St. Vincent de Paul Society of St. Thomas Aquinas Church, will hold a flea market on Saturday, October 3rd, in the church parking lot. (Rain date Oct. 10th.) from 9:00 a.m. to 2:00 p.m. All proceeds will benefit the St. Vincent de Paul Society.

Tables are available for \$10. FMI, or to reserve a table, call Richie Adamo at (781) 593-1185.

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Flood Insurance Rate Map Revised

Submitted by Wayne Wilson

The Federal Emergency Management Agency (FEMA) recently revised their Flood Insurance Rate Map (FIRM) and the changes may impact some households, that are in, or near, the revised flood plain areas. The maps are available for public review and there is a 90-day period for residents who wish to appeal the revised flood areas. These revisions to the flood plain may affect your homeowner's insurance. It is in your best interest to take a close look at the changes. If you want to file an appeal, please call Mary Lowe, at 781-581-9927 and she can let you know what documents you will need to file an appeal.

The Nahant Garden Club

The Nahant Garden Club will hold a Fall Plant sale Saturday, October 3rd, at the Nahant Life-Saving Station, 10:00 a.m. to 1:00 p.m. We will have chrysanthemums, lovely fall asters, daffodil bulbs, etc., as well as donated perennials. Come one, come all and purchase some beautiful plants!

The Topsfield Fair is October 2nd thru 12th. We have two representatives from the NGC acting as hostesses at the Garden Club Federation booth. Thank you to Liz Carlson and Lisa Scourtas.

Later in the month, October 22, the Garden Club will host Paul Parent, the well-known gardening talk show host, who is back by popular demand. He will address all your gardening questions. The event will be held at the Nahant Village Church, on Cliff Street, at 6:00 p.m. and will feature a pot luck supper. There will be a \$5 guest fee for non-members. Please join us to hear this very interesting speaker.

Literary luminary to address Nahant Woman's Club

Well-known author and long-time Nahant resident, Octavia Randolph, will be the featured speaker at the October 13th meeting of the Nahant Woman's Club.

Octavia is fascinated by the development, dominance and decline of the Anglo-Saxon peoples and has published many works of fiction and nonfiction on the subject. She is now working on a novel about John Ruskin. He will be the subject of her talk.

One of the 19th Century's most influential thinkers, Ruskin was a critic and social thinker, who wrote about everything from mythology, to ornithology, to the environmental effects of pollution. He has been called the epitome of the Victorian sage.

This will be a fascinating talk. The meeting, which begins at 6:30 p.m., at the Nahant Village Church, will also feature a potluck supper. Please bring a favorite dish to share.

Hear a Plane – Complain

(Continued from page 1.)

Planes should fly down the causeway and then turn out over Long Beach. This avoids both Swampscott and Little Nahant. However, we are experiencing multiple planes per hour, flying out of the designated pattern and flying right over both Little Nahant and Short Beach Bay.

The FAA is currently considering a proposal that would move planes closer to Little Nahant. Imagine what will happen to the noise level. If they already fly out of pattern, this close to Nahant, how much more noise and pollution will we get, when the flight pattern allows them to fly closer?

We need to be loud and clear that we are NOT willing to tolerate current levels of airplane noise. Whenever you hear a plane over Nahant (Big or Little), please stop what you are doing and make the call. Please pick up the phone every time you hear a plane and complain to the Noise Abatement Hotline at 617-561-3333.

Put this number under a magnet on your refrigerator, or program it into your phone. But please, call! If Nahant lights up the telephone board at the Massachusetts Port Authority Complaint Line, every time a plane flies anywhere over Nahant, they will know Nahant citizens care!

The FAA and Mass Port needs to hear a collective, loud voice that says we will not tolerate planes flying over Big, or Little, Nahant. It does no good to have lots of calls from a few people. We need lots of calls from lots of people, to get the attention of FAA and Mass Port. The planes need to do what is mandated and stick to flying over the causeway and Long Beach. We can keep the sky over Nahant safe and quiet, but only if you pick up the phone. Noise Abatement Hotline 617-561-3333

Watch the paper next month for details on the proposed FAA flight changes and what you can do to prevent further incursions.

Folks, If we don't fix the problem now, we will be stuck with it for the rest of our lives. Questions: JillianMiddleton@verizon.net

Nahant Village Church Breakfast on October 9th

The monthly, free breakfast will be held on Friday, October 9th (instead of October 2nd) at 8:00 a.m. The presentation will be on a mystery topic. The breakfast is free and all are welcome. Join us for a great breakfast, wonderful camaraderie and an interesting presentation.

We had a record turnout at the September breakfast for the presentation by Tom Costin about the Kennedy Family.

Dear Harriet

The Nahant Democratic Town Committee, has asked me to express its thanks and appreciation, for your many years of service as Nahant Town Clerk.

We note that you are a long-time member of the Nahant Republican Town Committee. Even though you have carried that heavy and unnecessary burden these many years, we have never had anything but the utmost confidence in your honest, fair and nonpartisan oversight, of the electoral process in our Town.

As you may have observed, it doesn't take much for Democrats to disagree among themselves. Two Democrats, three opinions, one might say. But in our admiration for your public service and your personal graciousness, there is complete unanimity.

With respect and affection,

Jim Walsh, Chair, Nahant Democratic Town Committee

Animal World Experience at the Nahant Public Library **Submitted by Rita Stepanova, Children's Librarian**

The Nahant Public Library (781-581-0306), located at 15 Pleasant Street in Nahant, presents Matt Gabriel's Animal World Experience, with live exotic animals, on Thursday, October 22nd, at 3:00 p.m. The Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

Nahant Christmas Parade Scholarship Recipients **Submitted by Roz Puleo**

To Brandon Poulin, attending Northeastern University for Engineering; Brendan Donovan, attending the United States Air Force Academy; Breegan Houlihan, attending Clemson University for Preprofessional Health Studies; Kelsey Dill, attending James Madison University and Jonathan Poth, attending Stonehill College for Business Administration...

Congratulations to all of you! Your futures look bright!! Enjoy your years in college and university, they go by so fast. Hope to see you all at the parade this year on December 19th, our 14th year bringing you a little holiday cheer.

Fall into Autumn at the NVC Fundraiser at Tides

The Nahant Village Church is holding a fund-raiser, to welcome autumn at the Tides, on October 29th from 6:00 to 9:00 p.m. This is a great chance to get out and have dinner with your friends, while you help a good cause. The Tides will donate 10% of all proceeds from the night, to the church. In addition, there will be a raffle featuring autumn-themed items like wreaths, autumn plants and even home-made apple pies. Save the date for this enjoyable night out. If you can't attend and would like to make a donation, just make out a check to the Nahant Village Church and give it to Maria Welsh, 581-2015.

Fall Flea Market at NVC October 24th

On Saturday, October 24th, from 9:00 a.m. to 2:00 p.m., the Nahant Village Church will hold an old-fashioned rummage sale. Stop by and pick up a bargain or two.

Fall is a good time to clean out the overstuffed closet, attic or garage. We are looking for house and kitchen ware, used fall/winter clothing, toys, books, and so on. Donated items may be dropped off at the church on Thursday (10/22), between 10:00 a.m. and noon, and 5:00 and 7:00 p.m. and on Friday (10/23) 9:00 a.m. to 2:00 p.m. Proceeds from the Flea Market will benefit the Nahant Village Church.

Mark your calendars for the Nahant Village Church's Gifts of the Magi Christmas Fair, to be held on Saturday, December 5th. Watch for more information!

Village Church Events

The final outdoor service will be held on Sunday, October 11th, at Marjoram Park, or the Dory Club (in the event of inclement weather), at 8:00 a.m. There will be a regular worship service at 10:30 a.m. at the church.

On Sunday, November 8th. There will be an Ordination Service for Teri Motley, who received a call to ministry to a church in Jaffrey, N.H. A reception will follow the service and all are welcome.

We look forward with great joy to celebrating this important milestone in Teri's ministry.

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Area High Schools Hold Fair October 1st

By Pam Haley
[phaley@marbleheadcharter.com]

The Marblehead Community Charter Public School is hosting the area High Schools Fair, on Thursday, October 1st, from 6:00 until 8:00 p.m., in the Charter Hall, at 17 Lime St., Marblehead, for area students. There will be at least 10 public, private and secondary schools participating.

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The Nahant Dory Club News

Submitted by Bob Cusack

The Town Class Fleet's regular season of racing continues into September. Currently, Rex Antrim is leading by 3 points over Nick Strange, with Ed Younie, Pete Dickenson and Robert Wilson jockeying for 3rd place. The Fleet will report results next month.

On the 4th of July and Labor Day, the racers competed for the Wilson Tibbo Cup and the Clarence Tibbo Cup, respectively. Rex Antrim won the Wilson Tibbo Cup, while Nick Strange won the Clarence Tibbo Cup. The racing for these Cups was extremely competitive, with winning margins measured in seconds and a near collision in one of the races. As has been the tradition with all Dory Club races, the Townies gather after the races, to socialize and hold impromptu cookouts.

In August, one racer's boat decided it wanted its independence and took off towards Winthrop, without its skipper. The Townie sailors organized a successful rescue effort and the boat was returned to her mooring. To celebrate the successful rescue, the sailors organized an impromptu potluck dinner.

There is still time for Nahanter to take a ride in a Townie. Anyone interested in a ride, or the possibility of purchasing a Townie in 2010, please email Nick Strange, at nick-strange@comcast.net.

On Labor Day weekend, the Nahant PHRF Cruising Fleet held its First Annual "Governor's Cup Races." Two races were held under clear skies and a variable southeasterly wind. Taking first place in the regatta, with 2 firsts based on corrected time, was Swampscott's Paul Smith, in Pterodactyl; followed by Peter Davis, in Moondance, with 5 points. As both Davis and Ed Tarlov, in Presto, had the same number of points, the final standings for second and third were determined by which boat had the lower corrected time. In fourth place, was Bill Brown, sailing Lumen Solare, Bob Cusack, in Skedaddle, was fifth, Josh Antrim, in Jade, sixth, Mike Doran, in Shag 2, seventh, Kevin Gregory, in Plebe Year, eighth, Dan McMackin, in Saoirse, ninth and Ted Stanley, in Riptide, tenth. A special thank you to Jody Graul, for organizing and running the races.

The sixteenth annual Centennial Cup race was held on September 13th. The 14-mile course around Broad Sound was shortened to 10 miles, because of variable wind conditions. The overall winner was Peter Davis, in Moondance, with a corrected time of 2:53:59, followed by Ed Tarlov, in Presto, with a time of 2:56:02. In third place was Larry Connolly's, Trouvaille, fourth was Bob Cusack, in Skedaddle and fifth, Phil Kersten, in Tioga. Jody Graul, in Akeepah, was sixth, Chuck Reynolds, in Morning Breeze, was seventh and Mike Doran, was eighth. Paul Belliveau, in Mienne and Peter Foukal, in Mischief, did not finish because of the wind conditions.

The "By George Race" is tentatively scheduled for October 10th. Owing to the demolition of the wharf and the schedule for hauling boats, that date may be moved to Saturday, October 3rd.

The Club is pleased that local charitable organizations, such as The Nahant Lions Club and Coast Guard Auxiliary, used the facility to host various membership functions.

The Club's annual closing and awards party will be held on October 24th, and will again be hosted by Ed and Suzanne Tarlov. Any members interested in serving as a Club Officer, on the Council, or a Committee, please call either Kevin Gregory, or Dan McMackin.

Exciting Fall Events at the Nahant Village Church

Submitted by Marrit Hastings

The Nahant Village Church is gearing up for a Fall season filled with exciting events, following the 50th Anniversary Celebration of the Joining of the two Protestant churches, into the Nahant Village Church, held on September 20th.

ITALIAN SUPPER – Saturday, November 14th, from 5:00 to 8:00 p.m. The Breakfast Group is deviating from tradition this year and will hold an Italian dinner with lasagna, salad, breads, desserts and refreshments, instead of the Ham and Bean Supper. Tickets can be bought from Cal and Marrit Hastings. Tickets are \$9 for adults; \$7 for children under 12. A \$1 per ticket discount is offered if tickets are bought at least 24-hours prior to the event.

ADVENT PLAY on Sunday, December 13th, at 2:00 p.m. Actress Olivia Woodford will perform her Advent Play entitled "Faith: A Mother's Story." In the play, events surrounding Mary and the birth of Jesus, come to life. The play portrays the women who were close to Mary, as they learn of the news that she is, while unmarried, carrying a child. As Jesus' light comes into a world of darkness, experience the doubts, disbelief and joy of each of these women as Mary's hope and faith is renewed in God, herself and life.

There will be an opportunity to meet Olivia Woodford, after the play, at a reception where light refreshments will be served. Tickets are \$10 and can be obtained from Cal and Marrit Hastings.

Camelot Years Wardrobe in Miniature at Nahant Public Library

Submitted by Daniel deStefano, Library Director

On Sunday, October 4th, at 3:00 p.m., the Friends of the Nahant Public Library will present Carol Conti Stevenson's collection of more than forty of Jacqueline Kennedy's dresses, which Carol has reproduced in miniature.

In 2001, inspired by the Jacqueline Kennedy White House Years Exhibit, at the

Metropolitan Museum of Art in New York, Carol decided to recreate her own copies of Jacqueline Kennedy's dresses, but on a smaller scale.

Using her sketches and notes from her own meticulous research, Carol has replicated each lovely dress in precise detail. Months of trial and error were needed to create a single pattern.

Carol even keeps a bag marked "Dresses that Didn't Make It," that is filled with mistakes and remakes.

Stevenson is working on more dresses for her collection, writing a book about her collection and creating jewelry and specialty for her business, which she calls Designs By Marnie's Mother.

All are welcome to come to listen to Carol Stevenson's talk and to view her labor of love.

Cabal of the Westford Knight Author to Visit Nahant Library

David S. Brody, author of "Cabal of the Westford Knight" and reporter for the Boston Globe, will talk about his fascinating book, at the Nahant Public Library on Sunday, October 18th, at 3:00 p.m.

"A work of fiction, based on fact and reality," in Brody's own words, this novel uncovers the secrets behind the carvings and artifacts left throughout New England, by Templar warrior-monks, during a secret mission, more than 600 years ago. An unusual novel, filled with photographs of actual artifacts that illustrate the plot, The Cabal of the Westford Knight has been praised as "a wonderful mixture of The DaVinci Code and National Treasure" by Richard Lynch, Past-President of the New England Antiquities Research Association.

Brody, who has written three other novels, lives in Westford, with his wife, novelist Kimberly Scott and their two daughters.

This program is sponsored by the Friends of the Nahant Public Library. Admission is free and all are welcome.

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Nahant Follies Going Green

Submitted by Maureen Edison [medison01@verizon.net]

The NAHANT FOLLIES, a fundraiser sponsored by the Harbor Review to benefit Fuel For The Churches, will be held on March 13th and 14th, just before Saint Patrick's Day, at the Nahant Town Hall.

Auditions will be in Swansburg Hall, at the Nahant Village Church, on Saturday, February 6th, from 1:00 until 4:00 p.m.

Mark your calendars now to participate in this fun event. Organizers are seeking performers in all categories to showcase Nahant's talent. Singers, dancers, comedians, those who play musical instruments, jugglers, poetry readers, all are welcome to join in some great fun and help raise much needed funds for our churches.

For more information, call Maureen Edison, 781-592-0029, or email medison01@verizon.net.

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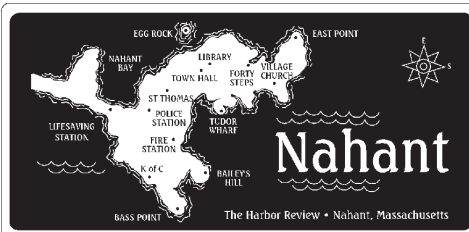
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News From The Johnson School

By Diane D. Mulcahy, Principal

The students are now well into their new school year. Teachers have done a wonderful job, acclimating students to their new grade-level and classrooms. The Johnson School community is excited to have our new Superintendent, Dr. Philip Devaux, on board. He has met with the Strategic Planning Committee, which is working to develop a strategic plan for the Johnson School, which will guide its direction for the coming years. We are pleased to have a Superintendent, with Dr. Devaux's wealth of experience, working on behalf of our school.

Several teachers have received mini-grants from the Nahant Education Foundation. Last spring, teachers submitted grants to buy materials, with which to supplement the curriculum. Teachers bought science materials, a salt-water marine tank and books for literature circles and nutrition program for the Pre-K. The teachers are very excited to have the new materials. We are really happy to have the N.E.F. working to help support the school.

The annual Johnson School Open House was held on Thursday evening, September 24. Parents visited their child's classroom, for an informational overview of the curriculum. This was just an introduction to the school year and gave parents a glimpse of the students' program. Other opportunities will arise, during the year, to visit school and learn about the curriculum.

September is when our PTO starts its year of activities. The next PTO meeting will be on Tuesday, October 6th, at 6:00 p.m. The meetings are held on the first Tuesday of every month and every Johnson School parent is welcome to attend. Throughout the year, the PTO works together on many fundraisers. The money is used to support field trips, guest artists and cultural events. The PTO's generous gifts have truly enriched the curriculum at the Johnson School. We are very lucky to have the dedicated parents working for the students.

We are hoping, this year, to continue the after-school activities program. This is very dependent on volunteers. We are very fortunate to have a talented group of parents. If any parent would like to lead an after-school activity, please call Diane Mulcahy at the Johnson School. Last year, we had over ninety children participate. We are hoping to offer a broader menu this year.

The teachers met for their first workshop of the school year on September 23rd. This year, the teachers are working with consultant teachers at the Center for Child Development, at Tufts University, to learn tools and techniques for improving reading instruction. We are excited about this new initiative.

Mass Theatrica presents The Rough-Face Girl: An Algonquin Cinderella.

For local composer, Gabriella Snyder, a breathtaking moment at the Grand Canyon in 2006, rekindled an idea for a music drama she had put on the shelf for seven years. "I was on a trail by myself and had just crossed a wide, open stretch of scrub trees, when I suddenly found myself at the brink of an inner canyon. A giant raven was sitting right in front of me on a rock and I began to hear, up in the cliffs, the beautiful sound of the Native American flute," she said. "It brought me back to the project that I had wanted to work on years ago. I began to write the piece in my sister's car, on the way home." The result is *The Rough-Face Girl*, a music drama she composed, based on a Native American Cinderella tale.



The Rough-Face Girl is the story of a Native American girl, her face burned and scarred, from tending the fire, who sees things that others can't, and who goes on a quest, to marry the Invisible Being, finding healing in the process. Because only the person who can see the Invisible Being can marry him, the Rough-Face Girl devotes herself to the vision quest, solving riddles and overcoming adversity and ridicule.

The Lynn-based theatre company, Mass Theatrica, is producing the world premiere of the show, opening on October 17th, at First Parish in Malden, Universalist, and October 18th at LynnArts. The music drama is co-produced by Angeliki Theoharis (who is also the Artistic Director and will sing the role of Medicine Woman) and Meredith Lavine (Executive Director). "We are honored to be asked to produce this beautiful work and to collaborate with such a talented composer," said Lavine.

The cast for the world premier features Stephanie Mann, soprano, in the leading role; Bethany Tammara Condon, mezzo-soprano, as her Mother; Angeliki Theoharis, mezzo-soprano, as Medicine Woman (the Invisible Being's sister); Rebecca Hains, soprano, as Running Deer (Rough-Face Girl's sister); Susan Craft, mezzo-soprano, as Little Fox (her other sister); and Lara Fox, mezzo-soprano, as Mahtigwess (the Great Rabbit trickster.)

Purchase tickets in advance, at www.masstheatrica.org, or at the door for \$15 Adults, \$13 Students and Seniors. Call 508-757-8515 for more details.

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Now There's A Handful!

Rev. Larry, of the Nahant Village Church, walking four Bearded Collies: Sydney, Oleta, Zoe and Dior. The Revs.—Rev. Larry and his wife, Rev. Kathryn—are dog-sitting Sydney's daughter and son, so temporarily they have mother, son, daughter and Aunt Zoe.



Nahant Summer Park Program

By Susan Rosa

Nahant Recreation would like to thank all our great summer employees, Kate, Nicole, David, Amy and Elijah. This was one of the best summers yet.

This program could not run without the help of so many people in town. Thanks to the DPW, Fire Department and the Police Department, for sharing all the vehicles that keep our town safe. Also, a big thanks to the Knights of Columbus for their generous donation, which allowed us to bring North Eastern Marine Science Center and a balloon artist, to the park.

If you attended the park over the summer and enjoyed yourself, please consider sending a donation to Nahant Recreation, 37 Wharf Street, Nahant. This program runs on fundraising and it cost about \$1,200 a week to run.

If everyone that attend made a small donation then we would be up and running for next summer. Finally I would like to thank the members of the Nahant Recreation Committee, Robyn Howard, Kellie Frary and Jen McCarthy for all they do. Photos by Jen McCarthy.



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I VOTED FOR SENATOR EDWARD KENNEDY

By Rozi Theohari

Today, Tuesday, September 19th, 2006
At the dawn of the twenty-first century
As I was going to the polls
At 10 Church Street, Lynn, Massachusetts
Like climbing to the top of Arlington Cemetery
A rhythmic memory followed my steps:
“... Woman, don’t forget... don’t forget...”

X X X

Three ladies—the poll workers
Checked my address—asking : “Republican?” or
“Democrat?”
I took a pink Democratic ballot—the first name, “Edward
Kennedy.”

.....
A metal table, the booth and me
I blacked in the circle
As if to fill up the unhealed bullet wounds on
The bodies of his brothers, Robert and John.
“Bullet” and “Ballot”—a fatal similarity
I voted for The Three Brothers Kennedy...

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Be Calcium Conscious and Keep Bone Healthy
By Sallee Slagle, Director, Dance Dimensions [smslagle@thecia.net]

The current statistics state, that one out of every two women and one out of every eight men, will be subject to a bone fracture caused by osteoporosis, or thinning of the bones. This is now a major health issue, for both young and old. Recent research points out that lifestyles prior to age 50, influence bone health and density, into mature life.

Most of the calcium in your body is in your bones and teeth. The smaller percent (about 1%) is in the blood and soft tissues. This 1% is so important that without it muscles wouldn't contract properly, your blood wouldn't clot and nerves couldn't carry the signals from your brain to the rest of your body. It also plays a role in metabolizing proteins. This is why, when there is insufficient calcium to support these functions, your body will take calcium from your bones. This thins your bone mass over time and is why calcium is so important in your diet.

Calcium intake is the largest concern, but ultimately, it is calcium absorption in the body, that counts. Many factors may influence calcium absorption. First of all, the type of calcium you take is important. Food sources include; dairy products such as milk, cheese, yogurt; non-dairy sources are green, leafy vegetables like kale, collards, broccoli and tofu. Many fortified foods, like juices and cereals, include calcium.

AGE GROUP	Calcium MG/DAY	Vitamin D
Children 1-3 yrs	500	400IU
Children 4-8 yrs	800	400IU
Children 9-18 yrs	1300	400IU
Adults 19-50 yrs	1000	400-800 IU
Adults 51 + yrs	1200	800-1,000IU

SOURCE: The Food and Nutrition Board, National Osteoporosis Foundation gives the above references for calcium and vitamin D intake.

Calcium carbonate is fine, but calcium citrate is often recommended, as it is more absorbable. Calcium supplements should include, or be taken with, an acidic ingredient to make it absorbable, as in vitamin C supplements (ascorbic acid), or taken with citrus juice will help. Small doses of 500mg taken more often can also help increase absorption.

Another vital vitamin is vitamin D, which is also needed to help absorb calcium and create bone mass. We get vitamin D from the sun, fortified products such as milk and supplements. In the winter, it may be necessary to supplement, as we don't get as much exposure to sunlight.

Along with calcium, magnesium is also important in bone health. Many supplements contain both. Magnesium also helps nerve transmission and calms you and helps relieve muscle spasms. Some food sources are nuts, legume, whole grains, soybeans, seafood and dark green leafy vegetables.

There are things that may negatively impact your calcium levels. Consuming soft drinks may mean excessive phosphorous which could interfere with your body using calcium correctly, caffeine causes temporary calcium loss, and excessive alcohol (more than 1 drink/day women, or 2 drinks/day men) may compromise bone health, not to mention increase the risk of falling.

For women, being underweight can be a concern also, as it may mean lower estrogen levels, which can contribute to bone loss. Dieting can mean consuming fewer dairy products and lowered calcium intake. Be sure to supplement this change. The popular high protein diets can increase calcium loss from the body.

Moderate protein intake is best, about 50-100 grams per day, depending on body type and exercise levels. The best weight loss plan is a combination of modifying your diet and increasing your exercise, but don't forget to include a look at the nutritional content and be sure you are including enough calcium sources. If not, supplement.

At least 70% of the population, young and old alike, do not get the daily requirement of calcium. I hope this helps make you more calcium conscious and bone healthy!

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Effective Body Work

By Susan Cadigan, Nahant Therapeutic Massage

As I finish up my certification in Neuromuscular Therapy, I have been exposed to many talented peers, who also seek to take a typical massage to another level. The latest class is in refining advanced neuromuscular skills, by treating each other under the watchful eye of an excellent teacher. By providing instant feedback, sharing experiences and recalling details, we are able to reinforce the techniques we are reviewing. We then bring the fresh approach back to those we treat, by combining Myofascial Release and Neuromuscular Therapy (trigger point), a thorough and long-lasting relief from tension and persistent pain, is experienced.

With the trigger point approach of Neuromuscular Therapy, the knot or tension in between your shoulders can be alleviated. Combined with slow myofascial release of the surrounding area, the tissues are re-patterned and nudged into a relaxed and tension-free state.

Some other areas that appreciate this advanced work, are the low back, the hips, and the base of the skull, shoulders, arms and feet. At times, we can feel pain or discomfort, in one area that originates in another. This is known as referred pain.

A simple example of trigger point and referred pain is, that pain in your arm can originate in your neck. Often, we are surprised that a knot even existed, until it is located.

Trigger points in muscles can be annoying and send out pain signals, or are quiet until compressed. The trigger points are located by palpating and moving the muscles through warm hands, that are attached to a focused and quiet mind. Of course, not actually attached to the brain, but complete concentration is necessary. This is what is known as "being present."

Often, cross-friction to the area leading up to a knot can help to find the nuisance knot and can clear the area of developing trigger points. The cross-friction also helps to loosen up and un-glue the tissue that has become rather stuck together. When the tender trigger point is located, the knot is held firmly, until it registers some discomfort, that can be felt in the knot, or in the referred area. As the knot dissolves, the tension releases, the source has been found and freedom from discomfort begins.

The myofascial release is another wonderful, effective technique, that is gentle, slow and, at times, profound. With a quiet mind and a relaxed hand, forearm, or supported fingers, compression begins lightly and slowly, like pressing palms into wet sand. The intention and compression is continued, until a resistance in the tissue is felt. With soft, yet strong hands, the resistance is held until another level/change in the tissue is felt and so on. The approach is as fast, or as slow, as the tissue is willing to let go. The release is then followed with a warm nudge of the forearm, or hand. Therapeutic discomfort may be felt and is not injurious, but it is very important to a successful session, that you and your therapist communicate. Discomfort, or sensation beyond tolerance, can be immediately adjusted to a tolerable level. The temporary discomfort is a sign of deep and long-lasting release.

Important with any deeper work, is rest. The areas worked are somewhat destabilized, while the tissue re-patterns itself and falls into place. Working out, a game of tennis, or a long run, will not be helpful and can provoke the discomfort to return and waste a really nice session. It is recommended that you wait at least 24 hours before you perform vigorous activities.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She holds an advanced massage therapy diploma and has many hours of experience and advanced certifications. Ms. Cadigan is the proprietor of Nahant Therapeutic Massage; 41 Valley Road-The Nahant Community Center. Susan can be reached on her cell at 617-240-4252, office: 781-780-3733. For more information please visit www.nahantmassage.com

Captain Jennifer J. Harris Scholarship Recipients

The 2009 Captain Jennifer J. Harris, USMC Memorial Scholarships were awarded on May 27th, at the Nahant Country Club. The Swampscott/Nahant Citizen scholarship in the amount of \$1,000, was awarded to Christopher M. Kalpin. The JROTC – North Shore Region – was awarded to two students in the amount of \$500 each: Briana A. Hogan of Beverly High School and Kathleen S. Wendell of Salem High School. The scholarships, awarded by Captain Harris's family, are given to the applicant, in each category that has demonstrated good citizenship, commitment to serving others and academic excellence.



Q & A with North Shore Physical Therapy

Submitted by Susan Finigan, NSPT

Q. I am always so sore in the fall, when I have to rake leaves, is there a better way?

A. Raking leaves can be both a time-consuming and back-breaking activity. Before you even pick up the rake, start off with a gentle walk, or stretching the back, legs and arms. Break up the job into manageable pieces of time, by dedicating 20-30 minutes at a time raking. Create small piles of leaves in the yard, so that you do not have to reach, or drag the piles of leaves very far.

When raking, it helps to position your legs in a staggered stance, so that you can shift weight from one leg to the other. Separate your hands, with one hand near the top of the rake handle, and slide the other hand part-way down the rake. Purchase a rake with an ergonomic handle, which helps to position your back, so that you are able to avoid bending over. Use short strokes, pulling the rake with your arms towards you, while you shift your weight forward and backwards. Avoid twisting, or rotating your back, when you are pulling the rake backwards.

Picking up the leaves you have raked, can also be hard on your back. Bagging leaves may be done from a kneeling position, on a foam pad. If kneeling is difficult, or painful, try partially filling the bag by placing the bag inside a trash container and pulling the bag out when partially full. Remember, that lifting wet leaves may be more difficult, since wet leaves weigh more. You may want to leave wet leaves in a pile, to dry out and postpone the lifting to the next day. When you lift the bag, keep your back straight and engage your abdominal muscles, by drawing your belly button in toward your spine, as you lift. Keep the bag close to your body and avoid carrying it any farther than necessary. A wheel barrow may come in handy for this. A paper leaf bag may be able to be dragged, if partially full. After you are finished raking, stretch your back, shoulders and legs. Use ice, if you are sore. If pain persists, do not rake again. Call your doctor/and or physical therapist.

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Q & A with NSPT

By Susan Finigan

Q. The bottom of my foot hurts when I get out of bed, and then gets better as I am up and move around?

A. You may have a condition called plantar fasciitis and physical therapy may be helpful.

Most cases of plantar fasciitis can be diagnosed by your doctor, based on the symptoms. Common complaints are tenderness on the bottom of your foot, in the arch, or near the heel, pain upon rising, improvement after walking several minutes and pain with prolonged standing. Your doctor may suggest x-rays, to rule out a stress fracture. Plantar fasciitis can go along with a heel spur which may also be seen on x-ray.

The first steps for conservative treatment begin with rest, ice, elevation and NSAIDS. Physical therapy is usually recommended by your doctor and exercises will be given to you, for stretching your calf muscles, the plantar fascia, or strengthening the ankle, hip, and or knee. Ultrasound, iontophoresis, or manual techniques, may help to reduce inflammation. The physical therapist may make a recommendation for orthotics, a specialized insert that fits into your shoe. Supportive shoes, or sneakers with good shock absorption, can help to relieve pain. Gel cups, for cushioning the heel, provide extra shock absorption, if a heel spur is shown on x-ray. Icing the sole of the foot, especially after activity, is important. Sometimes night splints are recommended, because they provide a slow prolonged stretch to the area that prevents shortening overnight, while you are sleeping.

As soon as you experience tenderness and pain in the arch, or near the heel, begin icing the area immediately. The key to successful treatment for plantar fasciitis is early intervention and treatment. If you have questions about foot pain, see your doctor immediately. For a physical therapy consult, call North Shore Physical Therapy in Marblehead, at 781-631-8250, or in Swampscott, at 781-592-2773.

Real Estate is Local

By Lisa Scourtas



More good news! Nahant's real estate market is busy! Since August 1st, to date of this printing, four properties have SOLD and three are currently UNDER AGREEMENT (a signed purchase & sale, with an upcoming closing date).

A good deal of this positive activity is due, in part, to the real estate stimulus tax credit, but also, consumer confidence is on the rise. Efforts are underway by the National Association of Realtors and others, to convince Washington to extend the credit deadline (close by November 30th). Though it remains to be seen, it would be a terrific means for continuing with the current success of the program. Most entry-level priced homes are moving, which in turn causes most of those sellers to move up to mid-range priced homes and on up. A program extension would facilitate positive activity throughout the whole market range. For those impelled to jump into the buyers' market; before, rather than after, is the time to polish up your credit score. With that in mind, I'd like to pass on to you some good advice from renowned expert, John Ulzheimer, President of Consumer Education for Credit.com.

Lenders and credit card issuers have become increasingly cautious, as more borrowers default on their loans and fall behind on credit card payments. Just two years ago, most of the best mortgage and credit card deals were available to anyone with a credit score of 700 (out of a maximum of 850).* Today, borrowers must have scores of at least 720—and often as high as 750—to qualify for the most appealing mortgage and credit card rates. Terms on auto loans also become less attractive for people with scores below 750. Surprisingly, only about one-third of the formula that makes up your credit score, reflects whether you pay bills on time. The often-overlooked details that affect the remaining two-thirds could make, or break, your next credit application.

How to avoid hurting your score: Use only a small percentage of your available credit. The percentage of available credit that a cardholder uses determines roughly one-third of his/her credit score, making it just as important as paying bills on time. Example: If you have just two credit cards, each with a \$2,000 credit limit, and a total balance of \$3,000 on these cards, your credit utilization percentage is \$3,000 divided by \$4,000, or 75% of your limit. (Only credit cards are included in this calculation, not home-equity lines of credit.)

A credit use percentage below 10% will earn you the maximum number of points in this component of your credit score. Above 10%, there is a sliding scale, and your credit score will suffer greatly if you come anywhere close to maxing out your cards. In determining this portion of the score, credit bureaus do not take into consideration whether you pay off balances in full every month, or carry rotating balances.

What to do: Pay off your credit cards completely, and don't use them during the 60 days prior to submitting a loan, or credit card application. Ask your credit card issuers to increase your credit limits, but do so only if you have the discipline to avoid using this extra credit.

Limit credit applications. Just applying for any type of credit can damage your credit score. Approximately 10% of your overall score is based on the number of credit applications you have made during the past 12 months. (Credit applications include everything from credit card and store card applications to auto and mortgage loan applications.) If you have a limited, or troubled, credit history, even two or three credit applications make a significant difference. If you have a solid credit history, a few credit applications over the course of one year will not have a substantial impact, but a large number might.

What to do: If your credit history is less than stellar, do not apply for credit cards that you don't really need, including cards at retail stores that you get, mainly because they offer a 10% or 15% discount, on your purchases for a limited period of time. This is particularly important if you are about to submit a loan application, i.e., for a car loan, or a mortgage. Ask your current card issuers to match competitors' terms, rather than jump from one credit card to another in search of more attractive rates. Postpone filling out applications for anything that triggers a credit check—say, for a lease on a new apartment, or a new cell-phone plan—until after you have received approval on an important loan.

Diversify your credit. As much as 10% of your total credit score is determined by how many different types of credit you have now and have had in the past — the more types, the better. Types of credit include credit cards, retail cards, gas cards, auto loans, home loans, student loans and personal loans. It is particularly important to have had both major bank credit cards (or retail or gas cards) and installment debt, such as auto loans or mortgages, on your credit history, even if these accounts are unused or have been paid off. What to do: It does not make sense to take out a loan or open a credit card account just to earn these credit score diversity points. However, if you already are considering establishing credit of a type that you never used before (such as an auto loan) instead of paying cash, realize that it may help your credit score.

Hang on to old cards. Approximately 15% of your credit score is determined by the age of your oldest credit accounts—the older, the better. What to do: Do not close your oldest credit card accounts, even if you don't use them much now. If you do not have any long-term credit accounts, ask a parent, spouse, sibling, or someone else close to you, to add you to his/her longest-standing credit card account as an "authorized user." You will be given points for this account's age.

Important: The Fair Isaac Corporation, which sets guidelines for the widely used FICO credit scores, is attempting to close this loophole. It might be a few years before this change takes effect, however, so you may still benefit from being an authorized user for a while. Spouses who are listed as authorized users on their partner's credit cards, should either switch their status from authorized user to joint account holder, or open their own accounts and start building their own credit histories, to avoid credit problems when this change finally does occur.

Real estate IS local!! For more good news and professional advice, always ask for your local real estate specialist and your neighbor...Lisa Scourtas, 781-479-0908, shesellsseashore@verizon.net

What makes up your Credit Score?

Payment history — 35%
Available credit used — 30%
Length of credit history — 15%
Types of credit used — 10%
New credit applications — 10%

Source: Fair Issac Corporation



Job Searching in 2009
Behavioral Interview Questions
by Deborah Barnes

In a past article, we discussed interviewing basics: Do your research (competition, client base, mission statement, marketing materials, newsletters). Visualize yourself interviewing successfully and being offered the position. Don't just think about your questions; practice your responses out loud. Take 10 résumés with you. Arrive in

the building 10–15 minutes before the interview; an earlier arrival may convey desperation. Send a thank you note within 24 hours.

Be aware of your nonverbal behavior, e.g., tone of voice, mannerisms, handshake, posture, and eye contact. If you are nervous, don't mention it, as it is probably not obvious. Focusing on it will make the interviewer nervous for you.

Show enthusiasm. Job searching is analogous to dating, and this is the honeymoon period.

We discussed the three elements of all interview questions. Can you do the job (skills)? Will you do the job (motivation)? Is it a good fit (chemistry, culture)?

Because past behavior is the best predictor of future performance, behavioral interviewing questions have become a favorite of interviewers. The interviewer knows what behaviors are equated with success in performing a particular function, and wants to know how a job seeker performed those behaviors in the past.

You'll know it's a behavioral question when it starts off with "Tell me about a time . . ." or "Describe a situation when . . ." or "In the past, how have you handled . . . ?"

Prepare by making a list of behaviors required for your target position. For example, a Customer Service Representative often needs to handle disgruntled, impatient, angry customers. Think about how you've accomplished that in the past.

Set the stage. What was the situation? What did you do? What was the outcome or, in other words, what difference did it make? What impact did you have? Remember, employers hire employees to make money, save money, save time, make work easier, solve a specific problem, be more competitive, build relationships/image, expand business, attract new customers, and/or retain existing customers. What were your contributions?

After you have compiled a list of required behaviors, write your success stories/accomplishment statements for those behaviors. The acronyms for this structure are PAR (Problem > Action > Result) and OAR (Opportunity > Action > Result) statements.

Paint a picture. Be specific; use numbers, percentages, or dollar amounts if quantifiable. Obviously, choose a story with a positive outcome. Spend most of your time on the "action" part of the story—what you did. Don't ramble on; be succinct, detailed, and to the point.

Practice makes perfect. Again, thinking about your accomplishment statements and verbalizing them are two different things. Say them out loud to friends, a career coach, camcorder, or mirror. Don't memorize the stories or they will sound rehearsed; memorize the "gist." Vary the length of your responses. Use—but don't overuse—industry keywords/buzzwords.

Remember, this is not your autobiography. It is about your unique differentiators as a future employee; it is about painting a picture of your value to your prospective employer.

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 the 2009 release of *Cover Letters for Dummies*, 3rd Edition, by Joyce Lain Kennedy (Wiley Publishing), winner of the "Benjamin Franklin Awards—Best Career Book of the Year."

She can be reached at debnaht@comcast.net or 781-598-1127.

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You Can't Keep Everything

By Georgia Arnold

When I was a child I never wanted to throw anything out, for fear that it would come back into style. I held onto books, clothes, shoes, toys and everything in between. Inevitably, the older I got, the more I accumulated. By the time I was in my twenties, I had my things stashed at my parent's house and filling up my Boston apartment. Gradually, as I shuffled around from apartment to apartment, I was forced to part with some things that I was convinced were priceless.

My entire Sweet Valley High book collection, that mistakenly was donated (books 1-100). I heard that it was selling on Ebay for several thousand dollars. Also, book collections of Nancy Drew, The Babysitters Club and all of the RL Stein and Christophe Pike novels. My "Soft Tina" and "Rainbow Bright" dolls, an entire set of all 15 of the Care Bears and the Care Bear Cousins. Let's not discuss the "My Little Pony," "Gem and the Holograms," "She-Rah" and partial Star Wars and GI Joe figurines, that I held onto. Plus, the antique miniature doll sets, that went with the gigantic doll house, that my father had hand-built.

I look back on all of the cool stuff that I had growing up, that I would have loved to have preserved, and ask myself: where would I have kept it? While there is something very satisfying in "purging" yourself of your things, and letting go of your worldly possessions that tie you down, I would be lying if I said I never wondered what became of "Tender Heart Lamb," my favorite Care Bear.

Beyond the toys and books, it's clothes that seem to plague me. no matter what decade I am in. I am not kidding you, when I tell you that I had just parted with my last pair of leggings (from the eighties Madonna era), only to find myself re-buying them, not too long after donating the old school original ones. I cringed when I saw that high top sneakers were making a come-back several years ago. I wore them when I was nine. Currently, I am the proud owner of two pairs.

I scoffed at the stores that were selling ripped and acid-washed jeans; but today, that's all that I own. Now, as I see the harem MC Hammer pants re-surfacing, I laugh with disdain at the magazines that show the models wearing them. I know that I will never wear those.

Who would have thought that Lacoste and Le Tigre would have made a comeback and why didn't I hang onto all of my friendship bracelets?

Now that I am older and wiser, I have made peace with my once-precious possessions, that are now scattered accross the four corners of the earth. While I realize that I can't keep it all, I try to buy with the future in mind. I make stabs at purchasing with the philosophy of longevity in mind, too.

Yes, styles and fads may come and go, and I realize that you can't hang onto it all; but, I know for a fact that I am not the only one with a pair of Palimino jeans (many sizes too small) hiding in the back of the closet, just waiting for their comeback. After all, I have had those jeans for almost twenty years. I knew they would be back in style one day.

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Winterize Your Boats Now

By Rob Scanlan, US Master Marine Surveyor

Soon, many boat owners, myself included, need to face the ugly fact that it will be necessary to winterize our boats against the icy blasts of a long New England winter. The discussion always comes down to this question: "Is the money you save this fall, worth the risk of facing major damage next spring, in case you missed something?" It is my opinion - and I have an opinion on just about everything marine related — that unless you really know what you're doing, leave it to the pros! That said, I have a few reminders for those of you who are still going to do it by yourself.

Engine Winterization

Change the oil and filter. It doesn't matter if the engine has 5, or 105, hours on it since the last change. Today's oils do not wear out, but they do get contaminated with dirt, combustion residue and acid. Leaving any of these things to settle on your engine's moving parts, during the winter, is a bad idea. Run the engine until the oil gets warm, thus suspending all of the "bad stuff." Next, drain, or pump it out. Change the filter, including a new gasket and pour in the new oil. Caution: Do not over fill, as too much oil will cause all kinds of problems. Check the owner's manual for the manufacturer's recommendations on the type and amount of oil to use.

Add a fuel stabilizer to your fuel and fill the tank between 3/4 and full. I only recommend a product called STAR-TRON, which can be purchased at any marine store and Walmart. Run the engine long enough to ensure that the stabilized fuel has reached your carburetor, or injectors.

Fogging: Fogging is accomplished by feeding a rust preventative lubricant through the carburetor, or throttle body, while the engine is running at about 1,000 to 1,200 RPM's, after the engine is thoroughly warmed up. Very slowly pour in the lubricant until lots of blue smoke comes out of the exhaust. This method will thoroughly coat the cylinders, rings, valve seats and valve stems. DO NOT pour the liquid in too quickly, or you will "choke" the engine, causing combustion knock. Besides, too much liquid added at

one time can cause hydrostatic lock in the cylinders and this will destroy your engine! Follow the fogging oil manufacturers' instructions! NEVER FOG FUEL INJECTED INBOARD ENGINES, OR OUTBOARDS

I/O Engine: If you have an I/O (inboard/outboard), drain the lower unit and check it for any sign of water contamination. A milky color instead of clear and/or any metal shavings, indicate leaking gaskets and gear damage. If all looks good, refill the unit with new grease. If not, get it repaired now! All outdrive units must be removed and inspected every other season; no exceptions.

Cooling Systems: Preparing your cooling system for winter depends on the type of system you have. Remember, always follow the manufacturers' instructions and use the following procedures only as a guide.

Raw Water (Direct) Cooling System. Proper winterization of a raw water system should start with a thorough flushing of the system, with fresh water running through the engine, while it is running at normal temperature. This part is REALLY important if you have been running in salt water.

First, disconnect the intake hose from the thru hull fitting and attach it to a garden hose. Note: if you have an I/O, you'll need a set of "ear muffs" to attach to the water intake on the lower unit. Remember, running an I/O for even a few seconds without water, will destroy the impeller in the water pump! After flushing, drain the engine block, manifolds, risers and oil coolers, by opening the petcocks on the various units. After all the water has drained out, close each petcock. Disconnect the garden hose from

the intake hose and place the intake hose in some environmentally friendly ("Pink") antifreeze rated for 50-degrees below zero and drain the fluid by running the engine. When the antifreeze starts coming out the exhaust, shut the engine down. Now here's a very important note: Don't forget your engine has a thermostat! This whole procedure must be done with the engine totally warmed up and the thermostat OPEN. A closed thermostat will not allow

the antifreeze to enter the block or heads. This means the antifreeze will go through the manifolds and out the exhaust, leaving the block and heads completely void of any antifreeze. If this happens, next spring you will find a cracked engine block, or head, and find it necessary to buy a new, very expensive engine. Your Marine Insurance does not cover poor lay-up/winterization damages.

Closed (Indirect) Systems: These systems do not require annual draining and flushing of the closed part of the system. HOWEVER, the open part of the system DOES require the same procedures of flushing, draining and antifreeze infusion, as previously described in the Raw Water (Direct) System.

Finally, some additional thoughts: If any of the above instructions seem to be confusing or over your head, that's probably the best clue that you need me to winterize your engines and onboard systems. Also remember, if I winterize your engines and systems and something goes wrong, next spring I have a problem. If you've done your own work, you have a problem! Note also that I carry \$2 million in Liability Insurance.

Rob Scanlan, CMS/MMS/ACMS, is an Accredited & Certified Marine Surveyor and a member of the Association of Marine Technicians. Serving Maine to Long Island, NY & New Jersey, 781-595-6225 (24-hour office), P.O. Box 87, Nahant, MA 01908 (USA)
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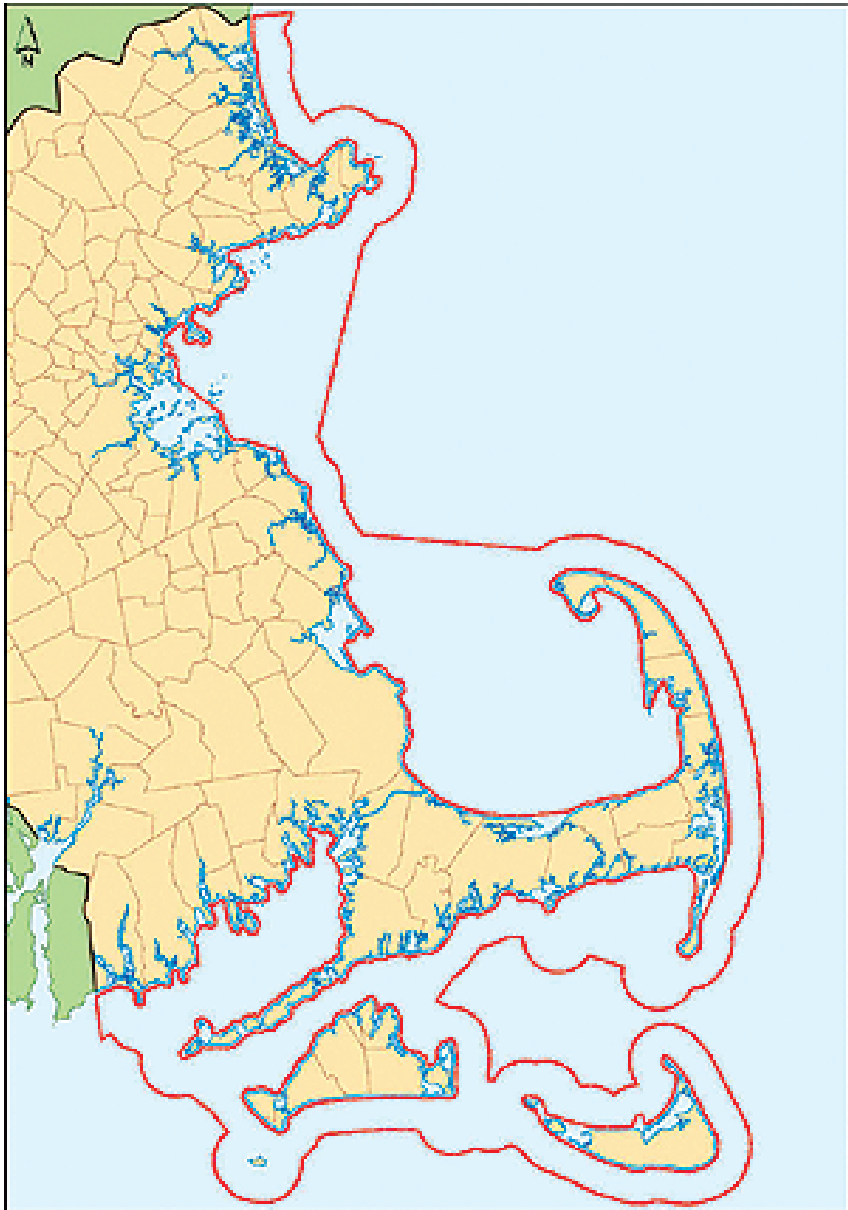


Let's Green Up Nahant!

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

SWIM Elects New Officers and Testifies on Ocean Plans

By Polly Bradley



Safer Waters in Massachusetts (Nahant SWIM, Inc.) has elected new officers for 2009-2010. Margaret Hinrichs is the new President. William Crawford is Vice President; Anita Reiner, Treasurer and Tracy O'Shea, Secretary.

The draft Massachusetts Ocean Plan has been released and SWIM testified at the September 17th hearing, in Gloucester. This plan is particularly important, because it is the first in the nation and is expected to serve as a prototype for other states and the nation.

A National Ocean Plan is also being created by the Presidential Ocean Policy Task Force, that has recently been established to propose a national policy, that ensures protection, maintenance and restoration of our oceans, coasts and the Great Lakes. SWIM planned to testify at the September 24th "listening session," being held by the Task Force in Providence, Rhode Island, one of only five meetings in the nation and the only public meeting on the East Coast.

SWIM testimony on the Massachusetts Ocean Plan included these major points: RESTORATION OF THE MARINE ECOSYSTEM should be the first priority of the Massachusetts Ocean Plan. Species that are not (yet) endangered, are hardly mentioned in the plan. We need to protect what is there now, not just endangered species. Fisheries are depleted in Massachusetts and worldwide. Massachusetts should PLAN to restore biodiversity and enhance the marine ecosystem, which, in turn, will help rebuild the fisheries. With modern technology, we can destroy our seaward coastal zone, as we have destroyed so much of the landward coastal zone. Too much of the draft plan is focused on what can be built in Massachusetts coastal waters.

FUNDING with MITIGATION MONEY is a fundamental flaw in the Massachusetts Ocean Act. There is a strong incentive to permit any project, when the continuing life of the planning process may depend upon it.

MAPS TELL THE STORY. The maps in the plan are exciting and innovative, with data pulled together from all possible sources. The Mass. Ocean Resources Information System devised is amazing. The text of the plan is tedious and hardly anyone will wade through it. Therefore, planners should focus on making sure the maps tell as much of the story as possible. Stellwagen Bank National Marine Sanctuary, with its endangered sea turtles and whales, needs to be on the maps, because what is done in coastal waters, impacts Stellwagen and vice versa. The two new, liquified, natural gas terminals, are not on the maps.

This paints a misleading picture. The eelgrass beds of Nahant, so important, that they are being used to replenish vanished eelgrass around Boston Harbor Islands, should be shown clearly on the maps and mentioned in the text. Nahant songbirds should be mentioned in the Massachusetts Ocean Plan. They fly over water in the study area to reach Nahant and Nahant has a Massachusetts Audubon Society sanctuary, the Nahant Thicket, to protect them. MassAudubon's Important Bird Area surrounding Nahant (and all the other Important Bird Areas along the coast) should be included. Migratory birds are in trouble in Massachusetts and worldwide.

The extent of recreational fishing and boating in the waters adjacent to Nahant seems grossly underestimated. This probably reflects lack of data, rather than lack of fishing and boating.

Public comment is still open, on both the Massachusetts and the National Ocean Plans. The Massachusetts draft plan is available online at <http://www.mass.gov/eea/mop>. The maps are fascinating and worth exploring. To provide online comments on the draft plan, see the Ocean Plan Public Input Portal comments page at <http://commpres.env.state.ma.us/mop>.

To comment to the President's Ocean Policy Task Force, go to <http://www.whitehouse.gov/administration/eop/ceq/initiatives/oceans>. Additional background information on the Presidential Task Force can be found at <https://sites.google.com/site/healthyoceansandlakes>.

SWIM is now meeting on a bimonthly schedule, the second Monday of alternate months. The next SWIM meeting will be on Monday, November 9th, at 7:00 p.m., at Northeastern University Marine Science Center.



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Modular Home Construction in Nahant

By Joe Moccia, Advanced Building Concepts

Trailers with pieces of houses wrapped in plastic, are becoming a common sight. We have built several modular homes and top floor additions, here in Nahant, over the past few years. Are they really better? Do they really cost less?

Consider this, almost everything that we own was made in a factory. It just makes sense. Your car, your TV, your shoes, are all made more efficiently using modern, high-tech production techniques. This also applies to home construction. Lower cost, higher quality, higher energy efficiency, are obvious benefits, but there are other benefits, too. Less waste, less time and less impact on neighbors, are more advantages to modular construction. In fact, due to modular construction, in many cases, it now costs less to tear down an old home and build a new one, than to go through a renovation. Also, modular construction takes weeks, not several months.

An article in This Old House magazine stated, "Modular used to be code for small, cheap and boring. Not anymore. Today's factory-built housing is designed as well, looks every bit as good, and uses the same quality methods, as houses built one stud at a time. Plus, it often costs less. Modular manufacturers now compete at the highest level, in an industry dominated by traditional "stick," or on-site, building."

Advanced Building Concepts is a Nahant-based, modular home dealer. Our homes are certified Energy Star Partner homes. We have been building high quality, high efficiency homes for over 25 years. We focus on the special requirements of homes built in coastal towns, such as high wind loads and wind-driven rain.

If you are considering a new home, or major renovations, or if you would like more information, please call Joe Moccia at 781-581-8888, or email advanced.building.concepts@comcast.net

Massachusetts Department of Public Health (MDPH) Division of Epidemiology and Immunization

Seasonal Influenza Vaccine Supply May Be Delayed for 2009-2010 —Need to Plan for Concurrent Seasonal and H1N1 Vaccine Efforts—

September 16, 2009—Based on national guidance from the Center's for Disease Control and Prevention (CDC) and in preparation for H1N1 flu vaccine arriving in October, the Massachusetts Department of Public Health (MDPH) Immunization Program asked health-care providers to begin vaccinating with seasonal influenza vaccine, as soon as it became available in August. We asked local health departments, that rely on state-supplied vaccine, to schedule the majority of their seasonal flu clinics in early October. Unfortunately, we have recently learned from both the CDC and the vaccine manufacturers, that the scheduled delivery for the remaining doses of seasonal flu vaccine, will not be as accelerated, as originally anticipated, due to prioritization of H1N1 vaccine and other challenges.

We have received over 40% of our seasonal flu vaccine supply to date. Remaining doses are expected to become available over the next 4-6 weeks, with the majority of doses still expected by the end of October and all doses delivered by early November. Additionally, doses of both state-supplied and privately purchased pediatric formulation vaccines (0.25ml pre-filled syringes for <4 years of age) have also been delayed. Currently, less than 30% of our total supply is available and the majority of doses is expected to be delivered by the end of October.

However, the timing of vaccine availability for the different types (seasonal vs. H1N1) may closely match virus circulation. Almost all of the influenza viruses currently circulating are H1N1. Seasonal influenza virus strains may not appear until later in the season. MDPH recommends that all health-care providers continue to vaccinate patients with seasonal influenza vaccine, during routine visits and in scheduled clinics, as supply allows.

Large public clinics and school-based flu clinics should be delayed until mid October (and possibly into early November), unless there is sufficient vaccine on hand to meet the expected demand. By mid-October, we anticipate vaccine supplies will be sufficient to mount large clinics efforts.

Anticipate holding clinics for H1N1 flu vaccine starting in early November, as well. Consider offering both seasonal and H1N1 flu vaccine at these clinics. Continue to vaccinate your patients based on your available vaccine supply and formulation types.

Schedule vaccination appointments in late October, for any infants who cannot now be vaccinated, due to lack of current supplies. By late October, there should be sufficient supplies of both state-supplied and privately-purchased pediatric formulation, seasonal flu vaccine.

Plan for simultaneous administration of both seasonal and H1N1 flu vaccine, starting in mid-late October. H1N1 flu vaccine will become available, starting in early October. Young children are one of the highest risk groups for H1N1 influenza. Pediatric providers will be allocated some of the initial doses of H1N1 vaccine, that become available in Massachusetts.

Note: doses of the intranasal H1N1 LAIV and seasonal LAIV must be separated by 4 weeks, but you can administer H1N1 and seasonal vaccines simultaneously, if one or both vaccines are the injectable vaccine.

We want to thank you for your efforts at this most difficult and challenging of times. MDPH will notify you if there are any changes in influenza-vaccine supply.

Please remember to register with the MDPH H1N1 Vaccine Registration System at <http://www.mass.gov/dph/h1n1registration>, even if you are already enrolled with the MDPH Immunization Program and receive other vaccines from the Department.

Any questions related to accessing the H1N1 flu vaccine website, the enrollment process, or general questions about the H1N1 vaccine allocation and distribution process can be directed to the MDPH H1N1 Registration Help Desk at (888) 578-5585, (617)-983-6898 or email (MDPHH1N1Registration@state.ma.us).

If you have questions regarding seasonal flu vaccine availability, please contact the Vaccine Management Unit at 617-983-6828.

Where's HOOMPA?



Here's HOOMPA with the DiGrande family. They joined the Brown family to celebrate Matthew Brown turning 6, at Hershey Park in Pennsylvania. Pictured are Chuck, Erin, Maggie, Grace and Sophie DeGrande with Jim, Mary, Lucy and birthday boy, Matthew Brown.

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Useless Information...By Ray Barron

Nahant's October Birthday Babies

October 1st. Alicia Canali, Marion Capano, Lillian Carr, William Clarke, Patricia Dawson, John Hornig, William King, Antonina Oconnor, Tracy Peterson, Sharon Sutcliffe, Leah Towe, Richard Zirpolo

October 2. Andrew Bisignani, Roberta Bruno, Briana Canty, Jennifer Cleary, Joseph Gaul, Bruce Kutcher, Jane Pasichny, Kenneth Taylor, Robin Woodman

October 3. Michael Collins, Edward Hyde, Daniel Kane, Gina Macone, Kenneth Mostone, Michael Murray, Zachary Peters, Mary Ann Putman, Glenice Russo, Sherry Smith

October 4. Honey Amirault, Davida Block, Brendon Brownell, Jeffrey Collins, Jared Dignan, Donald Gaven, Jane Kirkman, Deborah Murphy, Irene Pedonti, Walter

Perepelitza, John Pescaia

October 5. Yvonne Abraham, Elizabeth Carlson, Charles Hansell, Francis Hudson, Hollis Hunnewell, Michelle Lenzi, Joyce Libbey, Julie Ouimet, Walter Sheppard, Anastasia Sofronas, Darcy Williamson

October 6. Anthony Alessi, Dorothy Comito, Tracy Henry, Mary Mahoney, Giovanna Mitrano, Joanna Oneil, Lillian Scapicchio

October 7. Michael Costello, Edwards Frary, Maureen Gaglione, Roberta Goldberg, Joseph Moccia, Marie Pasinski, Anthony Roossien, Dawn Savino, Samantha Urany

October 8. Allison Bell, Cecile Delaney, Ellen Donahue, Michael Hayes, John Kodis, Kyle Taylor,

October 9. Paola Herrera, Susanne Macarelli, Patricia Malone, Peter Marquez, Ryan Mihovan,

October 10. Harrison Hosker, Barry Kingsbury, Michael Lagasse, Anthanasios Mesisklis, Nancy Smith

October 11. Katherine Coffey, Gail Davis, Elizabeth Doucette, Rena Fantasia, Susan Hendrickson, John Magro, Aaron Morad, Jinshi Mori, Adriano Nannini,

October 12. Henry Clausen, Robert Inello, Patricia McDevitt, Luke Miller, Roberta Oliver, Vincent Russo, Betty Sarpi, Norman Soucy, Daniel Swaine

October 13. Alan Brooks, Kelly Bucher, Adam Chaet, Justin Chasse, Lyudmila Gruzdeva, Eugene Howard, Giovanna Pasciuto, Tina Romano

October 14. Marion Alimenti, Kevin Allard, Tiffany Connolly, Rosario Dagata, Jeanette Goguen,

Coleman Greene, Joyce Haynes, Joanne Kennedy, Steven Toomajian, Edward Ustaszewski, William Waite

October 15. William Bonner, Elizabeth Desmond, Maria Glavas, Mary Rotiroti

October 16. Erin Adams, Michael Caprio, Daniel Desmond, Maxwell Gadon, Thomas Gallery, Meaghan Gaul, Gregory Keane, Beverly O'Shea, Kenneth Smith, Judy Steriti, Meredith Tibbo

October 17. Joseph Damico, Victoria Desmond, Thomas Frisoli, David Hunter, Calantha Sears, Warren Shore

October 18. Anne Bolthrunis, Jesper Kornerup, Elizabeth Osbahr, John P. Quinn, Jr., Lisa Russell, Maureen Ward

October 19. John Carr, Matthew Conant, Sophie Digrande, James Dracousis, Moira Kelly, Teri Motley, Dora Nocera, Dennis Urany

October 20. Olivia Aswad, Robert Cook, Donald Hardy, Thomas Mitchell, John Proudian, Anne Quinn, Lisa Rizzo, Emmanuel Speare, Frederick Szczechowicz, Mary Wachtel

October 21. Beverly Belliveau, Cynthia Christ, Isabella Cohen, Frank Leja, Aodhan Meuse, Toirm Miller, Jeffery Minelli, Theodore Ohagan, Robert Sanborn, Judith Shea, Patricia Toomajian

October 22. Meredith Ball, Michael Cullinan, Dennis Joy, Nicola Pecoraro, Jacqueline Proia, Joseph Riccio

October 23. Kurt Collins, Madelyn Davis, Alice Hall, Therese Holdcraft, Terri Maguire, Kimberly Rowe-Cummings, David Rumph, Frederick Stanley, Jorge Tello, Renee Wright

October 24. Cheryl Amirault-Lefave, Erica

Campbell, Matthew Dam, Kristen Giuliani, Lucy Grimm, Joanne Hunter, Athas Kourkoulis, James Maguire, Christa Matheson, Mary Meiklejohn, Andrew Puleo

October 25. Gary Collins, Maria Lea Conley, Madeline Doran, Thomas Leblanc, David Long, Irene Mack, Marilyn Mahoney, Samuel Morse, Jonathan Poth, Sandra Stickney, Marina Zhuykova,

October 26. Lynne Berkowitz, Niamh Callahan, Eliza Denham, Anita Goodman, Jane McCarthy, Jean Murphy, Wayne Noonan, Taneisha Palmer, John Sereda, Weihua Yao

October 27. Thomas Clements, Peter Famulari, Carolyn Fowle, Dianne Greenstein, Laura Hollingsworth, Jane McCarthy, Julie Stoller

October 28. Brenda Baranek-Olmstead, Thomas Cronin, Yasmin Hagayegi, Robert McCoy, Jonna Mishel, William O'Shea, Steven Toomajian, Gloria Ventura

October 29. Kerry Collins, Emily Cook, Antonio DiCostanzo, Kalliope Glavas, Heather Goodwin, Mark Irvine, Lorraine Logan, Chisaki Mori, William Osbahr, Gary Recchia, Mary Ellen Schumann, Louis Wallach,

October 30. Richard Conigliaro, Kenneth Cormier, Linda Cunningham, Leonard Frisoli, Robert Kirkman, Erin Maher, Stacie Nardizzi, Lisa Scourtas, Aimee Stashak-Moore, Robert Steeves, Andrea Voegtlin,

October 31. Lisa Benson, Victor Dalpozzal, Susan Mahoney, Maxwell Manadee, Stasi Priftakis, Haley Schofield, Jane Wilson.

Where's HOOMPA?



Here's HOOMPA with Paul and Nancy Sciaba, attempting to bring some class to Sarasota, FL. "Ringling Museum of Art" and the waterfront.

Paul is a former Nahant resident and was a USPS letter carrier in Nahant for 33 years.

Nancy was a Nahant post office clerk. Nancy's daughter, Joanne, is the clerk at the Nahant Post Office now.

Under the Sea, Part II

A Short Story by Kramer Greenfield. Photo by Judy Horne.

Last month, the Angel Schlumel was sent by the High Mukkah Muk to take care of problems on the earth's beaches. Upon arrival, he found dead and dying sea creatures in a foul smelling oily material and called out to his Heavenly Companions for help.

Hearing the Angel Schlumel's call for help, the sprites and fairies stopped playing Ace's High and discontinued any other nonessential occupation.

"Schlumel needs us!" Yenta called to the gang on Cloud Nine. "Gather the forces and climb on the next lightning bolt. We have no time to lose. Sounds like an emergency!"

When the heavenly beings arrived on earth, they were appalled at the condition of the sea life on the shore. Schlumel wasted no effort putting everyone to work.

Fairies and sprites were lined-up in a row, each had a particular job description. The translucent fairies carefully cleaned and revived the schmootzed-up starfish and the small golden, dappled fish. These creatures suffered clogged crevices and partially stuck gills.

The sprites were in charge of the facrimpt, (lame, crippled), seahorses and other denizens of the deep, damaged from the debris and overcome by the oil-plus toxin mix. They suffered from pulmonary distress of the gill variety. They were immersed in a pure blend of the best, filtered water. It was an assembly line for aquatic victims on their last fin.

Sadly, non-kosher clams and shellfish, crawling on the ocean floor, were on their own. Fish was food for much of the world's people. Starfish and seahorses added to the beauty and fantasy of the deep. The Angel reasoned that the crawling stuff was just the scavenger crew. When thunder rumbled overhead, Schlumel realized The High One disagreed, so a few of the creepy crawlies were brushed and buffed

along the way. The Angel picked up a crab. "Feh!" he said. "A face only a mother could love. Who eats this drek?"

Mr. Peg-leg-fishing-person smiled a gap-toothed grin, saying, "Attaboy, Fluffy. Now you got the hang of it." He growled, "That sure is a strange lookin' bunch of guys. I never did see cleanin' workers dressed so dam fancy. Y'all goin' to the same Halloween party or somethin'?"

"Keep fishing, you cretin," the Angel instructed. "You are my eyes and ears, remember? If anything is suspicious, report to me."

"How do I do that? Where will you be?"

"On the beach for now, or perhaps hovering above."

"Huh?"

"Just whistle the tune, 'I Got No Strings On Me.' I'll hear and come right away, Kabbish?"

A nearby factory, with belching smokestacks, captured the Angel's attention. He stealthily moved past the iron door to an empty hallway and snatched a worker's uniform from a coat rack. The uniform covered his robe and wings, so he was able to look around unnoticed. Normal business activities, with a bit of tension, here and there. He tried to recall when he worked in the garment industry. Deadlines and rush orders took priority over the daily procedures. He missed the hustle and bustle. A soft hiss captured his attention. The hiss came from a large hose attached to a huge, clanking machine. The hose was spewing forth a slick-looking sludge. The sludge was encapsulated, so he smelled nothing. Schlumel stopped to examine it. It looked pretty foul.

"So, what's this stuff pouring out by the hose connection?" the Angel asked the operator of the machine.

"After-process. The machine cleans the finished products, then dispenses with the waste through that hose," the operator replied.

"Where does it go?"

"Probably into the ocean, but you didn't hear that from me, buddy," the man continued, taking in Schlumel's faux cleaning uniform.

Schlumel glanced around. There had to be dozens of these insidious machines throughout the facility. "Oh, My Lord," he thought. He removed the uniform and walked over to a large office. "Pardon me," he addressed the receptionist. "I'd like to speak to the top guy here."

The man sniffed,

with his shaking palm, "What is your name, sir?"

"Schlumel, at your service," the Angel answered.

"Call the cops!" barked the other end of the phone.

"The entrance is where?" asked Schlumel.

"Over there," pointed the receptionist, now very close to a nervous collapse.

The door crashed open and the Angel stepped over it.

"What's with the hoses throwing up schmootz into our nice clean oceans, you bum?" Schlumel bellowed at the formidable figure behind

ceiling. "Are you ready to answer some questions?"

"Geezuz," said Horatio. "Who the hell are you?"

"Never mind. Polite introductions are unnecessary. I need facts, Sonny-boy. Why the schmootz into the ocean? Have you no other repository in which to deposit the residue from the machines?"

"I'm a businessman, sir," said the disheveled Bullwark. "It would cost a fortune to reroute waste into toxic deposit sites. They make us pay through the nose. We have no choice, if



looking the angel up and down from the robe to the sandals, "You need an appointment."

He sniffed again, dismissing this strange character altogether.

"Listen, you," demanded the Angel, elevating the fellow six-feet in the air, chair and all. "Don't give me a hard time. I haven't had lunch yet, so I'm not in a great mood. Just press the buzzer, or whatever, to let me into the inner sanctum."

The man turned so pale, Schlumel lowered him back to his desk. "Okay. Okay," the receptionist nervously said. He spoke into the phone's intercom, "Boss, some apparition in a robe is here to see you."

He covered the phone

the mahogany desk.

"What are you talking about?" the figure responded.

"The hoses, you dolt, rigged up to contaminate our seas and kill our marine life." Schlumel was rapidly losing patience.

"Get out!" the figure commanded.

Schlumel lifted him to the ceiling. "Never, never piss off an angel." He sent the man into a spinning wheel. Looking at the nameplate on the desk for the first time, he noticed the man's name was Bullwark. Horatio Bullwark. "Bullshit is more like it," Schlumel remarked.

"Stop," hollered the spinning Bullwark. "I'm going to barf."

Schlumel stopped the spin, but left him on the

we want to stay in business and make a profit."

"You profit and fish die. That's wrong in every sense of the word. Cease and desist, or I will cast my terrible wrath upon you."

"What can I do?" asked the unhappy man.

"Close the joint. Rearrange those hoses to dump that schmootz safely, where it belongs. Do it now. If you don't, everything here gets buried deep under the sea for the next two-thousand years, including you."

To make his point, he dropped Bullwark back into his throne-like chair, behind the desk, with a crash.

"Oy! Do you get on my last nerve!"

(Continued on page 22.)

NAHANT SUBSCRIBERS 2009

The next subscription drive will be for 2010. A subscription envelope for Home Delivery for 2010, will be included in the December issue, for those renewing during the spring. Again, thank you for providing the resources which allow me to continue this community newspaper. By the way, if you see a number in parenthesis, that indicates the number of subscriptions received from the household of the named during the calendar year 2009. Thanks for the extra gifts and friendly, supportive comments. If you have sent in a subscription for 2009, and don't see your name here, please send me a note c/o this newspaper, or send me an email, donna@nahant.com. I will add your name. — Donna Lee Hanlon

Anonymous, Patricia Adolph, Fred Ahern, Jerry Alimenti, Margaret Antrim, Patricia Aswad (2), Kathleen Atkinson, Richard & Suzanne Bailey, Megan Bailey, Glenn & Susan Bannon, Jeanne Baranek-Olmstead, Tess Bauta, Barbara Beatty, Nathan & Lisa Bell, Stanley Benischek, John A Benson Family, Roger & Lynn Berkowitz, Elizabeth & Daniel Berman, Joseph M Bertorelli, Paul Bertrand, Ken Bibber, Penny T. Billias, Marsha & Michael Billias, Chris Black, C & P Bolthrunis, Doris Bongiorno, June M. Borys, Scott Bradley, Polly & Larry Bradley, Randolph Bradley, Susan Branga, David & Anne Bromer, Norma Brooks, Edward Brown, Joanne Bryanos, Judith Bryant, Jeannie Buckley, John J. Buckley, Kathy Burns & John Condon, Chuck Butera, James & Susan Caccivio, Caggiano Family, Candace Cahill, Paul & Elaine Caira, Nancy Cantelmo & Mike Rauworth, Victor & Marion Capano, Kenneth Carangelo (2), Joseph & June Carmody, Jim McCurdy & Carole Keller, John & Catherine Carr, David & Katherine Carter, Rev. 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IN MEMORY OF

In Memory of President John Fitzgerald Kennedy

The poem below was written by Tom Costin, a personal friend of JFK, as he flew over Washington DC on November 23rd of 1964, one year after JFK’s death.

One year has passed since that date,
When DEATH arrived and said, “I can’t wait.”
One year has passed since he did die,
And still his people ask, “Oh, why?”
One year has passed since his small children so straight did stand,
As the caisson carried their father across the land.
One year has passed since she did light the flame,
A flame that signifies a nation’s shame.
One year has passed, the time how short it seems,
But still his people continue to dream his dreams.
Am I involved in this my nations’s shame?
Am I involved, am I to share this blame?
Did I in this heinous crime take part?
The answer can only be found in each heart.
This dear friend, this hero, this President,
Was our country’s most important resident,
Who was not afraid to act in the time of strife,
Even though what he did might mean his life.
He spoke against those who spewed forth hate,
And tried to pass new laws before it was too late.
It was during this time he went to Dallas,
A city where some hearts were filled with malice.
It was here that he met up with DEATH,
It was here that he did taste his last breath.
Am I involved in this my nations’s shame?
Am I involved, am I to share this blame?
If I search and find any hate or malice in my heart,
Then I too in this crime share a part.
Let us ask forgiveness from the Lord above,
And petition Him to fill our hearts with love,
So that in the future no small children will have to stand,
As a caisson carries their father across the land.

Mary (Way) Faunce Swaim

Mary (Way) Faunce Swaim of Cambridge, MA, formerly of Chestnut Hill and Nahant, died Monday, July 27, 2009, at the age of 86. She was the daughter of Dr. and Mrs. Calvin B. Faunce of Jamaica Plain, beloved wife of the late Thomas G. Swaim of Chestnut Hill and Nahant, devoted mother of James F. Swaim of Brookline, Thomas G. Swaim of Norfolk, Stephanie Swaim Lind of Mars, PA., the late Christine Swaim Carpenter of Norwood and grandmother of six. Mrs. Swaim attended the Brimmer and May School and Beaver Country Day School. Until the age of 81, she was a real estate broker in Chestnut Hill and on the North Shore.

Gennaro ‘Jerry’ Angiulo

Gennaro J. “Jerry” 90, loving husband of Barbara Lombard-Angiulo passed away peacefully surrounded by his family on Saturday, August 29, 2009. Born in Boston’s North End on March 20, 1919, to the late Cesare and Giovannina (Femiani) Angiulo, he grew up with his brother Francesco “Frank” J. and his late siblings, Stella Orlandella, Nicolo V., Donato F., Antonio R. and Michele Angiulo.

Jerry enlisted in the U.S. Navy at the beginning of World War II and served 4 years in the Pacific Theatre. He achieved the rank of Chief Boat-swain Mate. He was always an avid boater and loved the sea, which brought him to the seaside community of Nahant, in 1948.

In addition to his wife Barbara, and his devoted brother, Francesco “Frank” and his sister-in-law, Connie (Mrs. Michele Angiulo), he leaves his loving children Jason Brion, Gennaro Jay and Barbara Jay Angiulo. He was also the father of the late Thais Susan Angiulo and the former husband of the late Sheila (Anderson) Angiulo. He is also survived by many loving nephews, nieces, Godchildren and cousins.

Thomas H. Letarte

Thomas H. Letarte, 88, a long-time resident of Salem, died Sunday evening, July 26, 2009. His loving wife of 54 years, Amelia “Amy” M. (Santisi) Letarte predeceased him in 1998.

Born in Salem the son of the late Benjamin and Helen (McNiff) Letarte, he was raised and educated in Salem schools. While working part time in downtown Salem, he met the “girl of his dreams,” Amy Santisi and they continued dating through high school. Following his graduation from Salem High School, Mr. Letarte served in the United States Navy during World War II. Tom and Amy married and established their home in Beverly, eventually settling in Salem in the early 1960’s. Mr. Letarte’s primary interest in life was his family. He is survived by two children, Cynthia Pierce Gouchberg of Nahant, with whom he had resided and Thomas J. “T. J.” Letarte and his wife Karen of New Canaan, Conn.; two brothers, William Letarte of Costa Rica and Robert Letarte of Michigan; three sisters, Dot Talbot of Danvers, Helen Albergeni of Peabody and Madeline Saunders of Salem; five grandchildren, Peter Grant Pierce Jr. of Columbus, Ohio, Thomas Pierce of Magna, Utah, Tayler Gouchberg of Nahant, Brendan and Tyler Letarte of New Canaan, Con.; four great-grandchildren, Cooper and Lilly Sare-Pierce and Brooklyn and Brandon Rissman; and many nieces and nephews.

He was predeceased by five brothers, Albert, Benjamin, Joseph, Gilbert, and John Letarte and two sisters, Agnes Powers and Louise Schultz. Later in life he also enjoyed two wonderful companions, Beatrice Keene of Marblehead and the late Lois Giller.

Dorothy L. (Dolan) Santosusso

Dorothy L. (Dolan) Santosuosso, of Nahant, formerly of Melrose, passed away peacefully in the home she loved in Nahant, surrounded by family, on Aug. 28, 2009 at the age of 79. Dorothy was born and raised in Melrose and graduated from Melrose High School, Class of 1948. She resided in Melrose until 1961 and lived the past 48 years in Nahant. Dorothy was an active member of St. Thomas Aquinas Church in Nahant, where she was a Eucharistic Minster and a member of the Ladies Sodality. She worked as a Nurse’s Aid at the Lynn Hospital for 5 years, before becoming an administrator for the Dept. of Employment Security in Lynn, until her retirement in 1995. Mrs. Santosuosso enjoyed the beach, cards, gardening and her bowling league at the American Legion Hall in Nahant.

Dorothy was the beloved wife of 59 years to Alfred N. Santosuosso; caring daughter of the late Leonard & Doris Dolan. Loving mother of Paula Taylor and her husband, Robert, of Nahant, Alfred Santosuosso and his wife Sandra of Reading, Diane Popp of Swampscott, James Santosuosso and his wife Cathleen of Rowley, Gail Glover and her husband Thomas of Lynn, Thomas Santosuosso andhis wife Ann of Tewksbury, Carol Thomas & her husband Norman of VA and John Santosuosso and his wife Erin, of Canton. Devoted sister of the late Thomas and Leonard Dolan and Mable James. She is also survived by 22 grandchildren, 2 great grandchildren, many nieces & nephews and close friends.

Milton Spencer Goode

Milton S. Goode, Jr., 79 years, of Nahant, died on Monday, August 17, 2009, in the Kaplan Family Hospice House, after a brief illness. He was the husband of the late Kathleen V. “Vera” Goode. He was the son of the late Milton S. and Elfreda Goode. He graduated from Saugus High School and attended Wentworth Institute, then enlisted in the Army.

After completing his tour of duty, he lived the rest of his life in Nahant. Milton was a veteran of the Korean Conflict, a member of the Nahant Knights of Columbus, the American Legion/Nahant Veterans Association and the Nahant Lions Club. Mr. Goode was a machinist at Lytron, Inc. in Woburn for 38 years and worked with his grandfather in the family business, the Goode Brush Company of Nahant. He was a Mason (receiving his 50 year pin a few years ago), a member of the Bethlehem and Wayfarer/Philanthropic Lodges, a member of the Order of Eastern Star, Victory Chapter No. 157 in Marblehead and a member of the Shriners and Aleppo.

He is survived by his children, Sheila Hambelton and her husband, Thomas, Michael Goode, Maureen Palangi and her husband Richard, Lisa Loiacano and her husband Eric. He leaves grandchildren, Daniel, Rachael, Ashley, Ryan, Brendon, Brian and Nathan. He also leaves his sister, Norma Carlson and her husband Donald and his best friend, Arthur Judge. He is the father of the late Kevin P. Goode, brother of the late Robert and Walter Goode, Virginia Sears, his step-brother and sister, Steve Goode and Joyce Balboni. He also leaves many beloved nephews, nieces and many friends.

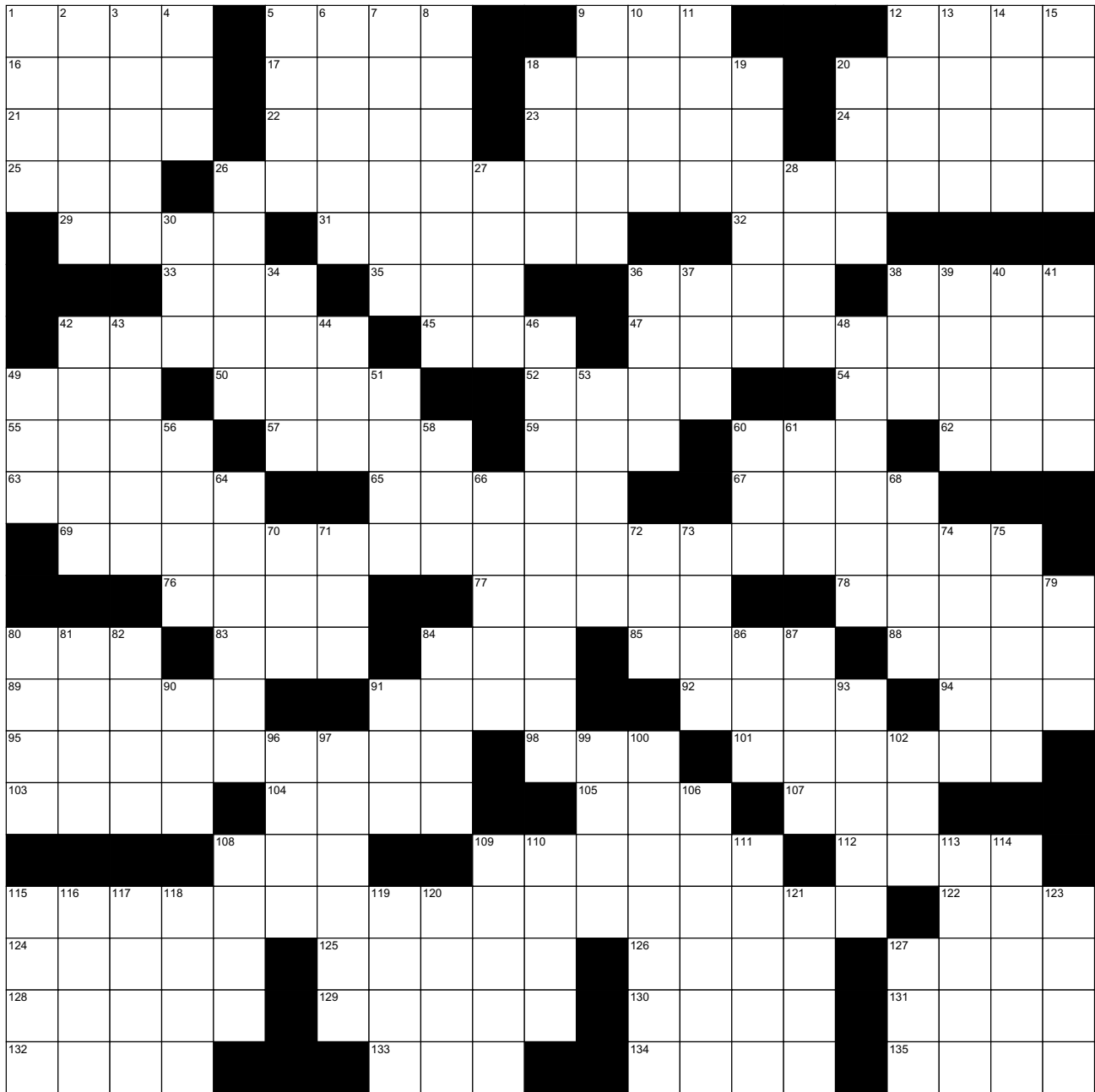
James F. Hickey

James F. Hickey, age 65, of Nahant, died Tuesday, September 8, 2009 in Beth Israel – Deaconess Hospital in Boston, after a lengthy illness. He was the husband of Patricia A. (Langton) Hickey, and the son of the late Cornelius and Anna (Cronin) Hickey. Born in Boston, he was raised in East Boston and Revere. James has lived in Nahant with his family for 41 years. A graduate of Revere High School, class of 1961, and Northeastern University in Boston, he worked as an engineer for the former Process Facilities, now Parsons of Federal Street in Boston. He attended St. Thomas Aquinas Church in Nahant. He was in the National Guard and enjoyed, reading, watching movies traveling and time spent with his family. He also was an avid sports fan, especially enjoying the New England Patriots. He also enjoyed raising fish and tinkering with gadgets.

Besides his wife Patricia, he is survived by his daughter Patricia Toomajian and her husband Steven of Nahant; son James Hickey Jr. and his wife Elizabeth of Ipswich; grandchildren Meghann Marie, Annie Patrice and Steven James Toomajian, Lydia and Noland James Hickey; brother John F. Hickey and Helen O’Hanley of Revere; nephews John Hickey Jr. & Daniel Hickey and his nieces Barbara Tomczykowski. He was the brother of the late Cornelius, Brendan and Robert Hickey and Ann Connery.

NAHANT PUZZLE PAGE

Land, ho!
by Rick Kennedy



- 37 Neither's partner
- 38 ____ Schwarz
- 39 Border on
- 40 Plane part
- 41 Eye infection
- 42 Abraham's son
- 43 Under, poetically
- 44 Dundee denial
- 46 Potluck contribution
- 48 Humid
- 49 Fall back
- 51 Way to fly
- 53 Sea inlet: Var.
- 56 Old Italian bread
- 58 Slumber
- 60 Friend
- 61 It'll never fly
- 64 Geisha's garment
- 66 Wrap
- 68 Toe the line
- 70 Body of water
- 71 Explosive
- 72 Trawler's catch
- 73 Tram loads
- 74 Consisting of a single element
- 75 Pull strings?
- 79 Colonial insect
- 80 Peak
- 81 Pillow covering
- 82 Injure
- 84 Bender
- 86 Constrictor
- 87 Fork prong
- 90 Standoffish
- 91 R.N.'s forte
- 93 Canada's highest peak
- 96 Nuisance
- 97 Seas
- 99 Cormorant
- 100 Faded (out)
- 102 Partisan leader?
- 106 Tell
- 108 Web page feature
- 109 Toastmaster
- 110 Swim routine
- 111 Cut
- 113 Florence attraction
- 114 Net
- 115 Cooking oils
- 116 Change
- 117 Lead, for one
- 118 Duel action?
- 119 Ace
- 120 Court
- 121 Childhood learning disorder (abbr.)
- 123 Heavy cart
- 127 Threshold

ACROSS

- 1 Smooth-talking
- 5 __ and Span
- 9 Beverage
- 12 Look over before holding up
- 16 Split
- 17 "Don't forget ..."
- 18 Wise gift?
- 20 Dog-____
- 21 Shortly
- 22 Sudden burst
- 23 Mrs. Theodore Roosevelt
- 24 Snail trail
- 25 Presidential monogram
- 26 French explorer of eastern Canada
- 29 Mistake
- 31 More chilling
- 32 Nonprofessional
- 33 Works in a gallery
- 35 Double ____
- 36 Start to freeze?

- 38 Ballpark figures
- 42 Hospital worker
- 45 PC key
- 47 Italian-born English explorer of mainland North America
- 49 Compass pt.
- 50 Narrow inlets
- 52 Way off
- 54 Rotten
- 55 False god
- 57 Drudge
- 59 Like many a first-grader
- 60 Thimblery thing
- 62 Ball holder
- 63 It's a dyeing art
- 65 Dogie catcher
- 67 Bullets
- 69 Italian explorer buried in the Dominican Republic
- 76 Grace period?
- 77 Spirit

- 78 Gossip
- 80 Word with mountain or fly
- 83 Cereal bit
- 84 Tango quorum
- 85 Liability
- 88 Story
- 89 Mountain range
- 91 Fee
- 92 Earth
- 94 Furrow
- 95 Italian traveler who explored Asia
- 98 Clairvoyance
- 101 Assumed name
- 103 TV award
- 104 Part of I.R.A.: Abbr.
- 105 That woman
- 107 With 34 Down, self-aggrandizement
- 108 Rough position?
- 109 Gladdens
- 112 Tennis's Roddick
- 115 Portuguese

- explorer who was the first to circumnavigate the world
- 122 Assist
- 124 Decorate
- 125 Civil rights org.
- 126 Foray
- 127 Always
- 128 Hindu's "third eye"
- 129 Building places
- 130 Create a lasting impression?
- 131 Capital of Vanuatu
- 132 Hasenpfeffer, for one
- 133 Wrangler rival
- 134 Title
- 135 Whirl

DOWN

- 1 Agassi partner
- 2 Gourmet chocolate brand
- 3 Key material

- 4 Steeler QB Roethlisberger
- 5 Heroic tale
- 6 Hat decoration
- 7 Gave out
- 8 Clique
- 9 Polk's predecessor
- 10 Idle of "Life of Brian"
- 11 Place for a keystone
- 12 Visit
- 13 Diva's number
- 14 Large truck
- 15 First place?
- 18 Created
- 19 Hygienist's concern
- 20 Spot
- 26 More angry
- 27 Mouth parts
- 28 Capital
- 30 Caress
- 34 See 107 Across
- 36 Trojan War hero

Higher Learning
By Rick Kennedy

Carol Sanphy, of Chamberlin Circle, was the winner of last month’s puzzle contest. She 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.

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

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.

The Nahant Harbor Review is the only newspaper dedicated to building the spirit of community in the Town of Nahant, MA, USA. Please support our efforts by subscribing, or advertising. Thank you.



Nahant Harbor Review

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DEADLINE INFORMATION
NOVEMBER 2009

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
THURSDAY, October 15th • 5:00 P.M.
Home Delivery: Saturday, October 31st.

Staff, Volunteers & Contributors

Owner/Editor & Publisher:	Donna Lee Hanlon	781-592-4148
A/R Manager:	Barbara Thistle	781-592-4148
Proofreader:	Harriet Steeves	781-581-0715
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Donna Lee Hanlon	781-592-4148

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Katie Coffey & Augie	781-586-9232
Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
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Route 6: Bass Point Rectangle	
Shea Nugent	781-595-5644
Route 7: SE Big Nahant	
Donna & Ron Hanlon	781-581-0648
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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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.

Council On Aging Calendar – OCTOBER 2009

Fri.	2	8:00A	Flu Clinic – Town Hall - Till 2:00 p.m.
Fri.	2	5:00P	Flu Clinic- Town Hall - Till 6:30 p.m.
Mon.	5	12:00P	Blood Pressure & Glucose Clinic – Tiffany Room
Tues.	6	9:00A	Quilting – NO CLASS TODAY
Thurs.	8	12:00P	Topsfield Fair from Tiffany Room
Mon	12	DINING ROOM CLOSED – COLUMBUS DAY	
Tues.	13	9:00A	Quilting – NO CLASS TODAY
Fri.	16	1:00P	Movie - Return To Me
Tues.	20	11:30A	Octoberfest Special Luncheon
Wed.	21	12:00P	October Birthdays – Cake by Roz – Tiffany Room
Fri.	30	1:00P	Movie – Munster Go Home

SHINE PROGRAM REPRESENTATIVE - Date & Time to be announced
Monday thru Friday, Lunch, Tiffany Room, 11:30 a.m.

Mondays	9:00A	Senior Yoga
Mondays	10:15A	Senior Exercise – Community Center
Tuesdays	9:00A	Quilting – Community Center – Resumes Sept. 8th
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center
Wednesdays	12:30P	Shopping Trip from the Tiffany Room or call for pick-up
Thursdays	10:15A	Senior Exercise – Community Center

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

SHINE PROGRAM

By Diane Desmond

As the end of the year approaches, there are many questions concerning health insurance coverage, prescription plans, Medicare, including Medicare Part A, part B and Part D, Medigap, Medicare assistance programs and other programs for people with limited resources. The Nahant Council On Aging is offering an opportunity to have these many, and sometimes confusing, questions answered. There will be a informational meeting this month for Seniors, their families and/or caregivers, to answer many of these critical questions and resolve a variety of health insurance issues.

The Office Of Elder Affairs, in association with Greater Lynn Senior Services, offers consumers accurate and timely information about health plans, assistance with contacting appropriate benefit offices and advocacy support, to insure that health insurance matters are handled correctly. The program also provides presentations and offers individual counseling to consumers on Medicare Part D (prescriptions), at community sites throughout the GLSS service area.

We are very fortunate to be able to have a presentation by a SHINE counselor, for the Nahant Council On Aging. The date and time will be scheduled soon and information will be available by emailing us at ddesmond@nahant.org, or by calling 781-585-7557.

We urge you NOT to miss this opportunity. The SHINE program and on-going counseling, insures that Seniors have access to unbiased and up-to-date information about their health care options. We look forward to seeing you at this Presentation.

COA NOTEBOOK

By Diane Desmond

The first flu clinic of this year was held on Friday Sept. 25th. If any seniors were unable to attend, a second clinic will be held on Friday, October 2nd, at the Town Hall, from 8:00 a.m. to noon and 5:00 to 6:30 p.m. Please bring all insurance cards, including Medicare cards.

On Thursday, October 8th, there will be a trip, leaving from the Tiffany Room, for the Topsfield Fair, at noon. Seating on the van will be limited, so please call in advance for a ride.

October 20th features a special Octoberfest Luncheon, at the Tiffany Room, at 11:30 a.m.

Please note we are planning a trip to the Cabaret LuLu, in Sturbridge, on Thursday, November 5th, for dinner and theater production. Since it is early in November, we are giving advance notice, as you will need a reservation. Please call for details.

An important meeting will be held with a representative from SHINE, at a time and date to be set, in October. This will be an informational meeting to answer many critical questions about health insurance and to resolve a variety of health insurance issues. Please see the SHINE article in this edition of the Harbor Review.

As always, we are happy to receive any ideas, comments and suggestions, to make our Council On Aging reflective of the interests of our Nahant Senior population. We welcome your phone call, or e-mail, and will welcome you as a guest, or a volunteer. The Council may be called at, 781-581-7557, or email: ddesmond@nahant.org.

Under the Sea, Part II
(Continued from page 17.)

Shaken and scared, Horatio said he would get to it immediately.

“Good boy,” said the Angel. “I can’t tolerate procrastination. Which reminds me, I’m overdue for nutritional sustenance.”

Mr. Peg-leg, who obediently waited outside for Schlumel, asked, “How went the peace talks?”

“Nicely, nicely,” said the Angel. “After our Angel-to-man talk, I think he will literally clean up his act. Now I will, maybe, indulge in a bagel with a schmear. Join me?”

The dwarf perked at the mention of food and marveled at the way it appeared out of thin air, with a glass of iced tea. They sat on the beach, observing how the smokestacks dribbled, rather than belched, pollution.

“Did they stop production?” asked the little man.

“For awhile. Progress never sleeps, it just naps here and there. He’s maybe reshaping the hoses to accommodate my requests,” the Angel answered.

“Amazing. Could I be an angel when my time comes?”

“Don’t ask me, boytchik. It all depends on the Almighty. He holds the trump card.” Schlumel laughed.

A flying fish jumped into sight, throwing a rainbow-splash in its wake. “Take a look at that,” cried Schlumel. “Isn’t it gorgeous?”

“I don’t know. Someone might catch it and eat it.”

Schlumel cast him a dreadful eye. “You could rain on the Macy’s Thanksgiving Day Parade, you know that?”

Turning from the dwarf, he noticed a fisherman with a gigantic net pulling in his haul of hundreds of fish onto the deck of his boat.

“You there! Give them a chance to procreate without problems,” shouted Schlumel.

“People have to eat.” the fisherman said, matter-of-factly and with logic.

“Poison!” hollered Schlumel. “Now it’s poison.

Wait. Let it be food.”

The fisherman picked up a mackerel. It was slimy with oil. He released the net of fish back to the ocean.

“That-a-boy!” cheered the Angel. “Give them a month, or two, to recover.”

“You know,” Schlumel addressed the dwarf, “I used to come here with my bride, when I was mortal. The water was so clear, you could look down and see your toes through the water, instead of sludge.”

“That must have been ages ago,” laughed the little man.

“Ages and ages ago,” sighed the Angel. “Like you wouldn’t believe.”

Yenta greeted Schlumel, as he arrived back at the rejuvenation section, “Hiya, Toots. Things are going swimmingly here. We are mainstreaming fish back into the waters. Everyone is hard at work.”

“Well,” said Schlumel. “You wanted a vacation at a beach resort area.”

Yenta replied, “You call this a vacation?”

END

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

Community Calendar • October 2009

SEPTEMBER

SAT	26		OCTOBER HARBOR REVIEW HOME DELIVERY
SUN	27	TBA	Nahant 30K Road Race. FMI call 781-581-0482.
SUN	27	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	27	SD	Yom Kippur begins at sundown.

OCTOBER

THU	1	6:00P	Ten High Schools Fair at Marblehead Charter School. Till 8:00p.m.
FRI	2	8:00A	Second Flu Clinic, Till noon, Town Hall
FRI	2	5:00P	Second Flu Clinic, Till 6:30 p.m., Town Hall
SAT	3	9:00A	Flea Market at St. Thomas Aquinas. Till 2:00 p.m.
SAT	3	10:00A	Garden Club Plant Sale. Life-Saving Station. Till 1:00 p.m.
SUN	4	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	4	3:00P	Carol Cont Stevenson’s Mini Dresses at the Library
TUES	6	6:00P	PTO Meeting, Johnson School.
FRI	9	8:00A	FREE Breakfast at the Village Church.
SUN	11	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
TUE	13	6:30P	Woman’s Club Pot Luck Supper Meeting. Village Church
THU	15		HARBOR REVIEW DEADLINE FOR NOVEMBER
FRI	16		NATIONAL BOSS DAY
SUN	18	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	18	3:00P	David S. Brody, Cabal of the Westford Knight, at the Library
THU	22	3:00P	Matt Gabriel’s Animal World at Library
THU	22	6:00P	Garden Club Pot Luck Supper Meeting, Village Church
SAT	24		UNITED NATIONS DAY
SAT	24	TBA	Dory Club Awards Party at the Dory Club
SUN	25	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
THU	29	6:00P	NVC at the Tides. Fundraiser. Come and eat!
SAT	31		HARBOR REVIEW HOME DELIVERY
SAT	31		HAPPY HALLOWEEN!

NOVEMBER

SUN	1		DAYLIGHT SAVINGS TIME ENDS
SUN	1	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
MON	9	7:00P	SWIM Meeting. Northeastern University.

Nahant Village Church • All Faiths Welcome!

Sunday School & Worship Service
begins at 10:30 a.m. Social Hour: 11:30 a.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. • Johnson School
School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.
PTO • first Tuesday • 6:00 p.m. • Johnson School

In Memory of
Randolph “Randy” C. Gray
Lifelong Nahant resident, Advocate for Nurses

Mr. Randolph C. “Randy” Gray, 56 years, of Nahant, died on Wednesday, September 9, 2009 at his home after a long battle with cancer. He is the son of Edith (Jessome) Gray of Nahant and the late John F. Gray, Sr. He was born in Lynn and raised in Nahant. He lived in Nahant all of his life. He attended Nahant Schools and was a 1971 graduate of Lynn English High School.

Randy was a Registered Nurse. He worked first at the former Lynn Hospital and then at Union Hospital. He was in the second to the last graduating class at Lynn Hospital School of Nursing, he graduated in 1975. Randy was a nurse for 35 years.

Randy enjoyed traveling, camping and hiking. He was a lover of the outdoors and hiked many of the trails in New Hampshire and Maine. He also enjoyed traveling to Nova Scotia. He participated in these actives with his close friends, Lynn Sweezy, Dean and Becky Huston. Randy was an advocate for the betterment of working conditions, employee benefits and job security. He made major strides in the workplace for non union groups.

In addition to his mother, Randy is survived by two brothers, Michael A. Gray of Nahant and John F. Gray, Jr. of Lynn, two nieces , a nephew, his close friends Lynn Seezy of Saugus, Renee Bourgeois of Lynn, Dean and Becky Huston of Amesbury and his childhood friends, Sandy and Ruthie McKay of Halliburton, Nova Scotia. He also leaves his many friends and associates that he worked with at West Ground Floor at Union Hospital.

Service Information: His funeral was held on Sunday, September 13, 2009, at the Nahant Village Church, with Rev. Larry Titus, officiating. He was buried in Greenlawn Cemetery in Nahant. The family prefers donations be made to the Nahant Village Church, 27 Cliff Street, Nahant, MA 01908.

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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 Managment page ande print out a Preparedness Guide.

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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