



Nahant Harbor Review

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

Volume 17 Issue 4

APRIL 2010

2010 State Champion Cheerleading Team



Many congratulations to the Nahant contingent of the 2010 Swampscott High School State Champion Cheerleading Team. From L to R: Freshman Mariah Hanson, Sophomore Colleen Meagher and Junior Leah Towe. Well done, girls!



The Nature of Nahant:
Red Fox Spotted at East Point
Photo submitted by Salle Slagle.

Town Meeting & Election April 24th

The Annual Town Meeting and Election will be held at the Town Hall on Saturday, April 24th, 2010. The polls will be open from 7:00 a.m. to 8:00 p.m. The Town Meeting will start at 12:30 p.m.

A special voter registration will be held on Friday, April 2nd, from 9:00 a.m. to 8:00 p.m., in the Office of the Town Clerk, at the Town Hall.

Nahant Police Department: Changing of the Guard at April 9th NVC Breakfast

Submitted by Marrit Hastings

The April 9th, Friday breakfast, at the Nahant Village Church, will focus on the changing of the guard at the Nahant Police Department. It is an opportunity for the breakfast group to publicly thank retiring Chief William Waters, for his more than thirty years of service in our Town and to welcome and get to know Chief Robert Dwyer, who will assume his new responsibilities on April 1st (Photo at right.).

Breakfast is served at 8:00 a.m., with the presentation taking place from 8:30 to 9:00. The breakfast is free and all are invited. So please join us to honor our Chiefs, while enjoying a hearty breakfast and wonderful camaraderie.

Please note, that because of Good Friday observances, on April 2nd, the April breakfast will be held on the 2nd Friday of the month.

Also, please mark your calendars for the May breakfast that will take place on Friday, the 21st. We've adjusted the breakfast schedule to accommodate a presentation by two colleagues of renowned AIDS scientist and Nahant resident, Dr. Bruce Walker. They will be in the US in late May for collaborative work with Mass General Hospital. Learn first-hand about their work and experiences as staff members of the HIV/AIDS Clinic, in Durban, South Africa, that was established in the late eighties, with Dr. Walker's help.



Nahant Democrats to Collect Food on Town Meeting Day April 24th

Submitted by Jim Walsh

The Nahant Democratic Town Committee will again collect food outside Town Hall, on Town Meeting day, April 24th. Last year, the Nahant Democrats collected more than a ton of food on Town Meeting Day, for distribution at six food pantries in Lynn.

A great many people have been burdened by the economic crisis that unfolded in 2008 and continues. Some have been especially burdened by unemployment, under employment, the collapse of the building industry and a profound fall in the value of homes and real estate investments.

With the leadership of Kathy Lique, Becky Richardson and Emily Potts, our committee has participated with others in food drives, at Stop n Shop in Lynn and Swampscott, Whole Foods in Swampscott and the Market Basket in Salem. It all started, last year, with our first drive at the Nahant Life-Saving Station.

We have been pleased, but not surprised, at the willingness of our friends and neighbors to share canned goods, cereals, peanut butter, pasta and other similar items, so that children and families get basic nutritional needs. We also help people stay in their homes, by reducing expenditures for basic food needs.

We would like to thank our friends and neighbors for pitching in, so that we can all get through this difficult period. (continued on page 4.)



(781) 581-2797

Melissa Gallery, DMD

Seaport Dental

152 Lynnway, 3-C

Lynn, MA 01902

New Patients Welcome

Nahant Residents

CAR SERVICE

24-Hour Taxi Service

From Nahant and surrounding areas,
to Logan and back



24-hours, 7 days/week

Taxi Service
to Logan Airport
Only \$45

with 24-hour notice.

Flat rate to downtown Boston. Corporate
Accounts Welcome. Call for information.

781-284-5300

Supermarket • Hospital / Clinics • Mall
Airport Services • Scheduled Pick-Ups

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

Happy Easter!
Jesmond Nursing
and
Rehabilitation

271 Nahant Road
Nahant, MA 01908

Providing Rehabilitation Services,
Long-Term Care, Respite Care
and Hospice Care.

For information and / or admission,
call: 781-581-0420 • fax: 781-596-0878

Nahant Historical Society Celebrates 35th Anniversary **Working the Waters: the Fishermen of Nahant** **Sunday, April 18th**

To begin this banner year, the Nahant Historical Society cordially invites the public to the Annual Meeting, on Sunday April 18th, at 2:00 p.m., in the Serenity Room of the Nahant Community Center. Nahanters have long fished for food and a better livelihood, from Massachusetts Bay and the Gulf of Maine.

We shall feature an illustrated presentation entitled: "Working the Waters: the Fishermen of Nahant," along with some special participants. Learn how this vital profession evolved here in Nahant, from Native American days, to the 21st century.

This lecture is free and open to the public. Donations are gladly accepted. Since parking is limited at the Community Center, a shuttle van service will be available, from the St. Thomas Aquinas church parking lot, at 248 Nahant Road, between 1:30 to 3:30 p.m. Park your car and take a ride! Light refreshments will be served.

The Society will be offering, for purchase, our new limited-edition mugs, magnets and coasters, decorated with special color views of Nahant. Get your's first, before the crowd does on Town Meeting morning.

Submitted by Bonnie D'Orlando, assistant curator, Tel: 781-581-2727; email: info@nahanthistory.org

Enjoy Three Cups of Tea at the **Nahant Public Library**

Nahant resident, Susan Maguire, who resides at Breezy Hill Terrace, will talk about the culture of eastern Afghanistan and recount humorous stories of her experiences living and teaching there. Susan will also bring exhibits of artifacts, books and clothing.

All are invited to participate on Sunday, April 18th, 2010, at 3:00 p.m., in the Reading Room of the Nahant Public Library. The Library will display its collection of books about Afghanistan. These books will be available for circulation, for those who want to read further.

We will break during the presentation, to take three cups of tea together. Come with a thermos of tea, your favorite teacup and a treat to share. We will provide traditional Afghani sweeteners, hot water and disposable cups, for your enjoyment.

Susan taught English as a Second Language in Afghanistan and Iran, from 1968 to 1974. She speaks Farsi, Dari and Spanish. Currently an educational consultant, for the National Geographic Society, Susan also teaches ESL, at North Shore Community College in Lynn.

This program is sponsored by the Friends of the Nahant Public Library.

Submitted by Daniel deStefano, Library Director, napublib@verizon.net

Big Events in April for the Nahant Woman's Club

April will be a busy month for Woman's Club (NWC) members. The Girls Inc. fundraising luncheon will be held on Thursday, April 15th, at the Danversport Yacht Club. The NWC is an enthusiastic supporter of Girls, Inc., which helps and has helped thousands of underprivileged and at-risk girls in Lynn, to be strong, confident and successful. All members are encouraged to attend. Tickets are \$60 and the good work Girls, Inc. does, makes the price a bargain. Make out a check to Girls, Inc. and give it to Marrit Hastings.

The NWC's Annual Meeting will take place on Tuesday, April 12th, at the Knights of Columbus. Once again, we will celebrate two accomplished, spectacular club members, Nancy Whitman and Mirjana Maksimovic. This delicious, catered luncheon is just \$10. And don't forget that membership dues of \$30, should be paid on, or before, the annual meeting. Send a check payable to the Nahant Woman's Club, to treasurer, Marrit Hastings.

Big Prize at the NWC Scholarship Raffle

Every year, the Nahant Woman's Club awards a \$1,000 scholarship to a college-bound high school graduate, from Nahant. This year, celebrated Nahant artist, Carolyn Jundzilo-Comer, has generously donated a beautiful painting of the Town Wharf, to be raffled off at the club's September event, to benefit the scholarship fund. Tickets are available now until the September drawing, at all NWC events, as well as at Town Meeting. Tickets are just \$5 and can be obtained from any member of the club's executive board. It's a great prize for a great cause.

An Invitation from The Nahant Village Church

Come Celebrate This Holy Season With Your Neighbors and Friends!

All are welcome to come and experience Palm Sunday, on March 28th, at 10:30 a.m. Our Palm Sunday service includes the Children's Procession, with Palm Branches. Everyone will be given a Palm to take home..

Break bread at the Maundy Thursday pot luck supper, on April 1st. Join neighbors and friends at 6:00 p.m., in Swansburg Hall, for supper, after which, the somber Tenebrae Service, a service which includes readings and candles, will be held in the Chapel, at 7:30 p.m.

The Easter Sunday Sunrise Service, will be held on April 4th, at 6:15 a.m. Hearty Nahanters and guests, gather on Nahant Road., overlooking Castle Rock (between 40 Steps and Northeastern). to watch the glory of the sunrise on Easter morn. This year, as the sky brightens and the sun rises, Nahant Bagpiper Chris Whitlock, will greets the Easter morn with bagpipe music (weather permitting). After the brief service, all are welcome to an Easter Breakfast, at the Village Church, in Swansburg Hall.

At 10:30 a.m., come for the Celebration of Easter, which will be held in the Sanctuary. This is a joyous service with superb music, featuring a trumpeter, the Nahant Village Church Choir and the Bell Choir, celebrating the ongoing miracle of faith in our caring community.

The Nahant Village Church is located at 27 Cliff Street, Nahant. For more information, please call the Church Office at 781-581-1202, or check our website at www.nahantvillagechurch.org.

Nahant Garden Club News

The winter is almost behind us and it is time for the Nahant Garden Club to start digging into our activities! It isn't too soon to be thinking about our Spring Plant Sale at the Nahant Life Saving Station, to be held Saturday, May 29th, from 9:00 a.m. to noon. Our Chairman, Linda Jenkins, would like people to start seedlings for donations. Some ideas might be herbs, peas, beans and flower seedlings. When you divide your perennials, please pot some up and donate them to us. Thank you very much.

The Town of Nahant is planning a Community Garden behind the Johnson School. Many organizations and people are getting involved. The Nahant Garden Club representative for this project will be M.L. Cort. She will keep us informed of the plans and the progress. She will let us know when it is time for the NGC to get involved. This is an exciting community project with many beneficial rewards. You will be hearing more!

Our next Garden Club meeting will be April 22nd, at 7:00 p.m., when we will honor our Arbor Day recipient and award winner for the Bacheller Memorial Tray. We also will have an illustrated May Doorway program, presented by Maria Welsh and Mary Ellen Schumann. Think about entering the May Doorway contest, which will be held on Sunday, May 2nd.

The Garden Club Federation for the Northeastern District has cordially invited us to the annual meeting, which will be held in Gloucester, Tuesday, April 27th. Let Edie Hunnewell know if you are interested in going. "Art in Bloom," at the Museum of Fine Arts, is April 24 thru 26th. What could be more fun than to see fine art complimented by a lovely flower arrangement?

Submitted by Edith E. Hunnewell, Nahant Garden Club President

Real Trouble and an Imaginary Animal at the Nahant Public Library

Submitted by Rita Stepanova, Children's Librarian

Nahant Public Library, (781-581-0306), located at 15 Pleasant Street in Nahant, will present two educational and entertaining children's programs in April 2010.

Sheila Duncan, author of Here's Trouble! will read and sign copies of her book. She will be accompanied by the main character of the story, Trouble, the real dog, on Wednesday, April 14th, at 3:30 p.m.

The Art and Poetry Workshop, "Imaginary Animal," with well-known local artist, author and illustrator of popular children's books, Yetti Frenkel, will take place on Thursday, April 22nd, at 3:00 p.m. The duration of the program is two hours.

Nahant Public Library is grateful to the Nahant Cultural Council for funding this program. Children, with parent(s), are welcome. Admission is free.

Open Space Birding Field Trip

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


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

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

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

Please patronize our advertisers.

To advertise in the Nahant Harbor Review, call 781-592-4148, or email [donna @nahant.com](mailto:donna@nahant.com).



QUALITY MODULAR HOMES

Advanced Building Concepts

Joseph Moccia

73 Little Nahant Road
Nahant, Massachusetts 01908

(781) 581-8888 / FAX (781) 581-8800

ADVANCED.BUILDING.CONCEPTS@COMCAST.NET

Wet Today ... Dry Tomorrow!

With Drying, Speed Matters!

Real Dry, Real Fast with New Thermal Energy Drying (Heat) Means Less Damage and is Insurance Approved

Emergency Response • 24 hours
Direct Insurance Billing
• Fire, Smoke & Soot • Puffbacks
• Carpet Upholstery & Rug Cleaning

Dick Fox, Nahant Resident
781-592-0552
Toll Free 1-800-369-4121



CLEANING & RESTORATION

35 Years Family Owned & Operated

Daras Framing

The Keepsake that makes time stand still.

Custom Work at competitive prices.

Kosta Daras
781-599-6897

17 Simmons Road
Nahant, MA

Top Five Reasons to Fill Out the 2010 Census Form

Submitted by Paula Fleming [pfleming@boston.bbb.org]

Every ten years, the US federal government is required to count every man, woman and child in the country. Not surprisingly, the census is a massive undertaking, requiring the work of more than a million people, to accurately count the hundreds of millions of people living in the country. Contrary to the myths, participation in the census is extremely safe and easy and the Better Business Bureau encourages everyone to take a few minutes to fill out their census form, when it arrives in the mail in March.

According to a survey by the Pew Research Center, 12 percent of US residents said they weren't sure if they would fill out their census form and 6 percent said that it was unlikely, or that they definitely would not return the form. The main reason respondents gave for not returning the form, was that they were just too busy, not interested, or uninformed. However, a quarter of respondents said they didn't trust the government.

"Some myths are floating around that are leading people to believe that the census is inconvenient, or unsafe, but the opposite is true," said Paula Fleming, BBB spokesperson. "Not only has the Census Bureau made safety and ease a priority, it's also in the public's best interest to respond to the census, because it will help the individual's voice be heard."

In order to dispel some myths surrounding the census, BBB offers five reasons why everyone should participate:

1. It's safe - By law, the Census Bureau cannot share respondents' answers with anyone, including the IRS, FBI, CIA, INS, or any other government agency. All Census Bureau employees take the oath of nondisclosure and are sworn, for life, to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 and/or imprisonment of up to five years.

2. It's easy - The mail-in census form is only ten questions long and, for many households, won't take longer than ten minutes to answer. If you don't return the form, you'll be visited at your home by a census taker, at least three times. Avoid the hassle and just fill out the form.

3. It allocates money and resources to help you - The information the census collects helps

determine how more than \$400 billion dollars of annual federal funding is spent on infrastructure and services that go to benefit the public, including hospitals, job training centers, schools, bridges and roads.

4. It saves you money - For every 1 percent increase in mail response, the government—and ultimately taxpayers—save \$80 to \$90 million.

5. It helps your voice be heard - Redistricting is the process of changing electoral district and constituency boundaries, usually in response to periodic census results. Census information affects the number of seats your state occupies in the U.S. House of Representatives.

For more advice on filling out your census form and identifying a census employee, visit www.2010census.gov.

About BBB

BBB is an unbiased, non-profit organization that sets and upholds high standards for fair and honest business behavior. Businesses that earn BBB accreditation contractually agree and adhere to the organization's high standards of ethical business behavior. BBB provides objective advice, free business BBB Reliability Reports™ and charity BBB Wise Giving Reports™, and educational information on topics affecting marketplace trust. To further promote trust, BBB also offers complaint and dispute resolution support for consumers and businesses, when there is difference in viewpoints. The first BBB

was founded in 1912. Today, 125 BBBs serve communities across the U.S. and Canada, evaluating and monitoring more than four million local and national businesses and charities. Please visit bbb.org for more information about BBB.

3rd Annual Walk for Respect

Submitted by Lisa Scourtas

Please save the date for The Respect for Human Differences Task Force's, 3rd Annual Walk for Respect, being held on Sunday, May 23rd, in the afternoon (exact time TBD). Beginning at the Nahant Rotary and proceeding to Swampscott's Clarke Elementary School (1A North), let's walk together to promote respect for human differences and respect for all!!

Come and show what a strong message communities can send, with regard to respect and tolerance, when we work together!

For more information, please call Lisa Scourtas, at 617-538-2400.

Out of the Darkness:

Overnight Walk to Benefit Suicide Prevention Research and Education

June 26th through 27th, residents from throughout the northeast and around the country will participate in the Out of the Darkness Overnight Walk, in Boston. The 18-mile walk will begin at sundown and end at sunrise. Proceeds will go to support the American Foundation for Suicide Prevention, which funds research, suicide prevention programs and support for survivors of suicide loss.

Nationally, suicide is a serious health problem that claims a life every 16 minutes. In the northeast, suicide is the third leading cause of death for those ages 15 to 34.

To register, donate, or learn more, visit www.TheOvernight.org, or call 888-The-Overnight.

Submitted by Wylie Tene, American Foundation for Suicide Prevention, 888-333-AFSP ext. 24, or email wtene@afsp.org

Food Collection at Town Meeting

(Continued from page 1.)

As many have noted, we are in an economic crisis, not seen since the Great Depression. It is not over now and won't be for some time. The Great Depression lasted for more than a decade.

Democrats believe that we are all in this together and by mutual assistance, we will all get through this crisis. Jim Malone, a member of our Town Committee, quotes President Roosevelt as saying, "The welfare of each of us is dependent fundamentally on the welfare of all of us." That was the first Roosevelt, Teddy, nominally a Republican.

So, thank you in advance for your help and generosity on Town Meeting Day, Saturday, April 24th, 2010.



TJ Painting & Cleaning Inc

INTERIOR & EXTERIOR

Power Washing • Gutter Cleaning

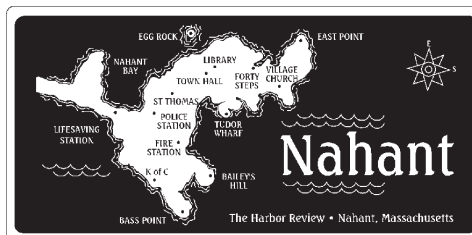
Outside Window Cleaning

Commercial/Residential/Industrial

Rafael (617) 678-3605 • Tony (617) 678-3604

TJPaintingCleaning@hotmail.com

Excellent References • Free Estimates • Fully Insured



Only \$20

Makes a great gift!

Only at Richland Convenience Store, Nahant Road

Nahant Vanity Plate

Nahant Harbor Review Edition

Embossed aluminum for long life.

A lasting memento of our beloved

Nahant. Use on car, or mount in a

license plate frame and hang on wall.

St. Thomas Teens Hunger for Justice

On April 2nd (Good Friday) and April 3rd, teens from St. Thomas in Nahant will join more than 10 other North Shore parishes, to take a stand against hunger and poverty, at both the local and international level. More than two hundred teens are expected to gather at St. Mary's, in Lynn, to help save the lives of hundreds of children around the world, especially earthquake victims in Haiti and Chile. Hunger for Justice is a program that allows young people to make a significant impact on the problem of world hunger. By pledging to go without food, cell phones and the comforts of home, for more than 24 hours, participants not only raise money to help alleviate human suffering, but also gain a limited understanding of how it feels to experience hunger. They will persevere through the twenty-four hours together, keeping busy overnight with prayer experiences, teens sharing their stories, games, music, dancing and reflection.

These committed teens will sleep on the gym floor, in makeshift cardboard huts. Hopefully they will squeeze in some sleep, because the following morning, Holy Saturday, they will participate in myriad service projects, including feeding the homeless on the streets of Boston and working in Lynn-area shelters and social service agencies. Hunger for Justice concludes with teens returning to their home parishes for the Easter Vigil Mass and a party afterward. Teens who have participated in this retreat, in the past, refer to it as one of the best experiences of their lives.

Students from the St. Thomas Aquinas Religious Education Program have been encouraging their fellow teens, at area high schools, to join in this incredible and important experience, for several years. Last year, they raised enough money to fund a water tower in Kenya. One of this year's target beneficiaries is Albert Schweitzer Hospital in Deschepelles, Haiti, where the local population of 300,000 has increased to nearly one-half million people, since the earthquake, as refugees have flooded the area. A local physician, with contacts at the hospital, will ensure all monies are applied directly to relief efforts.

Inspired by Youth Minister Andrea Alberti, St. Thomas Religious Education Coordinator Kathy Marini, and a host of parent volunteers, they have proudly worn shirts bearing the messages, "Got Jesus?" and "He Died For You, Live for Him." Their commitment to the cause of social justice has been infectious, to the point where parishes all over the North Shore are calling and asking to participate in the program. This year, the group has finally outgrown its first home in the St. Thomas Church Hall, where Fr. Terence Curley was a gracious host and supporter for many years. So, the group will move to St. Mary's, where Msgr. Paul Garrity has generously offered space to the teens. Fr. Thomas Rafferty, pastor of both St. Thomas and St. John's parishes, will take an active role in the program, as will Fr. Matthew Williams, a member of the Boston Archdiocesan Office for the New Evangelization of Youth and Young Adults.

WE NEED YOUR HELP. Monetary donations can be sent to St. Thomas Aquinas, 248 Nahant Rd., Nahant, MA 01908. Please note on checks that the donation is for Hunger for Justice.

Photo Caption: St. Thomas teens will trade food, cell phones, and beds for fasting and feeding the hungry Good Friday and Holy Saturday. Photo shows last years' opening prayer service at Short Beach.



Nahant Associates Can Get You Greener!!!

How, you ask, can a Real Estate agency get you greener? It's really simple, start with our wonderful location in the heart of Nahant. You'll never have to drive more than a mile to buy, or sell, your home, saving you not only time and energy, but gas, too! All our resident agents are a mere phone call and mile away and can show your home to potential buyers quickly and easily. In fact, our records prove we can list and sell a home in just one day! How's that for record speed in getting you the money (green) you deserve.

If you're considering selling, or buying, a home here in Nahant, stop in our office and speak with an "Island Agent." Spring C.M.A's are just a phone call and mile away. Our Nahant team is located at Nahant Associates, 169 Nahant Road, 781-581-3644. The good news? You won't have to wait at a traffic light to do it!

Submitted by Linda Jenkins

Fixed-Rate Mortgages as Low as

4.30%*
Annual Percentage Rate

Contact us today.
Call us at 781-599-5600,
download and complete
a Mortgage Application
from our web site at
www.EquitableBank.Com,
visit us at 400 Broadway
in Lynn or 28 Nahant Road
in Nahant, or email to
customerservice@EquitableBank.com



*Based on rate effective March 16, 2010. Rates subject to change without notice.

Member FDIC

Member SIF

Equal Housing Lender

For Better Health



**DANCE! HAVE FUN!
STAY IN SHAPE!
JOIN NOW!**

Children (3 yrs-Teen):
Jazz/Hip Hop • Irish Step
Ballet/Pointe • Creative Dance
Tap • Gymnastics
Creative Modern/ Ballet
**781-599-1476 • sallee@dancedimensions.org
www.dancedimensions.org**

Adults:
Couples Ballroom
Stretch & Tone • Tap
Ballet • Modern Dance
**781-599-1476 • sallee@dancedimensions.org
www.dancedimensions.org**

Wedding Prep • Private Lessons & Personal Training

CENTER OF THOUGHT
Professional Hypnotherapy • Nahant, MA



Call for a Free Consultation:
781-593-4222
www.CenterOfThought.com
Juliette@CenterOfThought.com

Juliette Guidara
Certified Clinical Hypnotherapist
Certified, Complementary Medical Hypnotism
Certified, Removing Imprints
• **Stop Smoking • Lose Weight • and much more •**

Nahant Therapeutic Massage
41 Valley Road • The Nahant Community Center

relax, breathe, feel better

Combining Swedish, deeper tissue/myofascial mobilization, acupressure and other popular massage techniques to create a quality treatment just for you.


SUSAN CADIGAN, LMT, NCTMB
Licensed and Nationally Certified in Therapeutic Massage & Bodywork
617.240.4252
www.nahantmassage.com

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

ARE YOU GETTING PHYSICAL THERAPY?

- Do you see the same therapist each time?
- Does your therapist provide hands-on treatment, or is he/she seeing several patients at one time?

Experience the difference at
North Shore Physical Therapy
For more information, please call:



Marblehead
781-631-8250
Swampscott
781-592-2773
Salem
978-910-0486

Water, Water, Everywhere
By Sallee Slagle, Director, Dance Dimensions [smslagle@thecia.net]

Water everywhere, for days, has made me think about this essential component in our environment and in our bodies. It seems only appropriate, that the World Water Day is March 22nd. Although this day will have passed by the time you read this, the importance of water is everyday and everywhere. Water is the most common substance found on earth. Maybe this is why we don't give this resource the value and respect that it's due. Some of these facts you may know, but I was looking at them again, newly. The Earth's surface is 80% water. Our bodies are about 70% water, with the average adult body composed of about 10 gallons of water. Your lungs are almost 90% water, blood is about 85% water and your brain, 75%. (I am sure we can think of some good jokes around that fact!). So clean, healthy drinking water is vital to our health and well-being. Even bathing, or shower water, too, as the impurities and additives, like chlorine, are absorbed even more directly through our skin.

Water intake is a year round concern. With the dry atmosphere in the winter, we can dehydrate quicker than you think. You lose water without sweating, as you might in the summer humidity. You may not even feel thirsty. Whether it is hot or not, we need to be even more aware of water and fluid intake. We all know the general 8 glasses of 8 ounces a day, but few of us actually do. This is still the generally accepted amount, but you can get water from other sources. Almost every food and drink provides some water. Be aware, though, that soda, coffee and tea, which contain caffeine, can act against hydration as a mild diuretic.

During the day, don't wait till you're thirsty to drink water. Many experts agree that you are already slightly dehydrated when thirst is signaled. Water helps your body metabolize and can help regulate your hunger. Did you know that thirst is often misinterpreted as hunger? Drink on a schedule: Add a glass of water every morning, drink one before each meal and one before bed. Find other ways to include water regularly.

Low energy and fatigue are most commonly caused from dehydration. Instead of going for that mid-afternoon coffee, or soda, try water. If you don't like water, try adding a slice of lemon, or a squirt of lime, even a splash of juice can make it more appealing. It is naturally "No Fat and No Calorie." Water has also been known to reduce joint pain and alleviate, or even prevent, headaches! More research is being done, but having adequate water intake can decrease the risk of colon cancer, bladder cancer and breast cancer, too.

Quality water is also important for all this to be true. Be aware, that your bottled waters may not be any better, or purer, than tap water. Your tap water, filtered, or distilled, and even plain water from the tap, may be better. Tap water is tested and regulated consistently. The Natural Resources Defense Council conducted extensive tests on 103 brands and found that nearly one in five brands contained more bacteria than allowed, under microbiological-purity guidelines and 86% of the plastic bottles are never recycled. So, besides saving money, tap water can be safer and by using (and reusing) your own containers, it is also greener for the environment.

We naturally drink more water after activities, but preparing for activities is also important. Endurance and performance depend on proper hydration before, during and after exercise, activities and sports. To prevent dehydration the American Dietetic Association (ADA) recommends at least drinking 16 ounces of fluids, two hours before and again 15-20 minutes, after exercising. During exercise you should drink more water every 15-20 minutes. Your body sweats, even if you don't see the sweat dripping, don't be fooled, it often evaporates quickly. As you sweat, you loose fluids and minerals like salt and potassium. To replace fluids, water is still best and fastest. Drinks with too much sugar (glucose, sucrose, fructose, etc., more than 3%) are absorbed much slower than plain water, or diluted juices and drinks. So, after exerting yourself in exercise, sports, or just play, drink water first, then have a sports drink, or juice, 15-20 minutes later.

A well-balanced diet and a sufficiently-hydrated body, will continue to perform well. Even in the cooler months, be sure to hydrate. Remember, caffeine and alcohol dehydrate you even more. Drink plenty of water, make it one of your lifestyle choices and enjoy better health.

New Gentle Exercise Class

Beginning Wednesday, April 7th, at 11:00 a.m., a gentle exercise class, sponsored by North Shore Physical Therapy, will focus on stretching, postural strengthening and overall strengthening. This class does not use resistive bands, or weights. It is appropriate for anyone who walks with a cane, or walker. Approximately 75% of the class is sitting exercises and 25% are standing exercises, done with support from the back of the chair. Please call Susan Finigan, PTA, at 781-631-8250, if you have concerns, or questions about participating in this class.

Effective and Efficient

By Susan Cadigan, LMT, CNMT, NCTMB. Nahant Therapeutic Massage

A simple definition of therapeutic massage would be a session designed specifically for the unique needs of the person seeking the freedom from discomfort. Whether it is for alleviating stress and tension from a chronically overloaded, overworked, exhausted mind and body, or for focusing in on remediating pain in the neck and shoulder area, or an imbalance in muscle tissue, that has begun to prevent us from enjoying life without aches or pain, a therapeutic massage has a goal to provide long-lasting relief. Sessions can vary from one to another. More time may be spent on the shoulders in one session and more time on the lower back/hips for the next. The therapeutic approach should involve the therapist's complete awareness and connection to the individual receiving the bodywork. Often, a short review of how you are feeling, what may be bothering you and what activities are affected, takes place to help shape the session. With clear and focused mind, the therapist hones in on areas that seem to be stuck, clenched or knotted up. An experienced therapist will also work outside the area of pain, to assure balance and complete remediation to occur. It is the application of techniques, empathy and awareness that will keep the session comfortable and result in refreshing relief.

The approach, handed down to me, is to be effective and efficient with minimal wasted movement. Reading the response, sensing the changes and being thorough to remedy the pattern of discomfort, is often a joint effort between the person receiving and the therapist. This communication can lead to longer-lasting relief from chronic musculoskeletal discomfort and helps to resolve the problem. Your communication is appreciated and also prevents unnecessary discomfort.

Applying a combination of skills assures effective and long-lasting results. The neuromuscular therapy and myofascial release are like the finest paint. Like an artist's palate, the colors and techniques are simply the colors and techniques. It is the artist-therapist who applies those colors with brush (ability, mind, empathy) to the canvas (you) and blends-creates the picture or outcome. Every body is as unique as is the artist that draws upon experiences, inspirations and skills they have acquired and developed. With intentions to help heal and redeem health and wellness, I give you my best. *Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She holds an advanced diploma in massage therapy, is certified in neuromuscular therapy and myofascial mobilization and has many hours of experience and continuing education. Nahant Therapeutic Massage is located at the Nahant Community Center; 41 Valley Road. Susan can be reached at 617-240-4252. You may also leave a message on the office phone: 781-780-3733. For more information please visit the website, www.nahantmassage.com.*

Q&A by North Shore Physical Therapy

Please feel free to submit questions about musculoskeletal problems to us in writing, to Susan Finigan, c/o North Shore Physical Therapy, 1 Widger Road, Marblehead, MA 01945, or to Donna Hanlon, donna@nahant.com.

Q. My balance seems a bit off lately, especially when I walk, or change direction. How can I improve my balance?

A. A simple balance assessment may be the first step you need to take. See your doctor to discuss your balance concerns. Your doctor will screen you with some simple balance tests, check for any inner ear problems which can cause vertigo and also check your reflexes. If you have not had a recent eye exam, one may be in order. Vision can affect your balance, causing difficulty with depth perception.

Many balance issues may be related to your musculoskeletal system. Your neck has mechanoreceptors to keep your balance. If you have had a neck problem, this could contribute to a balance problem. Your legs and trunk may lack the normal flexibility, range of motion, strength and reaction time to maintain appropriate balance. Exercises for strengthening, range of motion, flexibility and reaction time can be done at home.

You may benefit from coming to the exercise classes at the Marblehead Council on Aging, to work on strengthening and simple balance exercises. There are two classes in particular that may benefit you, on Monday, Thursday at 10:00 a. m. and Wednesday at 10:00 a. m. Both classes offer strengthening and balance activities, with the Wednesday class being more lower level. Aquatic Therapy is a very effective way to work on balance, strength and flexibility. The water is a safe environment in which you can exercise, without the fear of falling. You don't have to get your hair wet when working in the water for balance training.

North Shore Physical Therapy Associates can provide a free balance screen and recommendations on whether you need physical therapy, or just specific exercises to help improve your balance. Please call the office for more details about the free balance screen, at 781-631-8250.

Are You at Risk for Diabetes?

By Gerald F. Joseph, Jr., MD

Nearly 24 million Americans are living with diabetes today. Diabetes develops when insulin—a hormone that helps glucose from digested food nourish cells in the body—is in short supply, or is not functioning properly. In diabetics, unused glucose builds up in the blood stream, to higher than normal levels.

Diabetes is increasingly widespread. While roughly 10% of the population, over the age of 20, has the disease, another 57 million people are thought to be pre-diabetic. Most cases are diagnosed in people over the age of 45, but diabetes can occur at any age.

Type 1 (juvenile-onset) diabetes usually strikes in children and young adults. It develops when the body's immune system destroys the cells in the pancreas that make insulin. Type 1 diabetics use insulin shots, to regulate blood glucose levels.

Type 2 (adult-onset) diabetes accounts for 90% to 95% of diagnosed cases of diabetes. The body becomes resistant to the effects of insulin, forcing the pancreas to produce more, to keep glucose levels normal. When the demand for insulin becomes too great, diabetes develops. Type 2 diabetes can usually be managed through diet, exercise and medications.

Some pregnant women will develop gestational diabetes, in which the hormones of the placenta limit the effectiveness of insulin. This form of diabetes occurs in 2% to 5% of pregnant women and usually subsides after delivery. However, gestational diabetes increases the risk of type 2 diabetes later in life.

Diabetes can lead to severe damage to the liver, nerves and blood vessels; blindness; amputation; birth defects or stillbirth; and thyroid problems. You are at a higher risk for the disease, if you are black, Hispanic, Native American, Asian American, Pacific Islander, overweight, or physically inactive, or have a family, or personal history of diabetes, high blood pressure, low HDL ("good") cholesterol levels, high triglyceride levels, previous abnormal glucose screening results, polycystic ovary syndrome, given birth to a baby weighing more than nine pounds, or a history of gestational diabetes. If you have these risk factors, or experience increased thirst, or urination, constant hunger, blurred vision, extreme fatigue, recurrent infections, or sores that are slow to heal, talk to your doctor.

Women over age 45 should be tested for diabetes every three years, or more, if at high risk. Talk to your doctor about how often you should be tested.

Healthy lifestyle choices can also lower your risk of diabetes. Try to reach and maintain a healthy weight, eat a diet of healthy and low-fat foods and get regular exercise.

For more information, go to www.diabetes.org. *Gerald F. Joseph, Jr., MD, is President of The American College of Obstetricians and Gynecologists.*

Welcome spring with a relaxing massage!

Luis Ortiz, licensed massage therapist

Offering the following services:

Swedish relaxation massage • Deep tissue massage
Hot stone therapy

**Call today and receive 15% off your massage/
Refer a friend and receive 25% off your next visit!**

BY APPOINTMENT ONLY.

Call: 857-891-0257 — E-mail: nahantlmt@gmail.com

GIFT CERTIFICATES ARE AVAILABLE.

Rona Brodsky Memorial Scholarship

A \$500 memorial scholarship was established in the fall of 1997, in honor of Rona Brodsky. “Miss B.” taught first grade at the Johnson School, in Nahant, for almost thirty years. She was deeply respected and loved by all who had the good fortune of knowing her.

The scholarship will be awarded to a member of the High School Graduating Class of 2010, who attended the Johnson Elementary School and now has been accepted to a two- or four-year college, leading to a degree. Applications for this scholarship may be obtained at the Johnson School, or Swampscott High School. Completed applications must be returned to the Johnson School, no later than May 14th, 2010.

Submitted by Dianne Dunion

Nahant Woman’s Club Scholarship

The Nahant Woman’s Club will be awarding its annual \$1,000.00 scholarship to a member of the high school class of 2010, who will be continuing his, or her, education at an accredited two- or four-year college.

Applicants must have graduated from the Johnson School. The award is based on academic record, financial need, community service and extracurricular activities.

Look for more information regarding application and dates, in the May issue of the Harbor Review.

Submitted by PaulEdith@aol.com

K of C Support Youth Soccer

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

Thanks to the Knights for your support.

Submitted by Alexander Eaton
nahantsoccer@gmail.com

Spring Registration

The Johnson School is currently registering students for Kindergarten and Nahant Integrated Preschool.

Students entering Kindergarten must be five years old by September 1st, 2010.

Space is currently available in the Preschool program for all classes. Students must be three years old by September 1st, 2010.

Registration packets are available at the Johnson School. Information is available on the website: www.johnsonschool.org, or please call the Johnson School for more information, at 781-581-1600.

News From the Johnson School

By Diane D. Mulcahy, Principal

March got off to a flying start, with Read Across America. On Tuesday morning, March 2nd, 2010, many members of the Nahant community came to the Johnson School, to help students celebrate Read Across America. This day honors Dr. Seuss’ birthday and inspires children to read. Many schools across the country participate in activities with Dr. Seuss books. This has become a Johnson School tradition. This year’s participants were: Mrs. Mary Brown, Mrs. Chris Katsos, Mrs. Ann Schiffenhaus, Mrs. Kathi Kougias, Mrs. Calantha Sears, Officer Armand Conti, Mr. Kevin Howard, Mr. Mike Manning, Mrs. Peggy Silva, Mr. David Hunt, Ms. Christine Kendall, Mrs. Diane Mulcahy and Mr. Dan deStephano. We thank all the guest readers for giving the students a treat, by sharing their favorite Dr. Seuss book with them and a big thanks to Mrs. Colleen Munnely, for organizing this event.

Spring has sprung at the Johnson School. Students are beginning to go outdoors for recess. The spring rounds of after school-activities have begun. This term we have Knitting, Beginning German, Ball Skills, Tennis, Computers and Memory Book Making and Writing / Illustrating. Approximately ninety-nine students have signed up for spring activities. We are really grateful to Mrs. Diane Dunfee (Ball Skills), Mrs. Gene Hollenbach (Tennis), Mrs. Beebe and Ms. Brown (Picture Me a Story), Ms. Purdin (Memory Book Making), Mrs. Rebecca Flacke (German), and Mrs. Carolyn Osbahr (Computers). We are happy to have such a talented group of adults willing to work with our children.

MCAS tests are scheduled to begin March 22nd, through April 12th. The first session will test Math and English Language Arts. The second session, which will be conducted in the last two weeks in May, will test Social Studies and Science. Students in grades 3-6 have been practicing Open Response questions, as part of their homework assignments all year long. This year, students have been working with an online test prep program, called Study Island, to help practice their skills. We know our students are prepared and ready for this year’s battery of MCAS tests.

The Johnson School Student Council has raised \$2,879.00 for the Haitian Earthquake Relief. The students sponsored Movie Night at the Johnson School and a Teddy Bear raffle fundraiser to earn money for the victims of the recent earthquake in Haiti. Families and Nahant residents were very generous in contributing to the funds and helping the students raise the money, which will be contributed to Oxfam America. The students certainly should be commended for the efforts.

On Tuesday, March 9th, the Johnson School participated in the annual Spelling Bee. Each class had the preliminary rounds in their classrooms and the finalists competed in the Spelling Bee, on Tuesday morning. Parents and friends were invited to join students in the Johnson School cafeteria to watch the exciting final round of this year’s spelling bee. The winner, Gina Hollenbach, will compete in the regional final held in Lynn. Corey Bleau is the alternate. This year’s participants from grades 4-6 were: Corey Bleau, Mark Kamen, Linda DeCicco, Chris Moleti, Ryan Frauenholz, Ariella Nardizzi, Olivia Hartford, Ben Hunt, Matt Luti and Gina Hollenbach. The Lynn Item is the local sponsor of this event.

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

Friday, March 12th, was a lucky day for the Kindergarten students in Ms. Purdin and Mrs. McKenna’s classes. It was the day of the Teddy Bear Float Parade. Each kindergarten student created a special float to carry his or her teddy bears during the parade. Many parents were present along the parade route to cheer on the Kindergarteners.

Nahant Lions Club Education Award for 2010

The Nahant Lions Club will award \$500.00 to a Nahant student, who meets the following criteria: must be a current Nahant resident, graduating from an accredited secondary school, with acceptance to an accredited institution of higher learning.

The award is based on citizenship, scholarship, extracurricular activities and need. Interested applicants should submit a letter, detailing how he, or she, meets the citizenship criteria; a transcript through the third quarter of the senior year and a letter of acceptance from the institution of higher learning that the applicant plans to attend. All documentation must be submitted to: Mr. Mark S. Reenstierna, PO Box 212, Nahant, MA 01908. The deadline is May 23rd, 2010.

Submitted by Alexander Eaton, nahantsoccer@gmail.com

NAHANT CLASSIFIED ADS

**Got something for sale or do you want something?
Reach all Nahant! Put it in the Nahant Classified ads!
1” X 2 COLUMN BOX
Only \$25.00
Send text by email to donna@nahant.com, or drop in
the Harbor Review box, at Equitable Bank in Nahant.**

Honor Roll at St. John’s Prep

St. John’s Preparatory School recently announced the names of students who earned academic honors for the second quarter of the 2009-2010 school year.

Mario Forgione (’11) and Matthew Scalise (’11) were named to the Principal’s List.

Michael Dantona (’10), Derek Osbahr (’13) and William Ross (’12) were named to the Honor Roll.

Students who qualified for the Principal’s List earned grades of B+, or above, in all courses; and students who qualified for the Honor Roll earned grades of B, or above, in all courses.

About St. John’s Prep: Founded in 1907, St. John’s is an independent, Xaverian Brothers sponsored secondary school for young men in grades 9 through 12. With a century-long tradition of excellence in academics, arts and athletics, St. John’s is recognized for a rigorous college preparatory curriculum that emphasizes academic achievement, spiritual development, leadership and commitment to Christian service. Located on a 175-acre campus in Danvers, Massachusetts, St. John’s draws students from more than 90 communities.

Submitted by Denise DeChristoforo, (978) 774-6727, ext. 297, ddechristoforo@stjohnsprep.org

Nahant Garden Club Annual Scholarship 2010

The Nahant Garden Club, once again, is pleased to announce our offer of a \$1,500 academic scholarship to a 2010 high school graduate, who has been accepted to an accredited institution of higher learning.

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

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

Please submit all requirements by May 19th, 2010 to: Maureen H. Ward, 114 Willow Road, Nahant, MA 01908
For more information, please call 781-581-0138.

Swampscott Middle School Q-2 2010 Honor Roll

High Honors: Emma Bartholomew, Emily Fiore, Kenneth Li and Anne Toomajian.

Honor Roll: Charles Arena, Olivia Aswad, Jesse Barbacoff, Rebecca Bruno, Jason Dignan, Dayna Fernald, Brian Fitzpatrick, Melissa Gavin, Matthew Gooding, Kristian Hosker, Miriam Mangold, Daniel Marini, Ian Munnelly, Ratchanon Rittiboon, Ramon Rosa, Joseph Silva, Barry Tevrow and Melanie Wilson.

Congratulations!

Lockdown Meeting

By Jennifer McCarthy

About a month ago, a notice was sent out to the parents of the Johnson School students, letting them know that the PTO was having a meeting and that Officer Conti was going to attend, to speak with parents about the Lockdown procedures that have been put in place at the school and are being practiced with our children.

I will be the first to tell you that I don’t go to many of the meetings at the Johnson School, but I felt that this one was very important. I wanted to know what plan the school and police department have put into action, for the safety of our children. Now, I know it was short notice, I think it was only like two days, but I rearranged a few things and made arrangements for someone to watch my daughter. Being a teacher, myself, in Lynn and having practiced Lockdown drills with my own students in my own school, I was very interested to hear what Nahant had in place.

I got to the meeting early, because I thought that this would be a meeting that many parents would attend and I wanted to be sure to get a seat. Well, let me tell you how many parents actually showed up, that were not on the PTO, only 2. Myself and one other parent! I was shocked. I couldn’t believe that only two parents felt that this was important.

I find it interesting, that parents who can go and “claim” their parking spots at 1:45 p.m., at school dismissal, (a whole half-hour before the kids get out), that they couldn’t find another half-hour in their day to find out what their child will be doing, if a “dangerous” person enters the school.

Officer Conti was terrific. He explained how the police department and the school department are working together, to keep our kids safe and to put the best plan into action. He answered the questions that the two parents had, as well as from the PTO members. It was really a great meeting. I am sorry that so many parents missed it.

I actually learned, that I told my daughter wrong information. I often discuss things with her to help her be prepared. When we talked about lockdown, we talked about what she should do if she is out of the classroom, like in the bathroom. I told her what we tell the children in my school, but it turns out that the Johnson School has a different plan in place for that situation, so I was glad that I could go home and explain it to her, the way it is at her school.

Lockdown is a scary thing for our children and for many parents to think about. Unfortunately, it is a reality in the world we live, so please don’t think, “Oh, we live in Nahant, it will never happen here.” Nahant is not the safe place that many of us make it out to be. The best way for us to keep our kids safe, is to attend these meetings and find out what to do if something like this does happen.

Officer Conti said that he would love to have another meeting for the parents that were not able to attend. If you would be interested in attending the meeting, please send me your contact information, so I can let you know when another meeting will be held. I can be reached through email at edwarthy@hotmail.com

Re-elect Selectman Michael P. Manning

Board of Selectmen — 15 years
Advisory and Finance — 8 years
Capital Planning Committee — 2 years
Personnel Board — 6 years
Town Building Rehab Needs Committee
Building Renovation Committees —
School, Library, Public Safety
Volunteer Firefighter — 10 years
Alternative Energy Committee - 1 year
School Strategic Planning Advisory – 1 year

Registered Professional Engineer
University Professional
Veteran U.S. Navy Officer
An Independent Candidate



Qualified Management for a Neighborly Nahant

To advertise in the Harbor Review, email donna @nahant.com.

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

Update from the Marine Science Center

Submitted by Carole McCauley, [C.McCauley@neu.edu]

Adopt-a-Beach Training Session on April 11th

A number of residents of Nahant have signed up as participants in the new Adopt-a-Beach program. This is an initiative of Salem Sound Coastwatch, with the Nahant team coordinated by the Marine Science Center. The aim of the program is to engage citizens in beach stewardship, through activities such as monitoring shoreline change, identifying invasive species, surveying for pollution problems and developing and implementing action plans, to improve the quality and health of a particular beach. Participants have expressed interest in adopting several beaches in Nahant and a team participated in an initial survey at Tudor Beach, on March 28th.

Anyone interested in learning more, is invited to attend the next training session, which will be held on Sunday, April 11th, from 2:00 to 4:00 p.m., at the Tower School, in Marblehead, located at 75 West Shore Drive.

For more information, please call Carole McCauley, at (781) 581-7370, x321, or email c.mccauley@neu.edu.

Annual Riser Lecture

Please mark your calendar for the 24th Annual Riser Lecture. We are honored to feature Dr. Robert Paine, Professor Emeritus, at the University of Washington, and a prominent and pioneering scientist, considered to be one of the founders of the field of intertidal ecology.

In 1967, Northeastern University acquired the property at East Point and Dr. Nathan “Doc” Riser was appointed the first Director of what was then known as the Marine Science Institute, a position he held until his retirement, in 1985.

After his retirement, Doc Riser continued to conduct his research at the MSC, until his passing. Under Doc Riser’s leadership, the Marine Science Center developed into a globally-recognized center of research and education.

The lecture will begin at 4:30 p.m., followed by a reception and dinner, at the Nahant Country Club. This free lecture is open to the public. To reserve tickets for the reception and dinner, or to be added to the list to be notified of future events, please call the MSC, at 781-581-7370, or email mscinfo@neu.edu.

Sharks and Seals

We recently received a question about a seal, that had washed up on Nahant Beach, in early March. The seal was headless, and the person asked if it were possible if a shark might have been to blame.

Dr. Gwil Jones, of the Marine Science Center, reports that there are five species of seals occupying our waters: harbor, harp, gray, hooded and the bearded, which is very rare. As for sharks, there are 14 species in New England waters, five of which are known to eat marine mammals. These include the great white and tiger sharks, which are not common north of Cape Cod. As recent reports tell us, at least some of ‘our’ white sharks are presently in Florida. The Portuguese shark can be found in deep habitats of the Grand Banks. The Greenland shark is a scavenger and is not very common. That leaves the blue shark, which has been known to scavenge mammalian carrion, but is generally in deeper water, nearer the edge of the continental shelf.

He continues, that if a shark was involved, the probability would be a Blue, simply based on distribution and food habits. However...as for the culprit in the seal’s death, Dr. Jones believes it unlikely that a shark would eat only the head. A predator’s goal is to acquire nourishment, that translates to the body. Even if a shark ate the head, it is likely that it would continue with the body (i.e., muscle). This is not much help in solving the riddle of the cause, but at least lets you know that there are more than a few species of sharks in the vicinity, at least during the warmer months.

When he first heard about the headless seal, Dr. Jones assumed an anthropogenic cause of death. His assumption hasn’t changed.

The Nahant Dory Club News

Although there is still a threat of snow, and about forty days remain until launch day, for boats stored at the wharf, Club members are looking forward to an exciting year of racing and a full calendar of social events. Over the winter, the ad-hoc Racing Committee met several times, to plan the summer racing program. The Committee consists of Commodore Dan McMackin, Rear Commodore Bill Brown, Fleet Captains, John Fulghum, representing the Laser/Optimist Prams, Nick Strange, the Town Class, Bob Cusack, the PHRF Fleet, along with Philip Kersten, representing the Nahant Sailing Program and Jody Graul, the Massachusetts Bay Sailing Association. The Committee finalized the racing schedule for the summer and will inform the members, after the Council approves it.

Family racing will continue on Tuesday nights, with one-design and PHRF boats, including those of the Nahant Sailing Program, racing on Thursday nights and Sunday afternoons. For PHRF sailors, there will be at least one monthly race. The Swampscott Yacht Club will host the fifth annual King of Clubs Regatta. The regatta is scheduled for July 24th, with PHRF boats from Nahant, Swampscott and Lynn competing. The winning team’s club will host the regatta next year. The Dory Club has won it three out of four years, since its inception. The second annual Governor’s Cup will be held Labor Day weekend, with three races, over two days.

This summer, the Dory Club, in conjunction with the Nahant Sailing Program and the US Coast Guard Auxiliary, will be hosting a basic boating course. Nahanters should consider taking the course, as many states, including New Hampshire, require proof that you have completed a boating course, before you may operate a powerboat. In Massachusetts, if you are between the ages of 12 and 15, you must have an adult onboard, to operate a powerboat, unless you have completed a course like this. You may also qualify for a reduction in your insurance, by completing the course.

Since our last report, voyager Sean Davis has reached the Caribbean and has dropped anchor in Boqueron, Puerto Rico. Earlier this winter, Sean assisted NOAA in plotting uncharted coral reefs, by “bumping” over several, while cruising off the Bahamas. Friends have suggested that Sean attach a set of wheels to his keel, so that in the future he rolls over, not through, the reefs.

A rumor circulating around Nahant is that the Graul Family has, after months of negotiations, reduced to three, the number of the potential names for their new toy. The Dory Club Council will report their choice as soon as they make it. There is also an unconfirmed report that a reporter from the National Enquirer was seen hanging around the wharf, checking the blank transom of a certain boat. Enquiring minds want to know.

Anyone interested in purchasing a traditional, twenty-five foot, Cape Dory sailboat, should call (781) 581-1159 for details.

Next month, there will be details about next summer’s racing schedule, especially the family racing and joint efforts with the Nahant sailing Program.

For more information on the Nahant Sailing Program, please call Philip Kersten, (781) 595-4901. Nahanters interested in becoming a member of the Club, may download an application from the Club’s web site: <http://www.doryclub.org/>. Please direct any inquiries about the Club to sail@doryclub.org.

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.

Wind Turbines on Nahant Causeway

By Linda Pivacek

Lately, there has been much interest in the risk to birds and bats from the sixty wind turbines proposed for the Nahant Causeway. Senator McGee wants to learn more about the risks to wildlife and I applaud him for that. In addition, Nahant Selectmen stated in a letter (March 11) to DCR, that they support the recommendations made by Mass. Audubon, which includes avian and bat risk assessments and pre-construction monitoring. The selectmen's letter also states they support a public meeting with the results of the risk assessments before the twenty-year contract is signed. Thank you to the Nahant Selectmen for taking this much-needed step to include Nahanterers in this process.

An earlier letter (March 8), from the DCR, in response to concerned citizens, assured us that there would be a public meeting at which the developers would present their plans for avian and bat risk assessment, monitoring and mitigation. But now I hear that the actual risk assessments and results would come after the twenty-year contract is signed! Does this seem backwards?

After the turbines are built, I suppose, the proposed "mitigation for dead birds" would come into play. What could that be? The actual risk assessments, monitoring and surveying should be done and analyzed before the decision is made for the project to move forward and the contract signed.

In fact, we already have what amounts to an avian risk assessment available. There is a body of data describing the diverse bird life of Nahant, collected by scientists and organizations, which recognizes Nahant's ornithological significance. Some of this data has been reported to DCR. Based on this data, the Nahant Causeway should not be considered for wind turbines.

The Nahant project has raised red flags not just among casual birdwatchers, but with scientists, ornithologists and ecologists, too. The Essex County Ornithological Club and the Nuttall Ornithological Club have strongly spoken against this project because of the likelihood of the high numbers of bird fatalities. Quoting from the letter from Nuttall, in part, "The Nuttall Ornithological Club, which has existed since 1873 as a group of professional and amateur ornithologists, strongly opposes the current proposal for a large number of low-output wind turbines to be sited on the Nahant Causeway. Since the Nahant Reservation is well known in the New England birding community as a location that supports a large number and variety of birds throughout the year, extensive observations have been recorded over the last several decades."

Wind energy is important to us and there are many conscientious and well-sited wind projects with a low risk for bird fatalities. However, even wind's most ardent fans, almost without exception, also say that the big bird kills have been from turbines located in the wrong places (where there was high risk to birds). Sounds reasonable to me! That should eliminate the Nahant Causeway as a location for wind turbines.

It feels good to say we reduced our carbon footprint by putting wind turbines along the causeway. Some say it's justified to kill a few birds; after all, even the birds are hurt by global warming. Yes, global warming hurts the birds. But they didn't cause it. We did. That does not justify putting them in harm's way, in a place that they, through the natural order of things, must depend on for rest, food and safety, while we continue to enjoy our 21st century lifestyle. I think we can personally reduce our individual carbon footprint by making relatively small changes, day-by-day, which, collectively, could possibly amount to more energy saved, than that which would be produced by the wind turbines along the causeway.

Wind energy is a clean energy source: it does not produce carbon dioxide. It also claims to be green: environmentally friendly. However, when wind energy turbines are located in sensitive areas, where there are significant numbers of vulnerable bird species, they are demonstrated bird-killers. In this case, wind energy is clean, but not green.

Summer Artisan Fairs at Refrigerator Door Art

by Carol Hanson

Calling local Artisans and Cottage Industry crafters! Refrigerator Door Art, at 143 Nahant Road, Nahant, will be hosting artisans and crafters each Saturday morning, from April 10th, through the summer. Come down to see what cool one-of-a-kind gifts and hip specialty items and artworks are on sale each week! Jocelyn Almy Testa, local artist and curator of "The Little Gallery Under the Stairs," 25 Exchange St., Lynn, will help coordinate this weekly fair. Table space will be limited, so please call RDA early to reserve space and get vendor details, 781-599-2222 or jocelynalmy@TGLUTS.com.

April School Vacation classes for children, ages 2 - 6, will run from Mon - Fri, from 9:00 a.m. to noon and will feature activities based on the elements Earth, Water, Fire, Air and Space. Projects include creating a woodland structure, using natural materials; adventures in watercolor; crayon melting; using wind to manipulate paint; and creating an outer-space mobile. Classes for students ages 7 - 10 will run from 12:30 to 2:30 p.m. each day and we will explore Fashion on Monday, Papermaking on Tuesday, Clay Faces on Wednesday, Bookmaking on Thursday and Beading on Friday. Teens can sign up for the same classes from 3:00 to 5:00 p.m. each day.

Summer classes begin the week of July 5th and run for 8 weeks, following the same schedule as above. Discounts are available for early registration, multiple classes and siblings. Spring classes are now running and space is available. See our website at www.carolhansonart.com for details.

Adult classes in Painting, Jewelry making, Bookmaking and Stained Glass begin the week of April 12th and run for four weeks. Please call, or e-mail, for details. Children's classes will begin on Monday, March 29th. Call for more information.

Open Mic is a huge hit! Musicians and poets of all ages are coming down to RDA on the first Friday of each month, to get some stage time and impress their friends and families! It is a very friendly atmosphere and refreshments are available, or you can bring your own! There is a small admission fee and the RDA Open Mic is registered with ASCAP.

Refrigerator Door Art is a great place to have a birthday party for any age and the space is available to rent for small gatherings and reunions, Girl's Night Out, or a group play date. Why clean up your place and worry about how to entertain and fit all those guests? Let Carol Hanson do this for you. The newly-renovated studio is very welcoming and funky too! We are very creative and can help plan a very memorable experience.

Mass Theatrica presents Art & Art Song on April 11th at LynnArts

Mass Theatrica presents an innovative, multi-art event! Art and Art Song features the works of local artist, David Chin, through song on Sunday, April 11th, 2010, at 4:00 p.m., at LynnArts, in the Neal Rantoul Vault Theatre, 25 Exchange Street, Lynn, MA.

Art & Art Song is a fusion of scenic, nature-inspired, oil paintings and poetic interpretations of those works, including the works of Mozart, Rossini, Mahler, Schubert, Fauré, Vaughan Williams and more! Performers include Beth Grzegorzewski, Angeliki Theoharis, Meredith Lavine and Thomas Dawkins, accompanied by pianist James Hay. We hope to see you all there!

About the Artist

David Chin (Artist) hails from Providence, RI. He draws much of his artistic inspiration from nature. He specializes in painting landscapes, still lifes and animals. An accomplished trumpet player for many years, he is especially delighted to hear his works interpreted through song.

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

Please patronize our advertisers. If it weren't for them, there would NOT be a Nahant Harbor Review. Thanks!

Let's Green Up Nahant!

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

Nahant Causeway Wind Turbines Submitted by Karen Falat

I was surprised to learn that the Nahant Alternative Energy Committee and the Board of Selectmen expressed strong support for installing wind turbines, as part of the Nahant causeway rebuilding project, specifically supporting the DeerPath Energy application. And that the Department of Conservation and Recreation circulated an RFR for wind turbines, and that proposals have been submitted to DCR and that the submittals are now under review. It is unclear whether more than one proposal was submitted.

And that, to date, there has not been an environmental review conducted, to assess, among other things, the impact of 60 turbines, with wingspans of 13-17 feet, spanning the causeway which divides an important migratory and year-round bird habitat. The Mass Audubon Society recently named this area the "Nahant Bay Important Bird Area."

Furthermore, it may not be recognized that the birds, geese, bats, fly back and forth between Lynn Harbor and Beach at about the height of the proposed sixty wind turbines...which essentially create a wall of turning blades having a 13-17 ft. diameter.

Unfortunately, the artist's rendering of the causeway turbines, appearing on the DeerPath informational literature, misrepresents the size of the blades. The blades are much larger than shown.

I understand that the Board of Selectmen did send a letter, dated March 11th, to the DCR, indicating that not everyone in Town supported the wind project and asked DCR to review the Audubon Society letter of concern, about the impact on bird habitat. The letter asks the DCR to conduct a review and report the "results" to the Town, at a meeting in Nahant. It was requested that a comment period of four weeks be given, before the signing of a contract for the wind alternative!

A cost/benefit assessment, maintenance and safety issues are also important considerations for a project of this magnitude.

SWIM's Kick the Plastic Habit Survival Kit! Submitted by Emily Potts

We've all seen the pictures of the giant garbage gyre in the North Pacific Ocean. This is no small patch. It is the size of Texas times 2 (!) and full of plastic in all stages of deterioration.

Our plastic use kills 100,000 marine mammals and one million sea birds, every year. When eaten by fishes and birds, it fills their stomachs and they think they are full – but they starve to death. Tiny pieces find their way into their organs and cells. It enters the food chain and presto!, it is found in Us, We the People!



Some of the chemicals in the plastics are hormone interrupters and play havoc with our bodies. Too much! And just lately, Woods Hole researchers have found "a garbage patch" of our own in the Atlantic." And it has a bountiful supply of, you guessed it, plastic. (Boston Globe, March 5, 2010).

Sure, plastic is convenient, cheap and did seem like a good thing. But now we can see the damage. Those of us who heard Dr. Charles Moore, of the Algalita Marine Science Foundation, speak at the Northeastern University Marine Science Center, clearly saw the effect that our throw-away society is having on the environment. Plastic is everywhere. You don't have to go to the North Pacific Gyre (first found by Dr. Moore's group in 1997), to see it. There is plastic sloshing around in our harbors, inlets and beaches. (Remember the stacks of it from Nahant's Beach Clean up Day?) Recycle? There's way too much to recycle, if we keep tossing it, at our present rate.

So how about stopping? Remember—there was life before plastic. Our grandparents lived without plastic. How did they do it?

Stop by the SWIM table on April 24th, Town Meeting Day, and check out our Survival Kit, to see some possibilities. It may not be as hard as you think to Kick the Habit. With a little help from the items in our Survival Kit (some old and some new-fangled), you just might be surprised, that life could be so simple, without your plastic.

So take a look, then take a chance. Let's Kick the Plastic Habit and support SWIM.

Having A Graduation Party?



ROLAND L. APPLETON, INC.

Complete Event Rentals

Tents • Tables • Chairs • Linens • Chinaware

(781) 592-5523

www.rlappleton.com

*The Harbor Review
needs new
advertisers!*

*Please refer the
stores you frequent,
or the service
companies you use,
to advertise in the
Nahant Harbor*

*Review,
call 781-592-4148,
or email donna
@nahant.com.*

*We can all help
a little to keep
the little paper
afloat!*

*Help keep the Nahant Harbor Review
afloat...please become a subscriber.*



Coming in April

Quizo trivia every Wednesday night at 8:30
Win great prizes • 1/2 price Apps. • Drink specials
March 27th Rockage—Classic Rock LIVE!
No cover charge.

LYNNWAY SPORTSCENTER
497 Lynnway, Rte 1A, Lynn MA 01905
781-595-5700
www.lynnwaysportscenter.com

Let's Green Up Nahant!

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

Who Speaks for the Birds?

by Polly Bradley, Safer Waters in Massachusetts (SWIM)

Passions are running high on birds and/or wind turbines on the Nahant causeway. As of the Nahant Harbor Review deadline, proposals were being considered for causeway lighting, but they have not been made public. Rumors fly and facts are few.

SWIM recommends: Keep an open mind, but let our elected officials and the Department of Conservation and Recreation (DCR) know about your concerns. Support a “pre-construction avian and bat risk assessment,” followed by “a public meeting at the Nahant Town Hall” and an open “period of about four weeks after this meeting so that they (citizens) can submit additional comments, after the meeting and before you sign a contract, to commit the Commonwealth to construction of a wind alternative,” as requested in a letter to DCR Commissioner Richard Sullivan, Commissioner of the Department of Conservation and Recreation (DCR), dated March 11th, 2010, and signed by Michael P. Manning, Chairman of the Board of Selectmen. This is a step in the right direction.

At the March SWIM meeting, Senator Thomas McGee asked that citizens forward any information they have, which can help in the process of determining whether, or not, wind turbines on the causeway will harm birds. If you know of peer-reviewed, scientific studies related to birds and turbines, please send them to Senator McGee, Representative Steven Walsh, the Nahant Board of Selectmen and the DCR, which will be making the final decision.

Stay alert as the story unfolds. It is essential that the consultants who assess risk be objective, not biased either by the attraction of the elegant new technology, or by preconceptions about the dangers of wind turbines to birds.

SWIM will help keep Nahanters informed as this decision-making process unfolds. Yield from the wind turbines will be small, but we do not want to contribute to the very real danger of climate change and rising sea levels, if we continue to depend on fossil fuels for energy. We also love our feathered residents and visitors. We do not want to contribute to their extinction. An editorial, “Biodiversity Is Our Life,” in the March 5th, 2010, issue of Science, the publication of the American Association for the Advancement of Science, says, “in its Red List of Threatened Species, the International Union for Conservation of Nature documents the extinction risk of 47,677 species: 17,291 are threatened, including “12% of birds, 21% of mammals, 30% of amphibians, 27% of reef-building corals and 35% of conifers and cycads.”



VOTE FOR ROB SCANLAN, NAHANT SELECTMAN

Dear Friends and Neighbors,

I am running for Town of Nahant Board of Selectmen and I ask for your vote on April 24. I began my campaign by listening and learning; meeting with so many homeowners, taxpayers and residents, department heads and town employees to understand internal Town of Nahant operations. I will be fair, open, and responsive to all homeowners, taxpayers, residents and our town employees alike. Now, over the next three years, we will be facing the most uncertain financial times to date here in Nahant. I am committed to preserving services and avoiding lay-offs if at all possible. This will mean tough decisions.

Nahant residents are extremely articulate with a powerful tradition of activism and participation in our town. Together, we can work to keep the things we value about Nahant intact. The next few years are going to be trying for our town and for all of us. I know I will have your continuing support as we face the challenges ahead.

The issues that are central to me are those that are clearly defined in my campaign website and important to every resident of our town. I am hoping that you will join me in keeping cost and carbon footprint low by going to my website www.townofnahant.com to endorse my election as your Town of Nahant Selectman. Even in a frugal campaign, as I have continued to run, reaching voters through out our Town of Nahant comes at a cost. I do not need to ask anyone of you for one dime of your hard-earned money. My sincere thanks again to so many offering to help me financially with my campaign for Town of Nahant Selectman. There will be no fancy lawn signs, bumper stickers; campaign functions or after-election celebration. I only need your trust, your vote and your support. Many thanks to you all and let's all strive hard to command a good voter turnout.

Vote Rob Scanlan



Selectman

www.townofnahant.com

HOME IMPROVEMENT SERVICES



WILSON BROS. CONSTRUCTION
can improve your present home or
build your dream house with
quality work at a fair price.

Your Fine Home Deserves the Best!

581-1359

Fully Licensed and Insured • Mass. H.I.C. #104593

INSURANCE REPLACEMENTS • MIRRORS • TABLE TOPS
GLASS FOR EVERY PURPOSE • SCREEN REPLACEMENT
INSULATED UNITS & REPLACEMENT WINDOWS
GLASS FOR SHOWER AND TUB ENCLOSURES

McCarthy Glass Co., Inc.

AUTO GLASS • STORE FRONT CONSTRUCTION
PLEXIGLASS™ and LEXAN™

752 WESTERN AVE.
W. LYNN, MA 01905

(781) 598-5610
FAX (781) 598-6080

OVER 50 YEARS IN BUSINESS

HIC#152808 • CSL#086453 • EPA Certified RRP Lead-Safe Remodeling



Kitchens & Baths
Decorating
Remodeling
Dormers • Decks
Additions

“ONE CALL DOES IT ALL”

FAX (781) 598-9215 • CELL (781) 888-1111
stephen@galaxycontractors.com • www.galaxycontractors.com

ROOFS • SIDING
KITCHENS • BATHS

FULLY LICENSED
AND INSURED



*Quality Building & Remodeling
Residential & Commercial*

MARIO SPINUCCI
(781) 581-6266 Off.

12 Sunset Road
Nahant, MA 01908
www.msconstructiongc.com

Bruce Tarney Landscaping

Spring Cleanups!

Lawn Maintenance • Plantings • Sod
Stone Walls • Paved Walkways
Masonry Repairs

Now accepting NEW clients. Call,

17-years in Nahant

781-596-1347

H
A
P
P
Y

S
P
R
I
N
G

C
L
E
A
N
I
N
G



**Edward
Poulin**

POULIN ELECTRIC CO. INC.

Stand-by Generator Installation • Electrical Construction
Residential • Industrial • Commercial • Marine
Voice — Cable TV — Computer

Master Electricians
License # A11221

Irving Way, Nahant, MA
Tel/Fax 781-581-1186

J.P. CONSTRUCTION CO.

Serving The North Shore Since 1980

GENERAL CONTRACTOR
Quality Building & Remodeling
Kitchens • Baths • Additions
• Decks • Roofing

LYNN
NAHANT

781-581-7077

LICENSED
& INSURED

MA CONSTRUCTION SUPERVISOR LIC. #049833 • MA HOME IMPROVE. CONTR. REG. #107527

MICHAEL RUSSO, JR.

PLUMBING & HEATING CO., INC.

COMMERCIAL/RESIDENTIAL, FIRE SPRINKLER WORK

“Serving the Nahant community.”

www.michaelrussoplumbing.com

TELEPHONE (781) 595-2732 • FAX (781) 596-2330

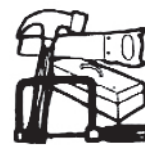
MICHAEL RUSSO, JR.
PRESIDENT

MASTER PLUMBER LIC. #8027
MASTER PIPE FITTER #24479
SPRINKLER CONT. LIC. #4462

HANDYMAN

“No Job Too Small”

Steve Lerman



Nahant, MA
781-592-3223

Harmony Tile Company

Doing business for 25 years.

Floors • Walls
Tub Enclosures • Backsplashes
Repairs • Regrouting

Les Tarmy
(781) 596-7100

Insured • Free Estimates
All work guaranteed.

Lead Safe Remodeling, EPA Guidelines

There's a new regulation going into effect on April 22nd, 2010, that will effect all home improvement contractors and companies. All home improvement contractors, including plumbers, electricians and painters, are required to practice lead dust containment while working in homes built prior to 1978. The EPA rule is designed to protect homeowners from lead dust exposure, while home improvement services are being performed.

If your home was built before 1978, you have to assume that lead paint is present, unless your home has been tested. Lead paint was commonly used in residential homes prior to 1978, on all interior and exterior surfaces, especially window frames and sashes. When the paint is disturbed during renovation, repair or painting, lead dust can become air-borne and create a toxic hazard for homeowners, workers and pets.

This is not a lead remediation issue; the new EPA guidelines address lead dust containment procedures to be used while all types of home improvement services are being performed. This is a good rule, but it is only a good rule, if enforced properly.

Check out the link to the new EPA regulations on my web site:
www.galaxycontractors.com. Go to the "About Us" page and find the link under Safety. Be Safe.

Submitted by Stephen Kasper, Galaxy Contracting Inc., www.galaxycontractors.com



LACC Ribbon Cutting - MailBoxes & Much More

The Lynn Area Chamber of Commerce Ambassador Committee recently held a ribbon-cutting, to welcome MailBoxes & Much More to the organization. Lynn Mayor Judy Flanagan-Kennedy, family and friends and Elvis were in attendance to celebrate the grand opening!

"This has been a life-long dream and will be a family-owned business," said Swampscott resident and store owner, Bill Travasco, who had a laundry list of supporters to thank. "This store has been our life's work and we are so proud to have made our home in Lynn. We offer FedEx and UPS and I know we will provide quality service and product to the community, for all their shipping and business service needs."

Located at 51 Market Street, Mailboxes & Much More specialize in shipping, packing, signs and banners and serves as a copy center. Other services include faxing, balloons, gift bags, gift wrapping, greeting cards, office supplies, moving supplies, lettering, bulk mailing, mailbox rentals, computer rentals and much more.

For more information, please call the store, at 781-477-0992, or visit their website at www.mailboxesandmuchmore.com

The Lynn Area Chamber of Commerce, serving the business communities of Lynn, Lynnfield, Nahant and Swampscott, is committed to developing and fostering a dynamic business environment, by serving, protecting and promoting its members, through valuable resources, government representation, marketing and networking opportunities.

For more information about the programs, services and membership, call the Lynn Area Chamber of Commerce at 781-592-2900, or go to www.LynnAreaChamber.com.

Submitted by JoAnn Powers [joann@lynnareachamber.com]



N a h a n t Truly Treasure Island

For you islanders who have, or have not, seen "SHUTTER ISLAND," it is NOT a movie about a Tudor family reunion. Our staff at the Tudor Cocktail Ice Co. has tried to play down the "slight eccentricities" our family has displayed in town over the past 200 years.

That being said, this month marks the 50th anniversary when our sister, the provocative Ophelia Payne Tudor conquered that Caribbean black market pirate Fernando Sanchez A.K.A. "The Nando" (see Ice Shavings Column dated June 2007)...oh, I'm soooooo sure you kept it.

To refresh your memory, our Martinique-bound cocktail ice schooners were constantly being hijacked by "The Nando" and its cargo sold on the Caribbean black market. Having quite enough, our sister boarded the next schooner, armed only with a barrel of dad's homemade hard cider and a few of her intimate ensembles, what Ophelia fondly refers to as her power suits.

In just one week, sis turned that shark of a pirate "The Nando" into a jellyfish. Not only did she halt the thefts, but she was given a choice of one of nine pirate ships from his proud armada.

They all looked alike to the lovely Ophelia, so she went for a name that hit her. When she saw it, it was a no brainer, a Jolly Roger with the words emblazoned "ISLAND BOYZ - NAHANT."

In commemoration of the event, we be sellin' ISLAND BOYZ - NAHANT pirate stuff and other very fun Nahant summah wear at the Annual Town Meeting, Saturday, April 24th. All proceeds will go the Mitchell's Cahnah block party fund.

As we Nahanter's all know, one of the world's best kept secrets that the little rock we call home is "TRULY TREASURE ISLAND."

Spring is here with summah right behind and Nahant's treasure chests are being opened all over town.

The DPW has done a great job this past winter and has already started beach, park and street cleaning. Before you know it the Memorial Day Parade honoring our fallen war heroes will pass by our flag draped homes and streets ushering in another summah in paradise. Moms, dads and children will gather at the Flash Road Playground and speak of winter past and possibly a grand introduction to all of any newborn baby islanders. One new island boy is Atticus Brace Krauter, born March 1st. He'll be joining his two big bro's Caden and Cole for many an island adventure.

Speaking of our treasure island adventures, let's not forget our 4th of July fireworks, our Battle of the Beaches, our sailing program events, or the little league and soccer programs plus endless numbers of spontaneous house and beach parties all ending with a bang, the Labor Day Mitchell's Cahnah Block Party.

STRAP YOURSELVES IN AND HANG ON ISLANDERS, THE RIDE'S ABOUT TO START !!!

Submitted by Duddie Tudor, Columnist and Cocktail Ice Delivery Boy



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



Useless Information...By Ray Barron

Nahant's April Birthday Babies

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

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

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

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

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

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

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

April 7: Neil Callahan, Carolyn Croft, Joseph Dantona, David Krauter, Thomas Letarte, Mikaela Musman and film director, Francis Ford Coppola.

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

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

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

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

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

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

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

April 15: Ryan Erminelli, Amy Famulari, David Lass, David Liscio, Lynn McKnight, Robert Morse and Clara Tyler. On this day, in 1912, the passen-

ger liner "Titanic" sank after colliding with an iceberg on its first voyage.

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

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

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

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

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

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

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

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

April 24: Carl Jenkins, Angeliki Kourkoulis, Jake Lemle, Joseph Moccia, Sarah Dion O'Brien, Joy Pechinsky-Spinelli and Lovely Allison Twiss-O'Neill.

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

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

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

April 28: Sofia Calloggero, Maral Gunduz, Lovely Wendy Hayes, Phillip Hitch, Richard Kane, Karen Kautz, Brian Keohan, Kavita Kumari, Marie McDuff and Lorraine O'Keefe.

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

April 30: Arianna Billias, Virginia Carlson, Emory DeCastro, Alisa DeDominicis, Robert Doyle, Yvonne Donovan, Liam Dunfee, Veronica Hill, Michelle Kirkman, Kathryn Kougias, Linda Lehman, Thomas McBryde-Marshall, Miranda Nocera, Luis Pagan, Jeffrey Pelley, Mark Pillsbury, Irene Polnicki, Paula Sammarco, Effie Schmidt, Patricia Silva, Isabelle Skabeikis and Jennifer Trentschi.

Less we forget, on this day in 1789, George Washington became the first president of the US. Yes, on April 30!

Want your birthday on the list? Send an email to donna@nahant.com.

MCCPS 4th Graders and Pennies for Peace

Recently, Marblehead Community Charter Public School (MCCPS), students and faculty, read the young reader's version of Three Cups of Tea, by Greg Mortenson. This book details Mortenson's journey from his failed attempt to summit K2, the world's second highest mountain, to becoming a philanthropist and humanitarian, committed to building schools and providing education to rural communities, in remote regions of Pakistan and Afghanistan. Much of Mortenson's work is funded by school children, through the Pennies for Peace program – "A penny in the United States is virtually worthless, but overseas a penny buys a pencil and opens the door to literacy."

Having read and discussed the book, fourth-grade students at MCCPS participated in a Penny Carnival, where there were over nine stations, with twenty volunteers, from the upper grades. This activity, along with Hat Day, raised over \$140 for Pennies for Peace.

A special thank you to Marblehead Savings Bank, for letting us use their coin counter, free of charge and cutting the check to Pennies for Peace.

Submitted by Kay O'Dwyer [kodwyer@marbleheadcharter.com]

Nahant Real Estate News

Real Estate News Update

Submitted by Caroline Gardiner-O'Connor



REALTOR® Study Reports that over half of the homes purchased in Massachusetts in 2009 were made by first-time home buyers. This is up five percent from 2008. The data is from the 2009 Massachusetts Profile of Home Buyers & Sellers, compiled by the National Association of Realtors® (NAR), on behalf of the Massachusetts Association of REALTORS® (MAR).

"The study echoed what many members had been hearing from their clients that the combination of more affordable prices, historically-low interest rates and the availability of the first-time home buyer tax credit all worked together to get first-time home buyers back into the market," said 2010 MAR President Kevin Sears, a broker/co-owner of Sears Real Estate in Springfield. "At the same time, because it was a buyer's market in 2009, the study found that over 90 percent of home sellers chose to work with a real estate broker to help sell the home."

Despite stricter lending requirements in 2009, 90 percent of buyers still financed their home purchase (94 percent of first-time buyers compared to 84 percent of repeat buyers).

Savings was the chief source of the downpayment for 76 percent of first-time buyers with 48 percent of repeat buyers using proceeds from the sale of their primary residence.

Fifty-four percent of all buyers believe that their home purchase was a better financial investment than stocks (compared to 47 percent in 2008); with an additional 29 percent of buyers feeling their home purchase was at least as good an investment as stocks.

Did You Know? A study conducted by the Federal Reserve revealed that the average homeowner's net worth is 46 times the net worth of the average renter (\$171,700 vs. \$4,800). According to the U.S. Department of Housing and Urban Development HUD, 60% of a homeowner's wealth is from the equity they have built in their primary residence.

Important Information You Should Know: We should always be concerned about encroachments: Whether the seller's use for a garden, of those five square feet of the neighbor's property, is a problem? Can we expect that the neighbor will continue to permit it? It is a problem and we cannot expect the permissive user to continue.

The Seller must establish the following: The use was visible, open and notorious (i.e. that the neighbor knows about it); there was never expressed permission; and the use was continuous for at least five years. If the seller cannot establish these elements, the use may continue an encroachment over the boundary line and a trespass.

Never assume that a neighbor will continue to allow the encroachment. Unless a prescriptive easement is legally confirmed and recorded, the neighbor could always file a complaint, force the buyer to remove the encroachment and bar the buyer from crossing the actual boundary line. In any event, once the issue is raised, the parties must consult counsel and resolve it before the close of escrow.

Seize This Opportunity!

Submitted by Lisa Scourtas



Little time remains for you to take advantage of the Federal Home Buyer Tax Credit. Along with high affordability and low mortgage rates, tax incentives make now, a great time for first-time and repeat buyers, to purchase real estate. It also presents a good opportunity for sellers. Now is the time to make sure your home appeals to motivated buyers.

First-Time Buyers: If you have not owned a home in the last three years, you may be eligible for a tax credit of 10% of the purchase price of your first home, up to \$8,000.

Repeat Buyers: The tax credit program has some additional incentives for those who purchase another home. You may be eligible for a tax credit of up to \$6,500, if you have owned and occupied your current residence for five consecutive years, during the last eight years.

Other Eligibility Requirements: There are limits on the highest income you can earn and still be able to qualify for the full amount of the tax credit. Single tax filers, who earn up to \$125,000, are eligible for the total credit amount. Those who earn more than this, but less than \$145,000, can receive a partial credit. Joint filers who earn up to \$225,000, are eligible for the total credit amount. Those who earn more than this cap, but less than \$245,000, can also receive a partial credit. Qualifying buyers may receive the tax credit for properties with a maximum purchase price of \$800,000.

To qualify for either of these tax credits, you need to act now! All contracts need to be in effect no later than April 30th, and close no later than June 30th, 2010.

In the past, several initiatives originated by the Federal Reserve, have been successful in promoting market stability, by broadening access to home financing, for current and prospective homeowners. In September 2008, the US Treasury launched a program to begin purchasing government-sponsored enterprise mortgage-backed securities, to reduce pressures on mortgage rates. Since then, buying these securities has helped to push up the price and drive down the effective interest rate.

However, economic indicators are now telling us that the cost to borrow funds may increase in the near future. The Federal Reserve is on track to stop purchasing mortgage-backed securities, which some experts believe will drive interest rates up. It is predicted, that rates will rise even further, as these securities are sold. These factors, along with projections of inflation, signal that we may see interest rate hikes soon.

For more information, or answers to questions of how this will affect your property's marketability, or your buying power, call me anytime.

Your Neighbor and Real Estate Expert, Lisa Scourtas, 617-538-2400, shesellsseashore@verizon.net

Sixth Grade Students Celebrate Pi Day

Marblehead Community Charter Public School celebrated Pi Day, on Friday, March 12th. Students enjoyed eating a variety of pies and then participated in a pi competition, where they recited as many digits of the number pi, as they could. The winner, Fiachra Daly, recited a total of seventy-six digits.

Pi, a Greek letter, is the symbol for the ratio of the circumference of a circle to its diameter. Pi Day is celebrated by math enthusiasts around the world, on March 14th. (Pi = 3.1415926535) FMI, visit <http://www.piday.org/>

Photo at left: Students who participated in the pi competition. Left to Right. Audrey Buczko, Greg Arustamyan, Adam Linsky, Fiachra Daly, Brett Cooper, Rachel Brailovskiya, Sammi Murray, George Furlong, Corinne Cook, Josh Lederman, Miranda Nocera, Emma Wright and Lydia Antrim.



Arts and Entertainment

Memories of Nahant

My story begins in the year of 1961 when my parents relocated to Nahant, Mass. I was 8 years old and my brother Anthony was 13. We settled into a big colonial house on Nahant Road, down near the Library. My parents were in the restaurant business and busy at work while my brother and I went to school. I remember attending the J. T. Wilson School and later, the Valley Road School.

I remember very well, the day President Kennedy was shot. I was at the Valley Road School. I remember how the teacher was crying and explained to us to go straight home. I ran up the hill on that gloomy autumn day and was happy to get home. I was 10, but I knew, somehow, that things were never to be the same again.

That summer of '63, my father opened a pizza shop at the corner of Spring Road. It became a hot spot for my brother and the rest of the Nahant teenagers. The smell of the sea air, pizza, fried clams and cigarettes were all around town that summer. Oh how badly I wanted to be a teenager, but I was just the little sister, who had a small enough hand to steal cigarettes out of the machine for everyone. Playing on the radio that summer was Gene Pitney, crying his eyes out, singing "Town Without Pity." Also that summer, the Crystals were singing "Then He Kissed Me" and of course, "Louie, Louie" by the Kingsmen! Then the circus came to town with all its fun rides and pink cotton candy and red candy apples...what a magical summer it was!

I admit I was a bit of a rebel kid. Any policeman that was on the force would remember me, for my running away from school and hiding. Many a time they would have to get my brother out of Nahant Junior High, to let them inside our house to find me, but Anthony was cool and always told them that I was not there. What a great brother! Later we moved on to Marblehead, where I came into adulthood. My parents opened up a restaurant and we became icons of that town, with our delicious pizza and Italian food.

In 1986, we moved to Boca Raton Florida and since then my parents have retired.

My brother passed away in 2007, from lung cancer. We still have his trophies, that he won from the July 4th dances at the Nahant Town Hall.

Every summer, I take a trip up to Nahant and ride around and feel all those magical, wonderful memories, that only the heart can feel. In my mind, I go back to those days. I feel so lucky that Nahant is a part of my past, but will always be with me in spirit.

Submitted by Francine Litrio.



...why I'll show dem' Nahanskers who's da best bloke for Seleksman meself...

Paid for by Rob Scanlan for Selectman



THE RED HAT LADIES

"When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter."

By poem "Warning" of Jenny Joseph

So, the 21st century began
With a framed "Warning" poem and a red hat
That American ladies sent to each other
As a "birthday gift" – decorating ideas
Which triumphantly and enthusiastically
Led to the birth of "Red Hat Society"
Spreading later to all corners of the globe.

Wearing the purple outfit and red hat
They are hot.
Greeting middle-age and up to 100
No rules—no ills—no pills
Only Fun!

I met the vibrant Margaret Brown—a kind lady—
"The Queen Mother" of her
"Red Hat Social Club" somewhere in New England.
Dressed in red jackets and red hats,
The same color as her female compatriots.
They put a red hat on my head
And holding each other's hands we sang "America The Beautiful."
Their idea of love, life and changing time—A philosophy
for trips, restaurants, plays—dancing, singing, playacting,
laughing, ballgames:
"I don't care if I never get back!"

There are illnesses and deaths
In the Universe,
But there are no thoughts of these things
Under a Red Hat.

Every Valentine's Day, Mrs. Brown's ladies visit an indoor garden
"The Butterfly Place"—Westford, MA,
Hundreds of free-flying butterflies
Descend over the ribbons, flowers and roses of their Red Hats
Inspiring them

How to fly
One after another
As angels
Into Paradise.

by ROZI THEOHARI

Arts and Entertainment

Ahoy, Nahanters! The first subscription drive for 2010 began in February. I am most grateful to those who renewed early and added a little extra, as well as all the notes of encouragement. The names below, A thru H, have been updated, as of March 15th. Due to space limitations, the rest of the names, I thru Z, will be published in the May issue.

“Many thanks!” to everyone who took the time to send a check to renew their subscription for 2010. The date after the name reflects the subscription expiration date, based on the most recent subscription payment. If there is an error, or omission, please email donna@nahant.com and it will be corrected.

For those who have yet to renew, please save the 2010 subscription envelope, that was enclosed in a previous issue to use when you want to renew. You can mail your subscription, OR better yet, SAVE a stamp. Drop the envelope in the Harbor Review box, on the Teller's counter, inside the Nahant Equitable Cooperative Bank. Thanks, again, for continuing to support your community newspaper.

And now, the SUBSCRIBERS...

Patricia Adolph (8/11), Robert & Christine Alexander (2/11), Jerry Alimenti (8/11), Margaret Antrim (9/10), Lisa Arena (1/11), Patricia Aswad (8/11), Suzanne & Richard Bailey (9/11), Joseph J. Balsama (10/11), Jeanne Baranek-Olmstead (2/11), Nathan & Lisa Bell (9/10), John A Benson Family (1/11), Elizabeth & Daniel Berman (2/11), Joseph M Bertorelli (1/11), Ken Bibber (1/11), Penny T. Billias (4/11), Christopher Black (3/11), C & P Bolthrunis (5/11), Doris Bongiorno (2/11), June M. Borys (6/11), Cynthia Bradley-Young (4/10), Scott Bradley (4/10), Polly & Larry Bradley (4/10), Randolph Bradley (4/10), David & Anne Bromer (8/10), Norma Brooks (10/10), Joanne Bryanos (8/10), Judith Bryant (1/11), Jeannie Buckley (9/10), John J. Buckley (8/10), Kathy Burns & John Condon (2/11),

James & Susan Caccivio (7/10), Paul & Elaine Caira (8/11), Barbara Cant & Henry Dunn (8/10), Nancy Cantelmo & Mike Rauworth (6/10), Victor & Marion Capano (7/10), Kenneth Carangelo (7/12), Joseph & June Carmody (2/11), David & Katherine Carter (8/10), Rev. John P Casey (3/11), Frances Casey (1/12), Jim & Debbie Cashman (2/11), Muriel Castronova (2/11), Malcolm Chamberlain (2/12), Linda Christoforidis (2/11), Helen Clements (2/11), Thomas & Patricia Clements (2/11), Arthur Collins (7/10), Judith A. Conn (2/12), Kim & Mark Conway (2/11), Bob & Carmella Cormier (1/11), Alice Cort & Dr. Bruce Walker (2/11), Helen Cort (2/11), Rev. Robert B. Costello (2/11), Tom & Cindy Costin (7/10), Suzanne Cox (2/11), Claire Crane (1/11), William & Carol Crawford (4/11), Robert & Mary Jane Cusack (11/10), Kathleen Cutting (1/11),

Barbara D'Amico (2/11), Joe & Jan Dantona (2/11), Charles Dean (8/10), Frank & Jo Ann DeIulis (7/10), Bob & Pat DelCastillo (8/10), Inge DeLuca (7/11), Roger & Diana DeMinico (2/11), Patricia Demit (2/11), Susan DePaolo (2/11), Jean DeSilvestri (2/11), David & Elizabeth Desmond (8/11), Dan & Robin deStefano (2/11), Thomas & Carol Doherty (11/10), Robert & Cindy Donahue (8/11), E. Thom & Mary Donahue (2/11), Yvonne Donovan, (9/10), Robert & Lorraine Doran (2/11), Mark & Michelle Dougherty (2/11), Anna Dragon (2/11), H. Dunn Family (8/10),

Maureen Edison (2/11), Julia Elassaad (12/10), Mary Jane English (11/10), Lollie Ennis (2/11), Jacob & Laura Erlich (6/10), Kristina Etter (8/10), Chris Eveleigh (4/10), Linda Eveleigh (4/10), Douglas & Linda Eveleigh (4/10), Constantine & Mary Evos (2/11),

Karen Falat (11/10), Kathryn Famulari (11/10), David Fitzpatrick (2-11), David & Janet Flaherty (2/11), Michael & Jamie Flynn (1/11), Beth Foley (8/10), Katee Foley (8/10), Neil & Ellie Foley (8/10), Sean Foley (8/10), Karl & Nancy Forsell (11/10), William Forster (10/10), Peter & Elisabeth Foukal (4/10), Carolyn Fowle (2/12), Kevin Freeman (2/11), Joanne Fucile (1/10), John R. Fulghum (10/11), Susan Fulghum (2/11),

Sharilyn Gasparrelli (7/12), Russell C. & Joyce Gaudet (7/12), Marcia Gaudet (8/10), Kenneth L. Gavin (7/10), Brenda Gaynor (9/11), Michael Georges (6/10), John & Nora Gergely (2/12), Ron & Jean Gerstenhaber (4/11), Jonathan Gilman & Octavia Randolph (8/11), Yanni & Maria Glavas (2/11), Michael Golding (?/10), Estelle Goodell (10/10), Betty Gooding (2/11), Michael Goyetche (7/10), Adolph Graciale (3/10), Michael Gray (2/10), Charlotte Grimm (9/10), Lucy Grimm (9/10), Sara Grimm (9/10), Meral Gunduz (2/11),

Linda Hall (2/11), George & Alice Hall (2/11), Jeff & Jan Hall (7/10), Peg & Henry Hanagan (2/11), Cal & Marrit Hastings (2/12), Laurence Heidebrecht (?/10), Susan Hendrickson (2/11), Robert Herne (7/10), Pat Hickey (3/11), Lea & Mal Hill (8/10), Don & Barbara Hodges (7/10), Shirley Hoffman (12/10), T. Rose Holdcraft (2/11), Laura Hollingsworth (2/11), Al & Patricia Hosker (2/11), Jim & Jean Hosker (1/10), James & Janice Hubbard (12/10), Francis Hudson Family (2/11), H. Hollis Hunnewell (2/11),

Thanks again for your support. Next month, the rest of the subscribers, I thru Z, will be published.

Spring is Here!

If your birdfeeding area is messy, we can offer seed out of the hull, such as sunflower chips, or a



blend of hull-less seeds, such as Wild Birds Unlimited No-Mess Blend. Hulled foods leave much less mess and debris below feeders and are well-suited for use around patios and decks.

Read more about the colorful spring Robin. Visit www.wbu.com/education/robins.html

Wild Birds Unlimited

Center St. Village, Rte 1 S 'tween Rtes 62 & 114
Danvers, MA • (978) 774-9819 • www.wbu.com
Open 7 Days: Mon-Sat: 10-6 • Sun: Noon-4

Wild Birds Unlimited

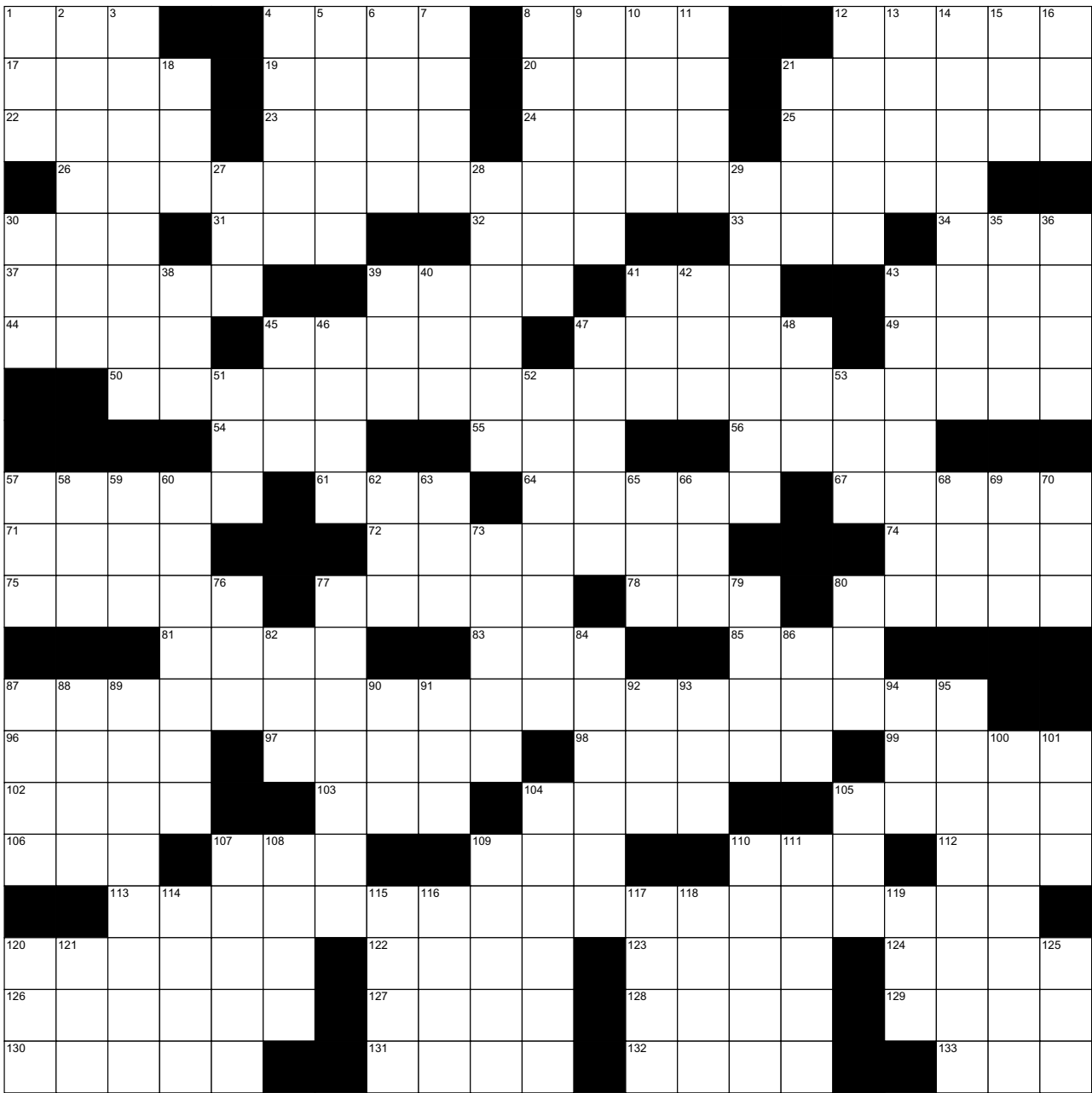


NAHANT PUZZLE PAGE

Not Just an April Fool
by Rick Kennedy

ACROSS

- 1 Past
4 Winged
8 One of the 3 B's
12 Prepare to propose
17 Fool
19 Fair attraction
20 Out of kilter
21 Some swimwear
22 Aware of
23 Sign
24 Mutual fund fee
25 Covered, in a way
26 Start of a Plato quote
30 Hasty escape
31 Congressional vote
32 Caviar
33 Belt
34 Race, as an engine
37 Tale of Troy
39 Diplomacy
41 Pair
43 Street performer
44 Fewer
45 ____ Day (April 22)
47 Entrances
49 Section
50 Part 2 of quote
54 Sign of summer
55 Bashful
56 Advance
57 Rope fiber
61 Mouth, slangily
64 Cream of the crop
67 Checked out
71 Mesopotamia, today
72 Like the Wild West
74 Uh-uh
75 The appendix extends from it
77 Italian herb
78 Antonym: Abbr.
80 Decoration
81 Hawkeye's home
83 Crony
85 Nero, e.g.: Abbr.
87 Part 3 of quote
96 Healing plant
97 Layers
98 Sacred song
99 Comics cries
102 Urge (on)
103 Cutting tool
104 Part of AARP: Abbr.
105 Deadly snake
106 Popular
107 Spots
109 Compass pt.
110 Summit
112 Genetic letters
113 End of quote
120 Basket material
122 El ____
123 Willard ____



DOWN

- Romney
124 Shots for sots
126 Like 118 Down
127 Tied
128 Land unit
129 Heal
130 Honeydew, e.g.
131 Surrender
132 Approach
133 African antelope
- 1 Hoopla
2 Boat part
3 Positive one
4 Fragrance
5 British salt
6 Gulf of ____, modern pirates' realm
7 Flat rate?
8 Something that is cast
9 Came to
10 Grouch
11 London's ____ Park
12 Hot dog topping
13 Loony
14 Keying in
15 Manage, with "out"
16 "Acid"
18 Dawn goddess
21 Spicy cuisine
27 Goal
28 Foot parts
29 Gleeeful laugh
30 Rap's ____ Wayne
- 35 Radiate
36 Bill killer
38 Hard wood
39 ____ la la
40 Off-roader, for short
41 Cat on the prowl
42 Misery
43 Ordinary
45 Needle part
46 Sailor's greeting
47 Holmes's creator
48 That girl
51 Wing
52 Defeat soundly
53 Business abbr.
57 Attack signal
58 Anger
59 Pouch
60 Freshwater source
62 In the style of
63 Faux ____
65 Equal: Prefix
66 Cooking meas.
68 Turf
69 Gov. agency
70 First State: Abbr.
- 73 Erases
76 Low
77 Stabilizing weight
79 Zest
80 Radar reading: Abbr.
82 Doo-____
84 Failures
86 "Lou Grant" production co.
87 Window part
88 Purina brand
89 Juvenile
90 ____-pack
91 One using a comb
92 Ship initials
93 __ Francisco
94 Always, poetically
95 Pining
100 Top dog
101 RR stop
104 "Do I have a volunteer?"
105 Speedometer reading: Abbr.
107 Bird-related
108 Give a hand
- 109 Alleviated
110 Aquarium fish
111 Riverbank romper
114 Big do
115 Fuel grp.
116 Goalie's feat
117 Yemen neighbor
118 Computer attachments
119 Pen stuff
120 Tach reading, for short
121 Pub pour
125 VW front?

March Madness
By Rick Kennedy

Last month’s winners were Joe and Judi Moccia. They will share a free “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.

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

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.

To advertise in this paper, email donna @nahant.com.

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

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

DEADLINE INFORMATION
MAY 2010

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

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

Harbor Review Delivery Crew

Tyler Peterson	781-596-0505
Route 1 & 2: 1/2 Little Nahant & North Big Nahant	
Matt Ryan	781-595-0957
Route 1 & 3: 1/2 Little Nahant & Nahant Road	
Bob Roland	978-273-5338
Route 4: SW Big Nahant & Willow Road	
Katie Coffey & Augie	781-586-9232
Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
Ryan McDermott	781-584-4077
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.

Harbor Review Subscription Information

Help support Nahant’s ONLY independent, community newspaper. Become a Home Delivery Subscriber to have the news delivered right to your door!
Send \$20 for home delivery, or \$30 for an Out-of-Town Subscription, with delivery address, to:
Nahant Harbor Review, PO Box 88, Nahant, MA 01908.
Thank you for your support!

Got something to share...

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

Council On Aging Calendar - APRIL 2010

Mon	5	12:00P	Blood Pressure & Glucose Clinic – Tiffany Room
Tues	6	12:00P	April Birthdays – Cake by Roz – Tiffany Room
Fri	9	1:00P	Movie –THE NOTEBOOK- Community Center
Wed	14	2:00P	Senior Matinee-MY FAIR LADY- Stoneham Theatre
Thur	15	11:30	Special Spring Lunch – Tiffany Room
Fri	23	1:00P	Movie – RED SHOES - Community Center
Sat	24	9:00A	TOWN MEETING- TIFFANY ROOM - Coffee & Pastry
Sat	24	11:30A	TOWN MEETING- TIFFANY ROOM – Open for Lunch
Mon	26	9:30A	GLSS Meeting –“Partners In Health” For Men
Tues	27	10:00A	SHINE Representative – Medicare & Prescription Assistance*

* Please call. Appointments starting at 10:00 a.m.

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
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center
Wednesdays	10:00A	Crocheting – Knitting – Hand Crafts
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 April programs, trips and events
call 781-581-7557,
or e-mail us at ddesmond@nahant.org.

Help keep Nahant’s economy strong. Please patronize and support our local and Nahant businesses. Thank you.

Are you a man between the ages of 55 and 75 willing to participate in a one-time discussion group? If so, you can help us.

We will give you a \$30 stipend and a delicious meal for participating in this one-time program, viewing a video called “Partners in Health,” and sharing your thoughts and experiences. The results will be used to help us design programs and literature for men in your age group.

Monday, April 26, 2010
9:30 – 11:00 a.m.
Nahant Senior Center
334 Nahant Road, Nahant, MA

Space is limited.



This program is supported by the Lynn Cancer Association.

To register for this program or for more information, contact:

Marion Garfinkel
781-586-8655



Greater Lynn Senior Services

8 Silsbee Street Lynn, MA 01901 www.glss.net

COA NOTEBOOK

By Diane Desmond

April is Town Meeting month. The Council On Aging will again be offering coffee and pastry at 9:00 a.m. and lunch, beginning at 11:30 a.m. in the Tiffany Room. Please join us for a light breakfast, or lunch on the 24th.

The Seniors will be attending a matinee at the Stoneham Theatre, on Wednesday the 14th, at 2:00 p.m. The admission is at a discounted price and the production is “My Fair Lady.” The tickets are limited. If interested, please call for a reservation at 781-581-7557 or e-mail ddesmond@nahant.org.

Greater Lynn Senior Services (GLSS) is seeking gentlemen between the ages of 55 and 75 (see their ad at right), willing to participate in a one-time discussion group called PARTNERS IN HEALTH, on Monday, April 26th at 9:30 a.m., at the Tiffany Room/Senior Center. Your ideas and input will be helpful to GLSS, with their Men’s Health Education Research Project. Those in attendance will be offered a delicious breakfast and will receive a stipend of \$30.00 each. We urge you to take advantage of this opportunity.

Wanted: Men Between 55 and 75 to Participate in Discussion Group

Greater Lynn Senior Services (GLSS) will hold a one-time, special group discussion for men ages 55 to 75 and is offering a \$30 stipend and a delicious breakfast for participants. The session will be held on Monday, April 26th, 2010, from 9:30 to 11:00 a.m., at the Nahant Senior Center, at 334 Nahant Road.

During the session, the group will view a video called, “Partners in Health,” which provides helpful information to men, followed by discussion. “We want to learn from you,” says Susan H. Brown, the Community Education Nurse at GLSS. “Your ideas will help us design programs and literature for men like you.”

Interested community members should call Marion Garfinkel, at 781-586-8655, to register. Space is limited.

The Men’s Health Education Research Project at GLSS is generously supported by the Lynn Cancer Association.

Submitted by Margaret Gilligan, 781-586-8615

Your Time to SHINE!

Mystic Valley Elder Services (MVES) is seeking bright volunteers to SHINE (Serving Health Information Needs of Elders). Starting June 1st, MVES will begin holding training sessions for the SHINE program.

After a comprehensive training program, SHINE counselors will be ready to provide unbiased information about health insurance options to elders and Medicare beneficiaries of all ages, at local senior centers, elderly housing and other accessible locations in your community.

If you like a challenge and want to provide an important service, call MVES to learn how to SHINE! Please call 781-324-7705, or visit www.mves.org and click on “Join Us.”

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

Community Calendar • April 2010

MARCH

SAT	27		HARBOR REVIEW HOME DELIVERY DAY
SAT	27	7:00P	Don Gavin at the Nahant Country Club to benefit Nahant Education Foundation
SUN	28	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	28	10:30A	Nahant Village Church PALM SUNDAY Worship Service & Sunday School
SUN	28	11:30A	After Service Social, Swansburg Hall, NVC
SUN	28	11:45A	Easter Choir Rehearsal, NVC, FMI: 781-599-6932
MON	29		Passover Begins at Sundown.
TUES	30		Passover

APRIL

FRI	2		GOOD FRIDAY
SAT	3		BLACK SATURDAY
SUN	4	6:15A	Easter Sunrise Service at Castle Rock. All Welcome.
SUN	4	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	4	10:30A	Sunday Worship & Sunday School. Nahant Village Church
SUN	4	11:30A	After Service Social, Swansburg Hall, NVC
FRI	9	8:00A	Police Changing of the Guard at Free Breakfast at NVC
SUN	11		HOLOCAUST REMEMBRANCE DAY
SUN	11	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	11	10:30A	Sunday Worship & Sunday School. Nahant Village Church
SUN	11	11:30A	After Service Social, Swansburg Hall, NVC
SAT	17	8:30A	Open Space Birding Field Trip: Heritage Trail plus. Meet at DCR boat ramp.
SAT	17	9:00A	Open Space Birding Field Trip: Meet at Short Beach car lot, Heritage Trail kiosk.
SUN	18	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	18	10:30A	Sunday Worship & Sunday School. Nahant Village Church
SUN	18	11:30A	After Service Social, Swansburg Hall, NVC
SAT	24	12:30P	TOWN MEETING & ELECTION DAY
SUN	25	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	25	10:30A	Sunday Worship & Sunday School. Nahant Village Church
SUN	25	11:30A	After Service Social, Swansburg Hall, NVC

NAHANT CLASSIFIED ADS

SALES REP WANTED

The Nahant Harbor Review needs a sales representative. Work independently out of your home part-time. Commission only. Call 781-592-4148.

Earn a TESOL ESL certificate and improve your Spanish in beautiful Costa Rica. Visit our website: GlobalTesolCostaRica.com, or e-mail us at: info@GlobalTesolCostaRica.com.

NAHANT CLASSIFIED ADS

Got something for sale or do you want something? Reach all Nahant! Put it in the Nahant Classified ads! **1" X 2 COLUMN BOX**
Only \$25.00
Send text by email to donna@nahant.com, or drop in the Harbor Review box, at Equitable Bank in Nahant.

Has the meaning of Easter gotten a little bit fuzzy?



Get a clearer picture. Visit a church, mosque, temple, or the seashore during this holy season.

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

Nahant Village Church
27 Cliff Street, Nahant



All Faiths Welcome!

Sunday School & Worship Service
begins at 10:30 a.m. Social Hour: 11:30 a.m.

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

EMERGENCY MANAGEMENT

Visit the Emergency Management page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website: <http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.

FREE Nahant Dory Club Decal for your Cars.
Call Rob Scanlan, 781-595-6225.

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.

ELDER LAW SERVICES

Protecting the family home and assets.
Wills, trusts, powers of attorney, and healthcare proxies.
Nursing-home/MassHealth/Medicaid planning and applications.



Attorney Stephen L. Smith
85 Exchange St., Suite 230
Lynn, MA 01901
781-595-3456
ssmithlaw@comcast.net

EVENING • WEEKEND APPOINTMENTS

Guitar & Bass LESSONS

Beginners to Advanced
JOE MACK

Nahant, MA
jomackband@aol.com
781-581-0848
www.joemack.com
978-979-7825
www.myspace/
thejoemackband.com

Happy Easter!



Since 1962, providing all your insurance needs.

AUTO • HOME • FLOOD • COMMERCIAL



Call or fax us for all the details:

QUINN OF LYNN

Insurance

(781) 581-6300

Fax: 581-9070



Happy Spring! Finally!



COLDWELL BANKER

Signature Homes

*Call me for a free
market analysis.*

Cell: 781.799.7777

judi019@aol.com

Judi Moccia

Office: 50 Western Ave., Lynn, MA 01904 • 781-592-0075

*To advertise in
the
Nahant
Harbor
Review,
call*

781-592-4148,

or

*email
donna*

@nahant.com.

UNLIMITED COMPUTER SERVICES

CONSULTATION / PURCHASE / INSTALLATION

**Computer ill?
Call Will!**



Computer Repairs & Equipment Installs (Desktop/Laptop)
Internet / Computer Instruction for all ages
Software / Hardware Upgrades / Backup Copies
Virus Removal / Protection / Data Recovery

Cell: 781-215-1226 • Tel: 781-581-0083

William Letourneau • wills_email@hotmail.com



Caroline

KELLER WILLIAMS
REALTY

When you, a
neighbor or friend,
have any
real estate-related
questions...
call us!



Jim

**We are here to assist you with all
your real estate needs.**

**Your "GO" Team. . .
we GO the distance for you.**

Caroline & Jim, Nahant, MA

Caroline: 617-240-7688

Email: Caroline@gardinerconnor.com

Website: www.gardinerconnor.com

Nahant Associates Inc.

169 Nahant Road • 781-581-3644

**The first of ten rules* to follow
when selling a home...**



**Hire a good agent,
a professional who
knows your neigh-
borhood and has a
strong track record
in your community.**

#1 in 2009 and #1 for the past 27 years.

*Call for, or come in for, the other nine rules.

NahantAssociates@comcast.net

SPACE FOR RENT

To advertise

*please call
781-592-4148*

*or email
donna@nahant.com*

*Thanks for your
support.*



**Happy
Easter!**



**Buying...Selling...Friendly Advice
I am always at your service!**

My buyers are looking for the right home - could it be yours?

Lisa Scourtas

781-479-0908

shesellsseashore@verizon.net



Leland Home Improvements

Division of Leland M. Hussey Contractor
Established in 1972



Handyman Services

No job too small... no job too big!

Affordable Home Maintenance
Neat, courteous, dependable

Carpentry-Electrical-Plumbing
Tile-Windows-Flooring
Painting and more

Senior Living Retrofitting
Easy Access Showers
Grab Bars
Green Up Services
Heat loss analysis
Caulking and Insulation

Licensed & Insured
Home Improvement Reg#101743

781-593-6630
husseycontracting@yahoo.com