



# 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 3

MARCH 2010

## Nahant Son Deployed to Afghanistan



The Spencer family of Little Nahant Road, has announced that son and sibling, Marine Lt. Casey Spencer, was deployed to Afghanistan, on February 13th. He is with the 2nd Marine Division 2nd LAAD Bn. His dad, Dana, said, "We are very proud of Casey for his service to his Country. We are wishing him a safe deployment and quick return home." From his proud family, Dad Dana Spencer, step-mom Mona Doss Spencer, mother Denise Spencer, brothers Brandon & Kyle and baby sister, Amira.



LUN

WE WELCOME WITH LOVE

Lil' one (Lil' one) Katherine Carr

&

Maude (Maude) Valentina Carr

Born on February 8th, 2010 at 9:27 and 9:28 pm  
5 pounds 14 ounces & 5 pounds 13 ounces

Proud parents John & Catherine Carr  
Grandparents Eugene & Valentina Demidenko

**DAYLIGHT SAVINGS TIME BEGINS  
MARCH 14TH  
TURN CLOCKS AHEAD ONE HOUR**

## Nahant Community Garden Project Takes Root

The Nahant Community Garden (NCG) meeting was held on Monday, February 8th. Last year's Town Hall meeting approved a \$10K grant from CPA, to start a Nahant Community Garden. On Feb. 8th, the first meeting was hosted by Linda Jenkins and attended by representatives of the School Committee, Ann Schiftenhouse, Town Manager, Mark Cullinan, the Council on Aging, Emily Potts, Nahant Garden Club, Edie Hunnewell, SWIM, Polly Bradley, Nahant Women's Club, Linda Jenkins, DPW, Paul Caira, Open Space Committee, Linda Pivacek, Friends of Bailey's Hill, Diana Brandi, The Food Project, Emily (a youth representative) and others.

With the spring season approaching, the Johnson School has been identified for an intergenerational program, with the possible partnership with the Food Project supporters. Also, space at Bailey's Hill adjacent or below the Bunkers, is targeted as a site, because it is accessible to students, with no infringement on trail sites and with access to water.

Soil-testing of land was one of the first orders of business, before the next meeting, to be held in March. Mark and DPW's Paul Caira will meet with representatives of the Food Project to discuss collaboration potential. It was unanimously decided to get started on a small scale, working with various community groups.

Issues to be addressed were mentioned: community composting, rain barrels, use of raised or flat beds, erection of a garden shed, benches for people to observe/rest, connection with local farmers' markets, distribution of produce for local needs and seniors and types of curricular projects for children, tied to Massachusetts standards.

Katy Dolhun and Marrit Hastings will arrange a meeting at the Ingalls School, in Lynn, to find out more about the work that the Food Project is doing with their school garden. Karen Falat and Diana Brandi will meet with Jen McCarthy, at the Ford School, to explore their garden setup.

Those interested in joining this endeavor should email Mark Cullinan, [Tnahant@gmail.com](mailto:Tnahant@gmail.com), and look for posted meeting times on the website, [www.nahant.org](http://www.nahant.org)

## Nahant Chili Challenge

Believe it or not, March has finally arrived and the winter is slowly coming to an end. The Nahant Youth Soccer is hosting the Nahant Chili Challenge on Friday, March 13th, at 5:00 p.m. Please bring the whole family and join us for a fun-filled evening. The event will be held at the Nahant Knights of Columbus, beginning at 5:00 p.m. and running till 8:00 p.m.

The cost for a family is \$25 and for an individual, \$10. A cash bar is available for the adults. Hot Dogs and cake will be available for the faint of heart, those not willing to take the challenge. Also, if you want to participate, please call Kellie Frary, at 781-775-0480, or Sue Rosa at 781-842-2448.

## You are Invited!

Come celebrate the Holy Season with your neighbors and friends, at the Nahant Village Church, located at 27 Cliff Street. Beginning with Palm Sunday, on March 28th, the 10:30 a.m. service includes a Children's Procession with Palm Branches.

On Maundy Thursday, April 1st, at 6:00 p.m., join neighbors and friends, for a potluck dinner in Swansburg Hall, followed by a Tenebrae Service in the Chapel, at 7:30.

The annual Easter Sunday Sunrise Service, this year on April 4th, at 6:15 a.m., this simple, but symbolic service overlooking Castle Rock (between 40 Steps and Northeastern), featuring Bagpiper Chris Whitlock (weather permitting), followed by an Easter Breakfast for everyone, in Swansburg Hall.

Don't miss the Celebration of Easter, April 4th, at 10:30 a.m., in the Sanctuary: This is a joyous service, with superb music, including the Bell Choir, in which we celebrate the ongoing miracle of faith in our caring community.

For more information, please call the Church Office at 781-581-1202, or check our website at, [www.nahantvillagechurch.org](http://www.nahantvillagechurch.org).

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## All About Bagpipes at March 5th NVC Breakfast

The March 5th breakfast, at the Nahant Village Church, will feature a presentation on bagpipes, by Nahant resident Chris Whitlock. Chris is an experienced bagpiper and on numerous occasions, we've heard beautiful sounds emanating from his instrument. He will provide an overview of the history of bagpipes and demonstrate how the instrument is played.

The free breakfast is served at 8:00 a.m., with the presentation occurring from 8:30 to 9:00. All are welcome. So please come and bring one, or more, friends for a hearty breakfast, wonderful camaraderie and an informative presentation.

Also, weather permitting, you can hear Chris Whitlock playing his bagpipes, as the sun rises on Easter Sunday morning, at Castle Rock on Nahant Road. So mark your calendar for that event as well.

## Lenten Food Drive GIVE Rather Than GIVE UP

The Nahant Village Church is inviting all Town residents to participate in a Lenten Food Drive, to benefit a local food pantry. The needs are greater than ever. Instead of giving up something during Lent, consider GIVING one food item, each day of Lent. Food items must be non-perishable and not expired. The church is open Monday through Thursday, from 10:00 a.m. to 1:30 a.m. Food items can be placed in the Companionway of the church. Let's join together and make a difference.

## Spring NVC Flea Market March 20

The Spring Flea Market will be held at the Nahant Village Church on Saturday, March 20th, from 9:00 to 2:00 p.m. It is a fun event and a great place to find great bargains. So spread the word to friends and family and plan to come.

Also, this is a great opportunity to donate things you no longer need, or want. We are looking for spring/summer clothes, housewares, small furniture items, books, CDs, etc. Please note that we cannot accept televisions or computer screens; the DPW recycles these items for a modest fee.

Drop off hours for donations are Thursday (3/18) from 9:00 a.m. to 3:00 p.m. and from 6:00 a.m. to 8:00 p.m., and Friday (3/19) from 9:00 a.m. to 3:00 p.m. If these hours are not convenient, please call Marrit Hastings at 781-581-5691 to arrange for a different drop off time. We ask people to bring donations to our function hall.

This is going to be our biggest and best flea market ever. We hope to see you there.

## Sunday Afternoon at the Movies

The Nahant Village Church will be showing the movie "Young @ Heart" on Sunday, March 7th, at 3:00 p.m. Prepare to be entertained by the inspiring individuals of "Young @ Heart," a New England senior citizen chorus that has delighted audiences worldwide. This is a wonderful, touching and must-see movie, so plan to come. There is no charge and popcorn and refreshments will be served.

## TGI Comedy With Don Gavin Submitted by Christine Kendall

Let's laugh winter away, as we welcome spring...Please join us on Saturday, March 27th, at 7:00 p.m., when Nahant's own Don Gavin will perform at the Nahant Country Club, all to benefit the Nahant Education Foundation.

Throughout the entertainment and comedy community, Don Gavin is affectionately known as the "Godfather of Boston Comedy." Don founded Nick's Comedy Stop and was a pioneer at the Comedy Connection. Don has performed in over 25 countries and has starred in several of the world's most prominent comedy festivals, including Montreal and Edinburgh. He has performed with Robin Williams, Dennis Leary, Martin Sheen and Sandra Bullock, to name a few. He has also made many appearances on network and cable television, including Late Night and David Letterman. Don's style appeals to all ages and audiences. Don is lightning quick and a sure-fire hit wherever he performs.

There will also be an extensive silent auction including Red Sox tickets, signed Red Sox baseball, chef for the night, sunset sail, seal training at the Aquarium, Principal for a Day and much, much more.

A limited number of tickets will be sold. Tickets are only \$25.00 each, please call Ann at 593-1814, or Christine at 595-4142. See you there!



## **Nahant Woman's Club Potluck Supper and More**

**Submitted by Marrit Hastings**

The Nahant Woman's Club will hold a potluck supper on Tuesday, March 9th, at 6:30 p.m., at the Nahant Village Church. The speaker will be Rev. Dr. Kaia Stern of Harvard Law School, whose topic will be "Women in Prison." She is the Director of the Prison Studies Project/Pathways Home at the Charles Hamilton Houston Institute for Race and Justice, at Harvard Law School. Her work focuses on mass incarceration, transformative justice and education in prison. She is an interfaith minister and has an impressive background.

In Rev. Dr. Stern's view, there is no more pressing human rights issue, or threat to democracy, than the current penal crisis. In the past three decades, the number of women in U.S. prisons has grown by more than 800 percent. The vast majority of these women have been victims of domestic violence and never committed a violent crime. Nearly two-thirds are mothers. All too often, the men, women and children who land in prison have been failed by the social institutions, that are meant to serve them.

Rev. Dr. Stern will give an overview of the human and economic interconnections between devastating opportunity gaps and the crisis of mass incarceration. She also will discuss the manifold benefits to the individual and community that can result from providing education behind bars.

All members should bring a favorite dish, to share and bring one, or more, friends. The hostesses will be Polly Anderson and Mary Ellen Schumann. Becky Richardson will give the invocation.

## **Girls Inc. Luncheon**

Another upcoming event is the Girls Inc. fundraising luncheon, to be held on Thursday, April 15th, at the Danversport Yacht Club. The NWC is an enthusiastic supporter of Girls Inc., and members are encouraged to attend. Tickets are \$60. Those planning to attend should make out a check to Girls Inc. and give it to Maria Welsh.

## **Annual Meeting**

Make your reservation now for the NWC Annual Meeting to be held at the Knights of Columbus, on Tuesday, April 12th. Once again, we will feature two spectacular club members. The cost of the catered luncheon is \$10. Also, membership dues of \$30 are payable on, or before, the annual luncheon. Make checks payable to the Nahant Woman's Club and send it to Treasurer Marrit Hastings. Don't miss these great events!

## **Scholarship Raffle**

Celebrated Nahant artist, Carolyn Jundzilo-Comer, has donated a beautiful painting of the Town Wharf for a raffle prize, to benefit our scholarship fund. Raffle tickets are just five dollars each and will be sold at upcoming Woman's Club events, as well as at the Town Meeting in late April. Tickets also can be obtained from any member of the NWC Executive Board. The raffle drawing will take place at the Club's September event. Annually, the Club awards one \$1,000 scholarship to a college-bound high school graduate from Nahant.

## **Author Speaks at Nahant Library**

**By Dan seStefano, Director**

All are invited to the Nahant Public Library to meet Diane Rapaport, author of the books, "The Naked Quaker: True Crime and Controversies from the Courts of Colonial New England" and "New England Court Records," on Sunday, March 21st, at 3:00 p.m. Diane will speak and read from "The Naked Quaker" and sign copies of her book.

A former trial attorney, Diane has forged a new career as an historical consultant, author, and speaker, by combining her expertise in the fields of law, history and geneology. She uses historical resources related to New England, including court records, and her current research focuses on the non-English inhabitants of colonial America.

Diane writes the "Tales from the Courthouse" column for New England Ancestors (the journal of the New England Historic Geneological Association), which earned three Excellence in Writing awards from the International Society of Family History Writers and Editors.

Sponsored by the Friends of the Nahant Public Library, there is no admission charged for this program and refreshments will be served.

**Help keep Nahant's economy strong. Please patronize our local and Nahant businesses. Thank you.**

## **Johnson School Winter Carnival**

The Annual Johnson School Winter Carnival will be held on Saturday, March 6th, from 0:00 a.m. to 2:00 p.m.

Featuring Moon Bounce, cake walk, games, food, raffles and lots of fun for all!

Volunteers needed!

Please call Patty Toomajian, at 781-596-2727.

## **Congratulations!**

The gold medal goes to "Nahant Associates," for selling the most real estate in Nahant in 2009!

The record speaks for itself—Nahant Associates has consistently sold more real estate in Nahant for the past 27 years! What a record!

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## **Letter to Editor**

### **A Love Letter to Nahant**

From a slip on a patch of water, on the floor of WalMart, to the Union Hospital with a fractured knee cap, to the Jesmond for therapy, to home on crutches, in an ankle to thigh leg brace with no bending—therefore unable to drive, came an outpouring of love from everywhere: from The Village Church, from friends and from neighbors. There were anonymous gifts, dinners delivered every night, offers to shop and drive me to appointments, flowers and cards.

This Town of Nahant is full of wonderful, generous and caring people. God bless you and thank you all!

— Catsy Fowle, Nahant

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## Nahant-based Entrepreneur Introduces A Casa Tua

An entrepreneur since 1987, Marie Petrucci has created and operates with her team, Avalanchewear, an outdoor inspired apparel company, with owner and CEO, her best friend and husband, Ron Petrucci. Many know her from the Avalanche outlet store that they open to the public, each season, September thru March, in the JB Blood building, in Lynn.


Although Marie's creative passion is food, rather than clothes design, she prepares extraordinary dishes for her family and friends. Her family roots are from Avellino, Italy. And, with 32 years of experience in culinary, she goes head-on to start in another creative field, making people happy with food.

Marie cooks first class, Italian, high-quality dishes, like homemade pasta and ravioli, melanzana/eggplant, fish dishes, pork, chicken, veal, soups and too many more to mention here. She cooks in the style of her Villenasor Italian upbringing. Her new company's name, "A Casa Tua" means "To your home." And that is exactly what she does. Everyday, she will cook your preferred dishes and deliver them to your home.

Marie says, "In today's fast-paced world, people don't have time to cook. Others just don't like to cook, after a full day of work and nobody wants to go out every night for dinner. With "A Casa Tua" you can enjoy the comforts of dining in your own home, while indulging in homemade dinners, all made with the finest ingredients, without the hassle and at reasonable prices."

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Please feel free to give them a call with any questions you may have, regarding your next event. — James Appleton, President. Roland L. Appleton, Inc.

## Survey Says . . . Submitted by Christine Stevens

A recent survey, conducted by the Library Planning Committee, overall proved what was already suspected—Nahanters love their library, but it also proved that many are also open to change. Provided those changes don't include altering the architecture of the building.

The committee received 157 responses to the survey it began last fall, which asked residents what changes they would like to see in the library. The turnout was greater than 10 percent of the number of households in town, which is a better result than the committee hoped for. Ten percent is unusually high, compared to most survey responses and this reflects the community's willingness to jump in and participate in this process, which is good news for the committee.

A larger children's room was the biggest priority for 56 percent of the respondents and another 30 percent see it as "a nice-to-have" option. People felt, overall, that the room is too dark, lacks seating and a certain coziness.

Residents were split on the need for a teen/tween room, a community room and more comfortable reading areas, but were adamant that they would like to see a work room for staff members. Statistically more than half, 90 percent see it as a priority, or a nice-to-have option. Reasoning behind the responses included comments such as, it would free up space devoted to artifacts and that the staff simply deserved space in which to work.

Fifty-one percents of respondents see making computers available for all, with some specifically set aside for children, as a priority and they were vocal about it. Comments ranged from "it's long overdue" to "it's a disgrace not to have computers and be online in 2009," which is when the survey started.

The idea of introducing book clubs, chess or Scrabble groups, was deemed a nice idea for many, but not all that important. Many felt it was the kind of activity a community center should provide, not a library. Conducting joint programs with other libraries also drew a bit of a split decision, in that 52 percent said it was nice, but not a must-have, but 40 percent placed it as a priority. Eight percent said it wasn't needed at all.

The question of better lighting in the stacks received similar results, though this time 48 percent saw it as a priority, while 38 percent see it as a nice option, but again, not a must have and 16 percent believe the lighting is fine as is. However, statistically speaking, 86 percent of respondents wouldn't mind seeing some sort of change.

Comments on that question also included a plea to retain the glass floor.

Respondents were most adamant when it came to a question regarding redesigning the entry area to be more welcome. A whopping 54 percent said don't touch a thing.

The question, committee members admitted, was a mistake. The intent of the question was aimed at redesigning the interior of the space not the exterior, or the architecture, but that wasn't made clear.

Overall, the committee was thrilled with the responses. There were a few residents that made their thoughts clear by marking every question with "we don't need it," but overall responses were thoughtful and all of them helpful. Equally as helpful, were the more than two dozen residents that turned out for the committee's January open house, took a tour and offered advice.

Many of the concerns and desires fielded were reflected in the responses of the surveys, but it was good for the committee to hear it in a face-to-face setting.

The committee's next step is to complete an application for a Community Preservation Grant. That funding, if approved, would allow the committee to further pursue state funding, for a possible expansion, or renovation, to the building (but not the architecture).

The committee will also continue to keep residents updated on the project, because it is important that residents remain active participants. It's your surveys, comments and concerns that will drive the project, because it is, after all, a public library and one the public is clearly passionate about.



## A Farewell And New Friends

By Dan and Robin DeStefano

When we drove to the Museum of Appalachia for the first time on Saturday, Jan. 23, 2010, we did not know what to expect: perhaps we would be seen as interlopers from Yankee Land. Of course, our welcome was nothing less than cordial and heartfelt, offered by people who well understood that we came, not merely to honor an historical artifact, but rather, the honest soldier who had captured it, and the fellow Americans from whose society the hero had arisen.

Driving through Knoxville the previous evening, we had passed a large bronze statue of an American soldier from World War One in action, displayed boldly before an educational institution—they had not forgotten Flanders' Fields, or Chateau-Cherery here.

Our enthusiastic greeting at the Museum showed that our hosts were indeed pleased that people from Nahant should care enough to appear at their gala.

Robin and I toured the museum that morning, and we were privileged to spend a couple of hours with John Rice Irwin, the founder of the Museum of Appalachia, and to whom we told the story of how Mayland Lewis took not only notes from Alvin York, but also a Maxim gun and a Mauser rifle, from the stacked arms of captured German soldiers, which he sent home to Nahant. John Rice, as he is called, was gracious enough to fill us all with his favorite, delicious and sweet fried apples, served with a side of wit.

The huge Museum of Appalachia occupies about 70 acres and holds numerous buildings, including two filled with many thousands of exhibits and artifacts, besides cabins, prison cells, homes, barns, and a mill; its fields are filled with sheep, goats, chickens, and peacocks.

Two exhibit halls display artifacts used in virtually every aspect of Appalachian culture, from prehistoric Native Americans to modern loggers. The Hall of Fame describes each piece of material culture and the person who made, or used it, often accompanied by a photo, so that the Hall is filled with the richly-independent faces of those who made and make human Appalachia. Each object in both the Hall of Fame and the larger Display Hall is labeled, and all of the labels, in their thousands, bear the initials of John Rice Irwin. That one man had the energy and time to assemble the objects and people necessary to fill and operate such a diverse and informative collection is a story in itself. After all, a great man is remembered not for what he did not create, but for what he did.

The next day, Sunday, we drove to the Tennessee Theatre in Knoxville, a recently-refurbished building, originally constructed about 70 years ago, and returned to its original purpose. There, we attended a reception and were introduced (twice!) to the audience of 200 assembled to see the Maxim gun for the first time, along with such luminaries as members of three generations of the York family and many Tennessean officials, including Senator Howard Baker, Jr., and Mr. Irwin, too. A color guard displayed the flag, and the speeches, short and to the point, honored the memory of Alvin York and the burning patriotism of East Tennessee.

That star of the show, the Maxim gun, had been buffed and cleaned, its decayed straps removed. It sat, a black cylinder, propped on its bipod, placed on a platform covered in red. The gun's lack of adornment and simple cleanliness seemed to emphasize its lethal purpose, as nicely-dressed women and men waited patiently, to take photos with the weapon, which was guarded by two members of the Norris police force.

After the gala, the colors were retired, the police whisked away the machine gun, and the crowd dispersed, most of them into the theater, where they would view the 1941 movie Sergeant York, starring Gary Cooper in the title role.

We flew home the next day, filled with the warm hospitality of our new friends in East Tennessee, and knowing that the old machine gun, now revered and displayed, had arrived at last at home, in (as John Rice said) "York country."

The taste of fried apples lingers yet.

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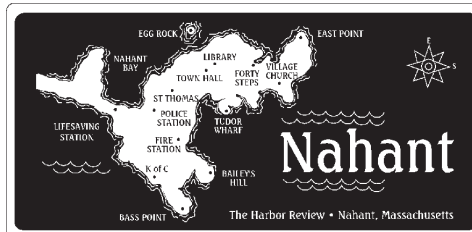
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## Strength Training Benefits

By Sallee Slagle, Director, Dance Dimensions

In the winter, we will increasingly spend less and less time outdoors. Well, we hope that doesn't mean increasingly less and less activity. Physical activities abound throughout the winter. Why not try strength training? It's relatively easy. Equipment costs range from the expensive home gym type, to inexpensive hand weights, or even cheaper homemade weights. And the benefits are well worth your investment of time and money.

Weight training will help sculpt your body by adding toned, firm muscles to those areas you want. Nothing else firms your upper arms, especially the back of the arm, except working the biceps and triceps with weight training. Press-ups, or push-ups are also weight training, as you are lifting your body weight. No equipment needed! For beginners, try push-ups with your knees on the floor, or press-ups on a wall, or countertop. To advance, lift knees and do push-ups on your toes. or lower the incline onto a lower bench, or surface. A tricep press can be done by sitting with knees bent, hands behind you, with fingers facing towards your feet, lift your buttocks and then dip, lowering by bending the elbows and press back up. Try it with your hands on a bench, or even the edge of the couch! Keep your tail high. With hand weights, do bicep curls and tricep curls.

Weight training is recommended for both men and women. Men want to have muscles that show. Women may be afraid that they will become too muscular, bulky and unfeminine, but this is rarely the case, as it is testosterone that allows men to build more muscle. Weight training should be done 2-3x a week, for best results. Training every other day gives the muscles a chance to recover, before they come under load again.

Building muscle increases your metabolism. Your body will need more calories just maintaining these muscles. That means you will burn more calories sitting at your desk and even sleeping! This can help keep those extra pounds from appearing, as we get older and help you maintain a healthy weight. There have been recent studies that show that weight training may actually help control the increase in abdominal fat women experience, as they age, while also decreasing body fat percentage.

Strength training is extremely helpful for individuals suffering from arthritis. It can help decrease the pain and help develop stronger muscles, bones and connective tissue, around affected joints. Back pain is also decreased when strength training is done regularly. Training with a combination of cardiovascular exercise and weights, has been proven to lower blood pressure levels. Any exercise will also increase HDL, good cholesterol levels. Exercise has been shown to even slow the onset of age-related macular degeneration, according to a 15-year study.

Other studies show that weight training increases bone density. It also has been shown to increase the release of growth hormones in women. This growth hormone is essential to muscle and bone increase. It is sold as a fountain of youth. Well then, I guess exercise is truly a fountain of youth!

## Arthritis Exercise Class

North Shore Physical Therapy, in conjugation with the Salem YMCA, will hold a certified Arthritis Exercise Class, on Tuesday and Thursday mornings, from 10:00 to 11:00 a.m., beginning on Tuesday, March 2nd and Thursday, March 4th. Class will be held in the small pool, in warm water. Registration is required and rates are as follows: Members fee, \$52 and Community fee, \$78.

Stop by the Salem YMCA and sign up with a friend.

Instructor for the class is Susan Finigan, PTA, certified Personal Trainer and certified in Aquatic Therapy, through the Aquatic Therapy and Rehabilitation Institute. Susan brings an experienced background in aquatics to this unique class.

All exercises are gentle range of motion for arms and legs, gentle walking and stretching exercises. Anyone with stiff, achy joints will benefit from participating in this

class. Water helps to decrease pain, increase range of motion and increase circulation. Make water exercise part of your New Year's resolution. Unsure whether you should participate in this class, call North Shore Physical Therapy and speak with Susan, 781-631-8250.

### Escape the winter blues with a relaxing massage!

Luis Ortiz, licensed massage therapist

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## Weeding Out the Knots

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

When weeding the body of tension, nagging pain and stiffness, it is important to locate the source of the problem. True sources may be deep to the area, or even located in another. Often, pain in the front of the shoulder can actually originate in the back, on the shoulder blades, or in the arm. Listening, visual assessment and hands-on reading can give valuable information. Some knots can be felt at the surface and may be addressed immediately.

Deeper knots are able to be grasped and palpated, once the area is warmed. They are plied away from surrounding tissue, with cross fiber and circular friction. A static compression to the knot/trigger point is applied and maintained, until the knot is melted/de-activated.

This process can last from 8 to 60 seconds. If more time is needed, the area is gently flushed with long, slow nudges, with the forearm, or palm and the de-activation process begins again. It is all about patience and intent, by being gentle, yet firm.

A thorough application of the neuromuscular therapy will involve more than melting the knot. The area and beyond, must be prepared for changes. Providing slack and channels for transition are very important for thorough remediation. The myofascial mobilization is a technique that allows for the deeper layers to actually lengthen and help restore balance, as well as help to "iron" the knot out.

The two techniques go hand-in-hand and the results are long-term and restorative. Like good gardening, ridding the pesky dandelion from the root, will bring longer-lasting results. Chronic pain, nagging knots, can drag us down and actually feel like we are being drained of our energy. Our limbs can feel heavy and sleep is often disrupted by the knots, trying to elbow their way to the surface. Our minds can feel cluttered, distracted and nerves can feel raw. A quality therapeutic massage can ease tension, clear the mind, balance emotions and help you to relax, breathe and feel better.

*Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. Ms. Cadigan holds an advanced massage therapy diploma and is certified in Neuromuscular Therapy, myofascial mobilization and has many hours of experience. Nahant Therapeutic Massage is located at the Nahant Community Center; 41 Valley Road. Susan can be reached on her cell phone at: 617-240-4252, or you may leave a message on her office phone: 781-780-3733. For more information, please visit [www.nahantmassage.com](http://www.nahantmassage.com)*

## Q&A with North Shore Physical Therapy

By Susan Finigan, CPT

Q. My hands are very stiff and sore, especially when it is cold. What can I do to help my hands feel better?

A. There are several things that may help your hands feel less stiff and achy, particularly in the colder weather. Stretching is beneficial for the muscles and joints, especially when the joints and muscles in the hands are tight and stiff.

Hands and wrists are affected by both rheumatoid and osteoarthritis. Muscles of the hands and arms may become weak. The connective tissue of the hands and wrists can become tight, as a result of weakness. This weakness can cause pain, because the bones are not supported. Stretching helps the joints in the hands maintain their range of motion, so they can carry out your daily activities more comfortably. Stretches should be done slowly and gently, with a small amount of discomfort, from the stretch sensation. You may assist the stretch with your other hand. Stretching should be held for 15-30 seconds. Any joint that has been fused should not be stretched.

Hand and wrist stretches should include wrist flexion and extension, finger flexion and extension, thumb flexion, extension and circumduction (circles), touching thumb to each finger, separate your fingers as far as they can go and then squeeze them gently. While sleeping the joints become stiffer, because the fluid in the joints gets thicker while resting.

Warmth helps muscles stretch more easily. Keeping hands warm with gloves, using dishwater to move your hands around and gently loosen them up, or keeping your hands wrapped in a moist heat gel pack, can help ease stiffness and soreness. If your hands are particularly sore, home paraffin units can be helpful, to relieve pain and stiffness. If you are unsure of which exercises may be beneficial, ask your doctor and see a physical therapist, for exercises and treatment.

The Wednesday-morning exercise class, given by North Shore Physical Therapy, at 10:00 a.m., at the Council on Aging in Marblehead, can be particularly helpful for stiff, arthritic joints. Many of the exercises are gentle range-of-motion exercises, for all joints, done in a sitting position. Stop by and try the class, we always do exercises for the wrists and hands.

## Congratulations to Nahant's Ashley F. Paula



Proud parents, John and Johanne, and brother Jonathan, in above photo, want to congratulate Ashley for graduating from the University of Vermont with a BS in Nursing, Cum Laude and for obtaining her RN license.

She was recently hired by Mass General Hospital as an Operating Room Nurse.

We are all so proud of you!

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*"Be great in little things."*  
- St. Francis Xavier

## Happy St. Patrick's Day!

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](http://www.wbu.com/education/robins.html)

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## **News From the Johnson School**

**By Diane D. Mulcahy, Principal**

The Student Council, at the Johnson School, sponsored a very successful Movie Night. The proceeds from the Movie Night netted \$900.00, which will be donated to the victims of the earthquake in Haiti. The Student Council will continue the fundraising effort through the month of March. Their goal is to raise \$5,000.00 for the earthquake relief. Community members are encouraged to contribute. Checks should be made out to Oxfam Haiti Earthquake Response Fund and sent to the Johnson School. More information can be found at <http://www.oxfamamerica.org>. Our students should be applauded for working so hard to support this worthwhile cause.

It's hard to believe that the One Hundredth Day of school has come and gone. Students in Kindergarten and Grade One created Hundredth Day projects, which they displayed for their parents and friends, in the school cafetorium. Many parents came to school on Tuesday, February 9th, to see the creative way the students represented the number 100.

The fourth and sixth grades traveled to the Museum of Fine Arts in Boston, to see the Egyptian exhibition, currently showing at the MFA. Students in Grade 6 study ancient cultures as part of the Social Studies curriculum. Students in Grade 5 are planning a trip to the Isabella Gardner Museum, in the spring. Mrs. Beebe, Johnson School Art teacher, has planned the visits with the classroom teachers, to extend art and social studies curriculums. Grade three students are planning a trip to the Peabody Essex Museum, in March. Our students will have visited the major museums in our area, by the time they complete their studies at the Johnson School.

The students in the Johnson School are currently engaged in an all-school reading challenge. Students are keeping track of the number of pages read, during the months of February and March. Mrs. Munnelly is keeping track and graphing student progress. The three top readers, in number of pages read, will be awarded a gift certificate to the school Book Fair, which is the week of March 26th.

Mrs. Tibbo is planning to attend the Women in Science and Engineering Program, at Salem State College, with the sixth-grade girls. This yearly event is sponsored by Salem State College, to encourage sixth-grade girls in careers in science and engineering.

The Johnson School is gearing up for the MCAS exams, which are due to begin on March 22nd – April 4th, for the first round. The second round of testing begins in May. Students have been preparing all year for this annual test for students in grades 3-12. Students in grades 3-6 will take the exam this spring.

## **Tides Fundraiser to Benefit Johnson School 6th-Graders!!!**

**Submitted by Debra Baldwin**

On Monday, March 8th, from 6:00 to 9:00 p.m., take the night off from cooking and come to the Tides Restaurant, to help benefit the 6th-grade class, at the Johnson Elementary School.

Come in and dine for the evening, OR take out anything you like! A portion of food and beverage proceeds, as well as a 50/50 raffle, will raise money for our 6th graders' graduation celebrations this spring!

The more the merrier, so come on down!

## **Johnson School Motivated to Raise Money for Haiti Earthquake Victims!**

**Submitted By Gene Hollenbach**

The earthquake in Haiti, a few weeks ago, and the terrible devastation and suffering, immediate, as well as long-term, remind us of our own humanity. I am convinced that parents have talked to children about it, and maybe had to answer tough questions. The television coverage, too, brings this tragedy into every home. Donating to the Haiti disaster may not only be a wonderful teaching opportunity, it may be a magnificent time for our children to explore the concepts of empathy, care and to experience the gratitude, that comes with the ability to help less fortunate communities. It may be that you have decided to help, but have not yet made your contribution.

The Student Council of the Johnson school has decided to collect, as well as coordinate, funds for Haiti. The Council is already busy collecting money; the movie night, held a couple of weeks ago, helped to raise money for this venerable cause. All proceeds of this event went to OXFAM AMERICA. This charity was selected by Mrs. Shanahan and the Student Council after researching a large number of similar bodies.

Mrs. Shanahan is in charge of the Student Council affairs. She has done so much to get this project off the ground. She has helped by organizing the movie night, motivating the students and she has led the Student Council to new examples of leadership.

The Student Council has been spreading the word, with flyers put up around Town, announcements in school and hard work to get the word out about this project. The Council also hope to have a representative from OXFAM AMERICA come to the Johnson School, at some stage, to "report" back to the children how their (and your) money has been, and will be, used.

If you want to donate, please donate to OXFAM AMERICA. Feel free to drop off your check (made out to OXFAM AMERICA) at the Johnson School, or call (781) 581-1600, for pick-up of your check. The funds will be specifically marked for the Haiti Earthquake Response Fund. We have set a deadline of March 7th for donations. The Student Council's goal is \$5,000. PLEASE HELP THEM REACH IT!

Please call Mrs. Shanahan, or Gene Hollenbach, with any questions, at (781) 581-1600, or (617) 407-2697.

## **Christmas Parade & Harbormaster's Scholarship**

**Submitted by Roz Puleo**

It's that time of year again!! Time to pick up your applications for the Christams Parade Scholarships. The applications are available at the Johnson School front office. Requirements are listed on the application, the deadline is May 31st this year. The applications must be returned to the Johnson School office for consideration.

**North Shore Harbormaster's Scholarship:** To all those interested in a career on the Ocean, or Marine Sciences, The North Shore Harbormasters are offering a \$1,000 scholarship for those interested in the sea, seeking to apply to Mass or Maine Maritime, or any institution offering a degree in marine science. Necessary requirements: certified transcripts from your High School, a 500-word, or less, essay stating your maritime interests and desires and a copy of your financial aid form, if applicable. Applications are available at the Swampscott High School guidance office. Applications are due back by May 15, 2010. Good Luck, 2010 graduates!

## **Swampscott High School Quarter 2 Honor Roll 2010**

**High Honors:** Amelia Antrim, Ian Antrim, Olivia Barba, Marco Bauder, Alexander Billias, Arianna Billias, John Blank, Monique Bleau, Alexandra Chasse, Dimitri Christoforidis, Casey Connolly, Kaitlyn Dantona, Caroline Devereaux, Kate Hall, Peter Klee, Caitlin Ludke, Taylor Maccario, Lindsey Marini, Virginia O'Leary, Maggie Osbahr, Tyler Peterson, Lillian Pilsbury, Alexandra Savino, Aristana Scourtas, Casey Shanahan, Patricia Silva, Alexa Steriti, Kyle Taylor, Leah Towe, Emily Walls and Melinda Wilson.

**Honors:** Samantha Baldwin, Daniel Barbacoff, Thomas Beaulieu, Corey Carmody, Shiloh Clark, Kristen Connor, Heather Doyle, Taylor Eaton, Kelly Gillis, Eric Greene, Anna Greene, Victoria Malatesta, Christopher Mason, Christi Mazareas, Nicole McDermott, Madeline McKie, Stephen Meagher, Rosalie Moleti, Dara Mosher, Holly Noonan, Nicholas Sarcia, Jessica Simons, Kyle Spencer, Meghann Toomajian, Thomas Walsh, Trachita Wheeler, Adam Wilson and Gabriella Wootten.

**Commended:** Thomas Ball, Meredith Ball, Anastasia Beaulieu, Matty Byron, Elijah Clark, Jennifer Desmond, Tyler Gallagher, Parick Gavin, Thomas Lamando, Colleen Meagher, Anthony Silva and Rita Tsokanis.



## Candidate for Selectman: Robert T. Scanlan's Campaign Pledge

I will endeavor to protect the residents, families and taxpayers of Nahant. Let's vote to have Nahant, be Nahant again. Vote for the man with that plan, based on his six generations living in Nahant and dedicated to be a leader with results.

### ONBOARD AT CAPTAIN ROB'S CAMPAIGN DOCK

My Fair Campaign Pledge as candidate for Town of Nahant Board of Selectman:

I will conduct my campaign honestly, openly and fairly. I will discuss the issues and participate in fair public debate with respect to my views and qualifications.

I will not engage in, permit, or condone defamatory attacks upon the character of my opponent(s); nor will I engage in invasions of personal privacy unrelated to campaign issues. I will not use, or permit use of, any campaign material, or advertisement, which misrepresents, distorts, or otherwise falsifies the facts regarding my opponent(s).

I will refuse to disseminate any campaign material, or message in which I am not prominently identified. I will publicly repudiate support from any individual, or group whose activities would violate this Fair Campaign Pledge, I now submit.

Every meeting of the Nahant Board of Selectmen will start with pledging allegiance to the flag of the United States.

Restore the respect and discipline of our Nahant Police Department.

Modify the Fire Department to better-protect our families and taxpayers.

Enhance the Public Works Department to better-serve all of us.

Overhaul the wasted spending and personnel at the Nahant Town Hall.

Improve the Nahant School System with concern for many families that have left.

Define the responsibilities of the Harbormaster and Wharfinger.

Protect and support our commercial fisherman and lobsterman in Nahant. The Town Wharf was built for them by our "Town Fathers."

Set up a webpage in our Nahant Website for our veterans and their service experience with attention to their concerns.

Sharpen our respect for Nahant's senior citizens, their care and well-being.

Eliminate the "Nahant Resident Beach Sticker Fee." (Town Hall gives them away to non-residents.)

Eliminate the "Winter Off-Street Parking Sticker" fee. (Another Town Hall gaff to the taxpayers and residents.)

YOU CAN EMAIL ME at [yacht1ship@aol.com](mailto:yacht1ship@aol.com).

Robert T. Scanlan, CMS/MMS/ACMS, Accredited & Certified Marine Surveyor, United States, Canada, Europe/UK and Australia. Serving New England, Cape Cod and the Islands, Maine to Long Island, New York & New Jersey, P.O. Box 87; on Broad Sound, Nahant, Ma. 01908 (USA), 781-595-6225 (24-hour office), [www.mastermarinesurveyor.com](http://www.mastermarinesurveyor.com)

## A Candidate for Re-election

By Michael P. Manning

Friends and neighbors, it is once again election time. Thus, I need, first of all, to thank you all for allowing me to serve as one of your Selectmen for the last 15 years. It has been a challenging and rewarding period, with many accomplishments. I have found it exciting and fulfilling to be part of the productive efforts. I hope you have enjoyed the results and improvements. I thank all of you who have helped with the volunteer efforts, that have multiplied the benefits of the work which we accomplished, in part, with Town personnel and additional contract work. All of our results are the product of team work.

In particular, during the last three years, we have made significant progress on renovations in Town. The Coast Guard Lifesaving Station, leased to the Nahant Preservation Trust, will soon become home to the Nahant Veteran's Association and the Mortimer G Robbins, Post 215 of the American Legion, among other uses, after interior renovation, with funding they provided.

While we were not successful in developing the former Coast Guard housing property, during the last year because of market conditions, we continue its productive and profitable use as rental housing, while we explore how the Town will exercise control of its future development, when market conditions improve.

We have finally completed renovation of all of our sewer pumping stations, renovated and periodically tested all our fire hydrants, and completed additional replacement work on our water supply lines, by replacing older, or damaged, sections.

We have had a review of our long-term pavement management plan and found that our approach to steady and consistent maintenance has produced the expected results. We have had our Town Manager prepare a plan, to show how we can do the same improvement to our sidewalks and we have started work.

We have continued to control the costs of maintaining our beaches and summer recreation areas, by hiring eager young adults from Town, looking for summer work.

We have renovated 40 Steps and are underway with a full renovation of the Town Wharf.

We have maintained our computerized accounting and financial planning activities in excellent shape and have earned the annual praise of our auditors. This, we will always try to improve.

When one reads the Lynn Item on current discussions in Saugus, Lynn, Swampscott and other neighboring Towns, the comparative quiet in the news on Nahant's annual budget is a solid indication that we are in good control of our finances.

I hope that, if you have suggestions on how we can further improve our beautiful Town, you will not hesitate to call with your suggestions. My phone is always listed in the book, my email is [MichaelPManning@att.net](mailto:MichaelPManning@att.net) and I am always happy to chat as I walk about Town, or meet in the usual gathering spots.

I humbly ask for your vote of support in the upcoming election, so that I may continue to serve you.

### 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



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## **Nahant Real Estate Agent Receives Special Award:**

Nahant resident, Judi Moccia, of Coldwell Banker Signature Homes, received high honors and a special award, in January, for Top in Sales in 2009, of the Massachusetts franchises. Nelson Bennet, Senior Vice President and Regional Director of Coldwell Banker, presented the award to her, in person. (See photo below.) Ms. Moccia was thrilled to meet with Mr. Bennet and to receive the award. This is the third year in a row, that Judi received an award from Coldwell Banker.



As we all know, last year was a very tough year for everyone in the real estate business. Judi believes that creative thinking, along with much hard work, was the key to making her sales success happen. She also believes that the ability to think “outside the box,” to create selling situations, is what is needed in today’s economy.

For example, there was one situation with a seller wanting to sell a very large house and a buyer looking to move up to a larger home. “I put them together and asked them if they would like to trade homes?” said Judi.

One client downsized into a smaller, charming home, which was what they wanted and the other moved into their big dream house.

Creativity and hard work made it happen.

In this market, you can’t sit back and wait for things to happen. It takes lots of calling around and knocking on doors and asking people if they are interested in selling. A client wanted to buy in a certain area, but the right home in the right location, was not available on the market, yet. “Instead of waiting around, I started knocking on doors and found an owner who said she would sell,” said Judi.

In another situation, a home that she listed that needed extensive work. In this case, she found a buyer who loved the location. The old house was torn down and a new beautiful home was built on the site, thru the help of local attorney, Stephen Smith, of Nahant. Sometimes, it makes more sense to take down the house, if you can afford to, rather than invest a lot of money, over a long period of time, to get what you want.

The new home is a showplace modular home, built by Advanced Building Concepts and custom-finished by Wilson Brothers Construction, both long-time Nahant companies.

Judi says, “I really enjoyed working with everyone and would like to thank everyone who helped me achieve this success last year. I am looking forward to another exciting and interesting year in 2010.”

If you have any questions, or would like to discuss a “thinking outside the box” solution for your real estate needs, just give Judi a call at: 781.799.7777

## **Update from the Marine Science Center By Carole McCauley, Outreach Program Coordinator**

Northeastern University’s Marine Science Center (MSC) invites you to the next public lecture on Tuesday, March 23rd, at 7:00 p.m. Speaking will be Dr. Nicholas Anastas, Founder and President of Poseidon’s Trident, a progressive environmental stewardship firm, dedicated to a “sea-change” in environmental protection. Lectures are free and light refreshments will be served at 6:30 p.m.

The presence of pharmaceuticals and personal care products (PPCPs) in the environment has recently received increasing attention in both the popular and scientific press. Improved analytical detection techniques have led to the identification of prescription and over-the-counter (OTC) drugs, fragrances, personal care products and compounds, that can adversely impact the endocrine system. The consequences of these compounds on the environment and the potential impact on human health, have not yet been fully investigated. This talk will present the drivers and barriers to reduce the environmental load of PPCPs to the environment, through the application of Green Pharmacy.

## **Report from February Lecture**

In February, dozens came out to hear Victor Mastone, Director and Chief Archaeologist, with the Massachusetts Board of Underwater Archaeologists. Mastone spoke about some shipwrecks that were found during mandatory seafloor surveying, prior to the installation of the LNG pipelines in northern Massachusetts Bay, which included the identification of the Brenton Reef Lightship, that had been built in 1875 and lost at sea a century later.

## **Annual Riser Lecture**

Please mark your calendar for the Annual Riser Lecture, currently in its 25th year. 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. 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](mailto:mscinfo@neu.edu).

## **HOOMPA in the Virgin Islands**



Bruce Tarney captained his bareboat charter, in the British Virgin Islands. This photo is aboard the 40' catamaran Kokomo in Tortola, after nine days at sea.

**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.**



## Haitian Earthquake Fund

Submitted by Skip Frary

Attend the Sox Home Opener Against The Yanks and Help Those Devastated by the Haitian Earthquake

A few weeks ago, while discussing scholarship fundraising, at a meeting of the Friendly Knights of St. Patrick, longtime friend David Solimine, Sr., mentioned that he was also working on a fundraiser for the earthquake victims in Haiti. I offered to help with raffle-ticket sales in Nahant. I hope that many of you will join with Kellie and me to make this a very successful fundraiser.

THREE Lynn businesses, Solimine Funeral Homes, Century 21 Hughes and Lucia Lighting, have donated three pairs of Opening Day Red Sox tickets, versus none other than the New York Yankees!

Proceeds from the raffle will be sent to Hope For Haiti, Doctors Without Borders, and Food For The Poor. All three charities are well known and have worked with Haiti for years.

Raffle Tickets are \$10 each and can be obtained locally, from Kellie and me at our 261 Nahant Road home, or call me directly, at 781-581-0019 and I will bring them to you. Tickets are also available at the three businesses donating the tickets. Three lucky winners will each receive a pair of tickets, to see the Red Sox host the rival New York Yankees, at the Fenway Opener on Sunday, April 4th.

The drawing will be held on Sunday, March 28th, at 3:00 p.m., at St. Mary's Church, following the Haitian Mass. Checks may be made payable to the Haitian Relief Effort.

I have known Dave for a great many years. I watched as he brought busloads of local WW II veterans to attend the dedication of the WW II Memorial in Washington, DC. Last year, Dave headed a committee that brought the Moving Wall to Manning Field. He also made it possible for the family of Marine Lance Corporal Richard Davis, a Nahant native, who gave his life in Viet Nam, to be honored and take part in a very moving opening ceremony. Thousands of area residents, later, had their chance to touch the names of those who perished in our nation's service during that war. Dave assured me that he and his committee hand-picked these three charities, that will be the beneficiaries of your kind and generous efforts.

Each and every one of us is moved by what we see taking place in Haiti every day, as we watch on television, from the warmth and comfort of our homes. I had wondered what I could best do to help out these victims of this great natural disaster. I am confident that these three charities will best serve our efforts and encourage you to join us in this effort.

...And for those three lucky raffle ticket holders and their guests...OPENING DAY VERSUS THE YANKEES !!! ... it doesn't get any better than that and all for a great cause! Give us a call, or stop by, to take part in this worthy cause. Thanks for your consideration and thanks to the Harbor Review for bringing this appeal to you.

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## Real Estate is Local: Positive Trends!

By Lisa Scourtas



A new study on Massachusetts home buyers and sellers found, that over 50% of all homes purchased in the Bay State in 2009, were made by first-time home buyers - up five percent from 2008. 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. At the same time, because it was a buyer's market in 2009, the study found that over 90% of home sellers chose to work with a real estate broker, to help sell their home.

The median income of buyers was up to \$94,800, compared to \$88,100 in 2007 and higher than the \$73,100 national median income. 59% of home buyers were married couples, 15% single females, 14% single males and 12% unmarried couples. Thirteen percent of home buyers reported they were born outside of the United States, compared to nine percent nationally.

The median age of the first-time home buyer was 30, which was down from 31 years of age in 2008. 61% of first-time home buyers were between 25 and 34 years old, while 18% were 35-44 years. Only 7% were 18-24 year years. First-time home buyers had a median income of \$84,600, compared to \$61,600 among first-time home buyers nationally.

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.

The median age of the home seller was 44 years (which is down from 47 years in 2008) and they had a median income of \$113,500. The typical sellers owned their home for eight years. Fifty-percent of home sellers reported the main reason for deciding to sell was either a change in family situation (e.g., marriage, birth of child, divorce), or their home was too small. Only six percent reported selling their house because they could not afford the mortgage and other expenses of owning a home.

The number of single-family homes put under agreement in January, was up 8% over the same time last year. January marks the seventh straight month that the number of single-family homes and condominiums, put under agreement, had increased over the year before. On a month-to-month basis, single-family homes put under agreement, were up 1.7 percent from 2,743 homes in December.

The tracking of signed purchase and sales agreements (also called "pending sales") provide reliable information about where the real estate market is heading in coming months. A pending sale, or a sale "under agreement," is when the buyer and seller agree on the terms of the sale of a home and have a signed purchase and sale agreement, but have yet to close and be recorded as such.

"The Massachusetts real estate market continues to move in a positive direction and is slowly making its way back to more normal levels," said 2010 MAR President Kevin Sears. "As indicated by the seventh straight month of pending sales increases, there are buyers who not only feel it is a good time to buy, but who are also going the next step and actually making offers."

We can thank the tax credit for helping to create seven straight months of positive sales. The combination of increased activity from the homebuyer tax credit and declining inventory, has the ability to keep prices moving up.

The homebuyer tax credit deadlines are fast approaching: A signed purchase and sale agreement by April 30th, close by June 30th. A fabulous opportunity for buyers, as well as sellers!

For the most accurate Nahant data...Ask for your neighbor and local real estate expert, Lisa Scourtas. Call 617-538-2400, or email shesellsseashore@verizon.net

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## Wind Turbines Along the Causeway, A Threat to Birds

By Linda Pivacek

A proposal was made more than a year ago, to erect up to 60 wind turbines on light poles along the Nahant Causeway, at a height of 60 feet and diameter of 16.5 feet. At that time, funding and permitting for the Causeway Reconstruction Project had already been secured by Department of Conservation and Recreation (DCR), therefore, any changes in the project, like wind turbine construction, did not appear to be possible. However, subsequently, the Nahant Board of Selectmen met with the DCR and requested that the turbines be erected during the Causeway Reconstruction Project and now, in a sudden about-face, the DCR has sent out Requests For Bids from wind developers. There have been no advertised public forums, no environmental assessment and no comment period. It is not even clear whether the Massachusetts Dept of Environmental Protection (DEP) will do an environmental impact assessment and have a comment period. This is bad news. Here we have a “wall” of 60 turbines on the causeway – each one with a proposed diameter of 16.5 feet, running through vital habitat with high concentrations of many species of birds.

As a birder and conservationist, I support development of green energy, including wind. There are many appropriate sites for wind turbine placement. However, I think that locating turbines in habitat vital to birds is misguided. Such is the case in the Nahant Causeway proposal. The causeway dissects two bodies of water and thousands of shorebirds, waterfowl and gulls fly over the causeway between the two bodies of water with high frequency. In addition, the barrier beach along the causeway is a natural migratory route for numerous land birds.

Bird biologist, Brian Harrington, Senior Scientist at Manomet Center for Conservation Sciences, has conducted research on bird fatalities, at a causeway similar to Nahant's. Quoting from a letter he sent to the DCR, the Nahant Board of Selectmen and the Nahant Alternative Energy Committee: “I am convinced that the wind energy project proposed for the Nahant Causeway would lead to exceptionally high bird mortality.”

Brian Harrington is also Director of the International Shorebird Survey, which tracks the migration of shorebirds through North America and South America. These surveys include Nahant as an important link in the incredible migration of the shorebirds of the Americas. How wind turbines impact birds, bats and other wildlife is specific for each location. It can be confusing, when avid proponents both for and against wind turbines, make their case in general. To some people, any wind turbine is an unacceptable threat to wildlife. Avid wind proponents take the opposite tack and dismiss any concerns as insignificant. However, reasonable people, on both sides, do agree on one thing: the location of the turbine is the main determinant for the level of damage to birds and other wildlife. In this case, it is clear that a causeway, where thousands of birds fly back and forth from harbor to beach, is the wrong place for a gauntlet of wind turbines.



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There have been documented mistakes in siting early wind projects, however, now almost every document about wind-energy development contains special caution about avoiding migratory flyways. Nahant is a migrant trap in the Atlantic flyway. In the world of wind turbines, the proposed turbines produce a relatively small amount of energy. According to the developer, each turbine could provide the energy to run a modest home, thus the entire project, about 60 homes. Every little bit helps, but this will come at a high price – the deaths of hundreds of birds each year, according to informed estimates. Some of the species involved are already threatened, or in serious decline, like the thousands of shorebirds and terns found here in summer. American Kestrels and Snowy Owls sit on the light poles and hunt along the causeway, along with Peregrine Falcons. Thousands of ducks and geese fly between Lynn Harbor and Nahant Beach, in fall and winter.

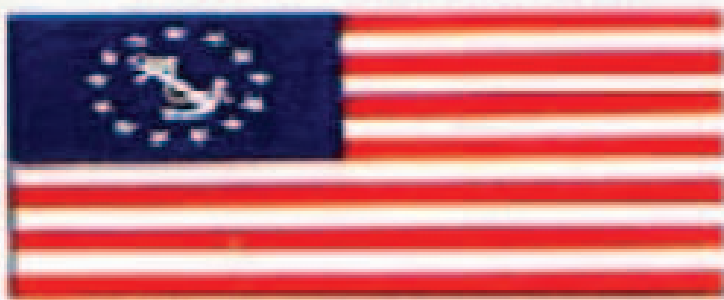
There are many good wind projects, but constructing wind turbines, without environmental review and regard for our wildlife, is a mistake that will likely take its toll on the birds and the environment, for many years. I hope it's not too late to assess the long-term benefits of this project, that poses such risk to our wildlife. Let's step back and look at a regional plan and approach. Nahant is but one of a hundred, or more, recent wind energy proposals in our area, many of which are not located in such an avian-rich environment.

Many of you have joined me on the field trips, sponsored by the Open Space Committee, to witness the wonderful shorebird migration at Short Beach. Nahant is one of the best places to see these beautiful creatures and we marvel at the incredible strength it takes to complete their long journey, during migration, yet they are so vulnerable. It is very moving and a special experience that has enriched many of us.

Please voice your concerns to our Selectmen, local representatives, the DCR and Dept of Environmental Protection. Please do it quickly – this project appears to be on a fast track! Ask for environmental review.

“For if one link in nature's chain might be lost, another might be lost, until the whole of things will vanish by piecemeal.” —Thomas Jefferson

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## Let's Green Up Nahant!

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### Causeway Wind Turbines Project

by Polly Bradley, SWIM

The Nahant Causeway wind turbine project would put in place up to 60 wind turbines, lighting the poles along the Nahant Causeway, with renewable energy, fighting global climate change and, some say, adding a touch of technological beauty to the natural beauty of Nahant Beach.

However, wind turbines can be hazardous to birds. The shallow bay, mudflats and beaches of the Nahant causeway and adjacent waters, attract thousands of shorebirds and gulls. Migratory birds rest and feed here, in spring and fall, and birds from the Arctic and Canada, winter in Nahant waters. Often the birds fly low to reach food sources, on either side of the Causeway.

Several years ago, Nahant was declared an Important Bird Area, by the Massachusetts Audubon Society. When asked about Mass Audubon's interest in this project, Jack Clarke, Director of Public Policy and Government Relations, pointed to a statement on Mass Audubon's website: "Mass Audubon recognizes that climate change, caused by the emission of greenhouse gases, from fossil fuel use and deforestation, is a major threat to wildlife in Massachusetts and the planet. Current climate change projections also create challenges for the economy, security, and health of Massachusetts and its residents. To reduce the threat of climate change, Mass Audubon first and foremost supports measures that increase energy conservation and efficiency and policies that result in the responsible siting and production of renewable energy resources." ([www.massaudubon.org/renewableenergy](http://www.massaudubon.org/renewableenergy))

Clarke continued, "In 2002, Mass Audubon designated Nahant Bay – including the causeway and Lynn Harbor – an Important Bird Area (IBA), following international guidelines. ([www.massaudubon.org/Birds\\_and\\_Birding/IBAs/site\\_summary](http://www.massaudubon.org/Birds_and_Birding/IBAs/site_summary)). Because the proposed project lies within this IBA, Mass Audubon will recommend that DCR require the selected Nahant causeway wind turbine developer to hire a qualified consultant, to conduct pre-construction risk assessment and post-construction monitoring, to determine the turbines' effect on local bird and bat populations."

The wind turbine project's schedule essentially parallels the timing of the Causeway reconstruction project, but the two are separate Requests for Response. It is not clear, at this writing, whether the wind project will trigger review under the Massachusetts Environmental Policy Act (MEPA), which would allow the pros and cons of the project to be addressed, particularly with relationship to endangered species. It is also not clear, whether the citizens of Nahant will have an opportunity to have any input into the decision, whether to implement the proposal.

The Massachusetts Department of Conservation and Recreation (DCR) issued its notice of the project in January, with a closing date of February 17, later extended to February 24. If you wish to comment on the wind turbine project, write to [mass.parks@state.ma.us](mailto:mass.parks@state.ma.us), attn. Commissioner Richard K. Sullivan Jr., Commissioner, DCR. The project notice, titled "Environmental Attributes Associated With an On-site Renewable Energy System, at the Nahant Reservation, Nahant, MA - # DCR 422," is available at [www.Comm-Pass.com](http://www.Comm-Pass.com).

Full disclosure: I am a co-founder of Safer Waters in Massachusetts (Nahant SWIM, Inc.), and I worked for the Massachusetts Audubon Society for 14 years, writing 709 weekly environmental columns, that went to newspapers throughout New England. My husband, Larry Bradley, is chairman of the Nahant Alternative Energy Committee and is Nahant's representative to the Department of Conservation and Recreation's Request for Response Review and Selection Committee.

The next meeting of SWIM will be Monday, March 8th, at 7:00 p.m., at the Northeastern University Marine Science Center. More information on the Nahant Causeway Wind Turbine project can be found on SWIM's website, [www.nahant.org/swim](http://www.nahant.org/swim).

The next meeting of the Nahant Alternative Energy Committee will be Wednesday, April 14, at 7:30 p.m., at the Nahant Town Hall.

The Nahant Board of Selectmen will meet Thursday, March 4th and Thursday, March 18th, at Town Hall. All these meetings are open to the public.

### Nahant Adopt-a-Beach Program

Hello, SWIMmers and Friends! Since 1984, SWIM has worked to protect the shores and ocean around Nahant and beyond. Here's a promising new opportunity to monitor and protect Nahant's beaches!

Adopt-a-Beach is a long-term monitoring and stewardship effort. Teams will visually monitor for sources of pollution, signs of erosion and evidence of invasive species (such as the new invasive plant, pepperweed), collect samples from stormwater outfall pipes and coastal streams, to be tested for bacterial contamination (where appropriate) and identify other problems and issues affecting the beach, as well as conduct coastal clean-ups, especially after storms when debris is washed ashore.

A training event for participants will be held on Saturday, March 6th, from 9:00 to 11:30 a.m., at the Beverly Cooperative Bank, in Salem. Those interested in joining a Nahant team, or would like to attend this training, call or email, Carole McCauley, the new Outreach Coordinator at Northeastern University Marine Science Center, (781) 581-7370, x321, or [c.mccauley@neu.edu](mailto:c.mccauley@neu.edu).

If you can't make the training on March 6th, but would like to know more, come to the SWIM meeting on Monday, March 8th, at 7:00 p.m., at the Marine Science Center. Carole will tell us all about the program. Feel free to forward this message to friends who love their special beach!

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## It's Good to Rock the Boat

Many thanks people! The Nahant Rock Stars came out to "Rock the Rock" and raised \$3,000 toward the purchase of new sailboats for the Nahant Sailing Program.

Hey! Very special thanks to (in alphabetical order), Matt O'Neil, the Blue Ox, Peter Dawson, the Nahant Country Club, Brett Henry, the Wharf, John Tofuri, the world's best chicken wings, Mike O'Callahan, Kelley Greens, Mike "the Q" Quaid, the Tides. "It don't happen' without them." (Gee, I guess they ain't listed in alphabetical order, oh, what the hell, there was a time when I was oh-sooooooooo close to perfect, had all the answers, then they up and changed the questions)?

The Tudor Cocktail Ice Co. staff had an opportunity to have a HOOMPA RETREAT at a converted convent in Guadalajara that was once called, appropriately, Fr. Roberto Convent of the Lost Souls. Evidentially, the staff needed some sort of focus for 2010. Unfortunately, with tighter border security, their HALO'S were confiscated at U. S. Customs.

Guadalajara, come to find out, is the birth place of Mariachi music, it's everywhere. Carlos Santana, a Guadalajara native, started his ride playing in a mariachi band as a kid. One afternoon, after morning vespers, the staff found a water front Margarita bar for "lunch" (I know, seems hard to believe), that just happen to have a Mariachi band. As we took our first sip the band came to serenade our table. As we looked up and saw the bass player, our margarita's came out our noses, (I hate when that happens). His name is DAVIO COLON an attorney when the Mexican law firm of Juan, Moore, Tyme Ltd. and does gigs on weekends ( he said it's cheaper than therapy).

We spoke with Davio; his story was similar to Carlos Santana. He started as a child (what a coincidence, so did we...o we had that in common), played in a mariachi band and as he got older, used the gig money to pay for law school and folks, "THE REST IS HISTORY." Our staff all seemed to gravitate toward Davio. We all agreed there was something special and oh soooooo familiar with our new found friend and we would love to share this Caballero with you Islanders.

Disclaimer: Carlos Santana is a Guadalajara native and did start his career, as a child, in a local mariachi band, and the staff did stay in a converted convent...the rest is up to you.

Submitted by Ponsie Tudor



## Greater Lynn Babe Ruth Invites Girls to Play 2010 Season

GLBR softball is in the process of expanding its softball program. Last year, the league acquired a second softball field, Callahan Field, which will allow the league to increase its schedule and add players. The league's Board of Directors has voted to extend invitations to girls from Peabody, Marblehead, Swampscott, Lynnfield, Nahant, Saugus and Salem.

Girls born between January 1, 1991 and December 31, 1996, is eligible to play. The final registration will take place at the AOH Hall, 103 Federal St., in Lynn, on Thursday, February 25th. The cost of the program is \$135.00 per player, or \$200.00 for two or more.

GLBR will also be hosting the Babe Ruth State and Regional playoffs this summer.

Any girl born between 1/1/95 and 12/31/96 will play for the U14. Any girl born between 1/1/91 and 12/31/94 will play for the U18.

Since Saugus has its own softball program, we will only accept Saugus girls for the U18 Division.

The U14 league begins April 24th. Games are primarily played on Tuesdays, Thursdays, Saturdays and Sundays. Playoff will begin on June 12th. Home Run Derby will take place on June 19th. The U14 All Stars will play in an ASA tournament, on either the weekend of June 25th, or July 10th. The State Tournament will be played during the week of July 24th, or July 31st.

The U18 Division begins its season on June 6th. League playoffs will be held between June 30th to July 7th. League play will be suspended July 2nd through 5th. The Home Run Derby tournament will be held on July 6th. The U18 All Stars will play in an ASA Tournament, during the weekend of July 10th. The State Tournament will commence on the weekend of July 17th. As the result of hosting the NE Regional Tournament, Lynn has an automatic bid in the event being held on July 24th. The Babe Ruth Softball World Series takes place in Varianna, Virginia, beginning on August 5th.

Any questions, please call, text, or email: Judy Bower at (781) 258-3232 (judest1590@aol.com) or Frank Gill at (781) 858-8168 (feg75@verizon.net).



## **Year of the Tiger: A Lively Performance of Chinese Dance and Music**

**Submitted by Mary Jo Ludke**

Save the date, because you won't want to miss Swampscott High School's afternoon of Chinese folk arts, dance and crafts, on Saturday, March 13th, from 3:00 to 5:00 p.m. Experience a dazzling and exhilarating display of traditional Chinese performing arts presented by the talented members of the Chinese Folk Art Workshop, including Caitlin Ludke, of Nahant. Classic dances, featuring the undulating Dragon, the dizzying Lion and the graceful Ribbon, weave wondrous tales of heavenly realms and the timeless battle between good and evil. These dances and others, along with beautiful costumes, celebrate the grand legends, timeless values and the spirit of Chinese culture. Adding to the pageantry and drama will be energetic displays of the spinning diabolo (Chinese yo-yo) and the rhythmic beating of the Taiwanese Drums.

The celebration continues after the performance with hands-on workshops in Chinese arts and crafts, including Calligraphy, Chinese Knotting, Rice-Dough Sculpture and Paper Cutting. Other workshops will allow audience members to try their hands at the diabolo and ribbons, meet some of the dancers in their beautiful costumes and, for the brave at heart, experience a close encounter with the legendary lion and his intricately constructed costume! Photo opportunities will abound.

The Chinese Folk Art Workshop is a Boston-based, non-profit organization that aims to highlight the beauty of traditional Chinese arts and culture within the community and give American-born Chinese youth an avenue to showcase their talents and gifts. Members range in age from 12 to 18. These dedicated young people display their artistry at over 30 performances each year, both here and abroad.

Caitlin Ludke, who has been performing with the group for three years, approached her Chinese teacher, Mrs. LiMing Yang, with the idea of hosting a fundraiser to help fellow students, who are planning a trip to China, this summer.

"I feel so fortunate that we have a Chinese Language Program at Swampscott High School. I was born in China and moved to the United States as an infant. My own travels back to China, as well as my exposure to Chinese families and culture, through the Chinese Folk Art Workshop and Families with Children from China, made me really anxious to become more proficient in Mandarin. I feel it will be a real asset as I go forward in life. I have been dancing with the Chinese Folk Art Workshop for three years, so I proposed offering an afternoon of Chinese dance and folk arts. I am very excited to finally have the opportunity to perform for my fellow students and members of the Nahant and Swampscott communities."

Tickets prices for Year of the Tiger are \$5 for students and seniors and \$10 for adults. Tickets will be available at the door, Swampscott High School, 200 Essex Street. Many workshops are free; there will be a nominal materials fee for some of the crafts. For more information about the Chinese Folk Art Workshop, or the show, please visit [www.folkartboston.org](http://www.folkartboston.org), or email Mary Jo Ludke, [mjludke@comcast.net](mailto:mjludke@comcast.net), or call (781)595-0109.

Photo at right: Swampscott High School freshman, Caitlin Ludke, will perform Dun Huang, with members of the Chinese Folk Art Workshop Saturday March 13th, at 3:00 p.m., at Swampscott High School, 200 Essex Street.



## **Everyone's Irish In March**

**By Georgia Arnold**

I look forward to March for several reasons. First, as winter starts to taper off, I am reminded that the sun does in fact exist and that there may be a summer, after all. I relish in seeing the snow starting to melt and feeling the tease of rising temperatures sneaking up, every now and then.

Second, March is around the time I get my tax refund back. That is reason enough to be happy. Getting this money back gives me hope. I am able to pay off some bills, do a little shopping and maybe have dinner at the Cheesecake Factory (don't pretend you don't love their Factory Burrito-and might I recommend the Khalua Kisser). But the number one reason, and my third point in this article, on why March is a month worth looking forward to, is St. Patrick's Day. No city, other than Boston, celebrates this holiday the way Massachusetts does.

I've noticed that other states seem to wane on the lack of enthusiasm for St. Patrick's day. Their attempts are half-hearted, at best. Their meager streamers, the lack-luster tees, their failed attempts at wearing green on the big day. Everyone else pales in comparison to the magnitude and atmosphere

that Boston provides...it is surely Mardi Gras-esque. The biggest difference that Boston offers, during this holiday, the difference that separates the men from the boys, if you will, is that when Massachusetts celebrates St. Patrick's Day, the whole state partakes. Truly, everyone is Irish on St. PATTIES day...at least for a day.

Happy St. Patrick's Day everyone!!!

## **Mass Theatrica Presents The Sorcerer**

Mass Theatrica and The New England Gilbert and Sullivan Society (NEGASS), will co-sponsor a Last Minute Light Opera performance of "The Sorcerer," on Sunday, March 14th, at 3:00 p.m., at LynnArts, 25 Exchange Street, Lynn, in the Neal Rantoul Vault Theatre.

The featured performers are: Miles Rind, Brad Amidon, Thomas B. Dawkins, Tony Parkes, Benjamin Clark, Linda Nadeau, Beth Grzegorzewski, Angeliki Theoharis and Sarah Berggren. The operetta will be unrehearsed and presented on book; the audience is invited to join us in singing the chorus parts. Bring a score, if you like!

Admission is \$10 and free to NEGASS members. All are welcome to come and sing, or just enjoy the impromptu show! Lorna Jacques

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A Gospel and Jazz Brunch  
Submitted by Alvah Parker

On Saturday, March 13th, from 11:00 a.m. to 3:30 p.m., Building Bridges Through Music, Inc., will hold their seventh annual Gospel and Jazz Brunch, featuring the soulful sounds of the Tony Gallo Band and Fred Williams, saxophonist extraordinaire. Fred Williams played saxophone with Jack Benny, is well known on Basin Street and has a national reputation for jazz and big band sounds. Tony Gallo performs regularly at Ryle’s Jazz Club, in Cambridge and The Acton Jazz Café.

Special appearances by the Building Bridges Performers: Voices for Change, Youth Outreach Ensemble and Follow Hymn Interfaith Choir. Also performing, the KIPP Academy Lynn, a student African Dance Troupe.

The Gospel and Jazz Brunch will be at Angelica’s Restaurant, on Route 114, in Middleton. The cost for the brunch is \$40 per person. Proceeds from this event will be used to support the community youth outreach programs of Building Bridges Through Music, Inc.

For information and tickets, please call Virginia Makkers at 781-321-2052, or Doreen Murray at 781-953-1849.

The mission of Building Bridges Through Music, Inc. is to promote cultural and racial harmony, using music, movement and dramatic expression, as educational tools.

LynnArts Dance Party  
Submitted by Susan Halter, LynnArts

Third Thursdays may be on a hiatus, but their spirit continues with LynnArts’ Thursday Night Club, at 25 Exchange Street, in Lynn. Over the course of the next year, Thursdays in Lynn will take on a new flavor with dances, movies and more.

Join us from 7:00 to 10:00 p.m., on Thursday, March 18th, for our kickoff Dance Party with live music, courtesy of White Lightnin (www.white-lightnin.com), cash bar, 50/50 raffle and munchies.

Tickets can be purchased online at www.lynnarts.org, or in person: \$12 in advance, \$15 at the door. Limited tickets will be available, so buy yours now!

The Luckiest Tree  
By Lorna Jacques

Pearly snow freefalls,  
in large puffed cotton balls.  
Set loose from suspended skies,  
cool flakes filled my warm eyes,  
only,  
to melt themselves into Thicket trees,  
whose crooked arms sway in Winter’s breeze.

In their grey bark coats,  
they slumber as the season sings.  
I wondered,  
do tree spirits dream of Springtime things?

Suddenly a Dove winged white,  
swiftly flew into my sight!

Joyfully,  
he swooped and raced,  
close behind his mate chased.  
They landed upon the luckiest tree.  
I giggled at thoughts of you and me.

“Life is a luminous halo, a semi-transparent  
envelope surrounding us  
from the beginning.”

—Virginia Woolf

Dancing with Corine Prigian

“I’m Ermance Corine Hussey—born  
On March 28th 1932—in Rockland, Massachusetts.  
I started dancing at age three  
With tap and toe dancing.  
In my 20s I started Jazz and clogging  
Round and square dancing.  
After I moved to Lynn, MA in 1969  
With my second husband, Edward Prigian,  
I went to my first Line-dancing class in Nahant, MA.  
Then, I had no idea what “Line-dancing” was.  
“I loved it” right away and later became a dancing teacher  
In north of Boston cities.  
The ladies asked if I  
Would put together a group to dance in the area  
I said: “I would”—“The Starlets” were born  
60 to 90 years old—all volunteers at the Senior Center,  
Lynn,  
The golden-agers  
Dancing at nursing homes, “Lynn City Hall Shows,”  
Parties, “Topsfield Fair,” and trips.  
My best dancers ladies and gentlemen, very chic!”

.....  
“My life exists in the dancing classes  
Until today—August 2009—my lucky “77” old years,  
In Mamba, Samba, Twist, Tango, Waltz, Cha-Cha,  
Foxtrot, Polka  
With turns, wiggles, jiggles, and rhythmic—in unison  
“Romance, romance, romance, romance,  
Santa Catalina, the Island of...”  
I step one, two..... going backwards  
I’ve met my dream of dancing  
Once, I was a little girl  
Remembering my proud mother and father.  
A poet wrote for me—“the pirouetting ballerina with  
hazel eyes,  
Good night, sweetheart, good night...”

.....  
“However, all of us grow older—gently going away,  
My true friend dancers  
Who have left footprints in my heart,  
Now they are in Heaven (continuing dancing there).  
My spirit was hurt  
When my youngest son, Daniel, 32, died of cancer  
My second husband Ed—gone too...  
I’m thankful I have my older son, Richard,  
A retired Navy man who cares for me.  
I’m here, old ladies, for you!  
Dancing is your and my challenge in life  
Great for keeping our minds, bodies and hearts,  
A solid sense of fellowship—something we need:  
Meeting new friends, dance, music, singing...just Rozi  
Who sings Italian “Serenada”  
I’m here, dear ladies, for you!  
My grey-haired friends!  
Put a smile on your face,  
And dance, and dance, and dance,  
“A-HOOPA-HOOPA- For you- Only for you.”  
Such blissful days!  
I feel I am a tree in the spring,  
So keep on dancing,  
And God will bless you and me.”

By Rozi Theohari, 2009

Big City...Bright  
Lights...Broadway

Submitted by Arlyne  
Greenspan

The Sisterhood of  
Temple Ner Tamid recently  
announced their annual  
spring social and  
fundraiser, to be held on  
Thursday, May 6th, at  
Temple Ner Tamid, 368  
Lowell Street, Peabody.

Arlene Titelbaum and  
Gloria Simons, the event  
chairs, are planning an  
exciting evening with  
Broadway and New York  
City style entertainment,  
decorations and food.

Tickets will be waiting  
at the box office for all  
those who attend.

For more information,  
call the Temple office,  
(978)532 -1293, or email  
gmksimons@yahoo.com,  
or mortarl@verizon.net

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



*Useless Information...By Ray Barron*

## Nahant's March Birthday Babies

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

Please note, the birthdays are taken directly from the Town of Nahant, 2009 Street List of Residents over 16-years of age.

If there are any errors, omissions, or changes, please send me a note: The Birthday Guy, c/o The Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Or, give me a call: 781-581-0809.

March 1: Mike Mitchell, Tim Maguire, Victor Mihovan, James Marsh, Jean Budnik, Matt Troiani, James Kasper.

March 2: Claire Cox-Brownlie, Anna DiCastro, Jean Ghazi, Cary Wolinsky, Diane Palombo, Ellen Christy, Matt Donahue, Arthur Pass, Janet Collins, Gretchen Benkert, Gailanne Reeh.

March 3: Barbara D'Amico, Susan Bonner, Penelope Ross, Christine Stevens, Wendy Churchill, Cathy Cardile, Paul Smith, Mike Griffin, James Sanborn, Ron Murphy, Valerie McCarthy, Clare Brownlie-Cox, Geneieve Piasecki, Tracy Thrasher-Hybl.

March 4: Adrienne DeStefano, Wilhemina Kettell, Janet Bradley, Nancy Keen, Eleanor Goodman, Nicole Doucette, Celia Cornish, Carol Crawford, Ed Riley, Leonard Patrick, Evelyn Costello.

March 5: Bernice Canty, Peggy Jeddry, Eleanor LeBlanc, Carole Keller, Alex Eaton, Ken Gavin, Jacob Musman, Edith Ann Roland.

March 6: Georgia Perepelitza, Jim Doran, Kathleen Atkinson, Rita Lynch, Maureen Pompeo, Michael Goyetche.

March 7: Angela Lowell, Arthur Collins, Tom Cypher, Charlie Butera, Ian Potts, Peter Davis, Rebecca McIntosh, Laura Cipriano, Larisa Kostenko, Barbara Beatty.

March 8: Sandra Perry, Kevin Costin, Warren Edwards, Scott Watson.

March 9: Lisa Perella, Amy Klee, Madeline Long, Colleen Trentsch, Tom Levangia, Sam Smith, Tom Peterson, John Blank, Jennifer Winters, Angela Webb.

March 10: Ruth Titus, Kathy Lique, Jackie Wallett, Joe Berterelli, Joe Migliaccio, Barry Markham, Jeff Mitchell, Merideth Byam.

March 11: Marie Reenstierna, Maureen Burke, Joyce Gaudet, Robert Lewis, Mackenzie Hall, Casey Vanmaan, Judith Norris, Kevin O'Brien, Craig Gaulzetti.

March 12: Bob Risch, Billy Waters, Bill Rubbico, Bryon Smith, Helena Moreno, Michael Russo, Susan Green, Stephen Meagher, Joann Deiulis, Linda Rider-Hunt, Virginia Tallberg.

March 13: Charles Jones, Charlotte Dracousis, Nancy Gallo, Lauren Bromberg, Amy Hill, Doris Nelson, Mary Dick, Art Ross, Barbara Fischer, Rose Carr, Richard Bozarjian.

March 14: Dot Hartigan, Peggy Coles, Chris Mostone, Steve Arzillo, Dana Spencer, Donna Chretien, Luciano Montefusco, Megan Cronin, Khalid Abbady, Vincent Steriti, Casey Connolly.

March 15: Arlene Connor, Jennifer Baker, Brenda Thompson, Loredana Barletta, John McCarthy.

March 16: Rick Kennedy, Barbara Caloggero, Pauline Mahoney, Sophia Hyde, Paula Devereau, Jayne

Davidson, Karen Hubert, Georgia Lesburt, Pete Hemenway, Chris Connolly, Bob Meyers, Kathryn Myatt Carey, Ronald Capen, Teresa DiCostanzo, Diane Porcaro.

March 17: Saint Patrick's Day: Marrit Hastings, David Legon, Sharon Provencher, Marianne Riley, Ida Nannini, Victoria Capano, Barbara Capodilupo, Mary Ioven, Sherri McDermott, Dorothee Mangold, Rebecca Dalpe, James Foukas.

March 18: Paul Cronin, Tyler Gallagher, Adolph Graciale, Tom Campbell, Enrichetta Ricciardelli, Dawn Smith, Angela Haven Bonin, Betsy Taylor, Wendy Johnson, Shari Locantore, Jeremy Lowe, Anders Vonaschwege, Diego Gonzalez, Kathy Burns.

March 19: Marie Ford, Ann Marie Passinisi, Patricia Adams, Cathy Cafaso, Pam Cooley, Patricia Roche, John Grimes, Tony Sacco, George Markos, Linda Poaletta, Caledonio Huerta, Mary Jane Cusack.

March 20: Jean Kirkman, Christine Gandolfo, Betty Hall, Charlie Buisset, Cornelis Hollenbach, Angela Miller, Paul

Angersbach, Anthony Malatesta.

March 21: Patricia O'Shaughnessy, Jennifer Baldini, Jennifer Montague, sweet Patsy Emberley, Paul Catoggio, Nick Nash, Andre Ponton, Michael Comer, James Kraft, Martha Fitzpatrick.

March 22: Andrew Murphy, Patrick Flynn, Connor Palombo, Michelle Capano, Badia Eskandar, Clancy Asselin.

March 23: Julia Kavanagh, Nancy Lyman, Jennifer Sweeny, Jessica Bennett-Russo, Kristen Martin, Barbara Lonergan, Paula Taylor, Jayne Spinelli, Mary Lou Mihovan, Bernadette Butler, Ken LeBlanc.

March 24: Jennifer Keefe, Mayfred Mahoney, Clayton Purdy, Dot Auchmood, Todd Wilson, David Riley, Maya Moon Lique, Maggie Ross, Also celebrating a gala birthday on March 24, my wondrous daughter Robyn Waters, a Nahant Townie.

March 25: Patricia Whiting, Mary Gavin, Mark Reenstierna, Pete Brown, Barrett Senk, Robert Cusack.

March 26: Elizabeth Lowell, Dot Pass, Patricia Hatzis, Eden Milroy, Carol

Finkenaur, Tim O'Keefe, Billy Ostermiller, Jean-Marc Berteaux, George Koukounaris, Louise Anders, Joseph Glowacki, Marny Vonaschwege, Michael Stempeck, Judith Conn.

March 27: Connie Hanson, Michelle Kourkoulis, Erin Sweeney, Michelle Abisso, Vin Lopez, Paul Caira, Scott Livingston, Robert Anderson, Sue Esaki.

March 28: Carol Sanphy, Cathy Letourneau, Suzy Gorham, Robyn Gaynor, Carrie Comito, Eva Cardile, Susan Gilbert, Terri Crosby, and Dick Cadigan.

March 29: Sean Dolan, Nancy Antrim, Joshua Hurd, David Taylor, Matt Locke, Richard Reiling. March 30: Jeanne Fiore, Brian Perry, Mike O'Shea, Adam Walker, Anita Haller, Paul Powers, Kimberly Abisso, Ron Pellegrini, Rene Michaud.

March 31: Betty Murfitt, Amy Monagle, Julie Morris, Debora Caloggero, Fred Taylor, Joe Mellen, Paul Tobin, Ozgur Simsek, George Syrigos. Added to the list, Laurie Giardella, Inder Pal, Delynn Irwin, Chris Pesco, Cynthia McCullough, Wendy Churchill, Frederica Banning, Tiffany Tuyet Tran.

Sears (1/10), Judith Shea (12/10), Walter Sheppard (1/10), Dexter Shultz (7/10), Jean Sigourney (1/11), Bob & Peggy Silva (1/10), Anita Smith (7/10), Tom & Eleanor Smith (5/10), Maggie Smith (1/10), Richard Snyder (7/10), Anastasia Sofronas (2/10), Aaron & Nicole Soule (1/10), Noel Spinney-Costin (7/10), Antonette Spinucci (1/10), Karen Stanford (2/10), Frederick & Maria Stanley (3/10), Bob & Harriet Steeves (3/10), Ellen Steeves (3/10), M/M Donald E. Steeves (3/10), M/M Robert A. Steeves (3/10), Lissa Stempek, Edward & Antonia Steriti (3/10), Vincent & Steriti (6/10), Rich & Chris Stevens (6/10), Joseph Stoddard, Jr. & Paul Mouratidis (12/10), Nicholas Strange (12/09), Ron & Martha Strout (11/10), Patricia Sullivan (2/10), Joanne & Neal Sullivan (2/10), Steve & Ruthanne Switzer, William Szczawinski (4/10), Gretchen Szczechowicz (1/10), Linda Tanfani, Ed & Suzanne Tarlov (7/10), Paul Taylor (2/10), Scott & Lynn Tidd (6/10), Loreen Tirrell & Lou Wallach (2/10), Rosemarie Tirrell (1/10), Ruth Titus (7/10), Paul & Margaret Tobin (6/10), Tiffany Tran (7/10), Gwen Upton (1/10), Edward A. Ustaszewski (1/10), Mary E. Valeria (6/10), John VanMaanen (1/10), Isabell VanMerlin (1/10), Michael Veccia (1/10), Robert & Nancy Vallee (12/10), Betsy Wachtel (7/10), William & Victoria Waite, M/M George Wallett (3/10), Richard Ward (7/10), David Webster (5/10), John L. & Muriel Webster (5/10), John & Maria Welsh (6/10), James & Emlen Wheeler (4/10), Pauline White (7/10), Nancy Reid Whitman (2/10), Nancy Wilson (12/10), Art & Mary Wilson (3/10), David Yench (6/10), Rudolf Zuckerstatter. (1/10)



## Nahant Harbor Review Subscribers

Ahoy, Nahanters! The first subscription drive for 2010 began last month. I am very grateful to those who renewed early and added a little extra, as well as all the notes of encouragement. It is getting difficult for me, to keep all the “balls in the air.” I could use a few more hands in the office. And so, as money gets tighter, ads are harder to come by, accounts receivables take longer to come in and some just can’t pay, as they become victims of the tightening credit market. So I am very grateful to all who appreciate having the community news delivered to their door, and can afford to send in a subscription. I know how hard it is to part with \$20, or \$30, when you can get the paper free. Let me say, “Many thanks!” to everyone who took the time to send a check to renew their subscription for 2010. The list below is partially updated (I ran out of time) and the date after the subscriber’s name, now reflects the subscription expiration date. If there is any error, or omission, please email [donna@nahant.com](mailto:donna@nahant.com) and I will do my best to correct it. For those who have yet to renew, please save the 2010 subscription envelope, enclosed in last month’s issue, for your use when you want to renew. By doing so, it will help me save time and money, which in turn, helps me keep the newspaper coming to your door. You can mail your subscription, it, OR better yet, SAVE a stamp, and 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...

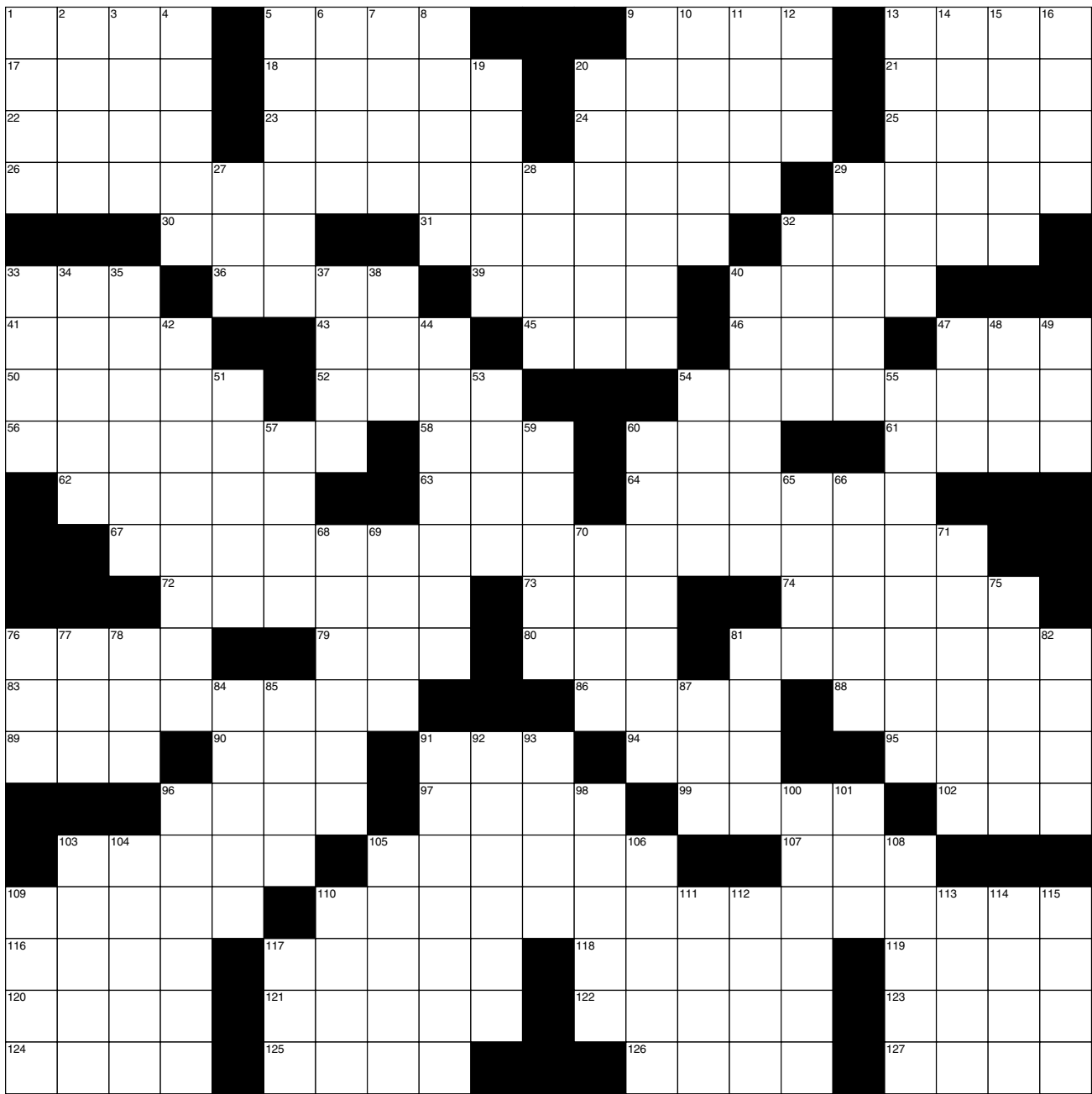
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NAHANT PUZZLE PAGE



March Madness  
by Rick Kennedy



- 54 Opposed
- 55 Ingredient in some gum
- 57 Dalai \_\_\_\_
- 59 Book holder
- 60 Amaze
- 65 Runner's goal
- 66 Objects
- 68 2009 James Cameron epic film
- 69 Desperate
- 70 Lone
- 71 Narrated again
- 75 Not waste
- 76 \_\_\_\_ McMuffin
- 77 Paper Mate product
- 78 Flightless bird
- 81 In \_\_\_\_ (together)
- 82 Irish \_\_\_\_
- 84 No longer wild
- 85 Related
- 87 By way of
- 91 Folds
- 92 Inflatable mattress
- 93 Exploding star
- 96 Joyous
- 98 Track official
- 100 To wit
- 101 Self-esteem
- 103 Suspect's story
- 104 Stalin's predecessor
- 105 Water channel
- 106 Challenged
- 108 Come about
- 109 Till
- 110 Dynamic leader?
- 111 Inside info
- 112 Adam's garden
- 113 Deception
- 114 Word after Bay or gray
- 115 Time in office
- 117 Adjective for 1 Across, and a sequence contained in 26, 67, and 110 Across

ACROSS

- 1 March \_\_\_\_, Lewis Carroll creature
- 5 Fishing hook with a handle
- 9 March 15, e.g.
- 13 Storage building
- 17 Waterless
- 18 Sign of spring
- 20 George of "Just Shoot Me"
- 21 Simple
- 22 Queen Anne's \_\_\_\_
- 23 Final inning, usually
- 24 Clock/radio feature
- 25 Ceremony
- 26 **Executive motions?**
- 29 Discourage
- 30 Brew
- 31 Rock salt
- 32 Arizona Indian tribe
- 33 Wetland

- 36 Branch of learning
- 39 Golf cry
- 40 Prong
- 41 Declare
- 43 Skip
- 45 Hospital unit
- 46 "Monsters, \_\_\_\_" (2001 Pixar film)
- 47 LAX datum
- 50 Belief
- 52 Word of woe
- 54 Stressed
- 56 Capital of Libya
- 58 Insult, slangily
- 60 Picnic visitor
- 61 Type of tea
- 62 Steam room
- 63 Morse T
- 64 Type of electricity
- 67 **Incan occupation?**
- 72 Polish, e.g.
- 73 Head of England?
- 74 Flying Pan
- 76 Fencing sword
- 79 Bible boat

- 80 Kind of shot
- 81 Many Middle Easterners
- 83 Idaho (2 wds.)
- 86 Covet
- 88 Muzzle
- 89 African antelope
- 90 Alias indication
- 91 Give the ax
- 94 Racket
- 95 Otherwise
- 96 Kuwaiti chief
- 97 Real joker
- 99 Adolescent outburst
- 102 Condensation
- 103 Funt of "Candid Camera"
- 105 Passionate
- 107 Past
- 109 Implore
- 110 **Rare Southern bird?**
- 116 Pocket stuff
- 117 Verdun's river
- 118 Eat away

- 119 Salt or smoke
- 120 Theater award
- 121 Dangerous partner?
- 122 Ward off
- 123 End \_\_\_\_
- 124 Kite-flying necessity
- 125 Bucks' mates
- 126 Refuse
- 127 500 sheets

DOWN

- 1 Overhead light?
- 2 Spirited horse
- 3 Costa \_\_\_\_
- 4 Plant swelling
- 5 Male goose
- 6 Opera solo
- 7 Huckleberry or Mickey
- 8 Command to Fido
- 9 Erased
- 10 Visibly stunned
- 11 Sailors

- 12 Shade tree
- 13 Calm
- 14 Half of Hispaniola
- 15 \_\_\_\_ Park, Colo.
- 16 Tinter
- 19 Bundle
- 20 Lampoon
- 27 In the style of
- 28 No neatnik
- 29 Numbskull
- 32 Galvanizing metal
- 33 Matted cotton sheet
- 34 Pull\_\_ (sweaters)
- 35 Good-natured
- 37 Spicy cuisine
- 38 Our sun
- 40 Breath mint
- 42 Drives back
- 44 Fenced grazing area
- 47 And so forth
- 48 Ball holder
- 49 Do sum work
- 51 Melodious
- 53 Thailand, once





A Memorable Date

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.

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

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

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DEADLINE INFORMATION

APRIL 2010

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
MONDAY, MARCH 15th • 5:00 P.M.  
Home Delivery: Saturday, March 27th.

Staff, Volunteers & Contributors

Owner/Editor & Publisher:	Donna Lee Hanlon	781-592-4148
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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 - March– 2010

Mon	1	12:00P	Blood Pressure & Glucose Clinic – Tiffany Room
Fri	5	1:00P	Movie – TOP HAT - Community Center
Thu	11	12:30P	SENIOR ASSERTIVENESS PRESENTATION
Wed	17	11:30A	St. Patrick’s Day Special Lunch
Fri	19	1:00P	Movie – INVICTUS - Community Center
Tues	23	10:00A	SHINE Volunteer – Medicare & Prescription Assistance* * Please call – appointments starting at 10:00 A.M.
Thurs	25	12:30P	HEALTHY MEALS PRESENTATION – Sonja Nathan
Tues	30	12:00P	March Birthdays – Birthday Cake by Roz – Tiffany Room

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 Ctr
Wednesdays	10:00A	Crocheting, Knitting, Handcrafts, Community Ctr
Wednesdays	12:30P	Shopping from Tiffany Room or call for pickup
Thursdays	10:15A	Senior Exercise – Community Center

Information and calendar, subject to change. Please call for updates on other March programs, trips and events. Call 781-581-7557 or e-mail us at ddesmond@nahant.org.

Please refer to the COA Notebook, in the Harbor Review for more information.

COA NOTEBOOK

By Diane Desmond

The Council on Aging will sponsor an Assertiveness Training Workshop for Seniors from 12:45 to 2:15 p.m., on March 11th, at the Nahant Senior Center. A representative from Comfort Keepers in Beverly, will conduct this interactive workshop. The attendees will learn about positive communication with friends, family members and professionals (i.e.doctors, hospitals, workmen, insurance companies). Information will also be given on how to deal with aggressive, or angry people and difficult situations. We are looking forward to this workshop as we believe it will be very helpful to many of our seniors. Materials will be provided, there is no charge and space is limited. Please register in advance at 781-581-7557.

Sonja Nathan from the Jesmond Nursing Home returns to us on Thursday, March 25th, at 12:30 p.m., for a healthy meals presentation. She will cook a dish and serve samples and distribute the recipe. No reservation is necessary. Please join us.

HAPPY WEARIN O’THE GREEN!!!

CLASSIFIED ADS

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617-233-7035, Nahant

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Q&A with North Shore Physical Therapy

By Susan Finigan, CPT

Q. My knee is beginning to hurt, when I go up and down stairs. Is there something I am able to do, to take the pain away?

A. The knee joint, itself, consists of the two leg bones, the femur in the upper leg and the tibia in the lower leg. Ligaments attach bone to bone on the medial and lateral sides of the femur and tibia. Tendons attach muscles to the bone. The muscles of the knee are the quadriceps and the hamstrings. The cartilage on the ends of the bones is called hyaline cartilage. Between the tibia and femur are menisci, another form of cartilage, which provides cushioning.

Inside the knee, there are two ligaments that crisscross. You may have heard of the anterior cruciate ligament, or the posterior cruciate ligament. A normal knee can withstand loads equal to, or greater than, four times your body weight. Your knee can bend and straighten from 0 to 130-140 degrees. It can pivot and twist a few degrees, during many everyday, exercises, or sport-related activities. The muscles of your knee and hip, which absorb most of the shock of the knees, may have gotten weaker and are unable to support your knee joint. It may feel unstable and the knee cap (patella) may not be sliding properly and could be causing pain, when you push off to climb the stairs, or lower your opposite leg down to the next step.

Your knee may have some arthritis under the knee cap, or the cartilage between the femur (upper leg bone), or tibia (lower leg bone), may be wearing away. Pain, swelling and crepitus are typical complaints of knee arthritis. The knee is a joint that responds well to preventative maintenance and does not get abused through repetitive contact sport and choices of activity.

Keeping the muscles in the legs strong, help the knee perform better. Staying active prevents stiffening and helps lubricate the joint. Regular stretching of the quadriceps, hamstrings and calf muscles is important. Maintaining a healthy weight, for your body frame, decreases the stress, or load, placed on the knee and hip joints.

See your doctor immediately, if your knee is painful, swollen, grinds, clicks, or if your knee feels like it will buckle. Most knee problems will respond to physical therapy, icing and a course of anti-inflammatory medication.

If you have questions concerning your knees, please feel free to call North Shore Physical Therapy, at 781-631-8250, in Marblehead, or 781-592-2773 in Swampscott, or our new Salem office, at 978-910-0486.



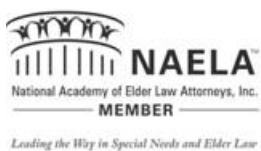
FRI	5	8:00A	NVC Breakfast with Bagpiper Chris Whitlock
SUN	7	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	7	10:30A	Village Church Communion Worship Service & Sun. Sch.
SUN	7	11:30A	After Service Soup Social, Swansburg Hall, NVC
SUN	7	11:45A	Easter Choir Rehearsal, NVC, FMI: 781-599-6932
SUN	7	3:00P	NVC Afternoon at the Movies showing Young @ Heart
MON	8	6:00P	Tides Restaurant Fund-Raiser for 6th Graders at the Johnson School. Till 9:00 p.m.
TUES	9	6:30P	Woman's Club Pot Luck
FRI	12		Second Trimester Report Cards go home.
FRI	12	5:00P	Chili Challenge. Till 8:00 p.m. FMI call Kellie Frary, 781-581-1453.
<b>SUN</b>	<b>14</b>		<b>DAYLIGHT SAVINGS TIME BEGINS!</b>
SUN	14	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	14	10:30A	Village Church Worship Service & Sunday School
SUN	14	11:30A	After Service Coffee Social, Swansburg Hall, NVC
SUN	14	11:45A	Easter Choir Rehearsal, NVC, FMI: 781-599-6932
<b>MON</b>	<b>15</b>		<b>DEADLINE FOR APRIL HARBOR REVIEW</b>
<b>WED</b>	<b>17</b>		<b>HAPPY ST. PATRICK'S DAY</b>
<b>SAT</b>	<b>20</b>		<b>SPRING BEGINS!</b>
SAT	20	8:00A	Yard Sale at Nahant Town Hall to benefit 6th-Graders at the Johnson School. Till 1:00 p.m.
SAT	20	9:00A	NVC Spring Flea Market. Till 2:00 p.m.
SUN	21	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	21	10:30A	Village Church Worship Service & Sunday School
SUN	21	11:30A	After Service Coffee Social, Swansburg Hall, NVC
SUN	21	11:45A	Easter Choir Rehearsal, NVC, FMI: 781-599-6932
SUN	21	3:00P	"The Naked Quaker" Author at Library.
<b>SAT</b>	<b>27</b>		<b>HARBOR REVIEW HOME DELIVERY DAY</b>
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	Village Church PALM SUNDAY Worship Service & Sunday School
SUN	28	11:30A	After Service Soup 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

FRI	2		GOOD FRIDAY
SAT	3		BLACK SATURDAY
SUN	4	????	EASTER SUNRISE SERVICE at Nahant Road, East Point
SUN	4	9:00A	NVC Choir Rehearsal...New singers are welcome!
SUN	4	10:30A	Village Church EASTER SUNDAY Worship Service
SUN	4	11:30A	After Service Soup Social, Swansburg Hall, NVC
SUN	4	11:45A	Easter Choir Rehearsal, NVC, FMI: 781-599-6932
SUN	11		HOLOCAUST REMEMBRANCE DAY

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

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## LOST CAT \$100 REWARD



**Name:** Spot  
**Color:** Black and  
White  
**Eyes:** Amber  
**Weight:** 11 lbs  
Male - no collar  
Went missing 2/10/10,  
on Lennox Rd.  
He's very skittish and  
is most definitely  
frightened.  
If you see him,  
**PLEASE** call  
Christine/Rich  
Stevens, at 781-599-  
2843, anytime day or  
night! We miss our  
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Little Nahant

## Lost Cat

Lost! All white,  
female cat, about 8  
lbs. Answers to the  
name "Peanut." Was  
last seen on Summer  
St., Nahant, on Jan.  
22nd, 2010.  
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