



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 5

MAY 2010

I Care. Do you?



Sydney, a Bearded Collie owned by The Revs. Kathryn and Larry Titus, with her winter collection of sticks carried home from Tudor and Short Beach. This is Sydney's way to help clean up the beaches and care for the Earth!

Concert Singers Celebrate 30th Anniversary with Free Concert

Everyone is welcome to attend a 30th Anniversary celebration concert, given by The Concert Singers of Greater Lynn, under the direction of Will C. Sano and accompanied by Margaret J. Dee. Featuring music of Randall Thompson, John Rutter, Andrew Lloyd Weber, Phantom of the Opera; a Montage of Music from the 1930s and, a special treat, a new commissioned work by Javier Marquez.

Two concerts will be held: the first on Friday, April 30th, 8:00 p.m., at the Unitarian-Univalist Church, located at 101 Forest Avenue, in Swampscott. The second concert will be held at a new location this year, the Washington Street Baptist Church, at 256 Washington Street, in Lynn, on Sunday, May 1st, beginning 2:30 p.m.

An anniversary reception will follow each concert. The concerts are free. For more information, visit The Concert Singers online:

www.ConcertSingersofGreaterLynn.org

May 11th is the extended tax return deadline for residents of Essex County.

Battling HIV and TB: A View from the Front Lines at NVC Breakfast May 21st

Please mark your calendars for Friday, May 21st, and plan to attend the free breakfast at the Nahant Village Church. You won't want to miss this presentation by two colleagues of renowned AIDS scientist and Nahant resident, Dr. Bruce Walker. They are in the US for collaborative work with Mass General Hospital. Learn first-hand about their work and experiences as staff members of the HIV/AIDS Clinic, in Durban, South Africa, that was established in the late eighties, with Dr. Walker's help.

The NVC Breakfast Group is proud to host two extraordinary individuals from KwaZulu Natal, South Africa: Dr. Krista Dong and Ms. Zinhle Thabethe. They will provide a unique perspective, on this expanding medical crisis.

For the past decade, both women have been working at the heart of these two epidemics in Africa, to both prevent and treat these infections. Their program, the Integration of TB in Education and Care for HIV/ AIDS (iTEACH), is based at Edendale Hospital, in Pietermaritzburg, South Africa. The reality at Edendale is: 70% of persons entering the hospital are HIV infected, and with the majority also infected with TB.

Ms. Thabethe and Dr. Dong will discuss their innovative, "low tech to no tech," approaches to harnessing readily-available resources to both prevent and treat TB and HIV infections among persons living in poverty. Their programs range from the creative use of cell phone technology, to assist in testing and treating persons, to the recruitment of African traditional healers, to test people for HIV and TB and refer them for care.



At last month's breakfast, over 60 people attended the breakfast meeting to welcome our new Police Chief, Robert Dwyer, who assumed his new responsibilities on April 1st (Photo above.)

More photos on page 11.

(Continued on page 11.)

Memorial Day Parade May 31st Steps Off at 9:30 a.m.

The Nahant Memorial Day Committee, under the leadership of Molly Conlin, is pleased to announce that plans are well underway for this year's Memorial Day Parade, which will be held on Monday, May 31st. In addition to the usual outstanding complement of Nahant veterans, elected officials, Town representatives and emergency personnel, the parade will also feature four bands and numerous civic and scouting organizations.

The parade will follow its traditional format, stepping off at 9:30 a.m., from the junction of Nahant Road and Cliff Street, under the direction of Doctor Edwin E. A. Manzano, an Army Vietnam Veteran and Commander of Nahant's Mortimer G. Robbins American Legion Post #215. From Cliff Street, it will proceed directly to Greenlawn Cemetery for a brief memorial service. Again this year, this service will feature the Nahant Village and St Thomas Aquinas Church Choirs; appropriate prayers by the pastors of these congregations; and, the annual Memorial Day message, by a representative of Nahant's Mortimer G. Robbins American Legion Post #215, along with a rifle salute and taps. As always, the high point of this service will be the recitation of the Gettysburg Address by a student competitively selected from the Johnson School's sixth grade class.

(Continued on page 10.)



(781) 581-2797

Melissa Gallery, DMD

Seaport Dental

152 Lynnway, 3-C

Lynn, MA 01902

New Patients Welcome

Yard Sale Coming May 1st!

Got “stuff” you want to get rid of this spring? Join us on May 1st, from 10:00 a.m. to 2:00 p.m., for a Spring Cleaning Yard Sale, in the Johnson School Parking Lot. Traffic should be good as it is Opening Day for the Little League Baseball Season!

Rent a table for \$20 and showcase your wares. Tell friends and neighbors. Let’s have some fun and get rid of the clutter! Proceeds to benefit 6th grade graduation activities at the Johnson School.

To reserve a table, call Deb Baldwin, 781-842-1364, or email: debbald1@comcast.net

May Doorway Contest to be Held on Sunday, May 2nd

The Nahant Garden Club is sponsoring its annual May Doorway Contest on Sunday, May 2nd. Celebrate spring by decorating your doorway, or entrance with dried and fresh plant material. To enter, call Maria Welsh, 781-581-2015, or Mary Ellen Schumann, 781-581-2806, by Saturday, May 1st.

Prizes will be awarded for first, second and third place, but all participants will receive a gift. The contest is open to everyone and we welcome all entrants. Judging will begin at noon, on Sunday, May 2nd. A list of entrants will be available at the Library and at Nahant Associates, for your viewing pleasure.

Submitted by Mary Ellen Schumann and Maria Welsh

Dowse at the Nahant Public Library

Learn the art of dowsing at the Nahant Public Library! Isabell VanMerlin, sculptor and dowser, will demonstrate dowsing techniques on Sunday, May 2nd, at 3:00 p.m., in the Reading Room. A resident of Lynn, Isabell is a member of the Tristate Sculptors Guild, LynnArts and the American Society of Dowsters. She learned to dowse in 1992 and is the author of “Body Speak: Dowsing Your Body” (1998), which is now undergoing revision for reprinting.

Isabell has laid out labyrinths and dowsed water wells in several states and practices Spiritual Response Therapy. This program, she says, “will include a little history of dowsing and show some of the different types of dowsing tools. We will make simple pendulums and use them to find “treasure” and to answer questions.

“My intention is to open a new door to your world, show you a new perspective and encourage curiosity. Dowsing has been used, not only to find water—but also to find ways of getting rid of water!”

Sponsored by the Friends of the Nahant Public Library, this is a free program and refreshments will be served.

Submitted by Dan deStefano, Nahant Public Library

Have Dinner Out Help Send a Kid to College

The Nahant Woman’s Club is having a fundraiser at the Tides, on May 3rd, and the proceeds will go to the club’s scholarship fund. Just have dinner at the Tides between 6:00 and 9:00 p.m., and 10% of your check will go to the scholarship fund. Besides seeing your friends, having a delicious meal and helping a deserving student, you’ll be able to enter the club’s raffle. Prizes include a basket filled with all the goodies for a bellissimo Italian dinner, a generous helping of Trudy Joyce’s famous cookies made from an old German recipe and much more. Help a kid while you help yourself to a great meal!

It’s Nahant Village Church Fundraiser Time Again

The Nahant Village Church is having a fundraiser at the Tides, on May 24th, to raise money for their many charitable activities. Just drop in to the Tides for dinner between 6:00 and 9:00 p.m., and 10% of your check will go to the church’s charities.

There will also be a raffle with lots of great prizes including edibles, growables, collectibles, decoratables and more.

To buy raffle tickets in advance, or to make a donation if you can’t attend, call Maria Welsh at 581-2015. See you there!

NHT, HOOMPA, Nahant Dory Club & Nahant Resident Causeway Toll Pass stickers are still available at no charge from Rob Scanlan, Marine Surveyor.
Call 781-595-6225.

Nahant Residents

CAR SERVICE

24-Hour Taxi Service

From Nahant and surrounding areas,
to Logan and back



24-hours, 7 days/week

Taxi Service
to Logan Airport
Only \$45

with 24-hour notice.

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

781-284-5300

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

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



Memorial Day 2010...
Never forget our Vets.

Jesmond Nursing and Rehabilitation

271 Nahant Road
Nahant, MA 01908

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

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

Summer Handbell Choir Forming at Village Church

An exciting opportunity to learn how to ring hand bells, taught right here in Nahant at the Village Church, is now available, free.

Rehearsals are held once a week, for one hour (time to be determined), but will most likely be held on Sunday afternoon, or Saturday. The weekend rehearsal schedule will make it possible for individuals who work during the week, to attend rehearsals.

The bell choir is not limited to any certain age group, so people of all ages, children, teens, parents, seniors, all are invited to participate. Some knowledge of music is helpful, but not a prerequisite. You will be taught all the basics. We do ask that as a member, you must commit to regular rehearsals during the summer session, which will end around Labor Day, or when the summer school vacation ends.

For more information and/or to join, call Allison O'Neill (781-581-0698), or Marrit Hastings (781-581-5691).

Also, mark your calendar for Father's Day, when the handbell choir of the Clifton Lutheran Church in Marblehead, will be performing at the Nahant Village Church, during our Sunday Worship service. This promises to be a wonderful performance!

Submitted by Marrit Hastings

Project Bread - The Walk for Hunger May 2nd

Each year, more than 2,000 Volunteers work together, to make The Walk for Hunger fun, safe and successful. Join us for this vital event, on Sunday, May 2nd, and be part of the effort to end hunger for 554,000 people in Massachusetts, who struggle to put food on the table. Bring a group, or come by yourself and meet new people. Volunteer for a morning, or afternoon shift, or stay all day — it's up to you. Whether you are beginning, or continuing your commitment to helping hungry people, we have never needed you more!

Visit www.projectbread.org/volunteer, for more information and to register! You can also e-mail volunteer@projectbread.org, or call our volunteer hotline, 617-239-2546.

Nahant Lions Mother's Day Family Pancake Breakfast May 9th

Don't miss out on Nahant's annual Spring tradition - the Nahant Lions Club will hold its annual Mother's Day Pancake Breakfast, on May 9th, at the Nahant Country Club, from 9:00 a.m. until noon.

"The price is right—\$5 dollars for adults and \$3 for children. And, there are seconds for those with a hearty appetite, said Mark Reenstierna, President, Nahant Lions Club. "Juice, sausages, bacon and coffee, will be served, along with all the pancakes you can eat."

This is a great time to enjoy with family and friends. Members of the Nahant Lions will be on hand to cook and serve breakfast. "We look forward to seeing you there! If you have never attended, please introduce yourselves, we'd like to welcome you!" added Reenstierna.

Lions Mission Statement: To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs. For information about the Nahant Lions Club, go to: www.nahantlions.org/

For more about Lions Clubs International, go to: www.lionsclubs.org/EN/index.php

WANTED – VETERANS

The Nahant Memorial Day Parade Committee enthusiastically welcomes all Nahant veterans to participate in this year's parade. Uniforms are not required – just join the parade participants assembling at Cliff Street, at 9:00 a.m., on Monday, May 31st and ask an orange-vested parade marshal to direct you to the veteran's group, at the head of the column. Any Nahant veteran who would like to ride in the parade, is asked to call Molly Conlin, at 781-581-0296, so that appropriate transportation can be arranged.

Patriotic Quilt

Raffle tickets for a chance to win the patriotic quilt made by the Forty Step Quilters, are still available. Proceeds from this raffle will go toward the purchase of new flags for the Memorial Day Parade route. The drawing will take place at the Memorial Day luncheon. If you haven't had a chance to buy your chance to win this beautiful quilt, please call Molly Conlin at 781-581-0296.

Nahant Fish & Lobster Co.

"As of April 30th, FRESH FISH is back!!"
Open Noon to 6:00 p.m. Everyday!

TANO BARLETTA

Phone (781) 581-3545

FAX (781) 581-6996

www.BuyALobster.com



157 Nahant Rd • PO Box 38 • Nahant, MA 01908

Nahant Residents...

"THANK YOU!"

for your continued support and business.
Mention this appreciation notice and receive a
FREE GOURMET COFFEE
— Chris

Captain Seaside Breakfast • 7:00 to 11:00 a.m.
Nahant Road • 781-581-9994

PLEASE PATRONIZE OUR ADVERTISERS TO
KEEP THE HARBOR REVIEW COMING TO YOU.



QUALITY MODULAR HOMES

**Advanced
Building
Concepts**

Joseph Moccia

73 Little Nahant Road

Nahant, Massachusetts 01908

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

ADVANCED.BUILDING.CONCEPTS@COMCAST.NET

Wet Today ... Dry Tomorrow!

With Drying, Speed Matters!

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

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

FOX

Dick Fox, Nahant Resident
781-592-0552

Toll Free 1-800-369-4121

**CLEANING &
RESTORATION**

*35 Years Family
Owned & Operated*

Daras Framing

*The Keepsake that makes
time stand still.*

Custom Work at competitive prices.

Kosta Daras
781-599-6897

17 Simmons Road
Nahant, MA

Nahant Cub Scouts at the Massachusetts State House

By Kevin Nugent



The Nahant Cub Scouts Webelos Den, the graduating group within the Cub Scouts, completed its Citizen Activity Badge this winter. The Citizen Activity Badge is one of the most important awards a Cub Scout can achieve, because the work involved relates directly to developing responsible citizens. The Citizen Activity Badge is a requirement for the Arrow of Light, the highest award a Cub Scout may earn and it is also the first of several citizenship requirements, on the trail to becoming an Eagle Scout.

While working for their Badge, the Scouts learned to understand citizenship; that is the rights, duties and obligations of citizenship, with particular emphasis upon doing service to others, as a component of citizenship. In order to obtain the badge, all of the above Nahant Cub Scouts were required to learn the name of the President and Vice President of the United States, as well as the head of their local government. They had to describe the flag of the United States and to detail the history of it, along with learning how to hoist and lower it, fold it, display it on a wall and retire it. They also had to explain how and why they should respect the flag of the U.S., and how and when to salute it. They learned and repeated the Pledge of Allegiance and engaged in a discussion explaining the meaning of it; they learned and repeated the National Anthem, told how it was written and engaged in a discussion explaining the meaning of it; they also explained the rights and duties of a citizen of the United States and explained what they could do to save our natural resources; they performed good acts (service projects) and spoke about them; they discussed two or more things they could do, to help law enforcement agencies; and told the Den why we have government and explained ways in which their families help pay for government.

The boys' work culminated with a field trip to the State House, to meet with Senator Thomas McGee, who talked to the boys about the duties of his office and his former experience as a Representative. Senator McGee also provided a detailed history of the State House and arranged for the boys to have a tour of the building. All of the Scouts were formally commended in the full, formal Senate session, by Senate President Therese Murray and issued a Citation by the Massachusetts House of Representatives, Robert A. DeLeo, Speaker, which was offered by Rep. Steven M. Walsh.

Photo above: Bottom row, l to r: Kevin Quinlan, Owen Nugent, Harrison Hosker, Steven Toomajian, Tristan Reenstierna, and Mike O'Malley. Top row, l to r: Joseph Warren, Eric Castetter, Ryan Frauenholz, Ryan Dignan, Senator Thomas McGee, Charles Ross, Dean Warren and Benjamin Hunt.

Sailing Program Registration

Registration for the Nahant Sailing Program's 2010 Season will be held on Saturdays, May 15th, May 22nd and June 12th, from 9:00 to 11:30 a.m., at the Flash Road Little League field. In the event of rain, the registration will be held at the Dory Club, at the Nahant Wharf.

The Nahant Sailing Program will begin classes the week of June 28th and will run through August 20th. The Nahant Sailing program provides sailing instruction to children (age 8) through adult, at all levels of ability.

Children's classes are available week days, for basic instruction, cruising, racing and race team.

The adult program offers instruction for all levels of ability on Tuesday evenings. This year the program is excited to launch our newly purchased Rhodes 19 sailboats for both the adult and children's programs. These new boats will join the existing Optimist and 420 fleets.

For more information, please call Christine Johnson-Liscio, 978-790-5578.

The Nahant Dory Club News

During the reconstruction of the wharf and wharf building, the Dory Club will assist the Sailing Program, Harbormaster and Wharfinger, by opening the clubhouse for their use. Commodore McMackin, Town Administrator Mark Cullinan and representatives from the Town organizations, worked out the details. Until completion of the wharf building, these Town organizations have priority over other organizations requesting use of the clubhouse. Please check the club's web site for further details, <http://www.doryclub.org/>

The summer schedule of racing and social events has been posted on the Club's website. Also included, are the dates the Nahant Sailing Program (NSP) will be conducting their two annual fundraisers.

One-design racing will be held every Thursday and Sunday, starting in June. Details are being worked out with the NSP, so that racers from the Dory Club and NSP enjoy a successful racing season. This is an effort to encourage more racing activity, by combining both racing programs.

Commodore Dan McMackin has accepted the challenge from the Nahant Sailing Program, to a series of races, to be held the morning of the August "Sail Nahant" Fund Raiser. The fundraiser supports the Nahant Sailing Program and allows it to keep down the cost of participation. As is customary when a gauntlet is thrown down, the recipient of the challenge chooses the weapons. Commodore McMackin has chosen Lasers and established the Dory Club's "Rules of Engagement," "Take No Prisoners."

Currently under development, is a program to teach new members the basics of crewing on the PHRF boats. In addition, skippers who do not have extensive racing experience, may ask an experienced racer to come aboard, during races, to act as a mentor. Several experienced racers have already stepped forward and offered their help. Members interested in crew training, serving as a mentor, or having an experienced racer aboard, are asked to call Bob Cusack, (781)581-1159, or email rjcusack@verizon.net for more details.

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.

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

Nahant Garden Club News

“It’s May! It’s May! The lusty month of May.”
— Lerner and Loew

May is becoming very busy for Nahant gardeners. The Nahant Garden Club awarded the Arbor Day Plaque to Carmella Cormier, during the annual Arbor Day program. The Bacheller Tray Award was presented to Nancy Whitman. Past presidents of the Nahant Garden Club were honored as well. Maria Welsh and Mary Ellen Schumann presented a program of May Doorways from the past. Maria and Mary Ellen encourage all residents to participate in decorating their doorways this year, on Sunday, May 2nd. Construction materials should be natural plants and flowers. Judging will be at Noon. Prizes will be awarded. Call Maria, if you are entering the contest.

On May 11th, the Nahant Garden Club is invited to the King’s Lilac Farm, in Boxford, MA. King’s farm has a wide variety of beautiful, fragrant lilacs for sale. On that day, the Arbor Day recipient will choose her lilac, which will be planted here in Nahant. We will meet at Nancy Whitman’s at 9:00 a.m.

Tuesday, May 18th, the Nahant Garden Club will visit Garden in the Woods, in Framingham, where we will tour the wildflower landscape collection of over 1,000 plants, beautifully in bloom. Members and guests will meet at 8:30 a.m., in the St Thomas Aquinas parking lot, to travel by car. Please bring lunch.

On Thursday, May 20th, at 7:00 p.m., at the Nahant Village Church, our speaker, Fran West, will share her pruning mastery with video, slides and photos. The program, “Discover Secrets to Pruning Shrubs and Small Trees,” will be very informative and useful. Guests are invited.

On Saturday, May 29th, from 9:00 a.m. to noon, our annual plant sale will take place at the Nahant Life-Saving Station. This is one of our biggest fundraisers. Club members and friends of the Nahant Garden Club graciously donate annuals, perennials and many unusual plants, herbs and seedlings for sale. We welcome all plant donations. Please label plants and drop them off at the Life-Saving Station, on the day of the sale. Also, the Garden Club will have for sale, lovely geraniums, petunias, impatiens, dahlias and begonias, all from native growers. There will also be a raffle.

We thank Madelyn Davis for making Memorial Day wreaths. Volunteers are welcome to join the fun of making wreaths, which will be placed in Greenlawn Cemetery, to honor our veterans. Interested volunteers should contact Madelyn Davis at (781) 592-3907 for details.

A Most Sincere Thank You

The friends and family of Joanne Trenstch Luti would like to thank everyone for their support. It would be impossible to name each and everyone of you, but we would like to thank all of you for helping us reach our goal, because of all your generous support and donations we were able to help Joanne in her time of need.

Thank you again for all your support.
The friends of Joanne Trenstch Luti.

Please patronize our advertisers.

Nahant Community Garden Plans for Planting
Submitted by Diana Brandi

Get out your calendars and garden gear. It’s that time of year. It is also an opportunity to bring the community (all ages) together. If you haven’t read the little book “Seedfolks,” by Paul Fleischman, you might find it an inspiring read, to prepare for the mid-April event of planting our community garden.

March has been a busy time for Mark Cullinan, our Town Administrator and Paul Caira, of the DPW, as they met on March 8th and 10th, with groups of interested Nahanters, to establish the location of the garden, behind the new playground on Castle Road, by the Johnson School, above the baseball fields. The Heritage Trail will skirt around the field, so people walking the trail might watch the progress of growth from the plantings. The school location is more suited to the sheltered space and the new road provides easy access for volunteers.

There are plenty of chances to get involved. Mark has ordered the frames for the raised beds and will get organic soils from Wolf Hill Home and Garden Center, in Ipswich. Once the DPW builds the raised beds in early April, look for an announcement from Town Hall, on a planting schedule for mid-April. A committee, formed on the 10th, from representatives of the Johnson School Council, Garden Club, Open Space, Woman’s Club, Beautification Committee, Council on Aging and others, including three at-large members, will be establishing guidelines, announcing scheduling and other possibilities, for peoples’ involvement.

Speaking of involvement, remember, “You cannot plough a field, by turning it over in your mind.” So get involved by emailing Ann Schiffenhaus, annschifty100@comcast.net, or Linda Jenkins, ljenkins339@gmail.com, to add your name to the list of volunteers.

If you have no time for volunteering, you might consider a donation of garden-related items you may find during your spring cleaning. Call Paul Caira for information on needed supplies. See you at The Garden.

Thank you! Thank you!

The Nahant Village Church wants to thank the members of the Nahant community and the members of its church congregation, for their generous contributions to two recent outreach programs.

Three hundred, non-perishable food items were collected, during Lent, which were given to the Lynn Salvation Army food pantry, which serves Lynn, Saugus, Swampscott and Nahant.

Following the January earthquake in Haiti, four hundred and fifty-five hygiene items were received. This made possible the completion of sixty-five hygiene kits which were sent to Church World Service for distribution.

The concern and caring of the Nahant Community made this all possible. Our most heartfelt, “Thank you!”

10 Year Fixed Rate Mortgage

One Point

3.875%^{*}

Interest Rate

4.157%^{**}

APR^{**}

Other terms and low rates available.

^{*}Based on rate effective April 8, 2010. Rates subject to change without notice.
^{**}APR=Annual Percentage Rate based on a \$175,000 Loan with 80% LTV. Cost per \$1,000 is \$10.07.
Payment amounts do not include amounts for taxes and insurance premiums. Your actual payment obligation may be greater.
Offer subject to credit approval. Maximum loan Amount \$417,000.

Call or visit us today.

781-599-5600

400 Broadway, Lynn

28 Nahant Rd., Nahant

www.EquitableBank.com

Member FDIC

Member SIF





The Cooperative Bank

Officer Armand Conti to Offer Safety Presentation at Johnson School May 12th

As many of you read in last month's Harbor Review, Officer Armand Conti came to speak to the Johnson School PTO, concerning the recent "Lockdown" drill and procedures, at the Johnson School. Although it was lightly attended, Officer Conti's presentation was very informative. We are very fortunate to have someone like Officer Conti, who is proactive and willing to educate both parents and children of our school and community on the issues of safety.

The PTO encourages members of the Nahant community to attend a very important safety presentation, to be held in the Johnson School cafeteria, on Wednesday, May 12th, at 7:30 p.m. Officer Conti will present a series of facts and statistics, put out by the National Center for Missing and Exploited Children, with the intention of making the Nahant community more aware of safety concerns in our town. He plans to speak for an hour and allowing time after, to answer questions from the audience.

Due to the nature of the material presented and the candidness of questions and responses, we ask you to leave children at home. Please make arrangements for childcare, since children will not be able to stay for the presentation.

Please mark your calendars for May 12th! We hope to see you there.

Nahant Police Honor Guard Fundraiser **Submitted by Sgt. Stephen Shultz**

The Nahant Police Honor Guard is holding a fundraising raffle, to raise money for new Honor Guard Uniforms. The Nahant Police Honor Guard serves as the Ceremonial Unit for the Police Department. In addition to leading our department in the Annual Memorial Day parade, the Honor Guard participates in several other ceremonies a year. The Nahant Police Honor Guard is a direct representation of our department and the Town of Nahant at these ceremonies. Though some of the requests we get for our participation are for joyous occasions, all too often our presence represents a show of support, during funeral services for a member of our Military, a fellow Police Officer, or an Officer's family member.

Currently the Honor Guard consists of five members of the Police Department, who volunteer their time for these occasions. Many times these events take us away from our families at a cost which can be both time-consuming and financial. The members of the unit take great pride in being able to perform this duty and serve as representatives of The Town of Nahant. It is this same pride and dedication with which we serve, that we ask you to help us raise the money needed to purchase the uniforms and support the unit.

The cost to completely outfit the members of the unit is in excess of \$1,200.00 per officer. The members of the unit understand that the financial climate is not the best, in which to be seeking donations, or having a fundraiser, but it is that same financial climate that has brought us to make this request. Any shortfall in the fundraising raffle will be the responsibility of the individual officers.

Thanks to the great generosity of some local businesses, we have acquired more than \$1200.00 dollars worth of items to be raffled off so far. Hopefully the list of raffle items will continue to grow. The following is a list of Items to be raffled off at the fundraiser: One Day Harley rental, Mt Vernon Restaurants Gift Card, Continental Restaurants Gift Card, 2 Pair Red Sox tickets, 18 Holes Golf for 2 w/ cart, Tides Dinner Coupons, Kelly Greens Dinner Coupon, Best Buy Gift Card, Luxe Boutique Gift Card, 2 Yards Bark Mulch delivered & spread, D&L Liquors gift.

The unit would like to thank the following for their GENEROUS donations; Mike Devereaux & Devereaux Construction, Mike Sienkiewicz & Boston Harley Davidson, The Henry family & Mt Vernon Restaurants, D&L Liquors, Michael O'Callaghan & Tides/ Kelly Greens, Best Buy, Paul Kourkoulis & Continental Restaurant, Luxe Boutique, EZ Landscaping & Hogan Landscaping.

So please join us for our raffle drawing, at Kelly Greens, on Saturday, May 15th, starting at 6:30 p.m. Take in the Red Sox game on TV and take a chance at winning some great prizes.

Raffle tickets are 3 for \$10 and are available from any member of the Nahant Police Department, 781-581-1212, or at Kelly Greens, on the night of the drawing.

Nahant Garden Club Scholarship

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

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

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

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

Nahant Woman's Club Scholarship

The Nahant Woman's Club announces its annual scholarship award. One \$1,000 award will be made to a member of the high school class of 2010, who will be continuing his, or her, education, at an accredited two-or-four year college. Applicants must have graduated from the Johnson School and the award is based on academic record, financial need, community and extracurricular activities.

Interested seniors should send a letter of application, along with a high school transcript and evidence of acceptance to college, to: Nahant Woman's Club Scholarship, c/o Ruth Ann Switzer, 18 Harbor View Road, Nahant, MA 01908. Completed applications must be received no later than Saturday, May 15th.

The successful applicant will be announced at the Johnson School Graduation Ceremony, in June. The award will be made directly to the applicant at the beginning of the second semester in college. Information sheets are available at the Swampscott High School Guidance Office and at the Nahant Public Library.

NEF Comedy Night is Big Success!!

The Nahant Education Foundation is pleased to announce, that about \$6,000 was netted, at their Second Annual Comedy Night, held on March 27th! In these challenging economic times, our community friends were there, once again, to support us with many generous auction items, as well as donations. Thank you. Also, a special thank you to Elana Anderson and Jesper Kornerup, who again matched their donation, as well as asking their company, to donate matching funds.

A strong public school system enhances not only the lives of our children, but, also, the entire community. Our Town's elementary school needs our support now, more than ever, with the budget cuts the Johnson School has had to endure, over the past year. The Nahant Education Foundation is passionate and committed, to continue to raise funds, to support and enrich our students' preschool and elementary educational experiences.

NEF offers many opportunities for community involvement, please visit our website for more information, at www.nahantef.org.

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

News From the Johnson School

By Diane D. Mulcahy, Principal

The first round of MCAS testing has been completed. Students in Grades Three through Grade Six were tested in English Language Arts. The teachers reported that the students worked diligently on each testing session. Due to excellent attendance, make-up tests were at a minimum. The next testing session will be held the last two weeks of May, when students will take the Math and Science portions of the test.

Mrs. Munnelly organized a Book Fair at the end of March. The Scholastic Book Fair was an opportunity for students to purchase books and proceeds went to the Johnson School Library. We were able to raise \$2,320.70, to purchase new books for the Library! A special thank you to PTO for sponsoring \$260.00 worth of gift certificates for the Reading Challenge. Also, the Book Fair would not have been successful without the help of the following volunteers: Carol Hayes, Rebecca Flacke, Heidi Frisoli, Nancy Caggiano, Linda McCarthy, Christine Kendall, Fabby LaGasse, Sue Beebe, Jen Vecchia, Robyn Howard, Beverly Quinn, Deborah Schepens, Pat McArdle, Diane Dunfee, Ann Hudson, Laurie Giardella, Kit Jenkins and Annette Rogers.

The Johnson School Student Council raised over \$600.00 on Friday evening, April 9th, at Movie Night. Students watched the movie "Alvin and the Chipmunks 2" and helped raise money for technology, at the same time. Monday was the first day of the Penny Wars, which will be held April 12-16. Each grade level has a large jug, in which they collect pennies, during lunchtime. At the end of the week, the grade that collected the most money, wins. The winning grade wins all the bragging rights and the school has more money to put towards much needed technology updates.

The Student Council raised money for Haitian Earthquake victims and conducted a food drive, for My Brother's Table in Lynn.

On Tuesday, March 9th the Johnson School cafeteria was filled with excitement, as the annual Spelling Bee was held. Each class conducted the preliminary rounds, in their classrooms and the finalists will compete in the Spelling Bee, on Tuesday morning. Parents and friends joined students in the Johnson School cafeteria, for the final round. The participants this year were Grade 4: Ben Hunt, Matt Luti, and Gina Hollenbach, Grade 5: Chris Moleti, Ryan Frauenholz, Ariella Nardizzi and Olivia Hartford, Grade 6: Mark Kamen, Linda Decicco and Corey Bleau. The winner was Gina Hollenbach who competed in the regional final held in Lynn. The Lynn Item is the local sponsor.

On Thursday, March 25th, the Johnson School third grade went on a field trip, to the Wenham Museum. The PTO graciously funded the trip. All students, teachers and chaperones enjoyed the day immensely and the third-graders are so grateful to the PTO, for such a great experience! While at the museum, the students studied Native American and Colonial life. The children engaged in many activities, including a visit to the colonial Claflin Richards House. The students had an opportunity to churn butter, make candles, create a model on a long house, write with a quill pen and dress like children in colonial times. The students wrote about their adventures, when they returned to school. Each class published a newsletter, which they shared with their families.

Summer Day Program Fun at the Johnson School!

The Johnson School Summer Day Program is gearing up for another fun-filled summer! The program, for children ages 5 - 12, will run for 8 weeks from June 28th through August 20th.

We will have four two-week sessions. Our first session, Go Green, will focus on recycling and reusing everyday items. We will 'adopt' a beach to clean up and then create masterpieces from the recycled trash. After this, we will get moving during our second session, Let's Get Active. This session will be all about sports, games, fitness and more. Arts Smarts will follow with two weeks filled with artwork in all mediums, including sand castles! We plan to exhibit our work at the end of the session.

Our final session will be broken into two themes, Ocean Exploration and Super Soaker. The wonders of Nahant's beaches await us, from the tidal pools at East Point to the great crabbing at Short Beach. In the end, we all get wet!

Enjoy water balloon battles, games of skill with water, and balloon tosses. A picnic on the beach will be the perfect ending to the summer fun.

Applications are available at the Johnson School office. We strongly urge you to register by May 28th to secure your spot. We recommend registering for the full two-week sessions, but you can sign up for as little as one day a week. Children must be registered prior to the beginning of each session to get the regular daily rate. Those families registering later will be charged a higher drop-in rate. We have full and half day time slots. For more information, please call Barbara Deines at the Johnson School, 781-581-1600 x129.

Submitted by Julie Tarmy

Nahant Actors Featured in "SEUSSICAL JR"

Submitted by Maureen DeCenzo



Actors from Nahant are featured in the Theatre of Light's upcoming May production of "SEUSSICAL JR." Mariel Fulghum is playing one of the little people in the "Who" community and Caroline Devereaux will be portraying one of the "Bird Girls." Caroline is also Assistant Choreographer of this production.

"SEUSSICAL JR," a musical journey based on popular Dr. Seuss characters and stories, is presented through special arrangement with Music Theatre International and is being partially sponsored by TD Bank. Performances will be held on May 8, 9, 15, 16, in the auditorium at St. Peter's Episcopal Church, 24 St. Peter Street, Salem, MA.

Performance times are Saturdays, at 7:00 p.m. and Sundays at 3:00 p.m.

Suggested ticket donations: \$5 for children ages 5 and under; \$10 for Students and Seniors; \$15 for Adults. Call 781-210-9818 for info and reservations.

The Voice of Dance

Mass Theatrica continues its multi-arts season, with The Voice of Dance, on Saturday, May 15, 2010, 8:00 p.m., at LynnArts, The Neal Rantoul Vault Theater, 25 Exchange Street, Lynn, MA.

Come all dance, opera and Broadway aficionados and newcomers alike and experience innovative, choreographed classics! Enjoy beloved and timeless favorites by Johann Strauss, Sondheim, Rodgers and Hammerstein, Cole Porter, Gershwin and more! We bet you will recognize a number of these classics from stage, radio and the cinema!

Featuring dancers Corey Lemenager, Sarah Pisa, Sam Quinn, Dancer/choreographer, Colleen Sweet and the vocals of Thomas René Brennan, Benjamin Clark, Rebecca Hains, James Hay and Stephanie Mann, this show is sure to be a delight for the senses!

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

Submitted by Meredith Lavine

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

For Better Health

Good Choices Lead to Good Living

By Sallee Slagle, Director, Dance Dimensions



**INCREASING CREATIVITY
THRU MOVEMENT
WORKSHOP JULY 9-10**

Children (3 yrs-Teen):

Jazz/Hip Hop • Irish Step
Ballet/Pointe • Creative Dance
Tap • Gymnastics
Creative Modern/ Ballet

Adults:

Couples Ballroom
Stretch & Tone • Tap
Ballet • Modern Dance

**781-599-1476 • sallee@dancedimensions.org
www.dancedimensions.org**

Wedding Prep • Private Lessons & Personal Training

You may have read, or heard lately, that eating six small meals-a-day may be healthier than the traditional three meals a day. The debate is still on. There is some research to support this, but it is not truly proven. All in all, eating more frequently has been related to lower body fat, as well as improved weight and appetite control. Eating more often does help maintain blood sugar levels and also keeps metabolism burning up calories more consistently, than long periods of time without food.

Most diet plans now include three meals and 2-3 snacks per day. The deception is that you are eating more. The truth is, to lose weight you must eat fewer calories than you expend. A simple equation. You can lose weight either way, three meals or six, as long as you limit your calorie intake. As long as you eat less than you normally do, you will lose weight. Adding snacks will only add calories, unless you balance out your portions throughout the day. Smaller portions at lunch and dinner will allow for a small snack, but choose wisely, or your snack may have the same calories as a meal!

Good choices at both meal and snack times, are natural food sources, including protein, vegetables, fruit and starches. Eat lots of nutrient-rich, fiber-rich, high-water-content fruits and vegetables. Refined starches; bread, pasta, cookies, muffins, cakes, should all be limited. And refined sugars, too. Use natural fats and oils not hydrogenated. Avoid these foods, they will make you fat.

Be sure to get a balance of protein, carbohydrates and fats. Include nuts, lean meats, eggs and cheese. If you eat larger meals, your body will store unused calories in fat for fuel later. You then need to burn them up. This is where exercise and being active helps. If you continue to provide fuel, the body never draws on the calories you stored earlier and before you know it, the scales will show it. Meal frequency can be a matter of choice. As long as you use the weight-loss rule of burn more calories than you eat, you will lose weight.

Another thing we all do, is eat for the wrong reasons. There are emotional triggers, like when we are nervous, or depressed. Social triggers, like when we are out with friends and environmental triggers, like always stopping for ice cream, when you drive a certain route, or having a snack while watching your TV. Eating may have nothing to do with nutrition, or being hungry. Try allowing yourself to get hungry before you reach for food. Try eliminating any other triggers. Also, we often eat beyond feeling full. Try eating slower and taking breaks, so that you can feel when you are satisfied. Stop eating when you feel you are satisfied not full, or stuffed. Appropriate eating habits will also save you calories.

Pay close attention to portion size. Larger portions can double, even triple, your calories at a meal, without noticing. Take smaller portions and stop eating when you're satisfied. Try including a variety of foods at each meal and a single food for a snack. Watch out for added calories in what you drink. Added sugar in beverages contains a lot more calories, than water, or seltzer. Use herb teas as well. Drink plenty of fluids all the time to keep everything moving and metabolizing properly.

Never starve yourself, or deprive your body of sufficient calories, as this will only slow your metabolism and your body will hold on to stored fat, as a result.

These suggestions should help you lose weight, whether you prefer three meals and no snack, one snack, or five to six smaller meals. Choose what fits your lifestyle best. Get in shape for the summer season. Feel great and look great, too.

CENTER OF THOUGHT

Professional Hypnotherapy • Nahant, MA



Call for a Free Consultation:

781-593-4222

www.CenterOfThought.com

Juliette@CenterOfThought.com

Juliette Guidara

Certified Clinical Hypnotherapist

Certified, Complementary Medical Hypnotism

Certified, Removing Imprints

• **Stop Smoking • Lose Weight • and much more •**

Nahant Therapeutic Massage

41 Valley Road • The Nahant Community Center

relax, breathe, feel better

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

SUSAN CADIGAN, LMT, NCTMB

Licensed and Nationally Certified in Therapeutic Massage & Bodywork

617.240.4252

www.nahantmassage.com

**To advertise in the Nahant Harbor Review,
call 781-592-4148**

or email donna@nahant.com.

ARE YOU GETTING PHYSICAL THERAPY?

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

**Experience the difference at
North Shore Physical Therapy**

For more information, please call:

**North
Shore
Physical
Therapy**

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

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

Rob Scanlan, CMS/MMS/ACMS

**Accredited & Certified Marine Surveyor
United States, Canada, Europe/UK & Australia**

**Computer Diagnostic &
Compression Testing Marine Engines**

781-595-6225 (office) 781-593-2711 (fax)

Serving Coastal New England, Cape Cod & the Islands

email: yacht1ship@aol.com

website: www.mastermarinesurveyor.com



Memorial Day 2010...Never forget our Vets.

Better Best Intentions

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

With the warm weather finally here, we have stepped up our efforts to meet our goals in getting fit. We walk, run, ride that bike, but often the best intentions to work out hard, may produce muscles that eventually get too tight for their own good. We feel warm, flexible and often overlook the important aspects of stretching, warming up and warming down, as well as resting an area. When muscles get too tight, tiny tears, micro traumas, may develop, metabolic waste and lactic acid cannot clear out easily and may leave deposits behind, leading to aches and soreness and eventual trigger points, knots, in the tissue. This coupled with not getting enough water and electrolytes, may lead to injury within the muscle tissue. The result can be quite uncomfortable and may disrupt the workout routine for weeks.

I know this from experience. It happened early in the morning, one summer day. While in a martial arts class, as I thrust forward, I felt as if one of my classmates had smacked me hard from behind with the wooden sword. Unable to step down on my foot, I realized that it was not really bad aim, but a serious injury. A knot had formed and I had stepped down fast, requiring the muscle to lengthen. Not having the ability to lengthen, due to the knot/cramp that had formed, the muscles tore. It was very painful and I spent many weeks on crutches and of course, developed other aches and problems, from needing to use the crutches to get around.

These things happen in sports, but a little preventative care can keep injury at a minimum. A few important reminders: Keep well hydrated. Start your hydration the day before a heavy workout/run (electrolyte balance is very important). Try to warm up, with appropriate stretches to your activity, after you have broken a light sweat and warm down. Gentle stretches to resistance barrier (no pain) and held without bouncing until a lengthening is felt, will help lengthen tightened tissue and prepare the body for the next workout and rest.

Last but not least, therapeutic intervention: massage and bodywork to sift through sore muscles and knots and to flush lactic acid and metabolic waste from the body, will help to keep your efforts and performance optimal.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She holds an advanced level diploma in massage therapy, is certified in deeper tissue techniques-Neuromuscular and Myofascial Therapy. Nahant Therapeutic Massage is located at the Nahant Community Center; 41 Valley Road. Please visit www.nahantmassage.com for more information. Ms. Cadigan can be reached by cell: 617-240-4252, or at her office, 781-780-3733

Bootcamp Fitness!!

Get fit for the summer and support the Johnson PTO!! Want a great workout and a chance to enjoy the great outdoors? Get fit with your local Bootcamp Class! Each class is taught in levels, to ensure that all fitness levels are challenged, according to your goals. This class is perfect for all ages, fitness levels and genders.

Five week session begins May 1st, on consecutive Saturdays (1, 8, 15, 22, 29) at 8:30 a.m. New this year is a Tuesday five week session, held at 6:15 p.m., (May 4, 11, 18, 25, June 1). Fees: a 10 class session is \$80, a 5 class session is \$45 and a single class is \$11.

A portion of the proceeds from each class, and each class participant, goes directly to the Johnson Elementary School. Do some good for your body and soul, and the local children.

Here's what some of the current participants have to say about this class: "A great workout. The class format challenges your body in ways you wouldn't ordinarily choose to do on your own...definitely a boost to my strength and endurance," says John, a 2 time Boston Marathoner in his 30s.

"As a woman in her 50s, I feel I have benefited greatly from the class. I appreciate the tasks being classified as either level one, or two. This gives me the opportunity to challenge myself, but also to not feel badly, if I can only manage a level one task," says Julie

"I have been participating in bootcamp with Liz as the instructor. The workout is amazing. I feel really energized and powerful after this workout. I can really feel the difference after two bootcamp classes," says Stephanie, in her 20s.

"Liz gets you moving and jumping, trying to defy gravity. I'm in my 40s." MD

"It is an absolute bonus, to have a top-notch fitness class from a professional trainer, available on this side of the cause-way!" MJM, 40, female

Taught by an internationally- experienced 20+ year veteran of the Fitness Industry. CPR certified. We meet at the Johnson Elementary School parking lot (cafeteria entrance). For more information, please email Liz at liz26miles@gmail.com

Earth Day Celebrated its 40th Anniversary on April 22, 2010!

Earth Day is Everyday at MCCPS. Although the official celebration of Earth Day comes but once a year, here at MCCPS, we try to be resourceful and eco-friendly on a daily basis.

The 3 R's are in effect every day in our nutrition program. We avoid using disposable utensils and unnecessary packaging. One of the Enrichment choices at MCCPS, is Saving the World, One Plate at a Time, where students wash the plates and silverware used at lunch, carry out kitchen chores and assist in school-wide recycling duties. We endeavor to reduce the use of wasteful paper towels, by using E-cloth, a reusable microfiber cloth.

As part of our recycling program, we collect wrappers from snacks and drinks, to send to Terracycle, where they will "upcycle" trash to make products, such as pencil cases and school bags (teracycle.net). The Terracycle program was introduced by Quincy Campbell, French teacher and is now coordinated by seventh grade students, Madison Ballou, Anya Peterson, Grace Haley, pictured at right.



In an effort to reduce the waste being deposited in the garbage, we have begun an Outdoor Compost for waste food scraps. Pictured at left, are sixth-graders Lydia Antrim, Corinne Cooke, Emma Wright.

Yet another Enrichment offering is EcoArt, which is designed to help raise awareness and educate students, regarding the importance of environmental health, energy efficiency, conservation and the importance of implementing the actions of

"Going Green." Students explore how we, as a community and as individuals, can help improve the health of our environment. Emphasis is placed on students becoming more eco-minded, informed, responsible and proactive citizens of tomorrow.

Welcome spring with a relaxing massage!

Luis Ortiz, licensed massage therapist

Don't forget Mothers Day...

Gift certificates are available.

Call us at 857-891-0257 or E-mail nahantlmt@gmail.com

By Appointment only. Offering the following services:

Swedish relaxation massage • Deep tissue massage
Hot stone therapy

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

Conway to Open Swampscott Office



Norwell-based Jack Conway & Co. Realtors has broken new ground by establishing its first residential sales office on the North Shore. The company's 42nd sales center, to be located on Humphrey Street in Swampscott, will open for business in May, under the leadership of longtime broker and manager, Timothy Knowlton.

Knowlton, a multi-million dollar producer, has worked for two decades as an agent and manager, servicing hundreds of customers at several local real estate firms. His new Conway office will serve the towns of Swampscott, Nahant, Salem, Marblehead and Lynn.

"I saw a Conway ad and an article in Banker & Tradesman showing Jack handing the 'key' to Conway Country to his daughter Carol Bulman," said Knowlton. "So I called Carol and asked if they'd be interested in opening an office in Swampscott."

"We were thrilled with Tim's proposal," said Bulman, CEO of the 54-year-old Conway organization. "We are always looking for opportunities for expansion. It's all about being around good and experienced people. The North Shore is a different marketplace for us, but many of the communities are similar to those we serve on the South Shore."

Chairman Jack Conway understands the challenges facing the "new Realtor in town" but is looking forward to seeing his company make inroads in Swampscott and surrounding towns. "When I started my business back in 1956 in Hingham Square, nobody knew my name," said Conway, whose one-man operation grew into the largest independently owned real estate firm in Massachusetts. "All it takes is hard work, honesty, and most of all, top notch customer service to get a company off the ground and running. It's going to be an exciting trip for all of us."

Recent news in RIS-Media's April edition citing Conway as the top Massachusetts-based independent real estate company in dollar volume of sales and closed transactions is another reason Knowlton chose the company.

"Conway is known for customer satisfaction and providing excellent service," said Knowlton. "That is important no matter where the customers are, north or south of Boston."

Knowlton's first task-at-hand is to hire new agents for his Conway-Swampscott office. "We plan to promote 'Conway Country' throughout our marketplace," said Knowlton. "Once customers start talking about the quality service they receive from Conway agents, that shouldn't take long."

Knowlton is a Hamilton native and a graduate of the Culinary Art Institute of America in New York. He worked as a head chef in the hotel and restaurant industry before entering the real estate field in 1993. He and his wife Nancy live in Marblehead with their daughter Abigail, 13.

To join Jack Conway's new Swampscott office team, call Marie Battles at 781-871-0080, ext. 342.

Photo: Realtor Tim Knowlton will lead Conway's new venture in Swampscott.

Memorial Day Observances

(Continued from page 1.)

From the cemetery, the parade will proceed to Tudor Wharf, for a brief service, to honor departed naval personnel. Chairperson Conlin, a Vietnam-era Navy veteran, will offer a prayer and toss a wreath onto the water. Three volleys will follow by the Herman Spear Post Firing Squad and taps, played by a Swampscott High School Band trumpeter.

From Tudor Wharf, the parade will proceed to the Town Hall, where the parade will conclude, with the Swampscott Band playing the National Anthem, at the base of the Town Hall flagpole.

As has been the tradition in recent years, a chowder luncheon will be served in the Town Hall, to parade participants. Ice cream will be served to participating scouting units, at the rear of the building.

The committee would like to extend a heartfelt thank you to recently retired committee member, Calantha Sears, for her dedication and hard work over the past 37 years. She will be sorely missed as a key member of the committee since 1972.

One Bedroom House for Rent

One large bedroom, w/walk-in closet and walk-out large deck with ocean view. Kitchen, full bath, washer/dryer, open dining / living room, small private deck off dining/living area, small sun room at front entrance. Quiet neighborhood. Off-street parking.

Call Lisa Scourtas • 781-479-0908



Collins & Sons Landscaping Commercial & Residential

Weekly Lawn
service

Mulch & Loam



Spring & Fall
Clean-ups

Fully Insured

FREE ESTIMATES

**Call Stephen, 35-years Nahant Resident
781-718-9728**

Spring is Here...Time to Tune-up Lawnmowers

Lawnmowers: Includes new spark plug, oil change, lube fittings and sharpen blades...\$70

Snowblowers: Tune up includes oil change, new spark plug and minor adjustments, grease fittings, stabilize* fuel and have it ready to go for next winter...\$120

Add. parts extra. *Add a fuel stabilizer to gas tank and run engine to get stabilizer into carburetor. This may save you the cost of a new carburetor, or clean out next fall.

Free Pick-up & Delivery • Paul-Nahant • 781-581-1229



TJ Painting & Cleaning Inc

INTERIOR & EXTERIOR

— Power Washing • Gutter Cleaning

Outside Window Cleaning

Commercial/Residential/Industrial



**Rafael (617) 678-3605 • Tony (617) 678-3604
TJPaintingCleaning@hotmail.com**

Excellent References • Free Estimates • Fully Insured

NAHANT CLASSIFIED ADS

**Got something for sale or do you want something?
Reach all Nahant! Put it in the Nahant Classified ads!**

1" X 2 COLUMN BOX

Only \$25.00

**Send text by email to donna@nahant.com, or drop in
the Harbor Review box, at Equitable Bank in Nahant.**

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

300 Teens Turn Out to Hunger for Justice

When Hunger for Justice opening services began at Short Beach, in Nahant, on Good Friday, the expected group of 200 teens had swelled to more than 300 students and their families. Nahant teens were front and center.

Hunger for Justice is a program that allows young people to make a significant impact on the problem of world hunger. By pledging to go without food, cell phones, iPods and the comforts of home, for more than 24 hours, participants not only raise money to help alleviate human suffering, but also gain a limited understanding of how it feels to experience hunger. Proceeds of this year's program will benefit Hospital Albert Schweitzer, in Deschapelles, Haiti, as well as local charities.

When asked her thoughts on why the turnout exceeded expectations, Andrea Alberti, who is both a Youth Minister, at St. Thomas Aquinas Church, in Nahant and a Religious Studies teacher, at St. Mary's High School, in Lynn replied, "Teens are looking for opportunities where they can be their authentic selves, where there is no pressure to be, or act, a certain way. When they are presented with those opportunities, they will gladly participate."

Alberti also credits the success of the program to the joint efforts of the 11 Catholic parishes that participated. In particular, she praised her co-leader Chris Carmody, Youth Minister at Immaculate Conception Church, in Salem, Msgr. Paul Garrity, pastor, and Carl DiMaiti, principal at St. Mary's in Lynn, Fr. Thomas Rafferty, pastor of St. Thomas Aquinas in Nahant and St. John's in Swampscott, and representatives of the Boston Archdiocese Office for the New Evangelization of Youth and Young Adults. Rounding out the support team were youth ministers and parents from other participating parishes, including St. Pius V, Lynn, Our Lady of the Assumption, Lynnfield, St. Margaret's, Saugus, St. Adelaide's, Peabody, Immaculate Conception, Newburyport, Our Lady of Hope, Ipswich, and St. Columbkille's, Brighton.

The committed teens fasted for 30 hours and slept on the St. Mary's gym floor, in makeshift cardboard huts. Rising early Saturday morning, they traveled to Boston, to distribute donated sandwiches and new socks to the homeless and working poor, on the streets of Boston. Later in the day, they returned to complete service projects in more than a dozen North Shore churches, shelters and social services agencies.

As she prepared her students for their trip to Boston, Alberti reminded them, "Many of the people you will meet today, have to search for their

food on a daily basis, taking whatever is available. Something as simple as offering them a choice of a turkey, or ham, sandwich, helps to restore to them the dignity they deserve."

IT'S NOT TOO LATE TO HELP.

Donations, in any amount, can be sent to St. Thomas Aquinas Church, 248 Nahant Rd., Nahant, MA 01908. Please note on the check, that the donation is for Hunger for Justice.



NVC Free Breakfast May 21st (Cont. from page 1.)

Dr. Dong, the iTEACH Programme Director, is an Infectious Disease & HIV specialist, from Massachusetts General Hospital. After founding the iThemba HIV clinic in Durban, South Africa, she served as a member of the Advisory Committee to the South African National ARV Task Team. In this capacity, she was a contributing author to the South African National HIV Treatment Guidelines, that first brought life-extending HIV drugs to the people of South Africa.

Ms. Thabethe is the Deputy Director of iTEACH. She is the recipient of the 2009 National Geographic Emerging Explorer Award, for her outstanding contributions to the fight against the HIV epidemic. She has spoken widely on the subject of HIV, including sharing the stage with Bill Clinton, delivering plenary talks at international HIV congresses and as a member of the world-renowned Sinikithemba Choir.

Breakfast is served at 8:00 a.m., with the presentation taking place from 8:30 to 9:00. The breakfast is free and all are invited. On Friday, May 21st, please join us at the Nahant Village Church Free Breakfast, to hear the realities of the intersection of two deadly epidemics, HIV and tuberculosis, and the inspiring stories of how two people can have a huge impact on global health.

At right:
Newly installed
Nahant Police
Chief Robert
Dwyer, Officer
Armand Conti,
Town Adminis-
trator Mark
Cullinan.



Enjoying their breakfast, while the new Chief speaks, are Margaret Antrim, Barbara Powers, Helen Cort and Nancy Smith.

Let's Green Up Nahant!

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

Summer Cinema by the Sea

Please join us at the Marine Science Center, for the inaugural summer film series, that will take place in lieu of monthly lectures, from May through August. The following marine-related documentaries are tentatively slated for showing:

Tuesday, May 27 – The Cove:

*This academy award-winning documentary is about a team of scientists, activists and divers, who undertook significant risk, to investigate and expose a secret dolphin-harvesting operation in Japan.

Tuesday, June 22 – Black Wave: The Legacy of the Exxon Valdez:

*For twenty years, Riki Ott and the fishermen of the little town of Cordova, Alaska, have waged the longest legal battle in U.S. history, against the world's most powerful oil company: ExxonMobil. They tell us all about the environmental, social and economic consequences of the black wave, that changed their lives forever.

Tuesday, July 27 – The Fish Belong to the People:

*Director Will Hyler will present this feature length documentary, which follows a group of family fishermen in Port Clyde, Maine, as they work to save their fishing grounds from government, market structure and themselves.

Tuesday, August 31 – The End of the Line:

*A selection of the 2009 Sundance, Toronto and Seattle Film Festivals, and narrated by Ted Danson, this film delves beyond the surface of the seas to reveal a troubling truth beneath: an ocean increasingly empty of fish, impacted by decades of overexploitation.

Please note that these events are free and open to the public. Screening will take place in the Murphy Bunker and will begin at 7:00 p.m. Popcorn will be served beginning at 6:30 p.m. There is no need to RSVP. These films will vary between 1-2 hours in length and may be followed by an optional discussion, led by the film's producer and/or an expert, in the subject area.



Every Wednesday Night
Quizo trivia • 8:30 p.m.

Win great prizes ...

1/2 price Appetizers • Drink specials

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

Coastal Ocean Science Academy (COSA)

The Marine Science Center will once again be offering the COSA program to high school students this summer from August 9 to 21. There are three different experience levels targeted in the COSA program:

COSA Chondrus – Students will build their knowledge of coastal and marine biology, including ecological and physical characteristics of several habitats. Students will develop skills such as monitoring water quality, measuring species richness and diversity, and identifying marine organisms. They will also begin to explore threats facing these coastal and marine resources.

*COSA Mytilus – Students will deepen their knowledge of rocky intertidal ecology and habitats. Skills will be developed in investigating ecological issues facing coastal and marine habitats, and student research will include consideration of stewardship options to improve environmental quality.

*COSA Pagurus – Students will be involved with peer mentoring with younger students group, transferring knowledge and skills gained in previous COSA experiences to educate younger participants. Pagurus students will also engage in directed research on a particular topic of interest relevant to local marine biology. For more information about program logistics, please visit <http://marinesciencecenter.yolasite.com/summer-programs.php>. Nahant residents receive discounted tuition to this program.

Adopt-a-Beach Program

Eighteen people turned out for the first survey of Nahant's Adopt-a-Beach team on March 28th. Led by Salem Sound Coastwatch's Director, Barbara Warren, the team inventoried beach resources and issues and began to discuss stewardship activities that might enhance the beach.

The second survey of the Adopt-a-Beach program will take place will be on Saturday, May 8 from 2:30 - 4:00 p.m., at Short Beach, which coincides with the low tide. Prior to the 5/8 survey in Nahant, everyone is welcome to attend a beach profiling training at the Phillips Beach in Swampscott from 1:00 to 2:00 p.m. Beach profiling involves measuring the contour of the beach. Combined with information on ocean currents and waves, this data can help us understand the rates at which, and possibly reasons why, our beaches are changing.

For more information about any of the MSC's Outreach Programs, please call Carole McCauley, at (781) 581-7370, x321, or email c.mccauley@neu.edu.

Having A Graduation Party?



ROLAND L. APPLETON, INC.
Complete Event Rentals

Tents • Tables • Chairs • Linens • Chinaware
(781) 592-5523
www.rlappleton.com

Let's Green Up Nahant!

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

SWIM and Nahant's Environment

by Polly Bradley, Safer Waters in Massachusetts (SWIM)

Birds, Wind Turbines, and the Causeway

SWIM is calling for a public meeting in Nahant, BEFORE a decision is made to accept, or reject, a proposal for wind turbines on the Nahant Causeway, and we are asking for a study of the potential danger to birds, BEFORE a wind turbine project is constructed.

A decision about whether or not to build wind turbines on the Nahant causeway had not been made, as of the Harbor Review deadline and the project appears to be going forward with little public input from the citizens of Nahant. We would like our voices to be heard.

Therefore, SWIM is inviting officials from the Department of Conservation and Recreation, as well as field ornithologists, to SWIM's meeting Monday, May 10th, at 7:00 p.m., at Northeastern University Marine Science Center, 430 Nahant Road, Nahant. All are welcome.

Alternative energy is vital, but not where it can damage the very environment it is meant to protect. Several years ago, Nahant was declared an Important Bird Area, under international guidelines, by the Massachusetts Audubon Society. The shallow bay, mudflats and beaches of the Nahant Important Bird Area, attract thousands of shorebirds and gulls. Many migratory birds rest and feed here, in spring and fall, and birds from the Arctic and Canada, winter in Nahant waters.

Please come to the SWIM meeting, learn more about the issue and let the officials know what you think. If you cannot come to the meeting, you can send comments to: Commissioner Rick Sullivan, Department of Conservation and Recreation, 251 Causeway Street, Suite 600, Boston, MA 02114-2104, or email, mass.parks@state.ma.us.

No Discharge Area: SWIM worked hard, last year, to create a No Discharge Area on the Lower North Shore, where overboard discharge of all boat sewage is prohibited, even if treated. All commercial and recreational vessel sewage must be discharged to a pump-out facility, or outside the Massachusetts three-mile limit.

This year, the Upper North Shore is also becoming a No Discharge Area, so now the waters from Boston Harbor to Salisbury — including Nahant — are protected. The 2010 Boater's Guide, which lists all Massachusetts pump-out facilities, can be downloaded at: <http://www.mass.gov/czm/nda/pumpouts/index.htm>.

SWIM has placed No Discharge Area information at the Nahant Dory Club and other locations, and plans to distribute notices at the Boat Haul Days, on May 11th and May 15th, at the Nahant Town Wharf. By the way, Boat Haul Day is an amazing sight, as two huge trucks from Jocelyn Marine, efficiently pull and push the boats, that have wintered in the Wharf parking lot, into the water. Come watch the excitement!



Adopt-a-Beach: The next Nahant Adopt-a-Beach survey will be held on Saturday, May 8th, from 2:30 to 4:00 p.m., at Short Beach. The first survey, on March 28th, at Tudor Beach, was a great success. Many thanks to Northeastern University Marine Science Center, for bringing this program to Nahant, and to Salem Sound Coastwatch, for initiating it! For details, see the article by Carole McCauley, Outreach Program Coordinator at Northeastern, in this issue of the Nahant Harbor Review.

Kick the Plastic Habit:

Stop by the SWIM table on Town Meeting Day, April 24th, to check out the raffle for a "Kick the Plastic Habit Survival Kit." Emily Potts, who is in charge of SWIM's fight against plastic, says, "It may not be as hard as you think to Kick the Habit. With a little help from the

items in our Survival Kit (some old and some new-fangled), you just might be surprised that life could be so simple without your plastic."

Friends of Lynn & Nahant Beach:

Before Town Meeting, you may want to check out activities at the Nahant Traffic Circle and the Ward Bath House. Saturday, the 24th, is Park Serve Day. Friends of Lynn and Nahant Beach are planting flowers and beautifying the area. You can help them plant a bit, but be sure to get back for Nahant Town Meeting, at 12:30 p.m.

This year, the Friends also plan to make improvements to the children's playground, adjacent to the Ward Bath House and plan to purchase picnic benches and plantings, through a matching grant with the Department of Conservation and Recreation. You can also show your appreciation for the work the Friends do, by going to Friends Night, at the Tides, Thursday, May 6th, from 6:00 to 9:00 p.m.

SWIM Meeting: Don't forget — the next SWIM meeting will be held on Monday, May 10th, at 7:00 p.m., at Northeastern, in Nahant.

Photos on this page of the Common Eider and on page 12 of the Brant Duck, were taken by Linda Pivacek. Kick the Plastics graphic by Emily Potts.



HOME IMPROVEMENT SERVICES



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

Your Fine Home Deserves the Best!

581-1359

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

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

McCarthy Glass Co., Inc.

AUTO GLASS • STORE FRONT CONSTRUCTION
PLEXIGLASS™ and LEXAN™

752 WESTERN AVE.
W. LYNN, MA 01905

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

OVER 50 YEARS IN BUSINESS

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



Kitchens & Baths
Decorating
Remodeling
Dormers • Decks
Additions

“ONE CALL DOES IT ALL”

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

ROOFS • SIDING
KITCHENS • BATHS

FULLY LICENSED
AND INSURED



*Quality Building & Remodeling
Residential & Commercial*

MARIO SPINUCCI
(781) 581-6266 Off.

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

Bruce Tarney Landscaping

Spring Cleanups!

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

Now accepting NEW clients. Call,

17-years in Nahant

781-596-1347

H
A
V
E

A

S
A
F
E

M
E
M

O
R
I
A
L

D
A
Y



**Edward
Poulin**

POULIN ELECTRIC CO. INC.

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

Master Electricians
License # A11221

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

J.P. CONSTRUCTION CO.

Serving The North Shore Since 1980

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

LYNN
NAHANT

781-581-7077

LICENSED
& INSURED

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

MICHAEL RUSSO, JR.

PLUMBING & HEATING CO., INC.

COMMERCIAL/RESIDENTIAL, FIRE SPRINKLER WORK

“Serving the Nahant community.”

www.michaelrussoplumbing.com

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

MICHAEL RUSSO, JR.
PRESIDENT

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

HANDYMAN

“No Job Too Small”

Steve Lerman



Nahant, MA
781-592-3223

Harmony Tile Company

Doing business for 25 years.

Floors • Walls
Tub Enclosures • Backsplashes
Repairs • Regrouting

Les Tarmy
(781) 596-7100

Insured • Free Estimates
All work guaranteed.

The Forgotten War Korea 1950-1953

A plaque in honor of the men and woman who served, and to those that never returned, was donated and encased in the ground at 32 Nahant Road, the home of Ernest E. Messina, Past Commander of the S/Sgt Arthur F. DeFranzo Post 2346, Saugus.

As Chairman of the Commemorative Committee, it was entrusted to me to use with the proper discretion, to honor the commemoration justly.

Above the flagpole that honors the plaque, flies the colors of our great democracy and the white and black POW / MIA. flag, which is dedicated to the souls that many of us have lost and those never to be identified.

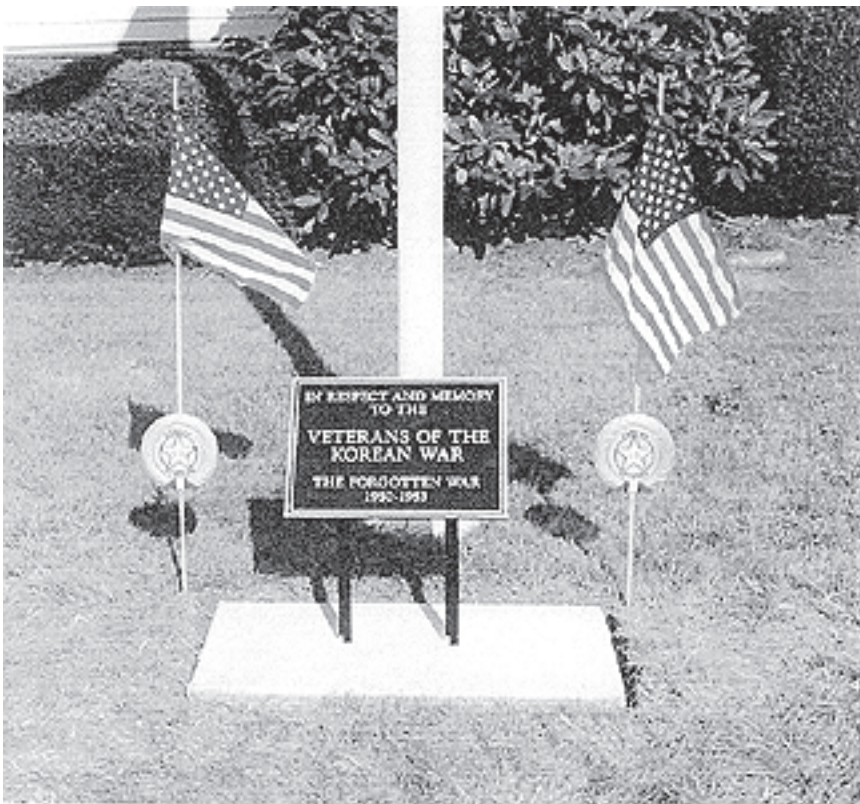
When driving by, we, the Korean War veterans, would appreciate a silent moment of prayer and remembrance for them, their loved ones and the sacrifices they made in honor to our country.

The Korean War was first identified as a police action in 1950, but after thousands of casualties, Congress decided to call it a war. After 60 years, we continue to patrol the DMZ (Demilitarized Zone), with Chinese and North Korean forces, on the opposite side of the DMZ. Although the cease-fire was signed in July of 1953, hostilities continue to surface, with the imminent fear of reprisals, in a heartbeat. To date, casualties amount to over 35,000 dead, 8,000 unaccounted for (POW / MIA). Some remains of the POWs have been found over the years, but cannot be identified.

For many years, the American forces had been scorned and spat at by both the North and South Koreans. The Korean War, The Forgotten War, will be recorded in the history of our great country as the longest involvement of American Armed Forces. It can never be known as The Forgotten War, by a future American generation ever again.

I personally owe my survival of 19 months in combat, in Korea, to the men of World War II, who remained in the service of their country, to train my generation. They truly were the greatest generation. Coming of age five years after them and following in their footsteps, made us, the Korean Veterans, a proud and honored generation.

Respectfully submitted by Ernest E. Messina, S/Sgt U.S. Army, Past Commander, VFW Post 2346



Thanks to a Splendent Individual

This is an open letter to the extraordinary individual, either from our Town of Nahant, or elsewhere, who demonstrated his/her thoughtfulness, respect and gratitude, by placing the Colors of our great country, atop the grave markers (at 32 Nahant Road), placed in front of the plaque I installed, in commemoration to the men and women who sacrificed thier lives in the "Forgotten War" in Korea.

We installed the plaque during the ceremonies of the 50th Anniversary of the Korean War, in the year 2000. Those of us who survived those terrible years, take our hats off and salute you.

For this gracious and honorable deed, I wish you and your family peace, health and happiness.

A grateful veteran, Ernest E. Messina



DUDDIE TUDOR COMES CLEAN

Over the past few months, the Tudor family has been asked, "Where's Duddie"? For you new readers, he's the tall, dark and "extremely" handsome one, on the header of this column. At this time, we at the Tudor Cocktail Ice Co. are disclosing that brother Duddie, evidently your favorite cocktail ice delivery boy, has successfully completed a 120 day rehab stint at the Our Lady of Perpetual Motion Clinic in Martinique. It came to our attention, that the boy was delivering a bit more than just ice, to some of his special customers and needed immediate intervention.

A disastrous recipe of fame, power, money and good looks, helped derail the lives of David Duchovny, Tiger, Jesse James, and now the twin son to one of the most influential families in Nahant, Duddie Tudor. They are all "Victims of this affliction," happily they ALL have seen the light, or was it, "That they just got caught"? Whatever, "They got da cure!" David is back to acting, Tiger is back on the Tour, Jesse is finishing up and goin' back to chop-per shop, and Duddie is back at our ice house, keeping bizzee....bizzee....bizzee hand-cutting those signature 1" cocktail ice cubes in time for the summah delivery rush, to our needy town clientele.

While Duddie works the ice house, as part of his treatment and recovery, all summah deliveries will be made by his twin bro', Ponsie. (The therapist thought the ice house would be a "COOL" place for Duddie to "CHILL" while slowly re-entering society).

As part of the clinic's therapy program, 3 hours-a-day was meditation and 3 hours was set aside for "super-vised" crafts. Duddie's meditation time was focused on the two most favorite places in his life, "SHORT AND TUDOR BEACH." He carried that vision over to the supervised craft area and, using his surgical, ice-cutting fingers, designed and hand cut white vinyl stickers, honoring those two "GREAT BEACHES."

The craft director, Dr. Hyman Denial, was so impressed, he convinced Duddie to keep cutting and donate the proceeds from sticker sales to programs for our Nahant Island Kidz. Take a look! For a \$10 donation you too can sport one of these "HANDCRAFTED BEAU-TIES" for the back window of your Nahant summah chariot!



CALL 617.543.3942 - For a sticker - Limited Supply

On another note, there is no truth to the rumor, that the late equestrian-minded Nahant philanthropist, Stanley Paterson left funds to the Johnson School, to erect a circled corral fence on school property, for student "Pony Rides." Calm down folks, that's where our Town community garden is being placed. "Good job DPW Crew!"

Submitted by Ophelia Payne Tudor, CEO
Tudor Cocktail Ice Co.



Useless Information...By Ray Barron

Nahant's May Birthday Babies

May 1 - Inga Deluca, Devon Harrell, Zachary Lowe, Kenneth Merlino, John Osbahr, Christopher Papagelis, Ann Schiftenhaus, Naveen Sydney,

May 2 - George Burke, Joanne Dunn, Kellie Frary, Marybeth Godwin, Diana Meyer, Michael O'Callaghan, Constantin Pezaris, Peter Vernam,

May 3 - Nancy Cochran, Dale Cullinan, Kenneth Li, Mary Luszc, Owen Maguire, William O'Keefe, Robert Proulx, Joel Sanphy, Arvard Tompkins, Sheila Zameitis,

May 4 - Marylou Canty, Mary Ann Corinha, Elizabeth DeMaggio, Paul Fiore, Cindi Hanson, Robyn Howard, Neelam Kumari, Joseph Marini, John McSweeney, James Whitlock, Donald Wyse,

May 5 - Grace DiGrande, Kim Georges, Frederick Haggerty, Daniel Hamill, Malcolm Hill, Karen Mosher, Alexandra Savino, John Taxiarchos, Marissa Waite, Elizabeth Whitbeck,

May 6 - Jacob Desmarais, David Fitzpatrick, Daniel Gauvain, Linda Hall, James Mellen, Antonio Roffi, Albert Wallach,

May 7 - Tucker Allard, Gayle Billias, Candace Cahill, Warren Chaille, Arnold Rodner, Carter Smith, Kenneth Swope, Jennifer Vecchia,

May 8 - Jason Caloggero, Denise Fields-Hitch, Herbert Motley, Jr., Heather O'Brien, Robert Scalise, Alexa Steriti,

May 9 - Jack Byron, Anthony Conigliaro, Peter Conley, Hannah Kornerup,

Edward Maroney, James McCurdy, Jeffrey Musman, Biba Rozenbaum, Frances Spinelli, Coreen Susan Sullivan,

May 10 - Donald Baker, Liliana Barba, Anna Barbaro, Linda Eveleigh, Constantino Evos, Karen Falat, Mia Forster, Donna Hayward, Andrea Lane, Jessica Lerman, Margaret Mahoney, Edith

Richardson, Samantha White, Michelle Zides,

May 11 - Charles Arena, Jr., John Moleti, Daniel O'Brien,

May 12 - Cornelia Coffey, Margaret DiGrande, Kendrick Doyle, Sean Dunn, Joanne Fucile, Octavio Galvao, Karen Hill, Robert Kennedy, Jennifer McCarthy, Nicole McDermott, Richard Melanson, George Mihovan, Richard Moleti, John Nardizzi, Lori Palladino, Constantine Pitsas, Amy Simons,

May 13 - Arthur Barreda, Linda Brassard, Drew Breithaupt, Robert Fannon, Mariah Hanson, Michael Kaplan, Jillian Middleton, Stefan Polnicki,

May 14 - Carmen Ballantine, Matthew Champigny, Suzanna Cusack, Louis Makris, Caitlin Miele, Enrique Munoz, Courtney Quinn, Caron Sanphy, Marilyn Snyder, Lani Stevens, Kerry Ward, Donald Wilkinson,

May 15 - John Barry, Gretchen Charbonneau, Joan DePalma, Judith Dumont, Patricia Forster, John Gergely, Deborah Hornig, John Love, Stephanie MacIsaac, Karen O'Callaghan,

Kathryn Sherber, May 16 - Maximillian Carbone, Sivamathy Coffey, Margaret Hanagan, Emily James, Francis McClain, Edwin Peterson, Judi Weiner,

May 17 - Arthur Anders, Austin Antrim, Elinor Cronin, Ellen Goldberg, Eric Greene, John Hawko, Dorothy Kiley, Francis Mahoney, Mariah Morad, Emma St. Jean,

May 18 - Richard Baldini, Loretta Cecil, John Crowley III, Mary DiTullio, Mary Donovan, Strates Frangules, Kristian Hosker, Gail Hyde, Philip Kersten, Arabella Liuba, John Mackey, Jr., Auguste Michaud, Thomas Murray, Kevin Nugent, James Passanisi, Laurie Proulx, Nicole Rosa, Anders VonAschwege,

May 19 - William Cronin, Mary Irene Dickenson, Melissa Gallery, Abigail Hooper, Marilyn James, Muriel O'Neill, Catherine Walton,

May 20 - William Andrews, Teresa Clark, Anne Farr, Ryan Graciale, Steven Switzer,

May 21 - Deborah Aliff, Melissa Barile,

Richard Barnes, Julie Hawley, Aryln Hubbell, Michael Kenneally, Geoffrey Loynd, James Malone, Jr., Jeffrey Price, Linda Turcotte,

May 22 - Linda Christoforidis, Matthew Duca, Abigail Frary, Zachary Hodgdon, David Kenepp, Julia Kornerup, Barbara Morrison, May Redder,

May 23 - Peter Barba, Michael Coffey, Charles Dean, James Howarth, Samantha Jessome, Jose Lamas, Eric Marie, Janelle Mazzaferro, Jenna Mazzaferro, Michaela O'Donnell, Wallace Riddle III, Jennifer Sweeney,

May 24 - Kathleen Forbush, Lea Lewis, Jean Lucantonio, Arthur Michaud, Marie Muzzioli, Paul Singer, Ruthanne Switzer,

May 25 - James Brown, Kathleen Brownlie, Strates Frangules, Kevin MacKenna, James Walsh,

May 26 - Aidan Graciale, Linda Jenkins, John Martin, Candace Thornton, Rebecca Tynning, Johnny Zimmerman-Ward,

May 27 - Phillip Baldwin, Mary Brown, Onil Cote, Denise DiCarlo, Erin DiGrande, Francis Farr, James O'Connor, Panos Voukydis,

May 28 - Douglas Comfort, Joseph Desmond, Jr., Ryan Dignan, Serena Galvao, Virginia Greenlaw, Marie Martin, Maria Stanley,

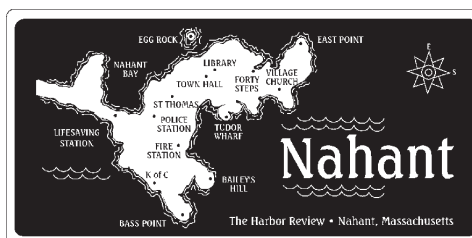
May 29 - Sarah Anderson, Carmel Burrell, Priscilla Clark, Daniel Fiore, James A. Hosker, Christopher Mason, Peter A. Przybycien, Kevin Pruzinsky, Alicia Yannety,

May 30 - Carmella Cormier, Joseph Giardella, Leslie Hardy, Joy Loguercio, Patricia Podrug, Peter E. Przybycien, Sherrill Reed, Antonette Spinucci, Kenneth Turino,

May 31 - Mary Cuddy-Cormier, Frances Delaney, Daniel deStefano, Gad Geiger, James E. Hosker, Martha Koscielecki, Eva Markos, Anna McNicholas, Mary Messina, Ellen Morse, Mary Przybycien, Taylor Reeh, Jessica Simons, Susan Tracy, Andres Uzcategui, Alfred White.

Thanks for the emails. Sorry we missed your birthday. Happy Belated birthday wishes to: Paul Sciaba, April 9th; Kendrick Doyle, May 12th; Mary Doyle, November 14th

If you wish to have your Birthday included on the monthly list, or don't want your name included, please make your wishes known. Just send an email to donna@nahant.com. Thank you!



Only \$20

Makes a great gift!

Only at Richland Convenience Store, Nahant Road

Nahant Vanity Plate

Nahant Harbor Review Edition

Embossed aluminum for long life. A lasting memento of our beloved Nahant. Use on car, or mount in a license plate frame and hang on wall.

Going Greener: Middle Schoolers Excited About Cleaning

On April 13th, seventh and eighth graders, at Marblehead Community Charter Public School, received a science lesson in green cleaning, with the author of "Joy of Green Cleaning" and Green Cleaning Coach, Leslie Reichert.

(www.thejoyofgreencleaning.com)

Leslie, in association with Green 4 My School, visited MCCPS after students had raised awareness and hundreds of dollars, for their Outdoor Classroom, with E-cloth, an alternative type of cleaner, created by using the latest technology.



During Leslie's class, students learned about natural cleaning recipes, that can be made from pantry items, the history of cleaning, dangers of chemicals to human health and the environment and new technologies, that make for more eco-friendly cleaning products. Students then created an environmentally-friendly and effective cleaning scrub, using salt and lemon juice. Each student received a sample to take home to show their families how to "clean green."

Students were quite enthusiastic about the presentation and according to Grace Haley, "kids got the message that cleaning can be fun and we are doing something good, helping the environment."

Seventh-grader Madison Ballou added, "we learned we should use natural things...if you can eat it, it's safe and that is why we should use lemon, vinegar, baking soda, etc., for cleaning."

Anya Peterson believes that there should be "a science lesson like this for adults, because they need to know the dangers of chemicals that are poison, but are used everyday in cleaning products."

Author and Green Cleaning Coach, Leslie Reichert, relates that she has seen firsthand, scores of parents who fight a daily battle with asthma and allergies, which many believe are caused by using toxic chemicals in the home. Three years ago, she realized she wanted to share her knowledge and encourage people in the "art" of homekeeping and green cleaning and since then, she has become a coach, a presenter and a speaker for the green cleaning industry and Green 4 My School.

TOO GOOD TO BE MISSED!

This is one event that is great fun for the entire family. Learn to pan for gold...Watch as the saws cut open a geode...Shop for gemstone carvings and jewelry...Bring your mystery rock and have it identified...and much more...AND, better yet, here's a discount flyer to get you started! It is okay to copy this discount flyer and give it to your friends and family members. Thanks!

• GEM, MINERAL & FOSSIL ID • JEWELRY • GOLD •

The North Shore Rock & Mineral Club invites all to
the 47th ANNUAL NEW ENGLAND



Gem & Mineral Show

featuring WHOLESALE & RETAIL DEALERS

Purveyors of quality Rock, Mineral, Crystal and Fossil Specimens, Lapidary Supplies, Precious and Semi-Precious Jewelry, Beads and Jewelry Supplies. FREE Crystal, Gem, Mineral and Fossil Id. Gold Panning. Spin-A-Gem. Exhibits and Demonstrations. Geode Cutting and more!

* LOTS OF FUN FOR THE ENTIRE FAMILY *

Saturday, MAY 1, 2010 • 9 am - 5 pm

Sunday, MAY 2, 2010 • 10 am - 4 pm

TOPSFIELD FAIRGROUNDS
ROUTE 1 NORTH, TOPSFIELD, MASS.

Directions to Topsfield Fairgrounds
Coolidge Hall & Trade Building

From South: Interstate 95 North, Exit 50 to Rt. 1 North. Go two miles. Fairgrounds is on the right.

From North: 95 South, Exit 53 to Rt. 97. Go to Rt. 1, going thru Topsfield. Take a right at the lights at Rt. 1. Proceed 1/4 mile. Fairgrounds is on the left.

Enter at Rivergate Entrance. FREE PARKING.

GENERAL ADMISSION \$5.00 PER PERSON

With this ad, \$4.00 (2 discount admissions only)

Senior Citizens \$3.00 — Children under 12 FREE

For discount flyers, e-mail donna@nahant.com

Visit our website: www.nahant.com/nsrmc/

GEODES • HOURLY DOOR PRIZES • SPIN-O-GEM • EXHIBITS

• REFRESHMENTS • DEMONSTRATIONS • MINERALS • FOSSILS • ROCKS • CRYSTALS •

• JEWELS • GEMS • EXHIBITS • SPIN-A-GEM • BEADS • LAPIDARY SUPPLIES • JEWELRY

NAHANT CLASSIFIED ADS

Got something for sale or do you want something?
Reach all Nahant! Put it in the Nahant Classified ads!

1" X 2 COLUMN BOX

Only \$25.00

Send text by email to donna@nahant.com, or drop in
the Harbor Review box, at Equitable Bank in Nahant.

Are you concerned about falling, do you feel you are at risk for falling? Free balance assessments from North Shore Physical Therapy. Call 781-631-8250 to schedule an appointment for your Falls Risk Assessment.

Community Speaks

Speeding on Li'l Nahant Autobahn
Submitted by Kristina Etter, Wilson Rd.

You might ask: “How can anyone speed on Little Nahant??....Li'l Nahant's too Little!!”...LoL.

But anyone who lives on Wilson Rd is aware of the problem. Cars are exceeding the speed limit on a daily basis. But the real problem is this: It's US who LIVE on Little Nahant who are doing the Speeding!!

Ours is not a big city with lots of non-local vehicles passing through. As a matter of fact, the vehicles that don't “live here” are generally driving slow, because they don't know the area. One can easily be driving 40 mph by the time one gets to the bottom of the hill on Wilson Rd. I've done it myself. But the speed limit is 25 mph. Just now I was getting my mail and a black car with a woman talking on her phone, came speeding by so fast, I couldn't even get the make of her car (again), or a license number!! She was going UP the hill this time. I once jumped in my car to follow it and ask her (very politely, of course) to please slow down, but I couldn't find her!! Wow!! That's fast!!

The police have, many times, put the Radar Wagon on our street. There's just one problem with that: There's very little room to park it on Wilson, therefore is set up at the bottom of the street. No one notices just how fast they're going until they've almost reached the end of the road.

Why am I writing this?? To appeal to my fellow Li'l Nahanters to please LOOK at your speedometer and notice how fast you're going. I'll bet you aren't aware that you're exceeding the LIMIT of 25 mph before you're close to halfway down, or up, the street.

Last year my beloved cat, Nellie, was hit by a car on Wilson and died the next day. Most everyone in the neighborhood knew her, as she ran to say hello to everyone. She was so talkative and friendly!! “It was just a matter of time before she'd get hit,” I was told by neighbors. I've learned many people living on our street have lost pets from being hit by cars. The comment I most often hear?? “God Forbid that a CHILD is next!!” Amen to that!! It certainly would be very difficult to move out of the way, should a child pop out from behind a parked car, as we have so many parked cars on our crowded street!!

The amount of time one saves, by exceeding the limit on this short street, can only amount to MILLISECONDS, I'm sure!! Summer's just around the corner and everyone will be out walking, working and playing in and around all of Nahant, so...Let's SLOW down (get off the phone) and Save a Life!!!

Thanks for Reading...and Slowing Down!!

Please Support Me In This Big Challenge!
Submitted by Lainey Titus, Nahant

I never thought the words, “I am doing a triathlon,” would come out of my mouth! But that is what I have committed to do, this June 12th. I am training to complete the 2010 Hyannis Sprint Triathlon, with the Leukemia & Lymphoma Society's Team in Training, and have also committed to raising \$2,700 for this worthy cause.

This is certainly going to be the biggest challenge I have taken on in my life, but what I keep focusing on, is that I am strong and healthy and there is no reason why I can't do this! If I have learned one thing over the past few years, it is that your health is something that can be taken from you in an instant, so this is my way of being thankful for being healthy. Although my Dad, Gerry Titus, wasn't affected by the type of cancer I am raising money to cure, I did see him struggle with his illness and never stop pushing himself. If he could exercise every day, regardless of how hard it was to move those arms and legs, that didn't want to move, I can swim 1/4 mile, bike 10 miles and then run 3.5 miles!

So, why The Leukemia & Lymphoma Society's (LLS) Team In Training? When I was a teenager, my aunt, Rita Ward, lost her life to Lymphoma, only three weeks after her diagnosis. I am completing this event, in honor of her, and all individuals, who are battling blood cancers. I have always been very supportive of LLS and know that the money I raise will really make a difference!

So how can my fellow Nahanters help me reach this goal? First, I will be biking, walking/running and, as soon as my wetsuit comes in, swimming around Town and hope that you will beep and wave and help me keep going! Knowing that my friends and neighbors are supporting me and cheering me on, will be great motivation!

Next, cheer on our home team! I'm having a drawing for 4 right field, box seat tickets to the Red Sox vs. Phillies game, on Friday, June 11th. Chances are \$10 a ticket, or 3 for \$20. If you're interested in buying a ticket, please call me at 781-608-0216, email me: tlainey@gmail.com, or call my mom, Ruthie Titus, at 781-581-0010. And, if you see either of us around town, we will have raffle tickets with us! Finally, if you would like to make a donation, please visit my fundraising page at: <http://pages.teamintraining.org/ma/HyannisT10/ltitusat3h>. Or, you may send a check made payable to: The Leukemia and Lymphoma Society, to Lainey Titus, 17 Central St., Nahant, MA 01908.

Thank you in advance for your support.I look forward to hearing your beeps and seeing you out on the roads, while I train!

WHERE'S HOOMPA NOW?



Here is a photo of me with Hoompa in Easter Island, 2 weeks ago. Everyone who saw me running around with the Hoompa bumper sticker thought I was crazy! Sue Santos

At right, HOOMPA seems to be right at home on a boat at Nahant Wharf.



Community Speaks

THE NORTHERN LIGHTS OF 2010 Winter wake up with an Olympics symphony!

02/12/2010—The XXI Winter Olympics in Vancouver, B.C., Canada—The world’s second largest country—invited 2,500 dazzling athletes from 82 countries, all-star-games (Even skiers from Ghana!)
The Olympic rings—illuminating the ocean
The B.C. Stadium roaring with evening extravaganza
Cross-beams of torches—an obelisk of “Welcome Planet”—
Burning and radiating over the earth—the Olympics Light !

Snow—the natural medium
Technology—man’s push for ever more speed
Success or death?
Nodar died making his first attempt—in the Olympic spirit!
The opening ceremony dedicated to the memory of this Georgian athlete.
A cluster of yellow daffodils.
A 21st century madness.

At the fir mountains,
Photographers, international TV crews, a spectacle
View pictures day-by-day and sport-by-sport
Alpine skiing, ice hockey, biathlon, downhill ski jumping, ski-cross, curling-hurricane,
Floating rotation, jumping style in the air- a gallant race,
Challenging human and geographic gravity
Majesty!
Giving the world a natural smile.

Even the eye of the wind watches
The joyful- the cheerful-applauding youngsters shaking bells
The iconic Canadian maple leaf
Painted on their faces.
Compared scores! Championship!
Ski- jumping athletes—As Mother Earth pushes them up!
 (“...I fly with skis in the sky!—I am blessed here!
I can hear people crying!
The Globe—so small! I can jump, circle it around”.)
Vancouver, beat the drums of victory
Echoing the centuries.

Wow!—women’s ski cross!
Higher!—let’s do it!
Upside down—amazing flight!
Anxiety! Tears!—(save drama for your mama!)

Side by side the skiers,
The last kilometer—the final line,
Victory!...champagne!
A gold medal inspires!—share the podium—Native Hymn!
A violet-ribbon bouquet with green flowers
From a green planet!

The world today is Snow White
Boys and girls—figure skating—Ice dancing,
Artistic and high-strung
Kneeling down and kissing the ice after challenging
The passion, love, stunning style and spirit
Romeo and Juliet have descended from heaven gardens to Canadian ice
Dancing, loop jumping, music, blessing in words of different languages
Thank you, Canada!

The world’s people this day are in the “Canada Start House”
Go World, Go...

By Rozi Theohari, 2010

Swampscott High School Quarter 3 Honor Roll 2010

High Honors: Amelia Antrim, Ian Antrim, Marco Bauder, Alexander Billias, Arianna Billias, John Blank, Monique Bleau, Dimitri Christoforidis, Kristen Connor, Kaitlyn Dantona, Kate Hall, Randall Kelleher, Caitlin Ludke, Taylor Maccario, Lindsey Marini, Nicole McDermott, Rosalie Moleti, Maggie Osbahr, Alexandra Savino, Aristana Scourtas, Patricia Silva, Alexa Steriti, Leah Towe, David Wilson and Melinda Wilson

Honors: Meredith Ball, Olivia Barba, Daniel Barbacoff, Anastasia Beaulieu, Thomas Beaulieu, Corey Carmody, Casey Connolly, Jennifer Desmond, Caroline Devereaux, Heather Doyle, Taylor Eaton, Eric Greene, Anna Greene, Peter Klee, Juliana Liscio, Victoria Malatesta, Christopher Mason, Madeline McKie, Stephen Meagher, Colleen Meagher, Tyler Peterson, Lillian Pillsbury, Nicholas Sarcia, Casey Shanahan, Jessica Simons, Kyle Spencer, Kyle Taylor, Meghann Toomajian, Rita Tsokanis, Emily Walls, Thomas Walsh, Trachita Wheeler, Adam Wilson and Gabriella Woottend.

Commended: Samantha Baldwin, Thomas Ball, Alexandra Chasse, Elijah Clark, Shiloh Clark, Patrick Gavin, Kelly Gillis, Jaimie Konowitz, Thomas Lamando, Dara Mosher, Holly Noonan, Virginia O’Leary, Nevin Pothier and Anthony Silva.

Rosemary Scalise Achieves Honors at Tower School

Nahant resident, Rosemary Scalise, a seventh grader at Tower School, in Marblehead, achieved honors during the first semester at Tower School.

Puzzle Guy and Selectman Competitive Puzzlers

Harbor Review “Puzzle Guy” Rick Kennedy teamed up with Selectman Michael Manning to compete in the Pairs Division of the 2nd Annual Boston Crossword Puzzle Tournament, held at Harvard University, on April 11th, 2010. The duo had a respectable showing with a 5th place finish, among 30 teams.

Spring is Here!

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



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

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

Wild Birds Unlimited

301 Newbury St., Rte 1 N • Come see our new store!
Danvers, MA • (978) 774-9819 • www.wbu.com
Open 7 Days: Mon-Sat: 10-6 • Sun: Noon-4

Wild Birds Unlimited

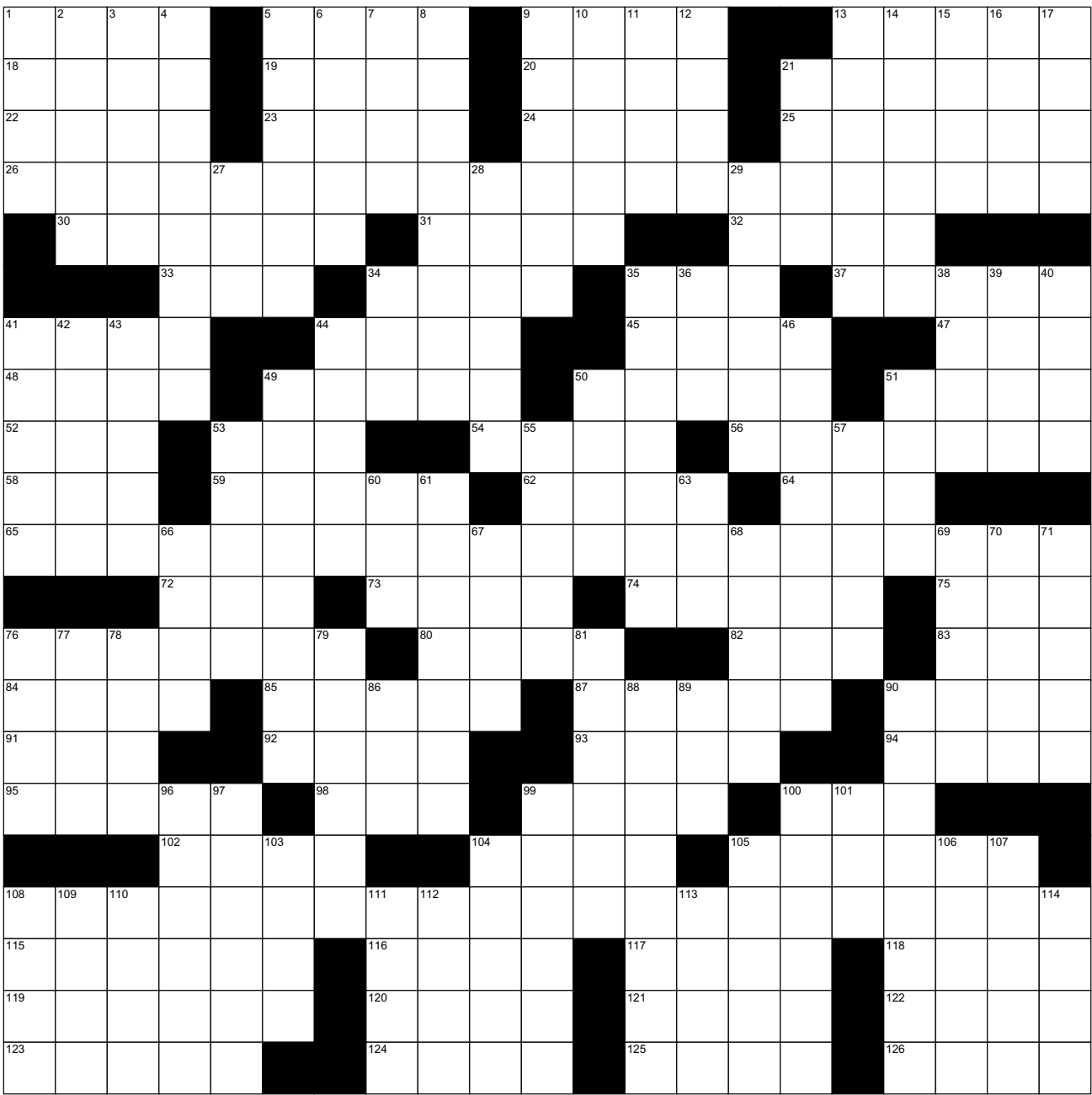


NAHANT PUZZLE PAGE

Flowers of the World
by Rick Kennedy

ACROSS

- 1 Peter I, II or III
5 2009 "American Idol" runner-up Lambert
9 Hoofbeat
13 Lock horns
18 Bad marks?
19 Property claim
20 Exotic
21 "____ Awards" - annual WEEI Sports Radio event
22 Lane in Metropolis
23 Ripped up
24 End ____
25 Suggested
26 **"Flowers"**
30 Professor's privilege
31 Aware of
32 Figure in geometry
33 Tummy muscles
34 Tails
35 Boston's nickname, with "the"
37 Andean animal
41 Radiate
44 Creamy cheese
45 The East
47 Arrest
48 Foal's mother
49 "____ yourself!"
50 Armada
51 Stud fee?
52 Supporter, of sorts
53 Snap ____
54 Painter of melting clocks
56 Least fresh
58 Atty.'s title
59 Org.
62 Rum-soaked cake
64 Edge
65 **"Flowers"**
72 Dobbin's nibble
73 Oaf
74 Peace
75 Be outstanding?
76 Plumlike shade
80 Welsh emblem
82 Inc., in England
83 Compass pt.
84 Spoken
85 Plumed wader
87 Man and Dogs, e.g.
90 Listen to
91 Fall mo.
92 Podium
93 Physics Nobelist Simon van der ____
94 Chances of winning
95 Biblical queendom
98 Drunkard
99 Put to sleep, in a way
100 Typing speed stat.



- 102 Sponsorship: Var.
104 "Brown bagger"
105 Dormant
108 **"Flowers"**
115 Formally speaks
116 Stud fee?
117 Twofold
118 Sixth Jewish month
119 Croquet need
120 Team follower?
121 Otherwise
122 Puerto ____
123 Over
124 Goofs
125 Not natural
126 Temperance supporters

DOWN

- 1 Rash preventer
2 Skedaddle
3 Old-womanish
4 Ring
5 Hitching posts?
6 LED part
7 Dynamic start?
8 Device used to aid recall
9 Sandwich leftovers
10 Something to wrangle with
11 Nabisco product
12 Machu Picchu's land
13 Sculpt
14 Hereditary
15 Opposing
16 Spotted
17 Jekyll's counterpart
21 Fan sound
27 Abrade
28 Without question
29 Animal disease
34 Reagan-____

- 35 Large flatfish
36 Employ
38 Green Gables dweller
39 Welcome rugs
40 Help, wrongly
41 Hot coal
42 Bog
43 Operation ____
44 Having chutzpah
46 Draws
49 Very drunk
50 Spanish dessert
51 ____ matter
53 Song of praise
55 Lessen
57 Set one's sights
60 Lubricate
61 Least ruffled
63 Like pocket dicts.
66 "Away in a Manger," e.g.
67 "I Got You Babe", e.g.
68 Swiss mathematician

- 69 In districts
70 Held the deed
71 Requires
76 Farm sounds
77 St. Louis attraction
78 Event receipts
79 Sampras rival
81 Geisha's garment
86 2016 Olympics locale
88 Supported, as a motion
89 Albanian coin
90 "____ Bound" - Simon and Garfunkel song
96 Classic Volkswagen
97 "I concur"
99 **Celtics coach "Doc" and a hint to this puzzle's theme**
100 Enclosed
101 School grp.
103 Part of M.I.T.: Abbr.

- 104 It's in the spring
105 Charter
106 Lowest point
107 Wrist-radio wearer
108 Volume
109 Ahmadinejad's country
110 Unable to part?
111 Use a surgical beam
112 ____'acte (intermission)
113 Properly
114 Greek Cupid

Not Just an April Fool
By Rick Kennedy

April’s puzzle winners are Maura and Sue James. Congratulations! 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 cross-word 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.

Editor’s Note: The winner of the March 2010 puzzle was Dick Nagle of Castle Road. Congratulations, Dick! Sorry, to disappoint you, Joe Moccia...you won in February. My bad. DLH

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

About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. The **Nahant Harbor Review**, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148.

Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher. The Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation. Articles and / or letters, submitted anonymously, or unsigned, or lacking author contact information, will not be published. Exception: although not a regular practice, a writer’s identity may be withheld, by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Donna Lee Hanlon, Editor, Nahant Harbor Review, PO Box 88, Nahant, MA 01908, or to the **Nahant Harbor Review Drop Box on the Teller’s Counter**, at the **Equitable Cooperative Bank on Nahant Road**. For ad rates, discount programs and deadlines, call 781-592-4148.

The views and opinions expressed in this publication do not necessarily reflect those of the management and staff of the Nahant Harbor Review, or Seaside Business Services.

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



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

DEADLINE INFORMATION
JUNE 2010

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
SATURDAY, MAY 15th • 5:00 P.M.
Home Delivery: Saturday, MAY 29th.

Staff, Volunteers & Contributors

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

Harbor Review Delivery Crew

Tyler Peterson	781-596-0505
Route 1 & 2: 1/2 Little Nahant & North Big Nahant	
Matt Ryan	781-595-0957
Route 1 & 3: 1/2 Little Nahant & Nahant Road	
Bob Roland	978-273-5338
Route 4: SW Big Nahant & Willow Road	
Katie Coffey & Augie	781-586-9232
Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
Ryan McDermott	781-584-4077
Route 6: Bass Point Rectangle	
Shea Nugent	781-595-5644
Route 7: SE Big Nahant	
Donna & Ron Hanlon	781-581-0648
Route 8: Bass Point Apts	

Harbor Review Distribution

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

Harbor Review Subscription Information

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

Got something to share...

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

Council On Aging Calendar - May 2010

Mon	3	12:00P	Blood Pressure & Glucose Clinic – Tiffany Room
Fri	7	11:30A	Mother's Day Special Lunch
Tues	11	12:00P	May Birthdays – Birthday Cake by Roz – Tiffany Room
Fri	14	1:00P	Movie – FEAR STRIKES OUT - Community Center
Fri	21	1:00P	Movie – BLIND SIDE - Community Center
Tues	25	10:00A	SHINE Representative – Medicare & Prescription Assistance*
Mon	31		HOLIDAY – NO MEAL SERVICE

***Please call – appointments starting at 10:00 A.M.
Monday thru Friday Lunch Tiffany Room 11:30 a.m.**

Mons.	9:00A	Senior Yoga
Mons.	10:15A	Senior Exercise – Community Center
Tues.	9:00A	Quilting – Community Center
Tues.	1:00P	Cribbage, cards, games, puzzles – Community Center
Weds.	10:00A	Knitting – Hand Crafts
Weds.	12:30P	Shopping Trip from the Tiffany Room or call for pick-up
Thurs.	10:15A	Senior Exercise – Community Center

VAN TRANSPORTATION AVAILABLE FOR ALL COA ACTIVITIES

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

Events at the Marblehead Community Public Charter School

**Fashion Show and Tea
Corinthian Yacht Club
Corinthian Lane, Marblehead
May 8, 2010 • 2:00 p.m. until 4:00 p.m.**

See the Summer Collections of Vineyard Vines and shops of the North Shore. Clothing, gifts and beautiful treasures. Treat yourself and your girl friends (and don't forget your mother) to a special afternoon! Tickets available online at www.marbleheadcharter.org

**Marblehead Spring Artisans Market Fair
and Sail Into Summer Book Fair
Saturday, June 12th
10:00 a.m. until 3:00 p.m.
17 Lime Street, Marblehead
Vendor tables still available
781.631.0777**

**Walk for Water
May 23rd, Noon
Devereux Beach, Marblehead**

Join with the BARKA Foundation in a walk, to raise money to help the people of Burkina Faso, who face a world where water is scarce and unsanitary. "On average, a woman in West Africa walks a distance of 5 KM, carrying 20 liters of water, each day. Time collecting water from distant locations, prevents women from engaging in productive work and sometimes deepens gender disparities. Just in the last 24 hours, 6,000 people, mostly children, will have died from lack of safe drinking water and inadequate sanitation."

NAHANT CLASSIFIED ADS

HOUSE/ROOM RENTAL WANTED

Furnished home/rooms needed 6/1-7/6 for scientists working at the Marine Science Center. Call Jeremy: 619-888-5294 or email: jlong@sciences.sdsu.edu

SALES REP WANTED

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

Earn a TESOL ESL certificate and improve your Spanish in beautiful Costa Rica.

Visit our website: GlobalTesolCostaRica.com, or e-mail us at: info@GlobalTesolCostaRica.com.

NAHANT CLASSIFIED ADS

**Got something for sale or do you want something?
Reach all Nahant! Put it in the Nahant Classified ads!
1" X 2 COLUMN BOX
Only \$25.00**

**Send text by email to donna@nahant.com, or drop in
the Harbor Review box, at Equitable Bank in Nahant.**

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

The Harbor Review needs more advertisers!
REACH ALL
NAHANT
once a month,
in one place.
To advertise in the
Nahant Harbor Review,
call 781-592-4148, or
email donna@nahant.com

Join our self-management workshop for men of any age living with a persistent health condition.

In just six meetings, you'll learn strategies to take charge of your health with other men facing similar challenges.

"My Life, My Health" is the Stanford University Chronic Disease Self-management Program for adults. This evidence-based program has been proven to help men living with a chronic disease or a health condition that is ongoing. In just six meetings, you'll learn strategies to help you set and meet personal goals; handle stress and learn to relax; increase energy level and stamina; and manage ups and downs.

The next session begins on May 20 and will meet on Thursdays from 1:00–3:30 p.m. For more information or to register, contact Jan Ferris at 781-586-8681 or jferris@glss.net.



**Greater Lynn
Senior Services**

8 Silsbee Street, Lynn, MA 01901

Tel 781-599-0110

TDD 781-477-9632

Toll Free 1-800-594-5164

www.glss.net

LYNN • LYNNFIELD • NAHANT • SAUGUS • SWAMPSCOTT

Community Calendar • May 2010

FRI	30	8:00P	The Concert Singers, 30th Anniversary Concert, Unitarian-Universalist Church, Swampscott. Free concert.
SAT	1	9:00A	NEW ENGLAND GEM AND MINERAL SHOW, sponsored by the North Shore Rock & Mineral Club of Massachusetts. TOPSFIELD FAIRGROUNDS. Free parking.
SAT	1	10:00A	Yard Sale at Johnson School for Graduation Activities. Till 2:00 p.m.
SUN	2	10:00A	NEW ENGLAND GEM AND MINERAL SHOW, sponsored by the North Shore Rock & Mineral Club of Massachusetts. TOPSFIELD FAIRGROUNDS. Free parking.
SUN	2		Project Bread Walk for Hunger. FMI 617-239-2546
SUN	2	Noon	May Doorways Contest Judging begins
SUN	2	9:00A	Choir Rehearsal, Nahant Village Church. All welcome!
SUN	2	10:30A	Sunday Worship and Sunday School, Village Church
SUN	2	11:30A	Sunday Social in Swansburg Hall. Village Church
SUN	2	2:30P	The Concert Singers, 30th Anniversary Concert, Washington Street Baptist Church, Lynn. Free concert.
SUN	2	3:00P	Dowse with Isabell VanMerlin at Nahant Library
MON	3	6:00P	Nahant Woman's Club Fundraiser at Tides. Till 9:00 p.m.
THU	6	6:00P	Friends of Lynn and Nahant Beaches Fundraiser at Tides. Till 9:00 p.m.
SAT	8	2:30P	Adopt-A-Beach survey at Short Beach. Till 4:00 p.m.
SUN	9		MOTHER'S DAY! <i>Take her to the Country Club!</i>
SUN	9	9:00A	Annual Lion's Club Mother's Day Breakfast at the Nahant Country Club. Till noon.
SUN	9	9:00A	Choir Rehearsal, Nahant Village Church. All welcome!
SUN	9	10:30A	Sunday Worship and Sunday School, Village Church
SUN	9	11:30A	Sunday Social in Swansburg Hall. Village Church
MON	10	7:00P	SWIM meeting, Northeastern University, East Point.
TUE	11		Boat Haul Days. Town Wharf
TUE	11	9:00A	Garden Club goes to King's Lilac Farm in Boxford.
WED	12	7:30P	Public Safety with Officer Armand Conti in the Johnson School Cafeteria.
SAT	15	5:00P	DEADLINE FOR JUNE HARBOR REVIEW
SAT	15		Boat Haul Days. Town Wharf
SAT	15		Deadline for Nahant Woman's Club 2010 Scholarship
SAT	15	6:30P	Nahant Police Honor Guard Fundraiser. Kelly Greens.
SAT	15	9:00A	Nahant Sailing Program Registration at Flash Road Little League Field. Till 11:30 a.m.
SUN	16	9:00A	Choir Rehearsal, Nahant Village Church. All welcome!
SUN	16	10:30A	Sunday Worship and Sunday School, Village Church
SUN	16	11:30A	Sunday Social in Swansburg Hall. Village Church
TUE	18	9:00A	Garden Club goes to Garden in the Woods, Framingham.
WED	19		Deadline for Nahant Garden Club 2010 Scholarship
THU	20	7:00P	Garden Club discovers the secrets of pruning with Fran West at Nahant Village Church. Guests are welcome.
FRI	21	8:00A	NVC Free Breakfast Group hosts Dr. Dong and Ms. Thabethe from KwaZulu Natal, South Africa.
SAT	22	9:00A	Nahant Sailing Program Registration at Flash Road Little League Field. Till 11:30 a.m.
SUN	23	9:00A	Choir Rehearsal, Nahant Village Church. All welcome!
SUN	23	10:30A	Sunday Worship and Sunday School, Village Church
SUN	23	11:30A	Sunday Social in Swansburg Hall. Village Church
MON	24	6:00P	Fundraiser for Village Church at Tides. Till 9:00 p.m.
FRI	28		Registration Deadline for the Johnson School Summer Day Program.
SAT	29	9:00A	Nahant Garden Club Annual Plant Sale at Life-Saving Station. Till noon.
SUN	30	9:00A	Choir Rehearsal, Nahant Village Church. All welcome!
SUN	30	10:30A	Sunday Worship and Sunday School, Village Church
SUN	30	11:30A	Sunday Social in Swansburg Hall. Village Church
MON	31		Memorial Day
MON	31	9:00A	Parade assembles at Cliff Street.
MON	31	9:30A	Annual Memorial Day Parade steps off!

Public Library Hours • 781-581-0306

Mon. thru Thurs. 10:00 a.m. to Noon.

& 2:00 to 8:00 p.m.

Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.

Saturdays and Sundays: 2:00 to 5:00 p.m.

SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays •
7:00 p.m. • Town Hall

School Council Meetings • 3rd Tuesday • 6:30 p.m. •
Johnson School.

PTO • first Tuesday • 6:00 p.m. • Johnson School

Nahant Village Church
27 Cliff Street, Nahant



All Faiths Welcome!

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

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

EMERGENCY MANAGEMENT

Visit the **Emergency Management** page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website:

<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.

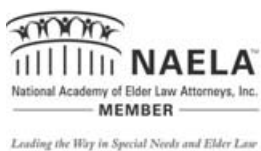
**FREE Nahant Dory Club Decal
for your Cars.
Call Rob Scanlan, 781-595-6225.**

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

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

ELDER LAW SERVICES

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



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

EVENING • WEEKEND APPOINTMENTS

Happy Spring! Finally!



**COLDWELL
BANKER**

Signature Homes

*Call me for a free
market analysis.*

Cell: 781.799.7777
judi019@aol.com

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

UNLIMITED COMPUTER SERVICES

CONSULTATION / PURCHASE / INSTALLATION

**Computer ill?
Call Will!**



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

Cell: 781-215-1226 • Tel: 781-581-0083
William Letourneau • wills_email@hotmail.com

Nahant Associates Inc. 169 Nahant Road • 781-581-3644

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



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

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

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

NahantAssociates@comcast.net

Guitar & Bass LESSONS

Beginners to Advanced
JOE MACK

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

WANTED:

*Sales Rep. to cover
Lynn and Swampscott
areas, for the Nahant
Harbor Review.*

*Generous commission
schedule.*

*Gas allowance.
Work from your own
home, on your own
schedule.*

*Call Donna at
781-592-4148*

*or
email*

donna@nahant.com

Have a Safe Memorial Day!



Since 1962, providing all your insurance needs.

AUTO • HOME • FLOOD • COMMERCIAL

Call or fax us for all the details:



QUINN OF LYNN

Insurance

(781) 581-6300

Fax: 581-9070



Leland Home Improvements

Division of Leland M. Hussey Contractor
Established in 1972



Handyman Services

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

Affordable Home Maintenance
Neat, courteous, dependable

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

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

Licensed & Insured
Home Improvement Reg#101743

781-593-6630
husseycontracting@yahoo.com

Jack Conway, REALTOR®



Welcomes

Lisa Scourtas

781-479-0908

lscourtas@jackconway.com

646 Humphrey Street, Swampscott, MA 01907



**I am pleased to announce my affiliation as a
Realtor® with Jack Conway & Company's new
Swampscott office.**

I am excited to bring my skills to Conway and
continue providing my clients with exceptional
service -giving more than they expected and
everything they deserve.

If you're thinking of buying, selling or relocating,
I offer a professional Market Analysis **FREE** with
this ad. Please call if I can be of assistance with
any of your real estate needs- **locally, nationally
or internationally.**

• 25 years sales and
business owner
experience

• Nahant's expert
Realtor®

• It's not just a real
estate transaction
for me, it's a
relationship.

• Your neighbor
in Nahant



THE LARGEST INDEPENDENTLY OWNED
REAL ESTATE FIRM IN NEW ENGLAND

If property is currently listed, please disregard this offer.



www.jackconway.com