



# 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 11

NOVEMBER 2010

## 9th Annual Nahant Crafters Holiday Gift & Craft Fair November 27th at Town Hall

Enjoy unique holiday shopping, while helping support Nahant Artisans & Crafters, the Nahant Woman's Club and the Nahant Education Foundation.

The Nahant Town Hall will be the location of the 9th Annual Holiday Gift Fair, on Saturday, November 27th, from 9:00 a.m. until 3:00 p.m. There will be various original and unique artwork represented at the show, including gemstone, pearl, lamp work beading, sea glass and silver jewelry, digital photography, crystals and mineral specimens, handmade Nautical, custom tiles, handmade handbags, handmade scarves and pillows, custom quilts and table runners, hand-embellished children's clothing, gifts for your pets, pottery, our famous and popular bake table and much more!

The artists have all donated an item for the silent auction table. Try your luck.

Coffee and donuts will be offered and pizza and drinks will be available for lunch. Come join in the fun and help support your lovely island town.

## Veterans Day Memorial Service November 11th

The Nahant American Legion Post #215, in junction with the Nahant Veterans Association, would like to invite all members of the community to join us for a Memorial Service, at the Grennlawn Cemetery and the Veterans Memorial Park, on Veterans Day, Thursday, the 11th of November.

The service will begin at 11:00 a.m., in the Greenlawn Cemetery, where there will be a brief service honoring our fallen Veterans, followed by a reading and wreath laying at the Veterans Memorial Park.

Following the service at the Veterans Memorial park, the Veterans are inviting all participants to join us at Kelly Greens for light refreshments.

If you are interested in actively participating in the days events, please feel free to call Peter Przybycien, at (617) 460-9790.

**Election Date**  
**November 2, 2010**  
**Please get out to vote.**

## Hosker Boys Sweeten MLTs Willy Wonka Show



Kristian and Harrison Hosker of Nahant, will join the cast of Marblehead Little Theatre's 'Willy Wonka.' The show is coming to the Nelson Aldrich Performing Arts Center, at Marblehead Veterans Middle School, 217 Pleasant Street, from November 6th through 21st.

Kristian will play the role of Augustus Gloop and Harrison will be one of nearly 40 Oompa Loompas. They will be joined by 70 other cast members for nine performances: Saturday, November 6th, at 2:00 p.m. and 7:00 p.m., Sunday, November 7th at 2:00 p.m., Saturday, November 13th at 2:00 p.m. and 7:00 p.m., Sunday, November 14th at 2:00 p.m., Saturday, November 20th at 2:00 p.m. and 7:00 p.m., and Sunday, November 21st at 2:00 p.m.

A paid dress rehearsal, at a discounted ticket price, is tentatively scheduled for Thursday, November 4th at 7:00 p.m.

Ticket levels are \$15, \$25 and \$30.

Buy tickets online ([www.MLTLive.org](http://www.MLTLive.org)), by mail using a ticket order form (download a form online, or pick one up at 12 School Street, Marblehead), or by phone (781-631-9697). Tickets will also be on sale at the door of the Nelson Aldrich Performing Arts Center prior to each performance.

Chocolate bars, some with golden tickets, are for sale to benefit MLT. They are available at Marblehead's Arnould Gallery, Babe, Marblehead Toy Shop, Mud Puddle Toys and Shubies. There are 10 golden tickets among 500 bars, each one redeemable for four tickets to the show, a one in 50 chance of unwrapping a winner.

## Nahant Lions Turkey Shoot November 20th

The annual Nahant Lions Club Turkey Shoot is November 20th, the Saturday before Thanksgiving. "It's been one of our yearly activities for a fundraiser," said Mark Reenstierna, President of the Nahant Lions. "We shoot targets, not turkeys. We award frozen turkeys as prizes for the best marksman."

The Turkey Shoot is held at the DPW yard, from 9:00 a.m. until 2:00 p.m. There will be warm cider, hot chocolate and hot dogs. The fundraiser goes toward raising money for eye research. For information about the Nahant Lions Club click here: <http://www.nahantlions.org/>

**Election Date**  
**November 2, 2010**  
**Please get out to vote.**



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## Ecumenical Thanksgiving Service November 22nd at Village Church

Join with members and friends of the Nahant Village Church and the St. Thomas Aquinas Parish, for an Ecumenical Thanksgiving Service, at the Nahant Village Church, 27 Cliff Street, on Monday, November 22nd, at 7:00 p.m. Worship leadership will be shared by Rev. Dr. Larry Titus, Fr. Thomas Rafferty and members of both churches.

The music for the evening will be provided by the combined choirs, under the direction of Joe Stoddard (NVC) and Trudy Hill (St. Thomas).

There will be a time for fellowship and refreshment following the service.

Those attending are asked to please bring canned goods and/or non-perishable food items for the Lynn Salvation Army Food Pantry. For more information, call Rev. Larry at 781-581-2201, or email [pastor@nahantvillagechurch.org](mailto:pastor@nahantvillagechurch.org).

## Italian Candlelight Dinner November 13th

Save the date for a great Italian dinner at the Nahant Village Church on Saturday, November 13th. There will be continuous seating from 5:00 to 8:00 p.m. The menu includes meat, or vegetable lasagna, salad, garlic bread and a most delicious Italian dessert. Get tickets early in order to get a \$1.00 per ticket discount. Tickets at the door are \$9 for adults; \$7 for children 12 or under. You can purchase tickets Tuesday through Thursday mornings, at the church office on 27 Cliff Street, or from Ione Hansell (781-581-5673), at the Tiffany Room, or from Cal, or Marrit Hastings (781-581-5691).

## November 5th NVC Breakfast Travels to Brazil

Isabell VanMerlin will give a presentation on her first trip to Brazil this summer. She spent two weeks in a small town (well, 3 x Nahant size) and had a wonderful trip with good people, good energy and good food. She will share pictures and anecdotes, so plan to come to the November 5th, Nahant Village Church breakfast, where she will do a show and tell. She will also make you privy to a little known fact about Brazil...!

The free breakfast is served at 8:00 a.m., with the presentation starting at 8:30. All are welcome, so please come and bring one or more family members/friends for a great breakfast, wonderful camaraderie and an interesting presentation.

Please note that there will not be a breakfast in December. Rather, plan to attend the Nahant Village Church "Let Your Light Shine!" Christmas Fair, on Saturday, December 4th. So please mark your calendar for that wonderful event.

## Hand Bell Ringing

The Nahant Village Church extends an invitation to anyone who is interested in learning to ring hand bells, to come to one of our rehearsals and see what it is all about. No prior experience is necessary. We will teach you.

Rehearsals are held on Tuesdays, from 10:00 to 11:00 a.m. For more information, call Marrit Hastings, at 781-581-5691, or just come to 27 Cliff Street, on a Tuesday morning, to give it a try. COME AND MAKE A JOYFUL SOUND!

## Antiques and Collectibles Appraisal Day IV By Bonnie D'Orlando

Do not forget to dig out that old antique or collectible! Bring it in for a professional evaluation to the Nahant Historical Society's popular appraisal event, on Saturday afternoon, November 6th, in the Nahant Community Center, at 41 Valley Road, Nahant. Senior Appraiser, Mary Westcott, of the nationally-known auction house, Kaminski's (Beverly, MA) and her associate, will offer verbal appraisals of objects.

Doors will open at 1:30 p.m. Appraisals will be given between 2:00 to 4:00 p.m. Entrance is free, but the appraisal charge will be \$5 per object for members and \$10 for all others.

Donna Lee Hanlon has offered some of her exquisite jewelry for a wonderful raffle, too. A simple, but gorgeous strand of luminous, freshwater pearls, sparkling with Austrian Swarovski crystals and gold beads, with a beautiful 24KT gold-plated, natural leaf pendant. This lovely necklace comes with a matching pair of pearl earrings. Try your luck for a chance to win this exquisite holiday gift for that someone special. Even if that someone is YOU!

Proceeds from this event will support the vital work of our small museum.

As parking is limited, a shuttle van service will be available from St. Thomas Aquinas church parking lot at 248 Nahant Road between 1:30 and 4:30 p.m. Light refreshments will be served. For directions see [www.nahanthistory.org](http://www.nahanthistory.org).



## Come Sing in the Christmas Choir!

Have you always wanted to sing in a choir, but can't commit to every Sunday? Well, here's your chance to be involved, just for Christmas! Come join the Nahant Village Church Choir for rehearsals on the Sundays of Advent and the night before Christmas Eve, then sing with us at our 7:00 p.m. Christmas Eve worship service.

The rehearsals are scheduled on Sundays, from noon to 1:00 p.m., Nov. 28th, Dec. 5th, Dec. 12th, and the last rehearsal, Thursday, Dec. 23rd from 7:00 to 8:00 p.m.

Enjoy the special comraderie and good will, that develops, during this holy season, through the wonderful music surrounding you and through singing Silent Night by Candlelight, with your fellow choirsters, on Christmas Eve.

For more information, email Choir Director, Joe Stoddard, at josephstoddardjr@yahoo.com. You can also visit us on Facebook at [www.facebook.com/nahantchoir](http://www.facebook.com/nahantchoir).

## Nahant K of C to Hold Care Package Drive to Support Troops in Afghanistan

The Knights of Columbus in Nahant will be sending care packages to our troops in Afghanistan, for the holiday season. We are seeking items such as candy, (not chocolate), deodorant, powder, phone cards, ziploc bags, playing cards, dice, toothbrush and paste, canned food, DVD movies, newspapers, magazines, batteries, air freshener, sewing kits, board games, razors, note pads, puzzle books, frisbie, cribbage, just to name a few!

If you can help by donating some of the items above, please drop off your items at the Knights of Columbus Hall, downstairs, on Relay Yard, any day after 3:00 p.m.

Packages will be shipped in plenty of time for the Holidays!

## COA Wish List

Volunteers are the most important item on the Council On Aging's Wish List for November. We really are in need of volunteers, especially in the dining room that operates daily, Monday through Friday. The only requirement is your time – one hour a day from 11:30 a.m. to 12:30 p.m. – and you will only be required to work one day a week. The only experience needed is to be able to assist our kitchen manager in serving the noontime meal for the seniors and clearing and cleaning after the meal. We also offer many other varied volunteer positions, in order to bring services and activities to the senior community of Nahant. The Council On Aging would welcome your inquiry about our volunteer opportunities.

For information about volunteering and the Senior Volunteer Abatement Program, please call 781-581-7557, or e-mail [ddesmond@nahant.org](mailto:ddesmond@nahant.org).

## Attention All of Nahant's Devoted Service Men and Women and Veterans:

The fifth and sixth grade students of the Johnson School, would like to honor YOU at a special assembly, in observance of Veteran's Day 2010.

In keeping with a long standing tradition initiated by our beloved retired teacher, Peggy Silva, the students plan to celebrate you and your many contributions to America with patriotic poetry, songs, camaraderie and light refreshments. We are also proud to enlist the talents of the North Shore Songsters, under the skillful direction of Nahant's own maestro, Victor DalPozzal, who will share some fitting musical medleys, in honor of this important occasion. The ceremony will be held on Wednesday, November 10th, from 12:30 – 2:00 p.m., in the Johnson School cafetorium.

All family and friends are cordially invited to attend, as the Johnson School Community does its best to thank all of our noble Veterans, as well as all people currently serving in the Armed Forces, for such dedicated service to our country.

Please mark your calendars to save the date to participate in this worthy tribute.

## Birds in Our Habitat

On Thursday, November 18th, at 6:00 p.m. at the Nahant Village Church, the Garden Club will feature Peter Alden, who will talk about birds in the seacoast habitat of New England. Peter Alden is a well known naturalist, author, lecturer and guide. Last year Peter spoke on the topic of invasive species and was enthusiastically received. Now, back by popular demand, he will talk about birds. It should be an interesting program by a humorous speaker. Please come and enjoy.

The evening will also include a "Harvest Potluck Supper." Guest fee \$5.

## Fall Spiritual Festival at Swampscott Church November 13th

The Swampscott Church of Spiritualism at 59 Burrill St. in Swampscott (next to the Library) will be holding their annual Fall Spiritual Festival on Saturday, November 13th, from 10:30 a.m. to 4:00 p.m. Local mediums, psychics, palm readers, spirit photographers, card readers and others will offer private readings to the public. Please call the church at 781-595-6972, or E-mail Robin @ [robingillette@gmail.com](mailto:robingillette@gmail.com) to book an appointment.

Complimentary light refreshments will be served.

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## Michael Tougias to Present Slide Presentation on The Coast Guard's Most Daring Rescue

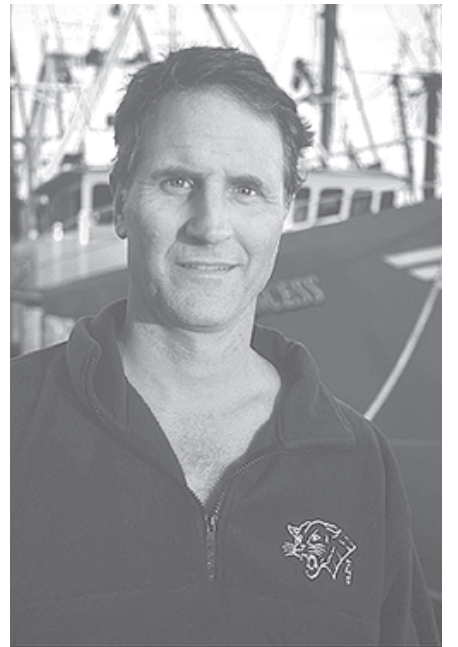
Bestselling author, Michael Tougias, will give a slide presentation on his new book "The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue," at the Nahant Public Library, on Sunday, November 7th, at 3:00 p.m. The program is free and open to the public.

On February 18th, 1952, an astonishing maritime event began when a ferocious nor'easter split in half a 500-foot long oil tanker, the Pendleton, approximately one mile off the coast of Cape Cod. Incredibly, just twenty miles away, a second oil tanker, the Fort Mercer, also split in half. On both fractured tankers, men were trapped on the severed bows and sterns and all four sections were sinking in 60-foot seas. Thus began a life and death drama of survival, heroism and a series of tragic mistakes. Of the 84 seamen aboard the tankers, 70 would be rescued and 14 would lose their lives.

Michael Tougias, co-author of The Finest Hours, will use slides of the storm, the sinking tankers, the rescues, the victims, the survivors and the heroes, to tell the story of this historic event. Tougias will describe the harrowing attempts to rescue the seamen, especially focusing on four young Coast Guardsmen, who must overcome insurmountable odds, to save the lives of 32 crewmen stranded aboard the stern of the Pendleton. Standing between the men and their mission were towering waves that reached 70 feet, blinding snow and one of the most dangerous shoals in the world, the dreaded Chatham Bar.

"I enjoy doing these programs," says Tougias, "because I like to transport the audience into the heart of the storm so that they ask themselves, 'what would I have done.' I don't like to do author readings because I think they are boring, but with a slide presentation, the viewer can visually relive the adventure."

Tougias is the author of several true survival stories including his new book, "Overboard!" Visit [www.michaeltougias.com](http://www.michaeltougias.com) for more information.



## The Lions Eye Mobile Is Coming to Nahant!

**By Mark Reenstierna, Nahant Lions President**

The Lion's Eye Mobile will be in Nahant on Saturday, November 27th, from 10:00 a.m. to 2:00 p.m., behind the Nahant Town Hall.

"Stop by before, or after you visit Nahant's Annual Holiday Craft Fair at Town Hall," invites Mark Reenstierna, President, of the Nahant Lions Club.

The Eye Mobile is free and open to the public. It is being made available through the Nahant Lions Club and in conjunction with the Nahant Council on Aging's Fall Prevention program funded by a grant from GLSS.

The Eye Mobile performs free, noninvasive, community-based screening for hypertension, vision loss, eye disease and hearing loss. There are seven stations which include:

- (1) An automatic blood pressure monitor with O2 and pulse readings.
- (2) A visual acuity tester, similar to that used by the RMV, presenting the "Illiterate E" test, which is suitable even for young children. For accurate measurements, persons should be wearing their distance eye-glasses, or contact lenses (if they have any).
- (3) A test of depth perception to detect lazy eye in children.
- (4) A color vision test to detect red/green color blindness in male children.
- (5) A "puff" Tonometer to measure eye pressure. An elevated pressure is a risk factor for glaucoma.
- (6) A camera to detect cataracts and retinal pathology, such as macular degeneration, diabetic retinopathy and glaucoma. This test does not require eye drops.
- (7) A hearing booth to measure hearing sensitivity.

### 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 visit: [www.nahantlions.org/](http://www.nahantlions.org/)

For more about Lions Clubs International, visit [www.lionsclubs.org/EN/index.php](http://www.lionsclubs.org/EN/index.php)



## Enjoy Local Musicians in Concert at Nahant Town Hall

**Allison Twiss-O'Neill, Victor DalPozzal, Joseph Stoddard to perform**

The Friends of the Nahant Public Library invite you to join Allison Twiss-O'Neill, Victor Dal Pozzal and Joseph Stoddard, for an autumn concert entitled: To Sing, To Play, To Enjoy, at the Nahant Town Hall, on Sunday, November 21st, at 3:00 p.m.

Many of you know Nahant resident, Allison, as a powerful voice who has performed in Handel's Messiah, Orff's Carmina Burana, Verdi's Requiem and endelssohn's Elijah and as a soprano soloist with many churches and choral groups, throughout the North Shore. Allison credits Victor Dal Pozzal with starting her career in junior high. "I couldn't get [a dance step]...Vic put me in front of the mike, so I didn't have to dance, and the other kids just danced and didn't have to sing. Everyone was happy, the show was wonderful and that was the beginning of my career as a soloist," she writes.

Allison holds a master's degree in Applied Voice from the Boston Conservatory of Music and has taught voice for thirty years.

A familiar face in Nahant, Victor Dal Pozzal is the director of the North Shore Songsters of the JCC of Marblehead, pianist for the senior group, Young At Heart Singers and organist and choir director for Clifton Lutheran Church in Marblehead. He taught in the Nahant Public Schools for 34 years, retiring in 1998.

Vic has arranged and conducted many musical productions for both college and high school, including Hair, Jesus Christ Superstar, Tommy, How to Succeed in Business Without Really Trying, The Last Five Years and Kiss Me Kate, performed at Salem State University and Endicott College. Victor writes that he seeks "only truth and music. Goodness knows no boundaries."

Joe Stoddard lives in Swampscott, serves as the organist and choir director at the Nahant Village Church, teaches music at the Village School in Marblehead and is the organist at Tifereth Israel Synagogue, in New Bedford. He holds a Master of Music degree and Orff-Schulwerk specialist certification from the University of Massachusetts and is certified as a Kodaly specialist, from the Hartt School of Music at the University of Hartford.

A National Board Certified Teacher, Joe has served as organist and choir director at churches in New Bedford, Fall River, Gardner and Salem. He has taught music in Fall River and Ashburnham.

A true celebration, this concert will be great fun! Admission is free and the Friends of the Nahant Public Library will serve refreshments.

Submitted by Daniel deStefano, Director, Nahant Public Library

## Susan Finigan of North Shore Physical Therapy Receives Additional Training

Susan Finigan, Physical Therapy Assistant, of North Shore Physical Therapy, located in the Marblehead Medical Building, on Widger Road, in Marblehead, recently attended the Aquatic Therapy and Rehabilitation Institute (ATRI) for continuing education training in aquatic therapy.

The course covered manual and therapeutic skills for neck stabilization, low back stabilization and trigger point release, using Ai Chi positions for the upper and lower extremity, while treating in the pool.

Susan is certified in aquatic therapy through ATRI, a nationally recognized training institute for aquatic therapy. North Shore Physical Therapy offers individual aquatic physical therapy, as well as an Arthritis Aquatic Exercise, at the Salem YMCA. Call 781-631-8250, for information on aquatic physical therapy.

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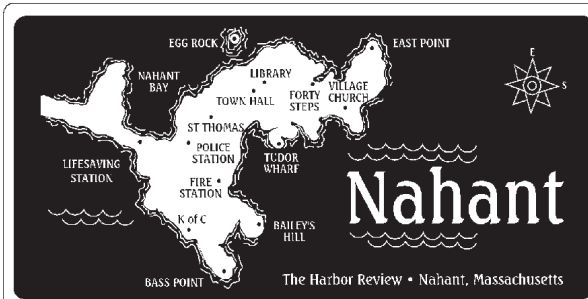
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## News From The Johnson School

By Diane D. Mulcahy, Principal

The fifth and sixth graders are very excited about their trip to Ferry Beach Ecology School in Saco, Maine. Students left on Tuesday morning, October 19th and returned Friday, October 22nd. While at Ferry Beach, the students learned about various coastal ecosystems. The students also received lessons about marine ecology and making real life connections to geology, social science and literature. Chaperones for the trip were Mr. and Mrs. Tibbo, Mr. and Mrs. Mulcahy and Mrs. Dunion.

Officer Armand Conti, Ms. Rose Cheever and a representative from District Attorney Jonathan Blodgett's office, presented a safety workshop for parents, at the Johnson School. The workshop, sponsored by the Johnson School PTO, gave the parents important information about the safe use of the Internet, for school and children. The topic of Bullying and Cyber Bullying was also addressed. This important workshop was opened to all parents of school-aged children in Nahant.

Plans are in full swing for the annual Veterans' Day Assembly. The Johnson School tradition was first begun by retired teacher, Peggy Silva, and is continued to this day. This year, our assembly will be held on Friday, November 9th, at 1:15 p.m., for Johnson School students; and November 10th, at noon, for Nahant's veterans. The assembly, which is a program of poetry, music and choral readings, will be followed by a luncheon honoring Nahant veterans. An invitation will be sent out to Nahant veterans. This assembly really makes the Veterans' Day holiday very meaningful to the students. We would like to thank the sixth-grade room mothers, Nancy Caggiano, Sandy Warren, Rose Troiani, Tracy Curtis and Lori Nugent, for coordinating the veterans' luncheon.

Our instrumental music program was launched for its third year. Mrs. Liz Ehrman is returning as our strings instructor and Mr. Russ Gershon will be wind instrument instructor this year. We have over twenty budding musicians this year. Music lessons began on October 4th.

It's also election season at the Johnson School. Student Council elections will be held very soon. Interested students have taken out their nomination papers, which were due October 18th. The results will be reported next month. The Student Council will have twelve representatives from grades 4, 5, and 6. They will meet once a month during their lunchtime. This year Mr. David Brady will be the Student Council advisor.

The Johnson School PTO meets on the first Tuesday of every month. Fourteen parents attended the meeting to discuss the upcoming activities for the year. This year Mrs. Marsha White and Ms. Tanya Grocki will serve as Teacher Representatives. Mrs. Mary Brown will serve this year as President. Plans have been made for the fundraisers this year, including the annual Christmas tree sale. Mrs. Erin DiGrande was in charge of the Meadow Brook Farm fundraiser. Thank you to all who supported our first fundraiser of the year.

Mrs. DiGrande will also continue with SCRIP. This is an online subscription to gift cards from which the school makes a profit. Thank you to the Nahant community for supporting our fundraisers.

**Don't Forget to vote.  
November 2, 2010**

## Wouldn't it be great...

If all of the children in Nahant walked, or rode bicycles, to the Johnson School? (The American Heart Association says "All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity physical activities every day.")

If our children got even healthier and smarter by exercising more? (Data show that 30% of American children are either overweight or obese. This leads to higher levels of childhood diabetes and other diseases. Plus, overweight children are more likely to become overweight adults than their more active playmates. Some studies also indicate that children do better academically when they exercise.)

If there were fewer cars driving around, idling at the school and polluting Nahant? (Maybe we could use electric golf carts?) If school personnel, the PTO, the police department and all of Nahant supported this healthier lifestyle? If we reinstituted the custom of school safety patrols? (This would make walking safer for students and is a good lesson in responsibility and leadership for the patrols.) If we lowered the speed limit to 20 miles per hour for the thirty minutes before and after school. (This works in Sarasota, FL because the police enforce it.)

If our children grew up to value walking and bicycling, instead of driving, as ways of getting somewhere.

Submitted by Sarah Risher, Nahant

# Tower School



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## There's a New Wireless in Town with a Clear Advantage

On a recent sales call, I stopped in at Surfplus Computers, a computer sales and service company located at 67 Foster Street in Peabody. While visiting the store, I noticed that there were many brand-name notebook, laptops, and desktops, including Dell, Panasonic, Samsung, ibook, MAC, etc. Many prices begin at an amazing \$199. I also spotted a bin of assorted leather computer cases for only \$15.

Don Hardy, a fellow Nahanter and co-owner of the company, told me that he had spoken to so many customers about the many charges associated with Verizon and Comcast as Internet providers, that he went in search of an alternative.

After a bit of searching, he found a new company called Clear. He was so impressed that he sought and received the coveted "Authorized Dealer Status." Surfplus Computers is an authorized retailer and is now offering Clear wireless internet, home phone and Direct TV services. Clear has a "clear" advantage over the other ISP, the unique applications for Clear. Clear can be used in your car! Also, it provides wireless connectivity for your home computers. Hard to believe since it's just a small unit, about the size of a slim laptop at home and the mobile unit is no bigger than a Coke can! Better yet, according to Don, Clear offers Home internet service for as

little as \$35 a month and you can get a nice Direct TV package starting at \$29.99.

Give Don a call at Surfplus Computers or stop in at his computer store at 67 Foster Street, in Peabody.

Surfplus Computers was started over 10 years ago by Dave Chubb and Don Hardy, in a former furniture store on Foster Street, in downtown Peabody. The business started off refurbishing and selling CRT monitors over the internet and has grown to include many different aspects of the computer business.



After years of selling computers around the country and exporting containers around the world, Surfplus Computers opened their retail store in 2008. The store offers full computer sales and service to people throughout the North Shore. If you have a computer problem, give them a call at 978-531-2838. They will fix it for you pronto.

## Nahant Special Education to Undergo State Review

During the week of December 13th, the Massachusetts Department of Elementary and Secondary Education (ESE) will be in Nahant, to conduct a routine audit of the school district's compliance with special education laws. The review will include an examination of selected student records, classroom visits and interviews with staff, parents and other interested individuals from the general public.

Federal and state special education laws guarantee that students with disabilities will receive an education that prepares them for education beyond high school, employment and independent living.

If you feel that your child, or a child you know, is not receiving the special education services to which they are legally entitled, you are encouraged to request an interview with ESE to share your concerns. Call Thomas Taylor, Nahant's ESE liaison, at (781) 338-3726, to request an interview. ESE focuses its attention on areas that interviews indicate may be particularly problematic, so be certain to contact ESE well ahead of the December 6th on-site date.

If you have any difficulty with this process, please notify SPEDWatch at (978) 433-5983.

Submitted by Ellen M. Chambers, MBA, PEDWatch Director, (978) 433-5983, emchambers@charter.net

SPEDWatch, Inc. is a statewide 5021(c)3 nonprofit social change movement working to secure the educational rights of all Massachusetts schoolchildren with disabilities, ages 3-21. For more information go to [www.spedwatch.org](http://www.spedwatch.org)



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## High Fructose Corn Syrup Controversy

By Sallee Slagle, Dance Dimensions

We as a nation have a sweet tooth. Sugar consumption has added to our health issues over the centuries, but its other form manufactured from corn, is now being consumed in greater and greater quantities, worldwide. I am sure that you know that obesity is on the rise. So are many other conditions and diseases. What you may not know is that increased consumption of high fructose corn syrup (HFCS) has been identified as having a major role in this increase. In the 70's, manufacturers switched from using sugar to the cheaper and sweeter corn syrup (fructose).

In 2004, the American Journal of Clinical Nutrition states that the consumption of HFC increased more than 1000%! (that is not a typo, it is one thousand percent!) The obesity trend has sparked off a debate about HFCS and the research results are continuing to come in.

A recent study (Journal of Clinical Investigation 2009) suggests that HFCS may increase risk of obesity and heart disease. The study showed that participants whose drinks were sweetened with fructose, as compared to those whose drinks were sweetened with glucose, had higher LDL ("bad" cholesterol) and triglycerides. Both of which are linked to higher risk for heart disease.

It is true that a diet with high sugar intake is also unhealthful and the opposition claims that sugar (or sucrose) and fructose are the same? Research has clearly shown that they are not the same to our bodies. Our bodies metabolize HFCS into fat faster than other sugars and it can only be metabolized in the liver, so prolonged use can damage the liver and its function.

According to Weston A. Price Foundation, "fructose contains no enzymes, vitamins or minerals, and it leeches micronutrients from the body. Unbound fructose, found in large quantities in HFCS, can interfere with the heart's use of minerals such as magnesium, copper and chromium. Fructose also reduces the affinity of insulin for its receptor, which is the principle characteristic of Type 2 diabetes. HFCS has been implicated in elevated blood cholesterol levels and it has been found to inhibit the action of the immune system's white blood cells."

HFCS is the main ingredient and sweetener used in soft drinks and juice drinks. About 25% of calories Americans consume is from "sugars" and today at least half of that is fructose. If reading this encourages you to decide to avoid HFCS, you must stop consuming soft drinks and read labels. Fructose can be found in many processed foods including cold cuts, condiments, and dressings like ketchup and pasta sauce. It can be called many things iso

glucose, corn syrup, glucose-fructose syrup, tapioca syrup, crystalline fructose, to name a few. And now, with all the negative articles and findings, the FDA has been approached by the Corn Refiners Association, who petitioned for a name change to "avoid confusions about what HFCS is. They of course claim it is the same as sugar. The new name would be "corn sugar." That sounds better, but the health risks will not have changed.

To lead a healthy life we should eat sweets in moderation. The calories we continue to consume lead to those extra pounds around the middle. Sweet coffee drinks and sports drinks add up to a lot of empty calories and may be the extra calories that we don't burn. And you know what happens if we don't use the fuel, we store it. Eat less processed foods, avoid sugar and HFCS as possible. Burn more calories by being more active. Indulge once in a while, of course, but I would prefer to indulge with real sugar, not HFCS. Stay healthy!

## Letter to the Editor

Dear Editor, People might not paint the town pink, or red, or blue for American Diabetes Month (November), but diabetes can be just as devastating as cancer, or heart disease. It can affect the circulation in your legs and cause blindness, heart, eye and kidney problems, nerve damage and even death.

Fortunately, you can prevent—and even reverse—diabetes by eating a wholesome vegan diet. Researchers have even found that diabetics who eat a low-fat vegan diet are able to stop taking medications—or at least take fewer of them—to manage the disease.

Since maintaining a healthy weight is crucial, if you want to prevent, or control diabetes, it's smart to choose fruits, vegetables, whole grains and other plant-based foods, which are naturally low in fat and calories. Studies show that people who eat a vegan diet are nine times less likely to be obese, than people who eat meat, eggs and dairy products. For more information and free vegan recipes, see [www.PETA.org](http://www.PETA.org).

Submitted by Heather Moore, The PETA Foundation, [HeatherM@petaf.org](mailto:HeatherM@petaf.org)



## Get Better-Feel Good

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

Crunch, crackle and snap...it is as if we are actually creaking from the cold. My first intention was to remind you that winter is here. I believe you know that already and are feeling it right now.

Tension from outside sources to tension from inside of us, to holiday stressors and harsh winter weather, makes us feel as if we are in a compactor, or vise. Our movements become efforts, achy and stiff, as if we are made of caramel. A healthy escape with a therapeutic massage can warm you to the bone and help to melt the frosty grip of winter.

Recently, I attended an active, isolated, stretching clinic (AIS) where I purposefully went to be a client-patient. I had already had training in AIS techniques and was used as the teacher's demonstration model, but wanted to feel more from the client's point of view. As I waited for the workshop, I began to chat with others also waiting for the workshop. As we chatted, we became connected through the reasons for why we were here.

I had noticed one woman who had her legs crossed and her right side slumped across her body. It seemed she was holding on to herself. She entwined her arms, as she spoke of her journey to feeling well, and her reasons for attending this workshop. She loved to dance, but was having spasms and tightness that were limiting her and she had bothersome pain after workouts. She mentioned that she gets massage all the time, yet she was still was having issues and that is why she was attending the workshop: to stretch the "tightness." This sparked my curiosity and suspicion. A quick visual assessment and listening to her talk about what she had been trying to do to remedy her issues, gave me very important clues. Looking at her body told me that the right side was already over-stretched. The front of her body may be too tight (yet weak), with the opposite side being the leader-of-the-pack of trouble makers.

The wheels in my head started to turn-a therapist, certified with the proper training and education, would not only help the spasms and discomfort, but guide the tissues in the correct direction and alleviate the antagonism by treating the sources of the imbalance by balancing the imbalance. The therapist would also remind her that she needed to strengthen and change some of her activities to help remediate the situation.

She mentioned she was doing all she could; saw her PCP and was getting deep tissue massage at one of the chains and saw the person every two to three weeks. I asked if he was certified in deep tissue advanced techniques. She said she did not know, but that he had strong hands and it felt good for a little while. Listening told me that she was instructing the therapist to focus work on the "tight area" and spasms by merely applying pressure to the places that hurt. I could not help but inform her that perhaps her best intentions were not helping, in the long run, and that she may fare better attending a few sessions with someone who specializes in advanced deep tissue body work. She could still get a wonderful massage with the added bonus of working in the right direction to alleviate her discomfort.

Soon after beginning the clinic with her appointed therapist, the woman realized that she had taken a step in the right direction. I knew the therapist assigned to work with her. She had practiced and become certified in specialized techniques to safely and efficiently help remediate non-general issues. Only a handful of therapists have technique and ability AND a wonderful healing energy. This therapist was one of them. Getting better and feeling good-it can happen.

Gift certificates for full sessions and gift cards in any denomination to use toward a session are available at Nahant Therapeutic Massage. Please call 617-240-4252 to make arrangements for me to deliver them to you in Nahant or for pickup. Thank you for blessing me with your business and entrusting me with your loved ones. I am truly grateful.

I wish you a warm and safe Holiday Season.

Susan Cadigan is the massage therapist/owner of Nahant Therapeutic Massage. She is licensed and nationally certified in Therapeutic Massage & Bodywork. She holds an advanced Massage Therapy Diploma and is certified in advance deep tissue techniques-Neuromuscular Therapy and Myofascial Mobilization. Nahant Therapeutic Massage is located in the Nahant Community Center; 41 Valley Road. Ms. Cadigan can be reached at cell: 617-240-4252, Office: 781-780-3733.

For updates, specials and announcements, please visit [www.nahantmassage.com](http://www.nahantmassage.com)

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## Free Injury Screens Student Athletes and Adults

North Shore Physical Therapy offers injury screens to student athletes age 10 years and older. Injury screens are also available for any adult who has a persistent pain and joint problem which interferes with exercise participation. Written recommendations will be provided to each person.

Children must be accompanied by an adult. Please come in sneakers and loose clothing appropriate for exercise.

If you have questions concerning our injury screens, please call our office and a therapist will return your call to discuss your injury. Please call to schedule an appointment in our Swampscott office (781-592-2773), or our Marblehead office (781-631-8250).

## FYI About Bed Bugs

Recently, we've all been hearing on the news, about store closings in NYC and an entire mall in New Jersey, due to an epidemic infestation of bed bugs. A friend of my son, who is an entomologist (insect expert), has been telling us of an epidemic of bed bugs now occurring in America. He says that much of our clothing, sheets, towels, shoes, socks, etc., now come from companies outside of the United States. (Sad but true. Even the most expensive stores sell clothing from China, Indonesia, etc.)

He says the bed bugs are coming in on the clothing and other items we import. The bugs can come in a box of scarves, or a package of sheets, or anything else for that matter. These countries do not consider the bed bugs to be a problem. It does not matter what the price range of the clothing is, or if the item comes from the most expensive store known in the US, if the stores buy their merchandise from these countries, the possibility can easily be a reality. That is the reason why so many stores, including clothing stores, have had to shut down in NYC and other places.

He recommends that if you buy any new clothing, underwear, socks, or sheets and towels, etc., before you use the item, immediately put the item in your clothes dryer for at least 20 minutes. The heat will kill the bugs and their eggs. Do not put them away until you do this. The bugs, if present, will move right in. The eggs will hatch and before you know it, you have an infestation. All you need do is bring one item into the house that contains bugs, or eggs and you will go to hell and back trying to get rid of them.

My friend travels all over the country as an advisor to many retail stores. He advises companies, who have experienced a problem with pest infestations, in the methods of dealing with and eliminating the problem. He helps companies avoid reinfestation by learning to identify a potential problem and how to prevent a problem.

Submitted by Phil Simons, [philsimons@comcast.net](mailto:philsimons@comcast.net)

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## **Big Brother Big Sister Needs Help**

The Big Brother Big Sister Foundation (BBBSF) is a local, non-profit organization that collects donations of lightly-used clothing and small household items to benefit young people mentoring programs in the local area.

So, while you're clearing out and packing up the summer fun stuff and pulling out the winter stuff from your closets and storage areas, consider donating what you don't want, like your lightly used clothing, small household items, jeans, books and shoes, to the BBBSF. The BBBSF also recycle electronics for a small fee and will schedule for automobile donation pickups.

The BBSF will be in Nahant, picking up donations door-to-door, on Monday, November 1st. To schedule a FREE, at your home pickup, please call 1.800.483.5503. You can also schedule a pickup online at [www.bbbsfoundation.org](http://www.bbbsfoundation.org).

Your donations help support the children involved in your local Big Brother Big Sister mentoring organization. Donations are tax-deductible. Thank you for your help!

Submitted by Maria Sullivan

[[msullivan@bbbsfoundation.org](mailto:msullivan@bbbsfoundation.org)]

## **Save This Date!**



On Saturday, December 4th, 9:00 a.m. to 3:00 p.m., the members and friends of the Nahant Village Church will present: "Let Your Light Shine!" our annual Christmas and Holiday Fair, in Swansburg Hall, at the Nahant Village Church on Cliff Street. If you have never been, you've got to get there this year!

This is a really fun Fair. The Snack Bar will serve lobster rolls and many other tasty luncheon items. The Crafts and Gifts table will be overflowing with handcrafted items, knitted and crocheted hats and scarves and many unique gift items. You will get a jumpstart on your holiday shopping here! There will great items to be raffled and a Silent Auction, like none other. The Jewelry section is brimming with glittering trinkets, there is so much more...just watch for next month.

Oh! One last thing for now, plan to attend with the little ones. Santa will arrive by Ladder truck by Nahant's Fire Department at 11:00 a.m. Come with your kids and cameras. This is a great photo opportunity! Santa will also be available for pictures in his Den until 1:00 p.m. so don't be late!

Next month there will be much more info. In the meantime, mark your calendars for Saturday, December 4th, 9:00 a.m. to 3:00 p.m. You won't regret it!

## **TWO BEDROOM HOUSE FOR RENT**



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## **MCCPS Auction at Nahant Country Club Nov. 13**

The Marblehead Community Charter Public School (MCCPS) will hold its annual fundraising auction at the Nahant Country Club, on Saturday, November 13th, beginning at 6:30 p.m. The event, titled "Enrich, Enhance, Be the Connection," is open to anyone who wants to support the school, which has flourished for 15 years as a partnership among teachers, parents, students and community leaders. MCCPS is located in Marblehead and consists of students from several North Shore communities, including Beverly, Lynn, Marblehead, Nahant, Salem, Saugus and Swampscott.

Eileen Perry, assistant to the directors at MCCPS, is co-chair for the third year, along with Pam Haley. "Pam and I decided that because our school population comes from several towns, it would be fun to mix it up and hold [the auction] in different locations, so we did the Boston Yacht Club [in Marblehead], Tedesco Country Club [closer to Swampscott and Salem] and now, Nahant," she said. "It is a wonderful way to bring our community together, have a fun night out and raise monies for the school at the same time."

Festive cocktail attire is suggested for the auction, which will feature fabulous hors d'oeuvres, a cash bar and live music, and of course, the main event: a silent auction, quickie boards, an instant wine cellar, a lottery board, balloon pops and a live auction. Barton Hyte will be the auctioneer. Tickets for the MCCPS auction are \$40 per person and \$75 per couple. To purchase, visit the MCCPS website: [www.marbleheadcharter.org](http://www.marbleheadcharter.org).

## **Direct from Vegas...The Rat Pack is Back!**

All eyes are focused on the newly renovated, Lynn Memorial Auditorium, as it gears up to host one of America's favorite live attractions. THE RAT PACK IS BACK is in Lynn for one show only, on Friday night, November 5th. Frank, Sammy and Deano will join Joey Bishop to light up the beautiful Lynn Auditorium with music, mirth and memories, just as they did for years at the Sands Hotel Casino in Las Vegas, Nevada.

The Foursome will open the Auditorium's fall season and entertain patrons of all ages with a rollicking evening of song, dance and top shelf comedy. The headline cast has the backing of a 14 piece orchestra, playing some of the most famous tunes ever recorded, such as Luck Be a Lady, Come Fly with Me, My Way, The Way You Look Tonight and I've Got the World on a String!

Now in their 12th year of performance in Vegas, this tribute gala holds the mantle of being the all-time survivor of real showmanship, with voices that refuse to fade away with time. The Rat Pack concept took roots with Frank and Dean, plus the cream of American songwriters. Sammy, the ultimate Song and Dance Man, came onto the stage at the Copa Room, with hurricane power. Joey lit it up with laughs and every night topped the previous night! Soon the RAT PACK was recognized and launched across the entire nation.

The show today, THE RAT PACK IS BACK, is "Direct from Vegas" and producer Dick Feeney has taken the legendary performers to another level. Feeney, transports nightly audiences back in time, to the fabulous center of Show Business, at its impeccable best. In fact, as testimony to the performance, the show has been re-booked, for another ten years, at Vegas' Plaza Hotel and Casino.

So, put another olive in that martini and be transported back to that nightclub in Vegas. The November 5th show starts at 8:00 p.m., doors open at 7:00 p.m. Tickets are currently available at Lynn City Hall Box Office during the week, by calling 781-581-2971, or 1-800-594-TIXX, or on-line at [www.lynnauditorium.com](http://www.lynnauditorium.com)

Remember, order quickly, don't miss out!

Submitted by James Marsh, Lynn Auditorium, [www.lynnauditorium.com](http://www.lynnauditorium.com)

## **Mass Theatrica Presents La Bohème (Abridged Reading in Italian)**

In the mood for an afternoon of some beautiful Italian Opera? Join Mass Theatrica for an abridged concert reading of Puccini's masterwork, La Bohème, sung in Italian. Come to the LynnArts Neal Rantoul Theater, at

25 Exchange Street, in Lynn, on Saturday, November 20th, at 2:00 p.m., for La Bohème (Abridged Reading in Italian), presented by Mass Theatrica.

The stellar cast features Megan Nelson, as Mimi, Ray Bauwens as Rodolfo, Thomas Dawkins as Schaunard, Benjamin Clark as Marcello, Miles Rind as Colline, Stephanie Mann as Musetta, Tom Weber as Benoit/Alcindoro and the versatile James Hay, piano.

Admission is only \$10. For more information, please call Mass Theatrica, 508-757-8515, or email: [masstheatrica@yahoo.com](mailto:masstheatrica@yahoo.com), or visit our website: [www.masstheatrica.org](http://www.masstheatrica.org).

For directions to LynnArts, visit Directions to LynnArts. LynnArts is wheelchair accessible.



## **Nahant Author's Books Available on Amazon.com**

Looking for a reasonably-priced holiday gift that reflects a little of Nahant? Meg Pier's photography/quotation books are now available on Amazon.com and in local bookstores!

Pearl Road resident, Meg Pier, has published five, themed photography books, in which her images are captioned by motivational and thought-provoking quotes from sages of the ages, ranging from Ovid to Oprah. The soft-cover books are now available on Amazon.com and in local bookstores, such as Marblehead's Spirit of '76 and Salem's Cornerstone Books.

The photographs featured in the books span every ecosystem: tropical islands, deserts, jungles, fjords, plains, glaciers, volcanic mountains and coastlines—including Nahant's! The pictures depict settings that convey the beauty of the world in which we live in and universal aspects of the human condition. Those quoted represent a breadth of cultures and spiritual movements and include insights from philosophers, political leaders, writers, comedians, musicians, poets, artists and others, from the B.C. era to today.

"Visions of New England" is a 128-page, soft cover book of images of New England spanning the region's six states over its four seasons. Locales depicted include coastal areas, mountains, lakes, forests and gardens. The pictures convey the area's sweet charm, rugged beauty and proud spirit. "Visions for Faith," is a 109-page book that aims to foster a connection with a higher power, as a source of inspiration, comfort, solace, and serenity.

"Visions for Becoming," 83 pages, seeks to inspire one's authentic self, and explores themes of individuality, growth, choice, self-discovery, and acceptance.

"Visions for Belonging," 69 pages, focuses on what it means to feel part of something bigger than oneself, be it through friendship or love relationships, community, the tapestry of life, or eternity of the soul. And, "Visions for the Journey," 130 pages, is designed to smooth your path through life and features imagery and observations on new beginnings, unexpected turns in the road, joys and suffering, patience and progress.

Meg also has created 2011 calendars, featuring images of New England, that are available at stores locally and through her web site.

Meg's website, [www.ViewfromthePier.com](http://www.ViewfromthePier.com), offers a new image and quote daily, as well as monthly interviews with interesting people from around the world, a bank of photographs, a library of her published travel articles and "movies" of her images set to music. Meg is a regular contributor to the Boston Globe's travel section.

## **Woman's Club News Submitted by Wendy Payne**

On October 6th, we hosted a Selectman debate between our two Woman's Club members, Jen McCarthy and Lainey Titus. The evening went without a hitch, both of the candidates came across very well and the Town Hall was packed with Nahanters. This debate was an historic occasion as it was run by women, with two women candidates running and we are all NWC members!

My heartfelt thanks to the Nahant Woman's Club Board, the Town Hall and all those that made it happen.

Tuesday, the 9th of November, is our Veterans Day Celebration. We will be collecting items for women veterans. For example women's disposable razors, hand creams, shampoos, moisturizers, crossword books, cross stitch crafts, women's socks etc. Our traditional chowder luncheon and deserts will be served. Time: 11:00 a.m. Date: November 9th, Place: The Nahant Village Church. Please bring Women's Veteran items.

November 27th - Holiday Fair - Town Hall - We need volunteers to (wo)man the tables and please think about what you can contribute to the bake table - we need everything!!! Please email Wendy at [wendy-payne@comcast.net](mailto:wendy-payne@comcast.net), or call 781-581-2631.

## **Julio Iglesias at the Lynn Auditorium Dec 5th!**

International Superstar, Julio Iglesias, will be performing for one night only, on December 5th, at 7:30 p.m., at the Lynn Auditorium, in Lynn, MA! Doors at 6:30 p.m.

Tickets went on sale Monday morning, October 4th at 10:00 a.m. sharp! Get yours before they are gone!

For tickets, please call 781-581-2791, 1-800 594-TIXX, or buy on-line at [www.lynnauditorium.com](http://www.lynnauditorium.com) Don't miss this opportunity of a lifetime to see Julio Iglesias, live, at the Lynn Auditorium!

## **LACC Third Annual Home and Garden Show at Swampscott High**

The Lynn Area Chamber of Commerce (LACC) is now welcoming booth reservations for its Third Annual Swampscott Home & Garden Show on Saturday, November 13th, from 10:00 a.m. to 4:00 p.m., at the Swampscott High School.

All member and non-member home and garden businesses can exhibit. A 10 x 8 foot exhibition space is \$300 for members and \$375 for non-members. Vendor space sold out quickly last year. To date, about one-third of the 50 spaces have already been sold. Sponsorship opportunities are also available.

"The Swampscott Home & Garden Show is a business-to-consumer, family-friendly, educational, community event," says LACC President/CEO Leslie Gould. "It feels like a mini-Boston expo, but with our local community in mind."

"It's an ideal way for businesses to showcase their expertise. It's an excellent opportunity to speak directly to prospective local clients about 'just before the holidays' projects and to residents who are thinking ahead toward spring projects," said LACC event manager Sandra Lewis.

To reserve space, or for more information, please call LACC event manager, Sandra Lewis at 781-592-2900, or email the office at [info@LynnAreaChamber.com](mailto:info@LynnAreaChamber.com). Vendors may also download a PDF registration form from the website at [www.LynnAreaChamber.com](http://www.LynnAreaChamber.com) by clicking "Programs and Events" and "Home and Garden Show."

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## **Northeastern University Marine Science Center**

### **November Lecture – Marine Fossils of Nahant**

Please join us for the November installment of the Monthly Lecture Series. We welcome Dr. Richard Bailey, Professor in the Department of Earth and Environmental Sciences, at Northeastern University. On Tuesday, November 16th, Dr. Bailey will speak on “Origin and Evolution of the First Shelled Animals – Details From the Rocks of Nahant.” The lecture is free and open to the public and will begin at 7:00 p.m. It will take place in the Murphy Bunker, on the MSC’s campus at 430 Nahant Road, in Nahant. Refreshments are served half an hour before the start of the event and there is no need to SVP. Lectures generally last for one hour and include time for questions from the audience. For more information, call 781-581-7370, or email [mscinfo@neu.edu](mailto:mscinfo@neu.edu).

### **MSC to host Coffee and Conversation with SWIM**

All are welcome to join us at the Marine Science Center on Thursday, November 18th, at 9:30 a.m., as we host Safer Waters in Massachusetts (SWIM) for light refreshments and a conversation about getting folks more involved in helping to preserve our coastal and marine resources. For more information, or to register to attend, please email Emily Cann, [e.cann@neu.edu](mailto:e.cann@neu.edu), or call 617-373-7475.

Submitted by Carole McCauley, [C.McCauley@neu.edu](mailto:C.McCauley@neu.edu)

## **Marine Science Center Expanding Research Capacity**

**By Greg St. Martin, Northeastern University**

Northeastern University’s Marine Science Center in Nahant, will undergo dramatic renovations that will strengthen the coastal facility’s capability to perform marine science and ocean engineering research, thanks to a \$1.8 million grant from the National Science Foundation.

The project will modernize 1,310 square feet of research space, in the existing Edwards Laboratory, to create an ocean engineering lab, a molecular/analytical chemistry lab, a shared molecular resources lab and a wet prep lab. In addition, the Marine Science Center’s (MSC) existing flow-through seawater system, a resource heavily used by resident and visiting scientists, will be replaced, more than doubling its capacity to at least 415 gallons per minute. The seawater storage capacity will be increased from the current 7,500 gallons to 40,000 gallons.

“The renovations will allow us to expand and enhance our capabilities in molecular biology, ocean engineering and experimental ecology,” said Geoffrey Trussell, the MSC director. He said the upgrades will also support the center’s transformation into a hub for interdisciplinary, use-inspired research into sustainability and security challenges in coastal marine environments.

MSC researchers are working on the development of underwater robotics to detect explosives, autonomously operated mariculture systems and acoustic imaging technology for coastal fisheries, that will also have homeland security applications. In addition, new large-scale experiments will study how predation risk and climate change affect species interactions and how marine ecosystems function, as researchers evaluate, in a more complete way, how marine organisms cope with environmental stress.

The upgrades will also make the MSC a more valuable resource for the 50 Northeastern students enrolled in the graduate and undergraduate marine biology programs.

The award highlights Northeastern’s emphasis on prioritizing marine science, given the global environmental and economic importance of ocean ecosystems. In the past three years, Northeastern has invested \$470,000 for infrastructure improvements at the Marine Science Center and has increased the number of resident faculty to seven. The Department of Biology and the Marine Science Center will start searching for a new faculty member, in the area of fisheries biology, this fall.

The grant continues the Marine Science Center’s momentum in building on its research and teaching expertise. Last month, a Massachusetts legislative delegation—including U.S. Sen. John Kerry and U.S. Rep. John Tierney—visited the center for a tour that showcased its novel research.

Northeastern received the competitive award from the National Science Foundation’s Office of Integrative Activities, as part of the American Recovery and Reinvestment Act, more commonly known as federal stimulus funds.



### **Mary Mason Williams and Andrew Evans Foukal To Wed**

Dr. and Mrs. Mason Miller Williams of Richmond, Virginia are pleased to announce the engagement of their daughter Mary Mason Williams to Andrew Evans Foukal, son of Mr. and Mrs. Peter Foukal of Nahant, Massachusetts.

Miss Williams is a graduate of St. Catherine’s School in Richmond, Virginia. She received a Bachelor of Arts in History from the University of Virginia and a Master of Arts in American History from Boston University. She is currently a research assistant for the Thomas Jefferson Foundation, Inc., which owns and operates Monticello in Charlottesville, Virginia.

Mr. Foukal is a graduate of Burke Mountain Academy in Burke, Vermont. He received his Bachelors of Science in Physics from Bates College. He is currently a project developer for HelioSage, a solar energy developer in Charlottesville, Virginia.

A July 2011 wedding is planned in Biddeford Pool, Maine.



## Nahant Modular Home Builder Receives Prestigious Award

Advanced Building Concepts of Nahant, received the Outstanding Builder Achievement Award for 2009, from Professional Building Systems of, PA. This award represents appreciation for dedication to sales and customer service, by Advanced Building Concepts. The award was presented by the regional sales manager of PBS, Rob Brenneman, to Joe Moccia, of Advanced Building Concepts.

Rob is quoted as saying that this is the first time in over 5 years that an award has been presented and that Moccia and Advanced Building Concepts is the only builder to receive an award.

PBS builds high quality, modular homes, in the North Eastern United States. States include Maine, Vermont, New Hampshire, Massachusetts, Connecticut, New York, New Jersey, Pennsylvania, Maryland, Rhode Island, Virginia, West Virginia and Ohio.

Joe Moccia is recognized as building one of the best quality homes available today. Moccia has been building PBS homes for over ten years and is very proud to have been chosen for this award.

Advanced Building Concepts has built more than ten homes in Nahant, along with many homes on the North Shore and in the Boston area and as far north as the New Hampshire border and as far south as Cape Cod. Advanced Building Concepts can be reached at 781-581-8888, or email [advanced.buildingconcepts@comcast.net](mailto:advanced.buildingconcepts@comcast.net).

## Nahant Alternative Energy Committee Needs

The Nahant Alternative Energy Committee wants a few good men and women. As the result of a motion passed at the last town meeting the committee can now draw on the Nahant Community at large to fill vacancies. If you are interested in serving on the committee and in helping Nahant conserve energy or evaluate new green energy sources for potential use by the town, please email Larry Bradley, [nahantbrad@alum.mit.edu](mailto:nahantbrad@alum.mit.edu), or call him at 781-581-0075.



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Email: [Caroline@gardinerconnor.com](mailto:Caroline@gardinerconnor.com)

Website: [www.gardinerconnor.com](http://www.gardinerconnor.com)

## Lost Cat

My cat, Darla, a 6 year old female, yellow and white with long hair, has been missing since Saturday, October 12th, 2010. We live in Little Nahant near the Tides restaurant, where she likes to hang out on Long Beach. She was last spotted on Oct. 3rd, 2010 on Nahant Beach by the walking path and hasn't been seen since. Please call if you spot her, 781-710-6619, or email [dlyoung@gmail.com](mailto:dlyoung@gmail.com).

Thank you. I really miss my baby. I want to get her back home.

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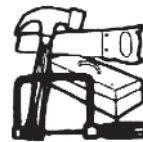
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## Barnum & Bailey Grant \$3 Million to Causeway Project

**Disclaimer: I'm over 90 years old and I'm soooo tired of trying to keep up with "PC."**

If you feel you are politically correct, you probably will get it and somehow be offended. If you're 90 like us you'll just want the damn "FILTER FREE CARD."

Barnum & Bailey have made their vast fortune by keeping in tune with all of nature's creatures, be they human or otherwise. That being said, they are bringing the sooo overused term "Political Correctness" to a new apex. Barnum & Bailey donated an exclusive \$3 million grant to the DCR (MDC to our "filter-free" readers, see below). for the Nahant Causeway Project. In return, the DCR will donate the Halfway House to the circus icons in order to house the horizontally challenged (HC) (I'm not tall, I'm horizontally challenged) giraffe. An additional \$10 million has been set aside for their care, betterment and an awareness program. Our crack reporter, Mae I. Barjin got the facts. Evidently, the federal government's total funding has shone an exclusive bias toward the VC (I'm not short, I'm vertically challenged) while totally ignoring our horizontally challenged friends. There are home and work place alteration grants for the VC and absolutely nothing for the giraffe. We, as a society have closed our eyes to the giraffe's constant torment and muscular distortion from having to bend to enter everything.

Renovations are already underway. See Photo below.

Speaking on political correctness, we at the Tudor Cocktail Ice Co support one's rights to be politically correct, as well as the "filtering" of one's comments, but the world tends to keep changing the deal. What's politically correct today is not tomorrow! Our staff has been around since 1826 and has seen a lot of changes. Unfortunately, due to our advanced age, our "filtering system" tends to be fairly non-existent. How does one expect us to keep up?

That's why at our 2011 town meeting, you will be asked to vote on article #27, section #16, which simply states that once a citizen of Nahant reaches the age of 90, that citizen receives a "FILTER FREE CARD", and just like our driver's license, is to be kept on us at all times.

So in case of any verbal faux par, the card is presented to the offended party, kind of a get-out-of-jail-free card. (Faux Par is probably misspelled, but I'm over 90, so screw it.)

Vote YES on Article #27, Section #16

SUBMITTED BY THE TOTAL TUDOR COCKTAIL ICE CO. STAFF



## Winterizing Your Boat or Yacht Engines

by Rob Scanlan, CMS/MMS/ACMS

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

Engine Winterization:

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

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

3. Fogging: Fogging is accomplished by feeding a rust preventative lubricant through the carburetor or throttle body, while the engine is running at about 1000 to 1200 RPM's after the engine is thoroughly warmed up. Very slowly pour in the lubricant until lots of blue smoke comes out of the exhaust. This method will thoroughly coat the cylinders, rings, valve seats and valve stems. DO NOT pour the liquid in too quickly or you will "choke" the engine, causing combustion knock. Besides, too much liquid added at one time can cause hydrostatic lock in the cylinders and this will destroy your engine! Follow the fogging oil manufacturers' instructions! NEVER FOG FUEL INJECTED INBOARD ENGINES OR OUTBOARDS

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

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

Raw Water (Direct) Cooling System. Proper winterization of a raw water system should start with a thorough flushing of the system with fresh water running through the engine while it is running at normal temperature. This part is REALLY important if you have been running in salt water. First, disconnect the intake hose from the thru hull fitting and attach it to a garden hose. Note: if you have an I/O, you'll need a set of "ear muffs" to attach to the water intake on the lower unit. Remember, running an I/O for even a few seconds without water will destroy the impeller in the water pump!

After flushing, drain the engine block, manifolds, risers and oil coolers by opening the petcocks on the various units. After all the water has drained out, close each petcock. Disconnect the garden hose from the intake hose and place the intake hose in some environmentally friendly ("Pink") antifreeze rated for 50-degrees below zero and drain the fluid by running the engine. When the antifreeze starts coming out the exhaust, shut the engine down.

Now here's a very important note: Don't forget your engine has a thermostat! This whole procedure must be done with the engine totally warmed up and the thermostat OPEN. A closed thermostat will not allow the antifreeze to enter the block or heads. This means the antifreeze will go through the manifolds and out the exhaust, leaving the block and heads completely void of any antifreeze. If this happens, next spring you will find a cracked engine block or head and find it necessary to buy a new, very expensive engine. Your Marine Insurance does not cover poor lay-up/winterization damages.

Closed (Indirect) Systems: These systems do not require annual draining and flushing of the closed part of the system. HOWEVER, the open part of the system DOES require the same procedures of flushing, draining and antifreeze infusion as previously described in the Raw Water (Direct) System. Finally, some additional thoughts: If any of the above instructions seem to be confusing or over your head, that's probably the best clue that you need me to winterize your engines and onboard systems. I carry 2.5 million liability insurance.

ROB SCANLAN, CMS/MMS/ACMS IS AN ACCREDITED & CERTIFIED MARINE SURVEYOR CONDUCTING COMPUTER ENGINE ANALYSIS AND COMPRESSION TESTING ON GASOLINE & DIESEL ENGINES AS WELL AS MAKE/MODEL OUTBOARD ENGINES THROUGH OUT NEW ENGLAND.





## Useless Information...By Ray Barron

# Nahant's November Birthday Babies

November 1: Donna Brotman, Jim Devereaux, Margaret Dragon, Margaret Jeddry, Ed Loneygan, Dian Papps, Brian Poth, Rozanne Puleo, Alma Smith, Kristen Standish, Neal Sullivan, Wendy Thompson, Deborah Vanderslice

November 2: Geraldine Catoggio, Dan Cherry, Jeanne Coffey, Tim Collins, Bob Herne, Kathy Magagnos, Joe McDonald, Kathleen Mahoney, Scott Murphy, Paula Palombo, Christos Turner, Maria Sousa,

November 3: Michael Murray, Brenda Gaynor, Mary Zolner, Paula Koehler, Eileen Lombard, Barbara Lombard, Francis Murphy, Dana Zayas, Bill Coffey, Wilson Tibbo, Jr., Cheryl Savino, Alexia Taxiarchos, Alex Bascon,

November 4: Mark Cullinan, Lisa Fitzpatrick, Harold Blank, Anthony Palazzo, Corinna Kersten

November 5: Molly Conlin, Neal Sullivan, Micheal Gallagher, Andres Marinaro, John Barry, Brendan Donovan,

November 6: Susan Sherry, Phil McEachen, Jessica Goode, Doug Frauenholz, Chris Moleti

November 7: Linda Bleau, Kathy Mahoney, Lorna Circiello, Charles Bolthrunis, Doug Smith, Richard Brahm, Dennis Maroney, Ken Bibber, Andrew Capozzi, Rong Hul Feng, Patricia Dunn, Rozane Tyler-Malone

November 8: Gabriella Malatesta, Teresa Hill, Grace Crupi, Deidre Peterson, Ed Mahoney, Jason Morley, Joel Haynsworth, Billy Cullen, Jim Hickey,

November 9: Kim Shultz, Chris Marino, Patricia Hickey, Jessica Billias, Kathy Carney, Eilenele Le Blanc,

November 10: Brian Olmstead, Amy Graciale, Diana DeMinico, Penelope Herman, John Roy, Pat VanMaanen, Bill Rauworth, Tom Cesso, Kaitlyn Dantona, Franklin Coombs, Colleen Munnely,

November 11: Nina DalPozzal Hall, Alma Smith, Linda Pivacek, Dick Koehler, John Sullivan, Sam Rauworth,

Dexter Shultz, Emad Nader Eskandar, Samantha Parascondola,

November 12: Rory Burke, Stephanie Ragusa, Michael Caira, Mickey Long, Garon Clements, Michele Dougherty, Cynthia Lynch, Bob Vanderslice, George Hall, Dan Perepelitza, John Pantelias, Rosalie Ryder, Todd Goodwin, Robert Scigliano, Chris Kelliher,

November 13: Barbara Desmarais, Jesse Kaplan, Peg Pelley, Sara Riley, Bob Davis, Bob Gingras, John Benson, W.D. Hodges, Tom Famulari, Robert Costello,

November 14: Kelly Dolan, Susan Pillsbury, Joe Ayers, Mary Doyle

November 15: Alba Brahm, Rosalie Ryder, Rose Macera, Geraldine Ryan, Kathy Ryan, Mike Carr, Brent DeBerardinis, Mario Forgione, Steve McDonough, Justin Howard, Matthew O'Neil, Geoffrey Ayers,

November 16: Mildred Blydell, Andrea Murphy, Barbara Deines, John Mackey, Tanya Nangan, Alan Barbacoff, Gertrude Abboud, David Ackerley, Amelia Antrim,

November 17: Anne Shyjan, Annette Merlino, Linda Weeden, Pam Wilson, Jeanne Fisher, Jeff Lonergan, John Sullivan, Bill Pivacek, Darlene Crifo,

November 18: Mary-Anne Lombard, Susan Actor, Philomena Larocque, Cathy Bishop, Kim O'Connell, Dr. Edward Tarlov, Ed Babin, Sarah Roy, Chris Turner, Dean Locke, Jr., Chris Howard

November 19: Joan Ventre, Karen Hosking, Roberta Lerman, Fred Jonas, Joe McDuff, Bill Hickey, Bruce Reeh, Sheryl Riccio-Atamian,

November 20: Michael Kairevich, Susan Edwards, Ron Cameron, Pete Speridakos, Zachary Taylor,

November 21: Elaine Titus, Doug Breithaupt, Bob Gaynor, Dick Stevens, Jim Dolan, Karen Vail, Zachary Liscio,

November 22: Martha Keller, Jean Walsh, Marion

Lester, Karen Wakefield, Dick Pelletier, Bob Dickenson, Jon Szostakowski, Ed Roy, Eli Mavros, Martin Fallon, Steve Pritchard,

November 23: Kathy Marden, Jeff Blydell, Kris Carmody, Rita Pollock, Linda Salmon,

November 24: Deborah Waters, Janice Weiskel, Bob Allard, Mike DePaolo, Dennis Collins, Joe O'Connor, Joey Bertorelli, Alessandro Massaro, Allison Colson, Norman LaLiberte,

November 25: Diane Albondy, Kristin Sullivan, Patricia Cronin, Barry Wootten, Pat Cooke, Jim Caccivio, Susan Spano,

November 26: Anne Marie Manzano, Rita O'Donnell, Schuyler Livingston, Linda Tanfani, Diane Locke, Charlie Koehler, Aran Lessard, Michelle Davenport, Anita Goodman, Kalomoira Speridakos, Jonathan Dillon, Kim O'Reilly, Diane Palazzo, Ala Shub,

November 27: Sheryl Cardile, Nancy McNicholas, Delores Scanlon, Loreen Tirrell, Caitlin Sanborn, Jane Murphy, John Mahoney

November 28: Greg Keane, Cynthia Pierce, Allegra Parisi, Nell Valeri, Yvonne Julien, Jean Hosker, Cynthia Gouchberg, Keith Arnold, Martin Henry, Wayne Terminello, Bill Bell, John Skabeikis, Roberta Ragusa, Venessa Carr, Marilyn Wellington,

November 29: Marie Meyer, Tina Marie Beaulieu, Linday Barba, Nancy Gilman, Tara Driscoll, Tracy Cutillo, Joshua Antrim,

November 30: Mary Derderian, Heather O'Leary, Bill White, Bill Coffey, Jr., Kevin Pothier, Patricia Lamondo, Edward Breen.

Happy Thanksgiving! Which reminds me, the Agriculture Department says the average American eats 1,148 pounds of food a year. Of course, a lot of it goes to waist. And remember, don't argue at the dinner table. The one who is not hungry always wins the argument.

## Mother Teresa Descends As a Saint in 2010

*"By blood, I am Albanian. By citizenship, an Indian. By faith, I am a Catholic nun. As to my calling, I belong to the world. As to my heart, belong entirely to the Heart of Jesus."* — Mother Teresa

2010—100th anniversary of your birth  
100 candles lit all over the globe.  
Your immortal face would have appeared in news,  
Announcing your centennial celebration,  
As You spent your life  
Cuddling the dying and the abandoned  
Carrying the weight of the cross onto your small shoulders  
In Calcutta's streets and wherever humans breathe,  
Treading the globe—as a Good Samaritan—  
On your misshapen small feet in old patched brown sandals  
That today rest in the museum at the Vatican.

Mother Teresa—the proof  
That the soul purifies itself as much as  
Its closeness to the holiness of God.  
O Mother!—O lantern of love!  
You encoded the connection of your spirit to God  
In your body and in others  
By picturing heaven into people's souls  
In innumerable avenues of Love.  
Now you reside in paradise—sending blessings—  
H a l e l u i a !

2010—"The Mother Teresa Year"—You are present:  
Books, pictures, movies, monuments, memorials, museums,  
Concerts, science symposiums on every continent;  
USA Postage—your portrait on stamps  
In Albania, your face on gold coins,  
In Kosova, The Cathedral was built in Your memory.

Once, as a little girl, you wrote poems in Albanian,  
Sang hymns in the church choir with your mother, Drande and  
your sister, Agge;  
Then The Lord chose thee to build a house for the dying—  
You left your parents' house,  
Dedicated yourself to Missionaries of Charity, Nirmal Hriday,  
Sisters of Love  
To cleanse the face of Earth  
Of disease, wounds and poverty...  
A small nation's daughter—  
With a small flower's name, "Gonxhe" (Flower-bud),  
(Now, a new white tulip from Holland is named after You.)  
A young bud fused into the sufferer's veins.  
Named The Mother of a big world, The queen of humanism,  
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Your white-and blue-striped cambric robe—  
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Mother Albania—yours and my common homeland—  
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Of furrows on your face—cut by tears  
Of thousands of Albanian mothers:  
One of them, my own late mother—now 100, like You.  
(In our capital, Tirana, I kissed your cheek and your right hand  
While you blessed me with your left hand on my forehead)  
Teresian virtue—the sinless humanity—  
Nurtured—by our birthplace's tradition of self-denial  
At the beginning on Illyria's ancient lands,  
An ancient part of Albanian genes  
Echoing and revealing civilization's first morning...

Mother Teresa,  
Came into this world, she helped;  
Sometimes, she struggled in vain.  
Now she works  
From heaven.  
Caritas et amor,  
ibi est.  
—2010, ROZI THEOHARI





## **Michael A. Georges: Nahant's Oldest Citizen**

**By Calantha Sears**

On October 1st, 2010, Town Moderator David G. Conlin, presented the Boston Post Cane to Michael A. Georges, as the Town's oldest resident. In 1909, Edwin A. Grozier, publisher of the Boston Post newspaper, forwarded to the Selectmen of Nahant, a gold-headed, ebony cane inscribed, "Presented to the Oldest Citizen of Nahant – To Be Transmitted."



Over these many years, the Town has followed this tradition and Michael A. George of Little Nahant, now starting to celebrate his one-hundredth year, is honored to be the recipient of this tribute at this time. Of the gifts of similar canes from the Boston Post to more than 300 other New England towns, Nahant is very fortunate to have been able to retain this treasured cane to share with our oldest resident. Many other communities have lost track of their canes over the years. After each presentation, the cane is returned to safe storage and a

framed certificate extolling the honor is retained by the recipient.

Michael has enjoyed living in his home, overlooking Long Beach, for more than forty-five years. Before retirement, he worked at Raytheon in quality control and was instrumental in the development of the Sparrow Missile. His avocations are art and music. He is never happier than when creating a drawing, or playing his violin, at home, or with fellow musicians.

The oldest of eight children, he has three sisters still living in the area, while his daughter, Abby Nelson, is a daily visitor. Very important to him is his "second family" - the senior citizen group - at the Tiffany Room, where he enjoyed the lunch, as well as the camaraderie. Several friends from this group were pleased to join in the presentation of the Boston Post Cane to the Town's oldest resident.

Photo above: Michael Georges, Nahant's present holder of the Boston Post Cane, reads the inscription while being congratulated by Moderator Dave Conlin.

## **Join Us for Nahant Bootcamp Footness**

Attention Nahanters of all ages sizes and fitness levels...these classes are for you! Here are some stats that should help you decide to get off that couch and bootcamp with us! 78% of Americans are not meeting basic activity level recommendations. America is the most rapidly weight-gaining country in the world. Obesity is the leading contributor to the tremendous burdens that face our health care system. So, come join us for Bootcamp Fitness for Adults, on Tuesday nights, at 6:15 p.m. and Saturday mornings, at 8:30.

Here's what some of current participants say: "I have lost more than 60 pounds doing classes with Liz—she's a great motivator and creates a class with levels for the beginner to the advanced enthusiast." "I have been doing Bootcamp since the beginning of this summer...my entire body has changed! I am leaner, tighter, stronger. I love it!" "An avid runner, I take Bootcamp every once in a while to change up the routine...the best thing to enhance my running performance."

A portion of class proceeds benefit the Johnson School PTO. Taught by a nationally certified, internationally experienced fitness trainer. FMI, please email Liz Carlson, at [liz26miles@gmail.com](mailto:liz26miles@gmail.com)

## **Sweet Dreams Project Update**

The Nahant Woman's Club's Sweet Dreams Project was a resounding success. We gave 20 pairs of PJ's, in many sizes, to the Greater Federation of Women's Clubs (GFWC) of Massachusetts.

These PJ's will be distributed to local shelters. Pictured here, is Wendy Payne delivering our contribution to Shirley Gomes who is the Domestic Violence Awareness Chair for GFWC of Massachusetts.

This outstanding achievement was made possible by the generosity of Sam McDonald, Victoria Vass, Margaret Piccola, Marrit Hastings, Maria Welsh, Maureen Edison, Lissa Stempek and Maureen Locke. You changed lives and made someone feel a little safer. Thank you.

## **Annual Christmas Parade of Lights**

It's time to start thinking about planning your parties for the Annual Christmas Parade. The Parade will step off on Saturday, December 18th, at 6:00 p.m., from the Long Beach parking lot.

As usual all are welcome to join in the festivities. Come / send / bring / ride / sing on a float! Bring your friends and enjoy a fun evening before the "holiday crunch" takes over. The more, The merrier!

The annual fundraiser will be held on Saturday, December 11th, at the Tides. Lots of raffles and fun. Cruise Raffle tickets will be on sale soon. Bermuda! Here we come again!!

Submitted by Roz Puleo

## **Compare and Contrast**

On January 20, 2001, when George Bush took office, the Clinton Administration had balanced the budget and had begun to pay down the national debt. According to Factcheck.org, "there was a surplus of \$1.9 billion in fiscal 1999 and \$86.4 billion in fiscal 2000. So any way you count it, the federal budget was balanced and the deficit was erased, if only for a while."

During the Clinton Administration, 22,000,000 jobs had been created and the poverty level had declined to 11.3%, according to the University of Michigan. The American people were prosperous and optimistic about the future. Yet, 38.4 million Americans, including millions of children, had no health insurance and no prospects of getting it.

Eight years later, on January 20, 2009, when Barack Obama took office, the Bush Administration's last budget included a 1.2 Trillion Dollar Deficit. The richest Americans were paying chump taxes and Bush bailout recipients were using taxpayers' money to give themselves bonuses. In just the last three months of the Bush administration, 1.8 million jobs were lost. The poverty level stood at 13.2% and was rising. More than 43 million kids and adults had no health insurance. The banking system had almost collapsed. The greatest economic crisis since the Great Depression was upon us.

According to President Reagan's budget director, David Stockman, "during the last bubble (from 2002 to 2006), the top 1 percent of Americans — paid mainly from the Wall Street casino — received two-thirds of the gain in national income, while the bottom 90 percent — mainly dependent on Main Street's shrinking economy — got only 12 percent."

The Republicans in Congress were not willing to give assistance to struggling, unemployed Americans, but more than willing to borrow \$700 billion to give tax breaks to the very wealthiest Americans.

The Republicans in Congress were not willing to start the work of health insurance reform. They just said NO. We all know there are more improvements to be made and that the bill that was passed did not cure all ills. But, we had to start.

The Republicans in Congress were not willing to start the work of banking reform and consumer protection. They just said NO. But steps had to be taken to prevent another financial disaster and to protect consumers from the tricks of bank card and credit card predators. As Elizabeth Warren has noted; if she, a professor at Harvard Law School, could not confidently compare the pages of fine print among credit card companies, how could the average consumer be expected to make an informed decision. Who should be defended? The average American, or the financial predators? The elections will decide. Think before you vote.

When Americans are hit with "the greatest economic crisis since the Great Depression" complete recovery doesn't happen over night. But, as President Kennedy said, "Let us begin!"

Submitted by Jim Walsh



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on the Lynnway

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## Pet Express: Celebrating 15 Years on the Lynnway

Fifteen years ago, brothers Rob Mellace, John Mellace and sister Lucia Castle, looked into various types of businesses that they could operate with the family to make an honest living. They all loved animals and saw a need for a pet supply store in Lynn. Fifteen years ago, the Lynnway was “up and coming.” The stores were mostly vacant, but the Mellace’s saw that as an opportunity and decided to take a chance and open the store in Lynn.



Today, that chance paid off. With the Pet Express store on the Lynnway celebrating 15 years and a second store at the Liberty Tree Mall, celebrating its first anniversary, in Danvers, they employ 40 people; 30 in the Lynn store and 10 in Danvers.

Such success does not come easy. It is due to the high standards of quality that they follow to insure that every pet and pet product is the

best it can be. For example, all dogs sold are micro-chipped for just \$39. (Other stores charge up to \$99.) Each dog is socialized, treated like royalty and fed top quality food. As Rob says, “The pets come first. We spare no expense when it comes to their well-being.”

In addition, all dogs sold are up-to-date with their shots and come with a certificate for a free first visit at the North Shore Animal Hospital.

Pet Express also sells kitties, birds, bunnies, guinea pigs, fresh and saltwater fish. A groomer is also on the premises.

Pet Express would like to celebrate their 15th Anniversary by giving back to their customers. During the month of November, mention this article and get \$10 off with a \$20 purchase. Happy Anniversary!

## Nahanter Battles Russians for Soccer Supremacy

A team of retired Russian soccer players from St. Petersburg’s top professional team, Zenit Football Club, traveled over the Columbus Day weekend to play the Boston Braves Football Club, a team founded by Lynn seafood mogul, Spiros Tourkakis. The Braves are comprised of soccer aficionados such as long-time Nahant soccer coach, Juan Nardizzi. Braves players are amateur players who work as private investigators, teachers, restauranteurs and businessmen, between the ages of 38 and 65. The Zenit FC team included eight players from their 1984 Soviet League champion team.

Expectations were high, as the Braves took the field on a gorgeous fall afternoon, at Governor’s Academy in Byfield. The Braves set up in a 4-4-2 formation, playing not the beautiful game of Spain, but rather a counter-attack style, to take advantage of their speedy strikers. The teams were tied at two goals when the Zenit keeper made a fine save to redirect the ball to the far side. But Nardizzi made a lunging slide to knock the rebound off the post and into the net. The Braves went into half-time with beautiful birds singing in their ribcages — they held a 3-2 lead against the Russian professionals.

Unfortunately, while you save money with a jack of all trades, sometimes it’s worth calling in the professionals. The Zenit veterans regrouped behind Konstantin Ivanov’s short passing game and began to dominate possession. The Zenit wingers sent long crosses into their towering strikers, including 6’ 3” national team vet, Sergey Dmitriev, and headed home five goals in decisive fashion.

The American defenses were overrun and the Russians won 11-4.

Zenit and the Braves had a rematch on Monday night, at Manning Field. This time, with a revamped defense and facing a Zenit squad that was exhausted from rumored excesses in Fanueil Hall, the Braves took a 5-2 victory—the first time in nine years the club has defeated a veteran professional team.

The Braves continue to bring their “Joes vs. Pros” soccer show on the road, by challenging English Premiership titans, Arsenal, in 2011. Since 2001, the Braves have played teams in Argentina (Boca Juniors, River Plate), Italy (Juventus), Spain (Barcelona, Real Madrid), Brazil (Santos), England (Manchester ) and the United States, (Chelsea).

Submitted by Stacie Nardizzi, villanardizzi@comcast.net



## Ginger’s Closet

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Proprietor

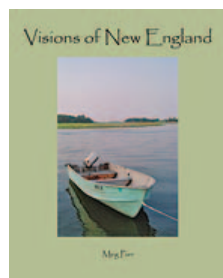
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www.gingerscloset.org Peabody, MA 01960



## A Vision for Today



Nahant resident Meg Pier has published five photography/quotation books that make for great gifts! The books include images of Nahant and are available at local bookstores and on Amazon.com. For more info, visit [www.ViewfromthePier.com](http://www.ViewfromthePier.com)

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Diablo Glass School: A World of Glass, Fire, Heat and Passion!

Located at 123 Terrace Street, in Boston, hidden in an old warehouse building, Diablo Glass, an amazing school of glass, heat, fire and passion, teaches students, young and old, to create beautiful treasures out of glass.



Founder and owner, Sean Clark, came from Ireland ten years ago, with a degree in engineering. He knew nothing about glass. But that didn't stop him from building an incredible school, where people of all ages can learn to make beads, or blow a colorful glass vase, or create a stained glass piece. He built all the tables, equipment, etc., in the school. Day by day, he followed his dream to be successful.

After much hard work and determination, Diablo Glass School now offers unique courses and workshops in the art of glass. Students learn glassblowing, flameworking, fusing and slumping, and stained glass. Diablo offers a fun, safe and creative environment for all ages. No experience is necessary and materials are provided.

Diablo Glass has partnerships with The Massachusetts College of Art and Design and Boston University. These programs provide credits to students for the classes held at Diablo. Diablo also teaches non-credit classes for the Museum of Fine Arts, as well.

Diablo offers students an inspiring new extracurricular activity through afterschool Teen programs in the exciting world of glass. Students can apply to receive high school academic credit. Small classes and student/teacher ratio ensures lots of support and attention.

School Field Trips are welcome! Teachers, take your class on an awe-inspiring field trip. Diablo Glass offers Glass Field Trips, a two-hour long event which is customized to the needs of the visiting class.

Come share in this exciting experience. Learn, create and make new friends in the world



of Glass, Fire, Heat and Passion! For more information, or to sign up online, please visit [www.diabloglassschool.com](http://www.diabloglassschool.com)

Best yet, come to Diablo Glass' Holiday Open House, on Saturday, November 20th, from 2:00 to 8:00 p.m. Blown glass christmas ornaments and other unique glass items will be on sale.

Photo Captions: Sean Clarke, Founder and owner of Diablo Glass School, shows off an amazing piece of glass.

Mohsen Kazemiasfeh, instructor and master glass cutter, demonstrates one of the cutting techniques used in stained glass.

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**Thank you...**



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NAHANT PUZZLE PAGE

A Goal-Line Stand  
by Rick Kennedy

ACROSS

- 1 WMD part  
5 \_\_\_\_ favor  
8 Jewish month  
12 Shell alternative  
17 Vogue competitor  
18 Help in mischief  
20 Spa wear  
21 First-aid item  
22 Peak  
23 Hide's partner  
24 Die, for example  
25 Pool openings  
26 **Start of a Bill Shankly quote**  
30 Retired runway model  
31 Big mouth  
32 Masthead figs.  
33 Wordplay, e.g.  
34 Notion  
36 Ripen  
37 Jiffy  
38 Wrath  
40 Arrived  
44 Heavy artillery attack  
49 Wonderment  
50 Unvarnished  
52 Yoked pair  
53 **Part 2 of quote**  
57 Spot in the Seine  
58 Unabridged  
59 Goof  
60 Fellow  
61 Mark down, perhaps  
64 Napped leather  
65 Chooses  
67 Fall behind  
69 Comb maker  
70 Self  
72 Crackerjack  
73 Spare no expense  
76 White or yellow fish  
78 Inundated  
82 Friend of Pooh  
83 Preserve  
84 Sugar in tea, e.g.  
85 Bean counter, for short  
86 **Part 3 of quote**  
91 Expert  
92 Disallows  
93 Critical hosp. area  
94 Correctness  
96 Part of a mushroom  
97 "To the right!"  
98 Like some humor  
100 Charged particle  
101 First place?  
104 Irish \_\_\_\_  
105 Depot: Abbr.  
106 Fed. loan agency  
109 Brainstorm outburst  
112 **End of quote**  
118 Convention  
120 Unstable particle

- 121 Betty of cartoons  
122 NBC's "My Name Is \_\_\_\_"  
123 Fashionable  
124 Green Gables dweller  
125 Weary sound  
126 Vicinity  
127 Tell  
128 Requirement  
129 Fleur-de-\_\_\_\_  
130 Chianti and Beaujolais

DOWN

- 1 Meaningful  
2 Leader of the pack  
3 Catch some Z's  
4 Alluring  
5 Rose Bowl city  
6 Toes the line  
7 Snorkeling site  
8 Frigid  
9 Suspect  
10 "Take a Chance on Me" group  
11 Spool  
12 \_\_\_\_ code  
13 Poem of praise  
14 Slant  
15 Signs  
16 For fear that  
19 Ring outcome, briefly  
21 Footnote abbr.  
27 Utah's lily  
28 See red?  
29 Tall tale  
35 Bad marks?  
36 Massachusetts cape  
37 Parlor piece  
38 \_\_\_\_ Jima  
39 Official, informally  
41 Saying  
42 Less  
43 Swirl  
44 Coconut fiber  
45 Auto shaft  
46 Bygone depilatory brand  
47 Spy Aldrich  
48 River in a Strauss waltz  
49 Exist

- 50 Around  
51 Sahara's place  
54 Ocean motion  
55 Bard's "before"  
56 Stan who co-created Spider-Man  
62 The works  
63 Not refined  
65 Alter deceptively  
66 Morning moisture  
68 Seizes  
70 Snaky fish  
71 Cross  
73 Like Georgia Brown of song  
74 Level off  
75 Wildebeest  
76 Luau dish  
77 Batman or Superman  
79 Yearn (for)  
80 Skewer  
81 Unclear  
82 "What are the \_\_\_\_?"  
84 Early Beatle Sutcliffe

- 87 Proctor's call  
88 Fasten  
89 Italian \_\_\_\_  
90 Gravestone writings  
91 Carry the day  
95 Horse color  
97 Econ. measure  
98 No longer on the bottle  
99 Bolted  
102 Part of LED  
103 TV award  
104 Peach pit  
105 Japanese chess  
106 Market purchase  
107 Exposed  
108 Book of maps  
109 New Testament book  
110 Injured  
111 On the main  
113 Muscat's land  
114 Mysterious character  
115 Atlanta-based sta.  
116 Trouble's partner  
117 Shred

- 119 Blast producer



Life Goes On

By Rick Kennedy

October’s puzzle winner was Nancy Wilson, of Pond Street. Congratulations! She has won a free “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside’s Restaurant, on Nahant Road, then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.

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



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA  
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DEADLINE INFORMATION  
DECEMBER 2010

All Community Calendar items, personal ads,  
classifieds, business ads, articles and short stories.  
**MONDAY, NOVEMBER 15th • midnight**  
Home Delivery: Saturday, November 27th.

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Route 7: SE Big Nahant	
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Route 8: Bass Point Apts	

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.**

Harbor Review Distribution

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

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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 – November 2010

Mon	1	12:00P	Blood Pressure & Glucose – Tiffany Room
Thurs.	11		Veterans Day Holiday – Dining Room closed
Thurs.	18	10:00A	Foot Clinic – by appointment
Thurs	18	11:30A	Special Thanksgiving Luncheon
Mon.	22	12:30P	Health & Safety Information for Seniors. Nurse from All Care – Tiffany Room
Tues.	23	10:00P	SHINE Representative by appointment, Tiffany Room Prescription & Medicare Assistance
Thurs.	25		Thanksgiving – Dining Room closed
Tues.	30	12:30 P	November Birthdays – Cake by Roz – Tiffany Room
Monday thru Friday - Lunch Tiffany Room -11:30 a.m.			
Mondays	9:00A		Senior Yoga – Community Center
Mondays	10:15A		Senior Exercise – Community Center
Tuesdays	9:00A		Quilting – Community Center
Tuesdays	5:00P		Afternoon Senior Exercise – Community Center
Tuesdays	1:00P		Cribbage, cards, puzzles – Community Center
Wednesdays	12:30P		Shopping Trip from Tiffany Room or call for pick-up
Thursdays	10:15A		Senior Exercise – Community Center
Thursdays	5:00P		Afternoon Senior Exercise – Community Center

VAN TRANSPORTATION AVAILABLE FOR COA ACTIVITIES AND TRIPS  
CALL 781-581-7557

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.

Call 781-592-4148 for advertising information. Thank you.

Where’s HOOMPA?

Maisie and Anton Vasquez, Braden and Nathan Howard and Jordyn Sullivan took HOOMPA to the sweetest place on earth, Hershey Park in Hershey, PA.  
Submitted by Robyn Howard.



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EMERGENCY MANAGEMENT

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

An Invitation

Are you new in Nahant? Seeking a new church home? Or, are you lonely? Bored? Want to give back to the community? Then the Nahant Village Church is the place for you! The members of the Nahant Village Church represents a Union of all Protestant church groups in Nahant. We invite you to share in our fellowship and worship, to make this your church home and to call upon us for service.  
Please visit the Village Church’s web site at www.nahantvillagechurch.org, or call 781-581-1202, for more information.  
The Nahant Village is affiliated with the United Church of Christ, a progressive Protestant denomination with roots in the founding of our country.

Help keep the Harbor Review coming to your door! Become a Home Delivery Subscriber today! Only \$20 to be “in the know!” Thank you...

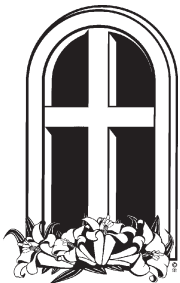


Community Calendar • November 2010

MON	1		ALL SAINTS DAY
MON	1		BBBS donations pickup
TUE	2		ELECTION DAY
FRI	5	8:00A	FREE Breakfast at Village Church...Travels to Brazil
SAT	6	1:30P	Appraisal Day, Nahant Community Center. Till 4:00 p.m.
SUN	7		DAYLIGHT SAVING TIME ENDS
SUN	7	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	7	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	7	11:45P	Sunday Social in Swansburg Hall. Come share coffee and light refreshments, after the Worship Service, at the Nahant Village Church. All are welcome.
SUN	7	3:00P	The Finest Hour, Michael Tougias, at Nahant Library
TUE	9	11:00A	Woman's Club Veterans Day Celebration at Village Church
WED	10	12:30P	Veterans Day 2010 at Johnson School Cafetorium
THUR	11		VETERANS DAY
THU	11	11:00A	Memorial Service, Greenlawn Cemetery and Veterans Memorial Park.
SAT	13	10:00A	LACC Home & Garden Show at Swampscott High School
SAT	13	10:30A	Swampscott Church Fall Spiritual Festival, till 4:00 p.m.
SAT	13	5:00P	Italian Candlelight Dinner at Village Church. Til 8:00 p.m.
SAT	13	6:30P	MCCPS Auction at Nahant Country Club.
SUN	14	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	14	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	14	11:45P	Sunday Social in Swansburg Hall. Come share coffee and light refreshments, after the Worship Service, at the Nahant Village Church. All are welcome.
THU	18	9:30A	Coffee & Conversation, SWIM and Northeastern
THU	18	6:00P	Peter Alden speaks to Garden Club at Village Church
SAT	20	9:00A	Lions Turkey Shoot at Nahant DPW. Till 2:00 p.m.
SAT	20	2:00P	Diablo Glass Christmas Sale, Terrace St., Boston, Till 8:00 p.m. info www.diabloglass.com
SUN	21	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	21	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	21	11:45P	Sunday Social in Swansburg Hall. Come share coffee and light refreshments, after the Worship Service, at the Nahant Village Church. All are welcome.
SUN	21	3:00P	To Sing, To Play, To Enjoy Concert at Library.
MON	22	7:00P	Ecumenical Thanksgiving Service at Village Church
THU	25		HAPPY THANKSGIVING!
SAT	27	9:00A	HOLIDAY FAIR, TOWN HALL TILL 3:00 p.m.
SAT	27	10:00A	Lions Eye Mobile at Nahant Town Hall (Rear) Till 2:00P
SUN	28	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	28	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	28	11:45P	Sunday Social in Swansburg Hall. Come share coffee and light refreshments, after the Worship Service, at the Nahant Village Church. All are welcome.

Nahant Village Church  
27 Cliff Street, Nahant

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



All Faiths Welcome!

Swampscott Church  
of Spiritualism

59 Burrill Street  
Swampscott, MA 01907  
781-595-6972



Sunday service at 10:30 a.m.

Hands on Healing • After service Coffee Hour  
All are welcome!

Reverend Joseph Shiel, Pastor  
[www.theswampscottchurchofspiritualism.com](http://www.theswampscottchurchofspiritualism.com)

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

FREE Nahant Dory Club Decal  
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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

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