



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 10

OCTOBER 2010

NPD Brief Notes

In response to the many unhappy residents about the 25 mph speed limit on the causeway, the Nahant Police Department does not set the speed limit. The Department of Conservation and Recreation (DCR) sets the limit for the construction project.

Due to the recent hurricane threat, all the town departments had a "dress rehearsal" for the level of preparedness needed to ensure public safety. The town is in good shape. Shortcomings were addressed and Chief Dwyer got a grant from MEMA for essential supplies for future bad weather situations. All were enlightened by how well the departments worked together. BTW, the Johnsons School is the designated emergency shelter.

Also, the construction crews on the causeway assured us that in the event of an emergency, they stand ready to assist in any way they can.

Noah Clark, the newest member of the police department is enrolled in the MBTA, for police training. Officer Clark said, "I look forward to this experience and to getting back to work when my time at the academy is done." Officer Clark will be attending the academy, which is in Quincy, Monday through Friday, for six months, fifty hours a week. We wish him, "Good Luck!"

Announcement

The Town of Nahant is seeking applications for the position of Executive Director for the Nahant Council on Aging. Applicants should submit a cover letter and resume addressed to Mark Cullinan, Town Administrator, at Nahant Town Hall, 334 Nahant Road, Nahant, MA. 01908. A complete job description for the position is posted on the Town of Nahant website at www.nahant.org. Copies are also available at the Nahant Town Hall, during working hours.

All applications will be reviewed by members of the Council on Aging. The deadline for receiving applications is Oct. 20, 2010, at 4:00 p.m.

From the Town Clerk's Office

Tuesday, October 19th, is the election date for Nahant's Special Election. The special election is being held to fill the vacated Selectmen seat.

Polls will be open from 7:00 a.m. until 8:00 p.m., at the Nahant Town Hall. Absentee Ballots will be available.

There will be a voter registration for this election which will be held on Wednesday, September 29th, at the Nahant Town Hall, in the Town Clerk's office. This Registration session will be held from 9:00 a.m. until 8:00 p.m. and you must have your ID with you.

Please contact Peggy Barile, Town Clerk, with any questions you may have.

Selectman Candidates Debate October 6th

Sponsored by the Nahant Woman's Club



The Nahant Woman's Club is proud to present a political debate between our two candidates for the Office of Selectmen, Lainey Titus and Jen McCarthy. The debate will be held on October 6th, at the Nahant Town Hall, beginning at 7:30 p.m. The Moderator for the debate will be Joyce Maroney, Chairman of the Nahant Finance



Committee.

The Woman's Club invites everyone to come and learn about their positions, plans and philosophies of the two candidates, as they relate to Town matters.

For more information, please call NWC President, Wendy Payne, at 781-581-2631, or NWC Treasurer, Marrit Hastings, at 781-581-5691.

Please come and become more informed, before you cast your vote on Tuesday, October 19th. Light refreshments will be provided.

Supreme Judicial Court Appoints

Nahanter Marilyn J. Wellington

Executive Director Board of Bar Examiners

The Justices of the Supreme Judicial Court announced the appointment of Marilyn J. Wellington, as Executive Director of the Board of Bar Examiners. She fills the position previously held by Elaine Vietri, who retired earlier this year. The appointment is effective on September 1, 2010.

The five-member Board of Bar Examiners is responsible for the examination and the review of the qualifications of all persons seeking admission to the Massachusetts Bar.

Ms. Wellington's duties will include: assisting the members of the Board with their functions in the bar admission process, including administering the bar examinations, determining eligibility for admission to the bar and conducting investigations and hearings, with respect to character and fitness. She will also be responsible for the supervision of the office of the Board and the preparation and maintenance of records, as well as coordinate with the Clerk of the Supreme Judicial Court for Suffolk County.

Ms. Wellington has as Executive Director of the Massachusetts Bar Association, Court Administrator at the Boston Municipal Court Department, Chief of Staff of the Administrative Office of the Trial Court and consultant for the National Center for State Courts. (Continued on page 22.)



For a ride to the polls on October 19, 2010
please call Sue at 781-842-2448
Provided by the Committee to Elect Jen McCarthy



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All the Presidents' Women at the Public Library

The Devena Theatre Company will present "All the President's Women," at the Nahant Public Library, 15 Pleasant Street, Nahant, on Sunday, October 17th, at 3:00 p.m.

A live, free performance, this play explores the lives (sometimes behind closed doors!) of some United States presidents and their wives. Find out which of our most famous first ladies was committed to a mental institution by her own son! Have we already had a female president? Could one of our first ladies have murdered her husband while he was still in office?

This entertaining and educational production features Lynne Moulton and Fran Baron in multiple roles. Joseph Zamparelli, Jr. directs the production. Lively entertainment, these fascinating stories evoke dialogue after the performance, between the cast and the audience.

Founded in 1992, The Delvena Theatre Company has performed at various venues, most often at the Boston Center for the Arts. The company was nominated for five Independent Reviewers of New England awards. Its production of "Who's Afraid of Virginia Woolf?" was on Theatre Mirror's Best List for acting, direction and production.

Delvena Theatre's presentations of Anna Weiss and Beyond Therapy were included on Theatre Mirror's Best Plays list and Blue Heart was placed on Aisle Say's Best list.

All the President's Women is offered free to the public and is supported in part by a grant from the Nahant Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency and by the Friends of the Nahant Public

Library. For more information, call the Nahant Public Library at (781) 581-0306.

Submitted by Daniel deStefano, Director, Nahant Public Library

Project Sweet Dreams - Pajamas for shelters

The Woman's Club continues our commitment to Domestic Violence Awareness and Prevention. Remember the feeling of getting into your PJ's at the end of a long day? Remember how safe and snuggly that feels? Many women and children - local to us - do not have that feeling.

Project Sweet Dreams is a state wide project lead by The Greater Federation Of Women's Clubs Of Massachusetts. Here in Nahant, it is the goal of The Nahant Woman's Club is to provide as many sets of new pajamas for both women and children as we possibly can. All sizes are needed and every contribution will make a difference in someone's life. There are many shelters local to us and THE NEED IS GREAT. Please, if you feel you can contribute by picking up a pair of PJ's or by giving a financial contribution - please call Wendy at 781 581 2631, or email wendy-payne@comcast.net. The date for distribution is October 5th, so I need them before then. So far many thanks to Lissa Stempek, Maureen Edison and Maria Welsh - you have all made someone feel a little safer. Submitted by Wendy Payne

Curious Creatures at the Nahant Public Library

Nahant Public Library, located at 15 Pleasant Street (781-581-0306), will present "Curious Creatures" with live exotic animals, on Wednesday, October 20th, at 3:00 p.m.

The Library is grateful to the Friends of the Nahant Public Library for funding this program. Admission is free. Submitted by Rita Stepanova, Children's Librarian

New Exercise Class

Due to the popularity of the morning senior exercise class with Linda Peterson, Instructor, the Council On Aging will be adding a late afternoon class. The class will be held at the Community Center at 5:00 p.m., on Tuesdays and Thursdays. If you are not available mornings, you are invited to try this new class scheduled later in the day.

Come join in the fun and enjoy the benefits of exercise. There is no cost. For information about this and all our classes, please call 781-581-7557, or e-mail ddesmond@nahant.org.

Fall into Autumn at the NWC Fundraiser

The Nahant Woman's Club is holding a fundraiser to welcome Autumn at the Tides on October 14th, from 6:00 to 9:00 p.m. This is a great chance to get out and have dinner with your friends while you help a good cause. The Tides will donate 10% of all proceeds from the night, to the church. In addition, there will be a raffle featuring Autumn-themed items. Save the date for this enjoyable night out. We'll see you there! Submitted by Maria Welsh

Think Spring: All About Flowering Bulbs at October 1st NVC Free Breakfast

This is the perfect time to plan a spectacular spring garden, filled with a variety of bulbs. Get inspired at the Friday, October 1st breakfast, at the Nahant Village Church. Marrit Hastings will give a presentation, based on her late April visit to the Netherlands, where she grew up. The presentation includes a brief history of bulbs and the bulb trade, pictures of spectacular bulb fields, a tour of one of the most beautiful horticultural parks, "The Keukenhof" and some great bulb planting suggestions. The Keukenhof is often called "The Garden of Europe" and it is the largest flower garden in the world.

On the eve prior to the breakfast (Thursday, September 30th) come to the Tides Restaurant for dinner and buy chances to win a beautiful bulb basket, containing a variety of bulbs and a bulb planter. This fundraiser which takes place from 6:00 to 9:00 p.m., benefits the Nahant Village Church.

The breakfast is free (no reservations required) and all are welcome. So please come and bring one or more friends for a hearty breakfast, wonderful camaraderie and an informative presentation. Breakfast is served at 8 a.m., with the presentation taking place from 8:30 to 9:00. So take steps now in anticipation of a glorious, colorful, flower-filled spring.

Fall Indoor Flea Market at the NVC October 16th

This old fashioned indoor rummage sale, to be held at the Nahant Village Church, on Saturday, October 16th, from 9:00 a.m. to 2:00 p.m., is a fun event for the entire community, so plan to come and get involved. We are looking for donations of items to sell – used, or new, house and kitchen ware, used fall/winter clothing, toys, books, DVDs and CDs, small furniture items, you name it. However, we cannot accept televisions, or computer screens. The DPW recycles those items at a modest cost.

Drop off hours are Wednesday (10/13) from 9:00 -Noon; Thursday (10/14) from 9:00 to Noon and from 6:00 to 8:00 p.m. and Friday (10/15) from 9:00 to 3:00. Items can be left in Swansburg Hall at the church. If these hours are not convenient, please call Marrit Hastings (781-581-5691) to arrange for another drop off time.

Spread the word to friends and family and plan to come to the flea market for some great bargains.

Saturday, November 13th Italian Dinner at NVC

Plan to come to a great Italian dinner with spaghetti and meatballs, salad, garlic bread, desserts and refreshments, on Saturday, November 13th, with continuous seating from 5:00 to 8:00 p.m., at the Nahant Village Church. The cost is \$9 for adults; \$7 for children under 12. Save a \$1! Buy your tickets at least 24 hours in advance. Tickets can be obtained from our church secretary, Andi Sousa (781-581-1202), Ione Hansell (781-581-5673) and Cal or Marrit Hastings (781-581-5691). Submitted by Marrit Hastings

Celebrate Fall with the Village Church at the Tides

As the weather cools, join your friends and neighbors at the Tides, on September 30th, for a Nahant Village Church fundraiser. From 6:00 to 9:00 p.m., the Tides will donate a portion of all proceeds to the church, to support their work in helping the needy, both in Nahant and elsewhere on the North Shore. The need is great, especially in this economy, so this is a great opportunity to do a good deed and have a good meal. There will be a raffle with many one-of-a-kind items, and all your neighbors will be there.

So mark the date. Don't cook September 30th; head down to the Tides.

Mass Theatrica Presents IOLANTHE

Mass Theatrica is delighted to open the 2010-2011 season with a fully staged production of Gilbert & Sullivan's "Iolanthe," a political satire set in fairyland, on Saturday, October 2nd, 8:00 p.m. and Sunday, October 3rd, 4:00 p.m., at LynnArts at The Neal Rantoul Vault Theater, 25 Exchange Street, Lynn, MA.

Admission is \$18, \$15 seniors and college students and \$8 for ages 12 and under. For more information about the program, please contact Mass Theatrica: phone: 508-757-8515, email: masstheatrica@yahoo.com or website www.masstheatrica.org. For directions to LynnArts, visit Directions to LynnArts. See insert for more information.

PHOTO on insert: Rebecca Hains as Phyllis in a more traditional version of "Iolanthe" in Buxton, England



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To My Fellow Nahanters:

It has been a pleasure getting to know more of you over the last few months.

I welcome the opportunity to serve you as Selectman, and I respectfully ask for your vote on October 19th.

Thank you for your support,

Lainey Titus

To learn more about my campaign, please contact me at tlainey@gmail.com or 781-608-0216.

www.laineytitus.com



Events at the Lynn Auditorium

Nahant residents! If you haven't heard, just across the causeway, the Lynn Memorial Auditorium is back on the map as one of Massachusetts's premier entertainment venues! Opened in 1948, the City of Lynn's Memorial Auditorium was built as a state of the art entertainment facility. Over the years we have hosted acts such as The Beach Boys, Billy Preston, Delaney & Bonnie, Roy Orbison, Fats Domino, Victor Borge, The Coasters, The Drifters, Frank Sinatra Jr, the New Kids on the Block, Jay Leno and the Boston Ballet!

Over the past few years the auditorium has been totally refurbished and renovated. From state of the art lighting and sound systems, to new curtains, seats, rigging, loading docks, a pit filler and power, the Lynn Auditorium has jumped back onto the entertainment scene!

Kicking off the restoration, Keith Lockhart and the Boston Pops played a blue ribbon cutting performance. This event was followed with performances such as Peter Paul & Mary, Bill Cosby, Foreigner, The Vienna Boy's Choir, Emerson & Lake, Bill Cosby, The Irish Tenors and a variety of other dance, musical and speaking events! We are now happy to announce our Fall / Winter 2010 line up...

* November 5th, Direct from the Plaza Hotel & Casino in Vegas. The Rat Pack is Back!

* November 19th, The rockin tunes of Southside Johnny & The Asbury Jukes," with special guests, The Fools!

* November 20th, the ultimate Journey tribute band, Captured, with special guest GE's own, The Cheap Dates

* December 5th, international megastar Julio Iglesias!

* December 18th, three time Grammy Award winner, Kenny Rogers for a Christmas Special!

Also, watch for announcements on other shows like Joe Lewis Walker & A Room Full of Blues, Hall & Oats and Big Bad Voodoo Daddy!

Tickets will go fast. Call 781-581-2971, visit us on-line at www.lynnauditorium.com, or stop by room 311 in Lynn City Hall, 3 City Hall Square, Lynn, MA!

Nahant Garden Club News

The Patios, Porches and Peaceful Views garden tour was a huge success. It was a sparkling day and we thank people from the town for supporting our event. Out-of-town visitors will always remember Nahant as they scrambled from house to house enjoying views and delicious refreshments while some carried lovely plants under each arm to take home. We thank homeowners Blank, Berkowitz, Butera, Costin, Lowell, Maguire, Marden and Risch for sharing their porches and views to happy and delighted guests. They will never forget it.

We have an upcoming field trip to Deer Isle on October 5th, organized by past president Nancy Whitman. We will carpool leaving from the St. Thomas Aquinas Church's parking lot.

Maureen Edison and Maureen Lock have organized a fundraiser at the Tides Restaurant from 6:00 to 9:00 p.m., on Monday, October 18th. There will be a wonderful raffle. Please come one and all and enjoy a night out with your Garden Club friends!

We welcome the new members of our slate of Officers: 1st VP Suzanne Hamill and 2nd VP Pat Adolf and our new Directors: Doris Bongiorno, Marie Ford, Mary Ann Putnam, Laurie Meagher and Mary Ellen Schumann.

We offer a warm welcome to the new members of the Nahant Garden Club: Diana Brandi, Barbara Caloggero, Molly Conlin, Mary Lermond, Betty Macarelli, Vi Patch, Lisa Perella, Barbara Rizzo, Elizabeth Sweeny and Deborah Vanderslice.

We welcome back Wendy Payne and Karen Savino. Stay tuned, we have a busy and exciting year ahead of us.

Submitted by Edie Hunnewell, President

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**Update from the Northeastern University
Marine Science Center**
Submitted by Carole McCauley,
[C.McCauley@neu.edu]

Three Seas Program in its 27th Year

Perhaps you have already encountered one of the 20 new university students around town, but if not, be on the lookout! Last month, the Marine Science Center welcomed its 27th class of students in the Three Seas Program. Formerly known as the East/West Program, this initiative includes both undergraduate and graduate students from Northeastern and eight other universities around the country.

Participants spend the autumn semester studying at the Marine Science Center, focusing on New England coastal habitats and research methods. Most of them live here in Nahant during that time. The winter semester involves 10 weeks of study at the Smithsonian Tropical Research Institute in Panama, and then 8 weeks in the spring at the University of Washington's Friday Harbor Labs.

Undergraduate students then return to their studies, while graduate students will then go on to complete a 6-month internship in a research setting before graduating with a Professional Science Masters degree.

Alumni in the program have gone on to gain admission to the most competitive graduate programs and have become leaders in their field. Some have even returned to Northeastern as doctoral students or faculty members. So if you see any cheerful Northeastern students studying the rocks, or beaches around town, be sure to stop and say hello!

Here is our Calendar for the monthly lecture series:

Tuesday, October 19th, 2010, 7:00 p.m. Environmental Benefits and Impacts of Aquaculture and Relevance to the North Shore, by Dr. Joe Buttner, Associate Professor, Department of Biology, Salem State University

Tuesday, November 16, 2010 at 7:00 p.m. Origin and Evolution of the First Shelled Animals: Details from the Rocks of Nahant. By Dr. Richard Bailey, Professor, Department of Earth and Environmental Sciences, Northeastern University.

Please note that these events are free and open to the public. Lectures will take place in the Murphy Bunker, and refreshments are served half an hour before the start of the event. There is no need to RSVP. Lectures will generally last for one hour. For more information, call 781-581-7370, or email mscinfo@neu.edu.


Willy Wonka at Marblehead Little Theatre


With its cast of 70+, 'Willy Wonka' is Marblehead Little Theatre's big fall stage spectacular. Directed by Henry Dembowski, 'Willy Wonka' continues the theatre's yearly tradition of staging large and highly stylized productions. Audiences can expect a dazzling visual and theatrical presentation of this perennial favorite, featuring Kristian Hosker and Harrison Hosker, of Nahant, as well as many adults and children from around the North Shore. The show will be produced by Lori Lord and Christine Dhionis with musical direction by Karen Gahagan. Performances will be held at the Nelson Aldrich Performing Arts Center located within the Marblehead Veterans Middle School at 217 Pleasant Street, Marblehead.

For more information and easy online ticketing, visit www.MLTLive.org, or call 781-631-9697

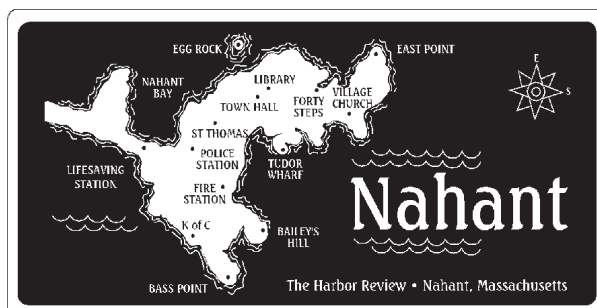
Tuesday, October 19, 2010

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Ooops!

In last month's issue I made an error in the Traditional Breads ad. The Free Bread coupon was in error. It should have read: "Free Bread 'with any bakery purchase.'" A layout boo-boo.

The owner and staff of the Traditional Breads company were not at fault. My apologies to the readers and to Traditional Breads for the error. The corrected ad is below. Thank you for your graciousness and understanding. —Donna Lee Hanlon, Editor



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A Hidden Treasure in Lynn Lupita Restaurant

With over 14 years in the restaurant business, owners Francesca and Erasmo Cabrea, have opened a new location, Lupita Restaurant, featuring authentic Mexican cuisine, at 22 Munroe Street, in Lynn, right next store to the Community Garden. Sally and I visited one day to check out the food. When we entered, we were immediately in love with the little dining area. It was intimate and cozy, with brightly colored walls adorned with Mexican artwork and beautiful sombreros. The tables were covered with bright serape cloths and music was playing softly in the background.

I ordered the beef tacos, she ordered chicken fajitas (their specialty). When the tacos came, I was surprised. They didn't look like the tacos I was accustomed to, you know, the Taco Bell variety. They were soft tacos, made with bite-sized pieces of very tasty, grilled steak tips and freshly chopped vegetables. They were served with a lightly seasoned rice and taco sauce. They were delicious. Sally's fajitas were delicious, too. Plenty of grilled chicken and fresh veggies, she raved over them. Although the waitress was extremely busy, she came right over when we flagged her down for the check.

Located just down the street from their very busy takeout restaurant, Tacos Lapita, at 129 Monroe Street, they opened this restaurant to meet the needs of their customers.

"We needed more space for our eat-in customers and our other restaurant, Tacos Lapita, up the street, is primarily a take-out restaurant. It didn't have enough room to accommodate our eat-in customers," said Francesca. "This restaurant can accommodate 49 diners."

While we were there, people were coming and going. They were doing a great take-out business, in addition to the eat-in diners.

Francesca says they are currently seeking a beer and wine license, at the request of their customers.

The Cabreas opened their first location, which Francesca's sister currently operates, in Somerville, 14 years ago. Their second location, Tacos Lapita, just up the street at 129 Monroe Street, has been open for nine years. After having lunch at Lupita's, I can see why. The food has the freshest veggies and meats and is very tasty.

The Cabreas are celebrating Lupita's Grand Opening on Saturday, September, 25th. A lively Mariachi Band will be playing at the restaurant from 6:00 to 8:00 p.m. Sally and I recommend that you visit this restaurant soon to enjoy some of the freshest, most authentic Mexican food, this side of the border, just across the causeway. Delicious!

To better serve their customers, the Equitable Cooperative Bank on Nahant Road will be closed on Saturday, October 16th, for equipment updating.



A Hidden Treasure in Swampscott

Caffe Paolina Cucina Italiana



One bright sunny day, Sally and I were out and about in Swampscott. It was lunchtime and we were hungry. We decided to stop at the Caffe Paolina, a small “cucina Italiana” at 646 Humphrey Street, for a bite to eat. We had both driven by this hidden treasure many times wondering what the food was like, so this was the day we would stop in and eat.

As we entered, we were greeted with a smile by the owner, Paolina Lepore. She guided us to a booth and

gave us menus. There were so many wonderful dishes that it was difficult to select. We wanted to try them all, but we only had an hour. Sally chose the Calabrese Insalada and I chose the Homemade Gnocchi in Marinara Sauce. Sally’s salad was huge; piled high

with fresh greens and tomatoes and freshly shredded mozzarella cheese served with cruets of balsamic vinegar and olive oil. “Yummm!” She exclaimed, “Delicious!”



My Homemade Gnocchi was excellent; cooked al dente, served in a creamy, cheesy-tomato sauce, which was delicately seasoned

to perfection and adorned with fresh basil leaves. It tasted wonderful and brought back memories of my Italian grandfather, who taught me how to make gnocchi, long ago, when I was a young girl.

We took home half of our meals so we could have room for dessert. Out came a sinfully rich Chocolate Ice Cream Truffle for me and Sally totally enjoyed the Italian Cannoli. The desserts were fabulous!

At Caffe Paolina, all dishes are made to order with the freshest ingredients. The restaurant is small, bright and cozy. While we were there, we saw many wonderful dishes come out of the small kitchen for other diners.

Steamed mussels, tomato slices with fresh mozzarella and basil, etc. As the food went by our table, we promised ourselves that, “Next time, we’ll try that, or that, or that!” Everything they prepared smelled delicious and looked very tasty.

Next time you are in Swampscott, or want some authentic Italian food, freshly prepared and served with a smile, stop in to see Paolina. They also do take-out. Call 781-593-6455. They are open for breakfast, lunch and dinner. Tell them Sally and Donna recommended the food.



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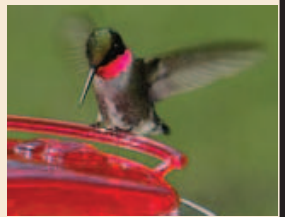


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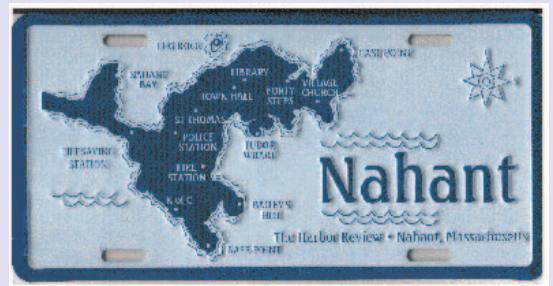
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Fountain of Youth?

By Sallee Slagle, Director, Dance Dimensions

Human Growth Hormones (HGH) are naturally occurring in our bodies and is essential for our development from childhood to adulthood. At the age of 35, our HGH levels decrease dramatically. HGH plays many roles including stimulating cell growth, cell replacement, promoting fat burning, increasing muscle mass and bone density. As this hormone level declines, we see the negative results in our bodies. Cell reproduction is slower. As we age, our lives usually become more sedentary, the body seems to lose muscle mass, which also contributes to bone loss and lower metabolism, which also then leads to a middle-age “spread” which we all want to get rid of, or avoid. Without sufficient HGH, it seems we will age.

Some people take HGH supplements to help promote more energy and more muscle tone. It has a reputation as an anti-aging supplement and fountain of youth. HGH certainly promotes better physical function associated with youth, but there are possible side-effects with taking HGH as a supplement? Athletes have also injected it as a performance enhancing substance. The best way to get more HGH in your body is, of course, to produce it naturally from within.

How, you ask? Well there are many factors that contribute to the positive production of HGH within your body. The most notable increases in HGH occur during and after exercise. The exercise must be rigorous to stimulate this synthesis. The best exercise activity that produces HGH, is explosive, sudden, quick actions, i.e., jumping, sprinting, full exertion in bursts, with time in between to recover. This is the type of exercise that triggers the bodies production of HGH.

So, once again, exercise could be the fountain of youth. Well, I do believe that it could be true. Exercise certainly helps to keep your mood up and your energy levels higher. Ever notice the active older person is usually more youthful?

You may have heard that there are two types of muscle fibers, slow twitch and fast twitch. To produce HGH your body needs to use a third kind of muscle fiber that is even faster. Some call it another type of fast twitch, super-fast twitch. It can exert even more energy and very, very quickly.

Some argue that these two types of fast twitch are only different as needed and they can be either type of fast twitch. It is the use of these fibers and these explosive and short bursts of exertion that produce HGH. Use this to help boost your metabolism and increase your muscle mass and bone density. Aerobic and strength training are important forms of exercise for many reasons, but they use slow twitch and do not produce HGH.

After exercise, the benefits continue and for about two hours your body is running at a different pace. Your body is often burning the fat after the workout. The production of HGH is also occurring after exercise. This is a critical time for the body to rebuild and new research is warning that any spike in insulin can cause HGH production to halt! So for up to 2 hours after exercise it is recommended that you monitor what you eat and avoid sugar, fruit juices and sports drinks, as these would negate the HGH benefits. Athletes more interested in recovery may use carbohydrates and sugars to help replenish quickly for more activity.

Another factor in HGH production is sleep. Good rest is vital to good health and influences HGH production. Be sure to get good sleep. This can help your mood, too! Exercise, of course, contributes many things to help keep our youthful qualities, as we get older. It will keep our bodies limber, agile, coordinated and, maybe one of the most important, balanced. Posture and balance are key. It also has been proven to help cognitive function. Now you also know that exercise intensity can create HGH the fountain of youth? Maybe. Try it.

The Bandwagon thrills Nahant Crowd at Mitchell's Cahnah Block Party

It was a-rockin' and rollin' ride for a hometown crowd of partygoers, Sunday, September 5th, at the annual Nahant block party. The Bandwagon members, Bruce Tarney on vocals, John Leblanc on bass guitar, Henry White on drums and Dominic Cievlo on guitar, played three lively sets full of classic rock and recent radio hits.

Opening with Great White's hit, “Once Bitten, Twice Shy,” it was a classic revival of one anthem after another. Frontman, Tarney, on vocals, showcased his strong, pitch-perfect voice, sharing wits, as well as telling the crowd he was born in Columbus, Ohio. He did a dead-on Boston accent to prove he could also “pahk the cah.”

Tarney, a former drummer turned vocalist for the band “Streetheart,” shone through on the song “Feedin' the Fire,” paying homage to his past. Among the highlights were a smoldering “Beast of Burden,” the gorgeous and effecting ballad “Sorry” and a Black Crowes bluesy rocker “Hard to Handle.” Wrapping up the show in the third set was a jamming “Money, Money.” With confetti flowing and dancing fans on the stage (including one ecstatic blonde) the band thanked the crowd. We could just hear Bruce say, “We're wicked happy we could be he'ah!” Submitted by Ashley Madison

North Shore Physical Therapy Q & A

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

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

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

Picking up the leaves you have raked can also be hard on your back. Bagging leaves may be done from a kneeling position, on a foam pad. If kneeling is difficult, or painful, try partially filling the bag by placing the bag inside a trash container and pulling the bag out when partially full. Remember that lifting wet leaves may be more difficult, since wet leaves weigh more. You may want to leave wet leaves in a pile to dry out and postpone the lifting to the next day.

When you lift the bag, keep your back straight and engage your abdominal muscles by drawing your belly button in toward your spine as you lift. Keep the bag close to your body and avoid carrying it any further than necessary. A wheel barrow may come in handy for this. You may be able to drag a paper leaf bag, if it's partially full. After you are finished raking, stretch your back, shoulders and legs and use ice, if you are sore. If pain persists, do not rake again. Call your doctor and / or physical therapist.

Submitted by Susan Finigan, North Shore Physical Therapy

Tune-up Time

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

For some, the cold weather exasperates the tension that lies dormant in the summer. Our shoulders and low back begin to grumble and occasionally our feet feel like painful planks, when we first get up in the morning and start walking. With the first morning steps, we hobble and shift, distracting ourselves and amusing our loved ones with the painful sing-song sounds of "oo-ow-ow-oo"! When getting in, or out, of a chair we feel like our hips have a creaky old hinge. After a while, the body starts to warm up and the discomfort lessens, but winter is on its way and so is more of the same. A tune-up, with a warm, therapeutic massage, may quiet the grumblings, restore fluidity of movement, vigor and help to enhance health by alleviating stress, tension and boosting the immune system.

Frequently, we tolerate discomfort until we can no longer take it. The home remedies have angered the knot and, as if the pain and discomfort are not cruel enough, the last minute call to the therapist brings disappointment. If you have been poking and aggravating the knot, or area of discomfort, you may have unintentionally caused inflammation. A knowledgeable therapist may suggest that you wait a day and leave the area alone, or apply ice to calm it down. Often, a popular body worker may not be available for an immediate session, due to being booked up. Now what?! Simply ask the therapist if they may know of anyone that could help. Usually massage therapists have connections with other body workers and may be able to help you locate one.

If you strike out on your own, it is important to find a qualified, trained and licensed practitioner. Check for credentials. Your therapist should either be registered with American Massage Therapy Association (AMTA), or Associated Bodywork & Massage Professionals (ABMP) and also with the State that they are practicing in. At the websites of the www.amtamassage.org, www.abmp.com and www.mass.gov, you can check a therapist's status, certifications and training.

Susan Cadigan is Licensed and Nationally Certified in Therapeutic Massage and Bodywork. She holds an Advanced Massage Therapy Diploma and is certified in advanced deep tissue techniques-Neuromuscular Therapy and Myofascial Mobilization. Nahant Therapeutic Massage is located in the old Valley Road School/Community Center; 41 Valley Road. Please call Susan at 617-240-4252 for immediate attention or leave a message on the office phone at 781-780-3733. For more information please visit www.nahantmassage.com

The Nahant Garden Club Scholarship Winner

The Nahant Garden Club is pleased to announce that this year's \$1,500 scholarship was awarded to Juliana Liscio, daughter of Mr. and Mrs. David Liscio of Nahant. The scholarship was presented during the sixth grade graduation ceremony at the Johnson School in June. Julie was an outstanding student who graduated from Swampscott High School, a member of the Class of 2010.

Julie is a scholar as is demonstrated by her class rank of 8th and her election into the National Honor Society. She has been accepted into the Honors Program at University of Delaware, where she will be study Biology.

In athletics, Juliana participated in three sports at Swampscott High School. She was a member of the Varsity Swim Team for 4 years, Varsity Field Hockey for 2 years and Girl's Cross Country for 1 year. Julie also demonstrated leadership qualities by being elected Vice President of the Debate Team for 2 years. Clubs were of great interest to Julie for she belonged to the Drama and Physics Clubs while at Swampscott High.

Juliana's academic awards included being named a Commended Student by the National Merit Scholarship Program. She earned a Certificate of Merit and was a Silver Medalist in the National Spanish Exam.

Community Service projects that Julie participated in were Holiday Caroling and volunteering at a local nursing home. Also, Julie volunteered her time to tutor struggling students in her high school, in the areas of physics and history. These were a few of the many accomplishments successfully completed during her high school career.

Other accomplishments Julie achieved were sailing. She shared her knowledge of the sport with the youth of Nahant by working in the Nahant Sailing program, as a Senior Instructor. She honed her retailing skills by working at Panera Bread Company. Julie hopes to become a physician and will begin this process this fall, at the University of Delaware.

The Nahant Garden Club wishes Juliana a very successful and rewarding career.

Spirit Night at Swampscott Church of Spiritualism

A Spirit Night will be held at the Swampscott Church of Spiritualism, on Saturday, October 9th, at 7:00 p.m. The readers will do their very best to be sure that everyone receives a reading. Light refreshments will be served following the program. Donation for this event is \$20. All are welcome.

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Extreme Pelagic Birding and a Rescue at Sea
By Linda Pivacek

Sea birds spend their lives roaming the trackless oceans of the world and go ashore only to breed. These are the pelagic species including albatrosses, petrels, gannets, shearwaters, skuas, jaegers and others. They have evolved to soar with winds and storms and feed off the sea. Shearwaters save energy by gliding on the wind and “surfing” indefinitely on cushions of air pushed by the waves. Some dive and swim for fish and others take food from the surface or even steal it from other birds. In many ways pelagic birds are a world apart from our more familiar land birds. As a group, they have little color in their plumage, which is usually a combination of white, black and gray or brown tones. Birders seeking to see these fascinating and rarely seen birds along with other marine animals have the opportunity to take one of the “pelagic trips” offered along the east coast.

I joined a group of birders from Massachusetts, California, New York, and Vermont on a pelagic adventure to the deep-water canyons at the edge of the continental shelf, 130 miles south east of Cape Cod, for a weekend in August. The Brookline Bird Club ran this “extreme pelagic”. Despite predictions of a significant storm swell, we had fairly good conditions with a bit of rocking and rolling.

By dawn on Saturday morning we were well on our way to the continental shelf. A remarkable flock of Hudsonian Godwits flew past. These shorebirds are long distance migrants and truly a beautiful sight. We had wonderful looks at a Great Skua, a life bird for many. There were jaegers and terns around as well, which keep us busy as we darted, or lurched, from one side of the boat to the other. Dolphins escorted us to the canyons at the edge of the continental shelf where the water temperatures climbed into the 80’s as a result of the eddies from the gulf stream. The air became warm and humid. We began to see different species of birds like phalaropes, shearwaters, and great looks at rare White-faced Storm Petrels. There were many Fin and Minke Whales, Manta Rays, Ocean Sunfish (Mola mola), and several species of shark.

We were tossing “chum” (fish parts) into the ocean from time to time to attract Wilson’s, Leaches and Band-rumped Storm Petrels, small black and white birds that actively feed at the surface of the water. Characteristically, storm petrels flutter around a food source and use their webbed feet to “patter” on the surface of the water to feed. Then something unexpected happened. As we approached a flock of storm petrels someone yelled “passerine”. A passerine is a land bird! Incredibly, there was a brightly colored Baltimore Oriole with the feeding flock of petrels. We moved closer and were amazed to see this land bird, 130 miles at sea! It flew around close to the surface with the storm petrels and appeared to be trying to land on the water like the petrels. If it landed it would drown. Its wing briefly touched the water and we knew if it gave in to exhaustion it was doomed. We edged closer. Absurd as it was, we could not help but call to the oriole to come aboard. Suddenly the oriole flew to the boat and landed on the bow. We all cheered but kept our distance to let it rest at last on something solid.

Baltimore Orioles normally enjoy life in our gardens and woods. How did it end up this far out to sea? Orioles do migrate south in the fall. It turns out that this bird was an inexperienced juvenile, hatched earlier this spring. It may have been following the shoreline as it migrated southward and could have been blown out to sea by the westerly winds. We sometimes see land birds out at sea, especially young ones, but this was a very long way out and, remarkably, it had joined a group of petrels. It must have been in flight for a very long time in flight without water, food or rest. It had flown at least 130 miles, and possibly more since it was moving randomly with storm petrels when we caught up with it. Certain species are built for long distance migration and pack on fat to fly for many hours, even days. Orioles are not included in this group. We might have turned up in the nick of time for this “extreme oriole”.

Eventually one of our experienced bird banders was able to pick the oriole up in a “bander’s” grip, comfortable for the bird. It was a young female. We cut an orange in half and squeezed the juice to the edge, which the oriole drank readily. The sugary liquid seemed to make its eyes brighten after a few minutes. Although the orange and brown plumage was beautiful, it was mainly fluff, for I could feel the breastbone sticking out. The poor bird had burned off much of its body fat. We placed it in a cardboard box with a cover and air holes to get some much-needed rest. We still had overnight Saturday and all day Sunday to go and we wondered how best to care for our new shipmate. We anchored at the edge of the continental shelf for the night. On Sunday morning I checked on the oriole with a certain amount of dread – was she alive? When I began to open the box it was apparent that the oriole was very much alive. She fluttered around in the box and later seemed to relish drinking her breakfast orange juice with a little bit of suet.

We continued to enjoy the pelagic birds and wildlife on Sunday until we left for port at midday and reached Hyannis at about 7:30pm. The oriole spent most of the time in the covered cardboard box, with a couple of breaks for a bit of nourishment. I needed a plan for releasing the oriole. I hated the idea of releasing her in Hyannis. I was afraid she would fly south back out to sea! It would be getting dark soon and the bird would have to find a safe perch for the night so I decided I would bring it home to Nahant for the night. Once again I wondered if this bird could survive.

Just after dawn on Monday morning, almost two full days since this young bird was found at sea, I took our little shipmate to Lynn Woods. We arrived at a sunny open wooded area with lots of greenery and wildflowers. It looked so much friendlier than the open sea for this little wanderer. When I took her out of the box and held her for one last orange juice feeding she became more animated, turning her head and apparently listening to the land birds chirping close by. This is it, I thought, and wished her good luck as I carefully set her down on a large rock. I wondered if she had the strength to fly. She made slight movements with her body and wings almost as though she was checking her body parts. All systems ready? In a few moments she gathered herself and flew to a branch about fifteen feet away. Her flight was strong! After briskly cleaning her bill on the branch, she fluffed, pumped her tail, and then flew to a higher perch. After a brief pause she continued flying from branch to branch at various heights and appeared to be foraging just like a Baltimore Oriole! She looked alert and her lovely orange plumage was bright and beautiful in the sun. I could not help but smile as I watched her for several minutes. I thought about where she had been for the past few days: flying endlessly, trying to become a storm petrel in the middle of a trackless ocean, trapped in a dark cardboard box, and helpless in the hands of humans. This was a new day and another chance.



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Nahant MCAS Scores Improve Dramatically

The Johnson School English Language Arts and Math test results of the 2010 MCAS (Massachusetts Comprehensive Assessment System), demonstrate a significant increase in student achievement scores, compared to 2009 and are also the highest scores in the history of the district. The tests are administered in grades three to six. There is also a science test administered in grade 5.

The tests are the basis for reaching the AYP (Adequate Yearly Progress) standards established for all public schools in Massachusetts. AYP has two performance levels as targets. There is an improvement target score and also a higher performance target score, for each school. The Johnson School test results provided dramatic increases in both subjects and exceeded both the improvement standard and the higher performance standard, in both English Language Arts and Math.

The English Language Arts test scores increased by 4.0 points from 86.8 to 90.8. This resulted in an improvement rating of "on target" and a performance rating of "very high." Both of these ratings increased from 2009. The Math test scores increased by 7.8 points from 77.6 to 85.4. This resulted in an improvement rating of "high" and a performance rating of "above target" and both ratings represent a significant improvement, compared to 2009.

The increase in student performance can be traced to a thirteen-point plan developed by the Johnson School, following lower results in 2009. Critical to the implementation of new initiatives was the substantive effort by the teachers and support staff. Their energy and commitment, combined with a more serious effort by the students and support by the parents, allowed for a comprehensive approach to the goals of improved performance and achievement.

Of particular note was the 100% passing rate for special needs students in English Language Arts. New instructional materials and equipment were provided by funding from federal and state grants, the Nahant Educational Foundation, PTO and School Council, that supplement the district budget. A comprehensive review of each subject and grade level, plus plans for this school year, will occur at the September 28th School Committee meeting.

Antiques & Collectibles Appraisal Day IV

In celebration of our 35th Anniversary, the Nahant Historical Society is pleased to hold its popular appraisal event on Saturday afternoon, November 6th, in the Nahant Community Center at 41 Valley Road, Nahant, MA. Senior Appraiser, Mary Westcott, of the nationally known auction house, Kaminski's (Beverly, MA) and her associate, will offer verbal appraisals of objects. So dig out that old antique or collectible that you have been curious about and bring it in for a professional evaluation. Who knows, it might be worth a pretty penny!

Doors open at 1:30 p.m. Appraisals 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. 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' parking lot at 248 Nahant Rd between 1:30 and 4:30 p.m. Light refreshments will be served. For directions, see www.nahanthistory.org. Submitted by Bonnie Ayers D'Orlando

News From The Johnson School

By Diane D. Mulcahy, Principal

The students have begun their new school year. Teachers have done a wonderful job acclimating students to their new grade level and classrooms despite the heat of last week! Everyone is very proud at how well the students have settled into a new school year. We are looking forward to a very productive school year.

The annual Johnson School Open House will be held on Thursday evening, September 23, 2010. There will be a general meeting in the cafetorium at 6:30 p.m. After the general meeting, parents will visit their child's classrooms. This will be an introduction to the school year and will give parents a glimpse of the students' program. Other opportunities will arise during the year to visit the school and learn about the curriculum.

This is the year that the fifth and sixth grades go to Ferry Beach Ecology School in Saco, Maine. Our students will spend four days and three nights at Ferry Beach in October. The students will live in cabins and learn and explore different ecosystems like a sandy beach, rocky tide pool and salt marsh. The students are able to make interdisciplinary connections in the real world. Students will build upon this experience when they return to school. This is always the highlight of their Johnson School education. Students always look forward to this trip.

September is when our PTO starts their year of activities. The first meeting of PTO was on Tuesday September 7th. The meetings are held the first Tuesday of every month and every Johnson School parent is welcomed to attend. This month the PTO outlined the fundraising activities for the year. This year the PTO will sponsor SCRIPS. Parents and friends purchase gift certificates to popular stores and restaurants and a portion of the money is donated back to the school. For more information, please call the Johnson School. Money from the fundraisers goes to pay for field trips and other cultural enrichment activities.

We have made some changes in our staff this year. The staff configuration this year will be: Preschool: Mrs. Caggiano and Mrs. Leach. Kindergarten: Ms. Purdin, First Grade: Ms. Brown and Mrs. Peever, Grade Two: Mrs. White and Mrs. Shanahan, Grade Three: Mrs. Durant, Grade Four: Ms. Grocki and Mrs. Kobus, Grade Five: Mr. Brady, Grade Six: Mrs. Dunion and Mrs. Tibbo.

One of our Kindergarten teachers has decided to retire. Recently we accepted the resignation of Mrs. Elizabeth McKenna. Mrs. McKenna taught at the Johnson School from 1985 until her retirement this June. We are grateful to Mrs. McKenna for her years of service and wish her well in her retirement.

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Nahant Community Garden Meets and Surpasses Expectations

Submitted by Diana Brandi

So where are we and what has been happening? For those who have been visiting the garden regularly, you will have seen the transformations: and we want to thank everyone who participated in this endeavor, kids at the Johnson school who planted the pumpkin patch, volunteers who planted the raised beds, members of the community who added moral support and appreciation for all that was happening



ing and Town officials who budgeted for this enterprise. A special thanks for our garden manager, Paul Caira, who has worked tirelessly in building the beds, making trellises, staking, planting and transplanting, and to Elaine Caira who joyously toured and introduced people to the ins and outs of the garden's workings. Their dedication, great work and imagination brought the garden to fruition. If you have yet to check out the garden, don't miss an opportunity to view the garden in its fall robes.



We are still harvesting tomatoes, some celery, zucchini, eggplant, basil (for you pesto chefs), and we are waiting for the Brussels sprouts to mature later this fall.

The harvesting is done at 8:00 a.m. on Saturdays and pick-ups are from 9:00 to 10:00 a.m. Some who visit the garden either to harvest, or pick-up produce, have an opportunity not only for reaping the benefits of the produce, but exchanging recipes and chatting about garden experiences and ideas to help improve how things get done. These exchanges have helped in the distribution and plantings and will provide an even richer harvest for next season.

Volunteers are always welcome and if you would like to be involved, but are unsure of where to go, you may email me, Diana Brandi, d_brandi@verizon.net, with your email address and comments and suggestions.

Also, visit the garden's website at: <http://www.nahantcommunitygarden.com/> and check out the photo gallery and contact information that lists our telephone numbers and email addresses.

A reminder, the rules for the garden are posted throughout the garden, so when in doubt about something, check the rules. We are still learning and open to your suggestions.

As the garden has matured it has become a picture of loveliness, appreciated by many and literally, a picture card. Through the inspiration of M. L. Cort's photographs, we now have her pictures on cards that can be purchased to benefit our next season's plantings. Each card is \$2 (Selection of 6 photos), or 3 cards for \$5. These are lovely gifts, or for personal use, or to send to friends and family. Contact any member of the committee for more information. We have more fundraising ideas in the works so look for them in print, or on the Garden website. If you have any ideas you'd like to share, please contact any member of the committee and if you have time to share, please get involved. We would love to have you.

See you at the garden!

PET ADOPTION



When this little sweetie was found, over two weeks ago, her hair was all matted and stuck together. We carefully cleaned her up and gave her her shots. We don't know if she was spayed. We can't find any scars. She is young, about three years of age. What we do know is that she loves to be held. She has the sweetest personality. She loves little kisses and cuddles. Her hair is wavy and silky, in a very pretty color of silvery-gray. She really needs a home with people who will spend cuddle time.

If you have room in your home and heart for this little cutie, please call Oceanview Kennel, 781-284-7800, to arrange for a visit. But, hurry! This little bundle of love won't be here for long. Someone will take her home real quick once she is seen and held.

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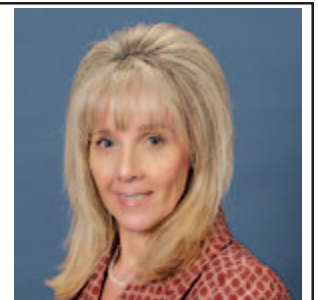
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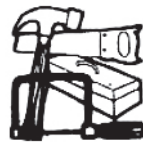
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The Nahant Dory Club News

Congratulations to Nahant's Rex Antrim on winning the Town Class National Championship recently held in Marblehead. Rex has won the Championship so many times; he and Nancy added an addition on their house just to house the silverware. Rex with his son Austin as crew, finished the five race series with two firsts, a third, fourth and sixth. Nick Strange placed seventh overall finishing with a second, fifth, seventh eighth and eleventh. Next year's Nationals will be hosted by the Dory Club.

Several PHRF skippers ventured away from Nahant during the summer racing season. In the S. S. Crocker Race, held off Manchester, Jody Gaul placed third in his class and sixteenth overall, Ed Tarlov placed fourth in his class and thirty-first overall, and Peter Foukal placed fifth in his class and fifty-first overall. Jody Gaul and Dan McMackin also raced in the tenth annual Flip Flop Regatta. Gaul placed second in his class and McMackin tenth in his.

On Saturday, July 24, the fifth annual King of Clubs Regatta was held at the Swampscott Yacht Club with thirty-one boats racing. Swampscott won the regatta for the second straight year with the Dory Club second and Lynn Yacht Club third. Peter Davis, sailing for the Dory Club, was fourth, Bob Cusack sailing for the Lynn Yacht Club was sixth, Peter Foukal sailing for the Dory Club was seventh, Jody Gaul sailing for Lynn was tenth, and Pat Morse and Steve Dickenson for the Dory Club were eleventh. Ed Tarlov, fourteenth, Tim Thomason was eighteenth, Mike Doran twenty-first, John Miranda twenty-third and Dan McMackin twenty-fifth. As the awards were presented to both Gaul and Cusack, Chef Peter Davis announced, so all could hear, that "both of them are from Nahant." Cusack and Gaul are members of both the Dory Club and Lynn Yacht Club, thus the good-natured ribbing. After accepting his award, and while still being reminded that he was from Nahant, Gaul proceeded to announce that if it did not stop, both he and Cusack would race for the Dory Club next year, win the team race and force the Dory Club to host the 2012 regatta. A deathly silence fell over the Nahant crowd, and not another word was said about their racing for Lynn.

The final Summer Series, The Egg Rock Race was held August 7. The winner, on corrected time, was Mike Doran. Tim Thomason was second, Josh Antrim was third, Yanni Glavas was fourth, Bob Cusack was fifth and Peter Davis was sixth. Congratulations to Yanni Glavas for his finish, in his first race as a member of the Dory Club PHRF Fleet. The three race series found Jody Gaul first overall, followed by Bill Brown, Peter Davis, Bob Cusack and Larry Connolly.

On Thursday, August 5th, Michael Tougas, author of "Ten Hours Until Dawn," The Finest Hours," and "Fatal Forecast," joined a packed Dory Club for a book signing and a presentation on his new book, "Overboard," Tougas will be at the Nahant Public Library at 3:00 p.m., on November 7th, to discuss his book, "Finest Hours," The Story of the Coast Guard's Most Daring Sea Rescue.

On Friday August 13th, the Dory Club held a reception for Sean Davis who spoke about his sailing trip through the Caribbean. There will be more on his trip in the November issue. On Saturday, August 14th, the Dory Club and its members helped the Nahant Sailing Program with their annual "Sail Nahant" party. Proceeds from this fundraiser and the "Bunker Party," help NSP purchase additional boats, equipment, help with repair costs and keep the tuition at an affordable level.

Congratulations to Nahant's Herb Motley and his crew, for placing 16th in the International One Design World Championships, held at Northeast Harbor Maine. The twenty best teams from around the world took part. Nahanter Bob Vanderslice was one of Herb's crewmembers.

On Saturday, September 11th, the Dory Club held the seventeenth annual Centennial Cup Race. The first race was held in 1994 to celebrate the 100th anniversary of the (Continued on page 16.)



~ MITCHELL'S CAHNAH ~ WELL NOW, THAT WAS FUN !!

Thanks to Brett Henry, Mike O'Callaghan, Peter Dawson, Mike Quade, Wayne Wilson, Dave Doyle, John Connelly, John Magro, Cora Long, Kellie Frary, Joe Dowling, Gennaro Anguilo, Tom DeMakes of Old Neighborhood Foods, The Nahant Police Department, The Nahant Department of Public Works, The Harbor Review, all the folks who donated to the raffle and to all the "STAFF" from the CLUB CAR BAR who volunteered their expertise, the annual "Mitchell's Cahnah" block party went "Quite swimmingly, thank you."

The Nahant Education Foundation, the Johnson School PTO, the Nahant Little League, The Nahant Youth Soccer League, the Nahant Sailing Program and the complete Tudor Cocktail Ice Co. family salutes you.

"IT DON'T HAPPIN' WITHOUT YOU." (Who knew that cute town landscaper could rock.)

Speaking of Rock 'n Roll Music, the song "I Can't Drive 55" has been buzzing around my head every time I go over the Becauseway. Because "I Can't Drive 25."

So, help me out, is it 25 mph on both sides of the becauseway 24/7, or is it 25 mph only when there is a construction site detail and is it only on the side of that detail, or both sides, even if the detail is on one side? Hey, I'm just coming off the greatest Nahant Summah in recent memory. The only reason I went off island in the past "100 daze" was strictly for emergency "supplies."

Change and adjustment could take me a while, so if the powers that be, see the Tudor Cocktail Ice Co. wagon hittin' the beginning of the Becauseway at the 35 mph to 45 mph and back to 35 mph at the end, pleez allow for a "seasonal change" adjustment period. Thanks,

Ophelia Payne Tudor,
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Useless Information...By Ray Barron

Nahant's October Birthday Babies

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

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

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

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

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

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

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

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

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

October 10. Harrison Hosker, Barry Kingsbury, Michael Lagasse, Nancy

Smith

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

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

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

October 14. Marion Alimenti, Kevin Allard, Tiffany Connolly, Rosario Dagata, Jeanette Goguen, Coleman Greene, Joyce Haynes, Joanne Kennedy, Steven Toomajian, Edward Ustaszewski, William Waite

October 15. Elizabeth Desmond, Maria Glavas, Mary Rotiroti

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

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

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

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

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

Frederick Szczechowicz, Mary Wachtel

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

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

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

October 24. Cheryl Amirault-Lefave, Erica Campbell, Matthew Dam, Kristen Giuliani, Lucy Grimm, Joanne Hunter, Athas Kourkoulis, James

Maguire, Christa Matheson, Mary

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

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

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

October 28. Brenda Baranek-Olmstead, Thomas Cronin, Yasmin Hagayegi,

Jonna Mishel, William O'Shea, Steven Toomajian, Gloria Ventura

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

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

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

Dory Club Activities

(Continued from page 15.)

founding of the Club. In one of the closest boat for boat finishes in the seventeen-year history, after over two and a half hours of racing over the traditional thirteen-mile course, three boats finished within two minutes of each other. Peter Davis was first, followed by Swampscott's Caroline Ross in second and Bob Cusack third. After factoring in each boat's handicap, Bob Cusack's Skedaddle was first, Caroline Ross's Pterodactyl and Peter Davis sailing Moondance third. In fourth place was Mike Doran, in fifth was Tim Thomason, Chuck Reynolds from Lynn was sixth, Larry Connolly was seventh and John Miranda eighth.

That evening the Club held its First Annual Bermuda Party celebrating the Club's affinity for the Island Nation of Bermuda. Several Nahant Sailors including Ed Tarlov, Philip and Corinna Kirsten, Edie and Hollis Hunnewell and Josh Antrim have made this milestone offshore journey to or from Bermuda. Rob and Vickie Scanlon recently presented the Dory Club burgee to the Commodore of The Royal Bermuda Yacht Club, who in turn presented Rob and Vickie with their Club burgee. In addition, Commodore Dan McMackin and Candace Cahill were married on the island with several Dory Club members in attendance two years ago. The party of almost 100 guests was catered by members Carter Smith, Elizabeth Sweeney and Carter's son, Matthew. Many thanks to them for providing a fantastic fare, and also to Goslings' for providing the libations to help celebrate the Centennial Cup Race.

October events include: Saturday October 9th, the annual By George Race and Saturday, October 22nd - Full Moon/Pot Luck Closing Party - TBD.

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In Memory

John Peter Flynn U.S. Marine Corps Veteran

John Peter Flynn, 69, husband of Anne E. (Peckham) Hill Flynn of Colonial Drive, passed away at home surrounded by his family on Friday, September 10, 2010. Eldest son of John and Sara (Cole) Flynn of Nahant, Peter was born on the 4th of July, 1941. He was raised in Nahant a 1959 graduate of Lynn Classical High School, going on to graduate from Boston University with a Bachelor of Science degree in 1963. A Captain of the Marine Corps., Peter was a proud veteran and was a principal of Flynn & Reynolds, Inc. of Lowell until his retirement in 2005.

In addition to his wife Anne of 35 years, he leaves three loving daughters, Elaine-Petrine Flynn Girouard of Los Angeles, CA; Erin Flynn and her wife Chloe of Oakland, CA; and Ellen Palmquist and her husband Derek of Topsfield, MA; as well as Anne's children, Nancy Wenty Hill of WA, Barbara Checksfield of CT, and Mary Mattern of NH. He also leaves seven cherished grandchildren, Haley Sophia, Benjamin and Isabella Girouard; Madisyn and Meridyth Palmquist; and Christopher and Molly Checksfield. He is also survived by eight siblings, Patricia Demit of Nahant, Charles of Salem, Martha Stewart (Scott) of Lynnfield, David of Peabody, Ann (Rick) of Beverly, Sara Leblanc of SC, Susan Umphrey (Steve) of Saugus, and Paula Dube (Donald) of FL. Peter was predeceased by his former wife, Carol Haley Flynn.

His funeral service was held at 10:00 a.m., on Saturday, September 18th, at the Ascension Memorial Church, Ipswich followed by interment with Military Honors in the Cowles Memorial Cemetery, Ipswich.

Lily Badger

Transcribed Braille for National Braille press

Lily L. (Aguilar) Badger, a resident of Winchester for forty years, died August 16th, 2010, at age 73. She was the loving wife of Al Badger, of Nahant and devoted mother of James Badger and his wife, Ellen, of Winchester and Patrick Badger of Groveland; cherished Grandmother of Jeffrey, Benjamin and Aidan; dear sister of Jose' Aguilar and his wife Nancy, of Framingham. Also survived by many loving nieces and nephews.

Born in Tela, Honduras, raised and educated on a Banana Plantation, Lily was fluent in English and Spanish. Her father died when she was seventeen, so she worked to support the family. In 1960, at the age of twenty-three she was transferred to Boston from Central America to work as a legal secretary for the United Fruit Company.

In 1961, she met her husband Al Badger from Nahant and they were married. In 1962, she gave birth to her first child James and in 1967, her second son Patrick. She brought her mother here from Honduras in 1963 and her brother here in 1966.

In 1975, Lily was promoted to Executive Secretary to the CEO of United Fruit Company where she worked until 1977. She then worked as an Executive Secretary for a Computer Company retiring in 2006.

She enjoyed bridge, poker, sailing, the beach, St. John's in the Virgin Islands, The Boston Red Sox, the Celtic's, traveling to Spain, Italy, Rome and enjoyed Rock Concerts. She transcribed Braille for the National Braille press. Member of St. Mary's Church in Winchester since 1970. She enjoyed spending times with her three grandsons.

Her internment was at the Wildwood Cemetery, in Winchester.

Jacquelyn Lee Wallett

Jacque, born in Coshocton, OH. She was a graduate of the University of Arizona, Phoenix. She moved to Lynn, MA, in 1988.

Dearly loving the ocean, she then moved to Nahant in 1990. Due to illness, she moved back to the Phoenix area in 2005.

Jacque joined the Nahant Woman's Club shortly after moving to Nahant, serving as its President for one year. She was a participant in many Nahant activities.

Jacque quietly passed away in her home in Rio Verde, AZ, on April 13th, 2010. A family sea memorial took place off the coast of CA on August 8th, 2010. She is survived by her husband George Wallett, two daughters, two sons, grandchildren, great grandchildren, nieces and nephews and many friends.

John A. Benson Avid Outdoorsman

John A. Benson, 97, of Nahant, died in his sleep in Newport, NH, on August 23rd, 2010. The son of John M. and Alma S. (Anderson) Benson of Sweden, he was born in Hyde Park, MA and raised in Dedham. In 1938, he received both BS and MS degrees in mechanical engineering from MIT, (focusing on turbo-superchargers and axial-flow compressors) and the same year, began working full-time at the GE River Works in Lynn, until his retirement in 1972.

In 1941, as part of a six-man team, he was made engineer-in-charge of testing the British-designed W-I, the first jet engine to run successfully in the US. As Supervisor of Development Testing (1942-43) and Supervisor of Combustion Design (1944-57), he initiated designs for many new combustion systems and innovative test procedures that became standard, and early on, he promoted short, annular combustors. Also in 1941, he began a happy marriage with Victoria Carpenter, (orig. of Bennington, VT) that lasted over 62 years, until her death in 2004.

From 1945, they lived and raised their three children in Nahant. They were avid hikers, skiers and campers and for many years active in the Appalachian Mountain Club. He was the brother of the late Evelyn Tibbetts of Dedham and Maine, and the late Robert Benson of Stoughton. A wonderful husband, father and grandfather, he is survived by his sons Joseph V. and John I. of Nahant; daughter Sally A. (Mrs. Alan Carruth) of Newport, NH; grandchildren Daniel and Andrew Carruth, Allison (Carruth) Foreman and Lisa Benson; nieces Anna (Benson) Jee of North Easton and Cynthia (Benson) Esposito of Whitman; and nephew Robert Benson of Stoughton.

Service was simple and private. He was buried at Greenlawn Cemetery in Nahant.

Francis L."Swede" McClain, Jr. U.S. Coast Guard Veteran WWII

Mr. Francis L. McClain, Jr., 86 years, of Groton, New Hampshire and formerly of Nahant, died on Wednesday, September 1, 2010, in the Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire, after a long illness. He was the husband of the late Virginia (Randall) McClain. He was born in Nahant, the son of the late Francis L. McClain, Sr. and the late Evelyn (Coles) McClain. He was raised in Nahant, attended Nahant Schools and was a graduate of Essex Agricultural High School. Mr. McClain was an oil burner serviceman in the local area. He worked at Newfound Marina after his retirement.

He was a veteran of the United States Coast Guard during WWII and was stationed mostly in Nahant. He enjoyed boat building, sailing, snowmobiling, plants and gardening. He loved animals, especially his dog Spike.

He is survived by his son and daughter-in-law Francis L. McClain, III and Claudia McClain, of Groton, NH, his granddaughters, Heather Ann McClain of Lynn and Cassie Elizabeth McClain of Groton, NH, a brother, Robert McClain of Dobbs Ferry, NY and several nieces and nephews. He is the brother of the late Phyllis Peterson.

Burial was at the Greenlawn Cemetery, Nahant.

If your deceased loved one has a Nahant connection, we will publish their obituary. Please submit obituaries to: donna@nahant.com. In the subject line, please state "Obituary" or "Death Notice." To submit a photo, please attach a separate .jpg file to your email. Thank you.

What My Experience Means to Nahant

by Lainey Titus, Candidate for Nahant Selectman



It has been wonderful getting to know so many of you as I pursue the open seat on Nahant's Board of Selectmen. Over the past few months, I have knocked on many of your doors and asked for your vote. I hope that my knowledge of the complex issues facing the town, coupled with my willingness to be creative, and bring new ideas to the table, will lead you to vote for me on October 19th.

A common question I have been asked while meeting voters is, "What sets you apart as a candidate?" It is the answer to this question that made my decision to run an easy one. I have the background and experience that uniquely qualifies me to serve as Selectman in Nahant. Many of you are aware of my resume and my experience, serving for seven years as Chief of Staff to Nahant's State Representative, Steve Walsh. I want to make sure to clearly state why that would be helpful in serving as Selectman.

Years of corresponding with town residents in person, by telephone and through email, to help them with their questions and concerns, has prepared me to respond to the needs of Nahant residents as Selectman. In addition to that experience, I have also worked on the state budget and on issues such as education, public safety, public health, community development and economic development. The time I spent reviewing each piece of legislation, or corresponding with a state agency gave me invaluable insight into the workings of government and its impact on individuals.

Why is this so important to the role of Selectman? When the Nahant finance committee presents their budget to the Selectmen for approval before sending it to Town Meeting, I will be reviewing that document with the experience of eight state budgets and the ability to understand the expenditures and the revenues. My math teachers at the Johnson School and in Swampscott would be happy to know that I actually enjoy reviewing budgets and the number crunching is something I looked forward to every year. However, experience has taught me that each line item, fee, or tax has a personal side to it. Behind each number is a family that is trying to make ends meet, a teacher who is filling in the school funding gaps with her own money to provide for her students, or a senior citizen who doesn't want to have to choose between his medication and a little extra heat in the winter. I've met with many people whose lives are impacted by budget numbers and I will always keep that in mind when reviewing what seem to be black and white figures.

Have you ever noticed that in life, the things you worry about most tend not to happen, and you could have never anticipated most of the things that do? Government is very much the same. We could spend months preparing to change a law pertaining to public safety and suddenly, a change in events makes it clear that what we really need is a law amending something in public health. None of us knows what the pressing matters of the next few years will be in the Town of Nahant. What I do know is that I will study each issue thoroughly and use my solid experience in all areas of government, as a guide.

For example, my knowledge of education funding and programs being used in other school districts will help me to work with the School Committee on their plans for the Johnson School. The time I spent in the Committee on Community Development will provide me with knowledge on housing, the local economy and ways to bring all groups in town together to determine the best path for our community in the future.

Something I have come to respect as a difficult, but extremely important skill, is the need to make fair and educated decisions about every matter placed before a legislative body. My years in the legislature have taught me the complexity of every matter and the need to look at all options, not only those being presented, before making a decision. The possible outcome—and there can be many—must be weighed and the decision must be made, fairly and with deference to the facts.

My pledge to each of you: If elected, I will be serving all members of town, not only those of you who vote for me. And I pledge to do so with openness, integrity and with a commitment to always be as well informed as possible on all issues affecting our town. I will call on the resources I know exist through my years of working with state agencies, non-profits and business groups, as well as my neighbors and friends in Nahant, to help maintain what we love about our town, as well as continuing to improve and strengthen our community. I look forward to working with you all in the coming years and respectfully ask for your vote on Tuesday, October 19th.

Hello My Fellow Nahant Citizens

By Jen McCarthy, Candidate for Nahant Selectman

Peter F. Drucker, the great educator, once said, "The leaders who work most effectively, it seems to me, never say 'I.'" That's not because they have trained themselves not to say "I." They don't think "I." They think "we," they think, "team." They understand their job is to make the team function. They accept responsibility and don't sidestep it, but "we" gets the credit. This is what creates trust, what enables you to get the task done."

If elected Nahant's next Selectman, I will work to be the voice of the people, by reaching out to you, as well as the rest of the elected officials and town departments. I will not be the voice of a select few in town. It is important that I work with others to solve the problems of the present and guide our town into the future.

Having already served Nahant for almost half of my life, 17 years on various committees such as the Recreation, Golf, Conservation and Fireworks, has been gratifying. At Town Meeting, my dedication and efforts were recognized by being named Nahant's Citizen of the Year for 2010.

I have lived in town for my whole life (so far) and am now fortunate to raise my family here. My husband, Scott, and I have a daughter named Rachel. I am an Elementary School Teacher in the City of Lynn, at the Ford School. As a teacher, I have learned to become very creative during these tough financial times, to continue to give my students a quality education. I have written many successful grants, which have enabled specialized programs to come to our school and enhance the children's learning. One of the grants I organized and wrote with a team of teachers, was the NASA grant, which has a value in excess of \$100,000.

As Selectman, some of the issues I would like to address are: property tax rates, waste disposal fees, Black Rock Beach ("Doggie Beach") and of course, parking, parking, parking! I will be honored and privileged to have your vote. I feel privileged to have grown-up in Nahant and raise my family here. Volunteering has been my way to give back to the town, as well as help improve our way of life. As part of the Office of Selectman, I will serve the town in a greater capacity than I have ever done before. It would be a privilege and honor to receive your vote and to serve you.

I am always easily accessible, either by phone, email, or just around the town. If you have any questions, or concerns about my candidacy, or the town in general, please reach out and call me, 781-592-5272, or email:

jenmccarthy4selectmen@gmail.com, or visit my website: <http://jenmccarthy4selectmen.weebly.com>

For a ride to the polls, please call Jen, or Sue Rosa, at 781-842-2448.

On October 19, 2010, please vote Jen McCarthy as Nahant's next Selectman.



**For a ride to the polls on October 19th
please call Sue at 781-842-2448**

Provided by the Committee to Elect Jen McCarthy

Queen for the Day at Euphoria Esthetics

By Donna Lee Hanlon

For my birthday, my new sales director, Sally, gave me the best present I have ever had: A “Queen for the Day” beauty session at the Euphoria Esthetics Day Spa & Hair Salon. Located at 487 Humphrey Street, in Swampscott, just past the set of lights and the gas station, I arrived at 1:00 p.m., at the beautifully decorated front door of the salon, with the big white columns.

When I walked in the door, from the greeting I received, I knew right away that these people are warm, friendly and caring. I was greeted so warmly, that I felt like I was a much welcomed guest, rather than a client. My first impression of the salon was of peace and calm in a very bright and spacious entrance. The color scheme with its natural wood, curved staircase, with large sandy-colored, unglazed tile floor and walls with neutral tones of ivory, cream and beige, helps promote the sense of peace and calm throughout the various rooms of the



salon. The rooms are uncluttered, dust-free and really clean. The front product display area is roomy and well organized. The products are fresh-looking and the packaging dust-free. When I mentioned how nice they were to me, Melissa Bagley, the owner, responded, “We take an interest in our clients and want to pamper them. To us, the \$20 client is just as important as the \$200 client. We also remember our client’s favorite teas and make sure we have them on hand, when they are expected.”

After a brief introduction, I was whisked away by Melissa Bagley, the owner, who gave

me the best facial I ever had. In the past, I was a Mary Kay beauty consultant and gave many facials, but this was so much different. In addition to the steam to open the pores for a thorough cleaning, Melissa gently massaged my face, neck and shoulders with wonderful creams and a gentle, caring touch, I never wanted her to stop. I felt so pampered and spoiled. I can understand why her clients keep coming back. She has a natural gift for helping her clients relax.

After an hour facial with Melissa, Susan Bishop, the massage therapist, took me downstairs to a quiet area for a wonderfully relaxing aromatherapy massage. I chose lavender, which is one of my favorite scents. She carefully and firmly massaged my neck, shoulders, arms, legs, feet and back, one area at a time, soothing away the tired, achy feeling that I seem to carry with me all the time. After fifteen minutes, I could feel myself begin to relax, so by the time she got to my back, I was fighting sleep. I have to tell you that it has been a long time since I’ve felt so relaxed. My back ache was gone, my feet were happy and I felt strong again. I didn’t realize how tense and locked my muscles were. Susan really knew how to get me to relax and by the time she was finished, I was floating. She gave me a bottle of cold water and told me to drink plenty of water throughout the rest of the day. She told me that the massage loosens the toxins in the muscles and that by drinking plenty of water, the toxins will be flushed away.

Next, Terri Tauro, took me under control for my very first professional pedicure. (I know! How could I live to be this old and never have had a pedicure! Amazing!) First, she put my feet in a warm, bubbling bath to soften and relax them. She showed me a rack with many, many colorful polishes from which to choose. I chose a warm burgundy red polish called “I love this color,” from the display. She exfoliated my legs and feet with some wonderful coconut-scented exfoliant. She trimmed my toenails and buffed away my summer callouses and applied a base coat, two coats of color and a top coat. Boy! My legs, toes and feet were so smooth and soft (truly, like a baby’s behind). My feet never looked better and after smelling all that wonderful coconut exfoliant, I wanted a pina colada in the worst way. My feet really enjoyed the care she gave them.

After my pedicure, off I went into the manicure room where Terri gave me the best looking manicure I ever had. I chose a shiny red shellac nail color that is the latest product on the market. This new nail polish is supposed to last for at least two weeks and it is much better for your nails. It allows your nails to breathe through the polish, which helps to keep them strong and

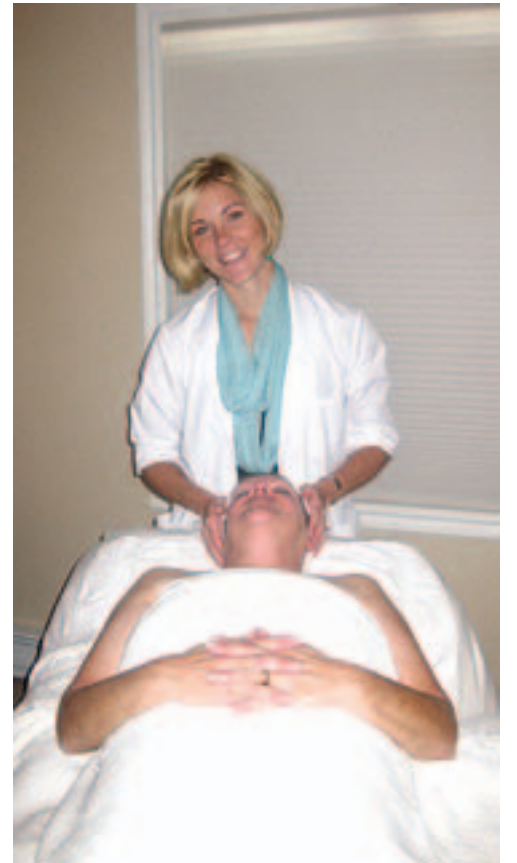
healthy, as well as beautiful.

After three and a half hours of pampering, I was fully relaxed and felt beautiful from head to toe and smelling of lavender and coconuts. What a wonderful gift!

This is something that I would never give to myself. Like most women, we take care of everyone else first and then, if there is any time left

in our day, we do something for us. If most women are like me, at the end of the day, there is no time left for me. If there is, I am so tired from the day’s activities that I don’t feel like doing anything. Even polishing my nails is too much work. This is wrong! How can we care for others, if we don’t care for ourselves?

I highly recommend to all husbands, boyfriends, sons, daughters and girlfriends, give your lady a gift certificate for a manicure, pedicure, facial or the works. It’s quick and simple. And, ladies, if there is no one to give the gift to, give it to yourself! It is the best thing you can do for yourself. Really makes you feel like a queen. And it is a gift that will never be forgotten. I really mean it.



Day Spa & Hair Salon
 Melissa Bagley, Owner
 487 Humphrey Street
 Swampscott, MA 01907
 Telephone: 781-599-6177
www.Euphoria-Esthetics.com

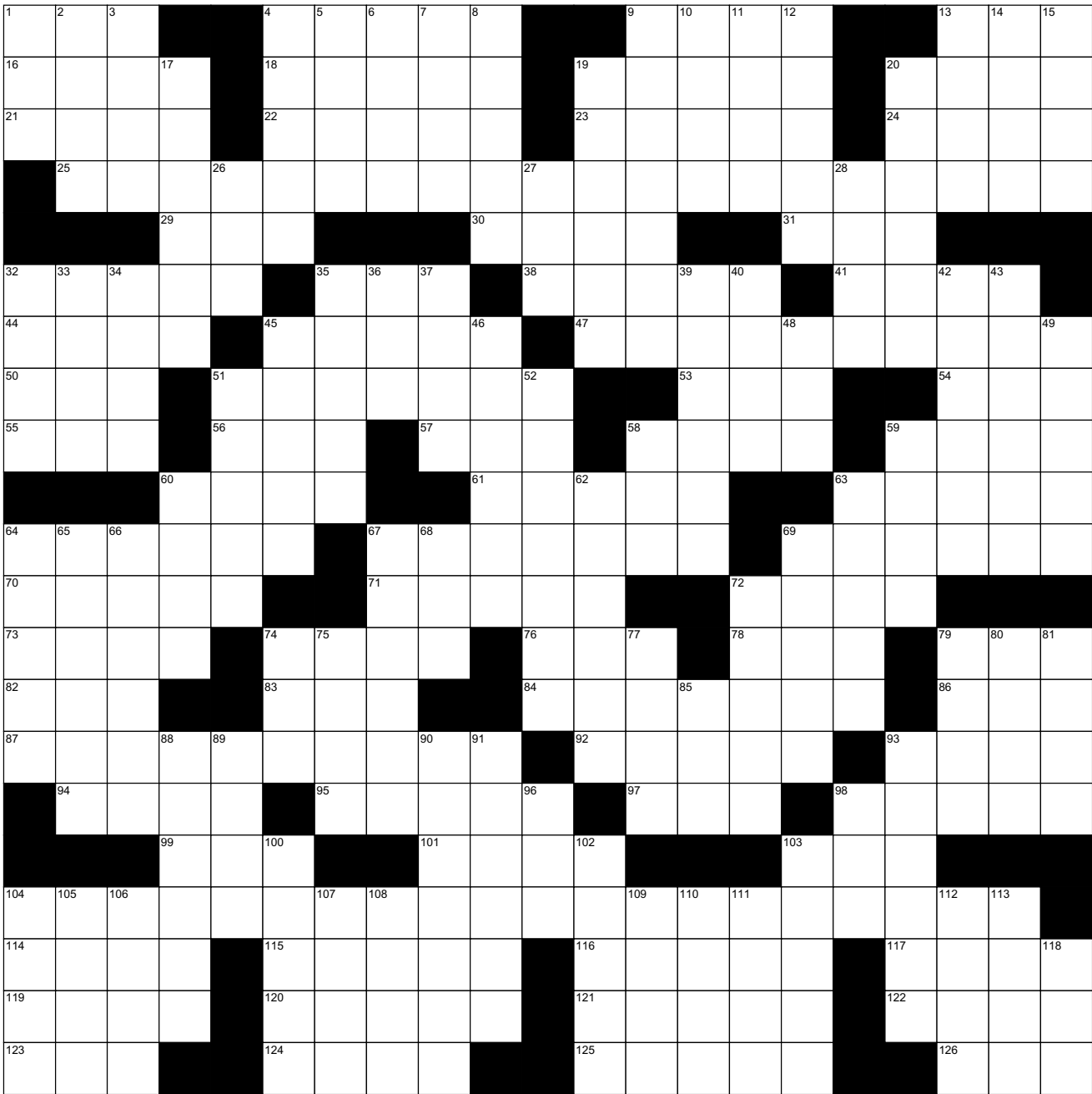
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Relax ... Refresh ... Renew

<p>One Hour Swedish Massage</p> <p>\$49.00</p> <p>(Save \$31 Off Regular Rate)</p> <p>Excludes Gift Cards With Coupon Only Expires 10/31/10</p>	<p>glotherapeutics facial</p> <p>\$49.00</p> <p>(Save \$36)</p> <p>Excludes Gift Cards With Coupon Only Expires 10/31/10</p>
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Euphoria Esthetics Day Spa & Hair Salon
 781-599-6177 • info@Euphoria-Esthetics.com
www.Euphoria-Esthetics.com

NAHANT PUZZLE PAGE

"Life Goes On"
by Rick Kennedy



- 37 1/6 of an inch
39 Lennon specialty
40 Mix up
42 Eras
43 Single shot
45 White ____, N.M.
46 Blow up (2 wds.)
48 Tach reading
49 Not waste
51 Old man
52 Dabbler
58 "For shame!"
59 Military sch.
60 Impulse
62 "Lethal Weapon"
actor
63 Leading
64 Chide
65 Introverts
66 Straighten out
67 One making big
bucks?
68 It's a real stretch
69 Swindler
72 Winter forecast
74 Branch
75 Chaps
77 Molecule part
79 Senate cover-up?
80 Diamonds, e.g.
81 Ponderosa ____
85 Some N.F.L.
linemen
88 Swerved
89 Mild cheese
90 Maintained
91 Laughed loudly
93 Sites for fights
96 "Mamma Mia!"
song
98 Bother
100 Cameos, e.g.
102 Pillow covers
103 See 8 Down
104 Himalayan legend
105 Lena of "Chocolat"
106 Car category
107 Proctor's call
108 Greek goddess of
youth
109 Opaque gem
110 Reverse, on a PC
111 Vault
112 Wild ____
113 Finish shooting
118 Meddle

ACROSS

- 1 Bus. card info
4 Recesses
9 Visit
13 Antique restorer's
need, for short
16 Life histories
18 Spring flower
19 Product of 67
Across?
20 Venue for 67
Across in 1965
21 Nosh
22 Disney dog
23 Key in
24 Broccoli centers?
25 1963 hit by 67
Across
29 Resort hotel
30 Lunar effect
31 Lube
32 Chest
35 Lick
38 Hollows
41 Store

- 44 Similar
45 Baseball's Bud
47 1965 hit by 67
Across
50 Supporter, of sorts
51 Cure for
everything
53 Rive
54 Bullfight cheer
55 Root vegetable
56 Que. neighbor
57 Bread box?
58 Strict
59 Rights org.
60 Prom coif
61 Tricks
63 Pines
64 Fine restaurant
no-nos
67 Johnny and the
Moondogs, more
familiarily
69 Pure
70 Line dance
71 Where to get a
fast buck?

- 72 Cast off
73 Formerly
74 Stravinsky ballet
76 Charlottesville
sch.
78 Actress
Thompson
79 Cooking meas.
82 MGM's Lion
83 Bleed
84 Unoriginal work
86 Non's opposite
87 1965 hit by 67
Across
92 Shelfmate of
Webster
93 Not fer
94 Bob in the
Olympics
95 Flies alone
97 Colo. is on it
98 Raging
99 Place for a plug
land
101 Mekong River
land
103 "Chances ____"

- 104 1967 hit by 67
Across
114 Other
115 Feudal lord
116 Sleep disorder
117 Org. for boomers,
now
119 Knotted up
120 Firmly fix
121 ____ Speaker
122 Sirius, e.g.
123 Not Dem. or Rep.
124 Origination
125 Feeds, as pigs
126 Mole

DOWN

- 1 Decline
2 Missing floor in
Caesar's Palace?
3 Squirts
4 Greek leader?
5 Heap
6 Disparaging
remark

- 7 Food
8 With 103 Down,
Dilbert creator
9 Unit of luminous
intensity
10 Start to freeze?
11 Bank holding
12 Bogart's "Key ____"
13 The way you used
to be?
14 Satyric expression
15 Jewelry store
feature
17 Add spice to
19 Repaired
20 Lug
26 Typing speed stat.
27 First ____
28 Polynesian
carving
32 Buggy rider
33 Gumbo vegetable
34 "The King and I"
setting
35 Musical "slow"
36 In the style of

Fathers Know Best
By Rick Kennedy

August’s puzzle winner was Joe and Alexandra Moccia, of Little Nahant Road. Congratulations! They have 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.

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

About the Nahant Harbor Review

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

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

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

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

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

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



Nahant Harbor Review

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

DEADLINE INFORMATION
NOVEMBER 2010

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
FRIDAY, OCTOBER 30th • midnight
Home Delivery: **Saturday, OCTOBER 30th.**

Staff, Volunteers & Contributors

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

Harbor Review Delivery Crew

Tyler Peterson	781-596-0505
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Matt Ryan	781-595-0957
Route 1 & 3: 1/2 Little Nahant & Nahant Road	
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Katie Coffey & Augie	781-586-9232
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Route 7: SE Big Nahant	
Donna & Ron Hanlon	781-581-0648
Route 8: Bass Point Apts	

Harbor Review Distribution

Papers for Home Delivery):	1,724
Papers OOT Subscribers & Advertisers:	212
Papers to Nahant stores & public places:	364*
Total Papers Distributed:	2,300*

*Every month, there are a few hundred more newspapers (printer’s over-run), which are distributed to stores and public places in Lynn and Swampscott.

Harbor Review Subscription Information

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

Got something to share...

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

Council On Aging Calendar – October 2010

Mon	4	12:00 P	Blood Pressure & Glucose – Tiffany Room
Mon	11		HOLIDAY – DINING ROOM CLOSED
Tues	12	12:45 P	Assertiveness Training Session – Communicating with your MD
Thurs	14	12:00 P	Foliage Trip & Brooksby Farm
Mon	18	12:30 P	Nutrition Ed. GLSS Nutritionist, Tiffany Room
Wed	20	11:30 A	Special Autumn Dinner – Tiffany Room
Thurs	21	11:30 A	Dinner and Theatre at Old Sturbridge Village. Reservations required
Mon	25	12:30 P	Mystery Ice Cream Ride
Tues	26	12:30 P	SHINE Representative & Presentation – Tiffany Room - Prescription & Medicare Assistance
Thurs	28	12:00 P	October Birthdays. Cake by Roz. Tiffany Room

Monday thru Friday - Lunch Tiffany Room -11:30 a.m.

Mondays	9:00 A	Senior Yoga – Community Center
Mondays	10:15A	Senior Exercise – Community Center
Tuesdays	9:00 A	Quilting – Community Center
Tuesdays	5:00 P	Afternoon Senior Exercise – Community Center
Tuesdays	1:00 P	Cribbage, cards, puzzles – Community Center
Wednes.	12:30 P	Shopping Trip from the Tiffany Room or call for pick-up
Thursdays	10:15 A	Senior Exercise – Community Center
Thursdays	5:00 P	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.

COA NEWS BRIEFS

The COA welcomes your participation in all of our events, trips and activities. The following are some October Highlights.

The third Senior Assertiveness Training Session – “Communicating with your Doctor” will be held Tuesday, October 12th, at 12:45 p.m., in the Tiffany Room. The first two sessions have been well received and provided much information for seniors. It is especially important for seniors to be able to communicate with their caregivers as regards their medical issues, prescriptions, etc. and learn to ask the right questions. This session is free of charge, but we would like to know if you will attend.

On Tuesday, the 14th, the COA is planning a Foliage Trip with a stop at Brooksby Farm. In order for us to prepare for this trip, you will need a reservation for a seat on the van.

Ellen Goldman, a GLSS nutritionist, will be at the Tiffany Room on Monday, Oct. 18th, at 12:30 p.m., for a Nutrition Education presentation. We are fortunate to have her available to us. It is a great opportunity for us all to update ourselves concerning nutrition. We would especially urge you to join us for this presentation.

Thursday, Oct. 21st, the seniors will be making a return visit for dinner and a musical revue, at the theatre at Old Sturbridge Village. This is a great trip – RESERVATIONS are required, so let’s fill the van. We promise a fun day!

What’s New In Medicare for 2011

On October 26th, at 12:30 p.m., Bari Olevsky from the SHINE program at Mystic Valley Elder Services, will update us on the changes in Medicare – enrollment dates, health insurance plans and prescription plans. Learn about the preventive benefits that Medicare will cover in 2011, as well as cost savings programs available to those who qualify. Join us for this informative session.

Marilyn Wellington Appointed

(Continued from page 1.)

A resident of Nahant, Ms. Wellington graduated from Emmanuel College and New England Law, Boston.

Submitted by Joan Kenney, (617) 557-1114, joan.kenney@sjc.state.ma.us

NAHANT CLASSIFIED ADS

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

Help Wanted

Experienced HHA for overnight care of personable 99-year-old Nahanter (male). CORI check and references required. Flat rate. Call 978-325-2189

NAHANT CLASSIFIED ADS

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

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

EMERGENCY MANAGEMENT

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

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

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 • October 2010

SEPTEMBER

SAT	25	10:00A	NHS 3rd Biennial Autumn Fair, Nahant Community Center, 41 Valley Road. Food / Fun for all! Till 3:00 p.m.
SAT	25	11:00A	OPEN HOUSE. Nahant Therapeutic Massage, Nahant Community Center. Till 3:00 p.m.
SAT	25	7:30P	Ellingwood Chapel Concert, An Evening in the Gardens of Spain, Greenlawn Cemetery. \$25 / \$20 seniors/students.
SUN	26	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	26	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	26	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.

OCTOBER

FRI	1	8:00A	NVC Free Breakfast at Village Church. Topic: Bulbs
FRI	1	7:00P	“Kickin’ & Sippin’ at Club 280,” featuring the “The Classmates,” at the Nahant Country Club. Till midnight.
SUN	3	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	3	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	3	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.
WED	6	7:30P	Candidates Debate for Office of Selectmen at Town Hall.
SUN	10	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	10	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SAT	9	7:00P	Spirit Night at Swampscott Church of Spiritualism. \$20.
SUN	10	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.
MON	11		COLUMBUS DAY
THU	14	6:00P	Nahant Woman’s Club Fundraiser at Tides, till 9:00 p.m.
SAT	16	9:00A	Fall Flea Market at Village Church. Till 2:00 p.m.
SUN	17	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	17	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	17	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	17	3:00P	All the President’s Woman at Nahant Library.
MON	18	6:00P	Woman’s Club Fundraiser at Tides, till 9:00 p.m.
TUES	19	7:00A	Nahant Special Election, Town Hall. Polls till 8:00 p.m.
WED	20	3:00P	Curious George at Nahant Library.
SUN	24	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	24	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	24	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	31		HALLOWEEN
SUN	31	9:00A	NVC Choir Rehearsal in the Loft. New singers welcome.
SUN	31	10:30A	Sunday School & Sunday Worship Service. Nahant Village Church, Cliff Street. All are welcome.
SUN	31	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
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Sunday service at 10:30 a.m.

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After service Coffee Hour
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Reverend Joseph Shiel, Pastor
www.theswampscottchurchofspiritualism.com

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& 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

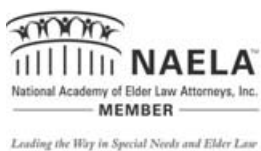
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The Nahant Historical Society is open to the public on Wednesdays, Thursdays and on the first Sunday of each month, from 1:00 to 4:00 p.m. (except holidays).

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.

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EVENING • WEEKEND APPOINTMENTS

**Nahant Election Date
October 19, 2010
Please get out to vote.**

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