



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 18 Issue 6

SPRING IS FINALLY HERE!

JUNE 2011



June 3rd NVC Breakfast Topic Voyage of the Tioga

Please join us on Friday, June 3rd, for a free breakfast and presentation of, "The Voyage of the Tioga: Nahant to Bermuda to Antigua and Back."

The talk will cover the passage from Nahant to Bermuda, in early October of 2010, aboard the Tioga, a 44-foot sloop owned by Philip Kersten, a Nahant resident. Whether you are a sailor, or not, this multi-media presentation, given by Doug Frauenholz and members of the Tioga crew, should not be missed.

The free breakfast starts at 8:00 a.m., followed by the presentation from 8:30 to 9:00. All are welcome. Please come for a hearty breakfast, wonderful camaraderie and an informative presentation.

Submitted by Cal and Marrit Hastings

COA Transportation Now Available to the NVC Breakfast

Over the past few months, several Nahanters have been brought to the NVC breakfast by the Council of Aging van, at no cost to them. This wonderful service is being provided by Nahant's very own Joe Desmond.

Anyone who needs a ride can make arrangements for a pick-up by calling Joe, at least a day in advance, at 781-581-0480. Pick ups begin around 7:40 a.m.

Alex-Kathryn Reeh Makes Dean's List

Nahant (01908) resident Alex-Kathryn Reeh, a student majoring in Industrial Engineering, received Academic Honors for achieving the Dean's List for the Spring Semester, 2011, at Northeastern University. Congratulations!

Submitted by Katherine Cadwell, Northeastern University, k.cadwell@neu.edu

Special Election Saturday June 25 to Revisit Prop 2-1/2 Override

From the Office of Nahant Town Clerk

Please be advised and informed that a Special Election has been called for, on Saturday, the 25th of June 2011. Polls will be open from 7:00 a.m. until 8:00 p.m., at the Nahant Town Hall. This Election will only have (1) one question on the ballot:

"Shall the Town of Nahant be allowed to assess an additional \$260,000 in net real estate and personal property taxes, for the purpose of funding operating budgets for the school and town departments for fiscal year beginning July 1, 2011."

A voter registration session will be held on Friday, June 3rd, from 9:00 a.m. until 8:00 p.m., in the Town Clerk's Office. Those registering after this date, will not be eligible to vote in this particular election.

The Town Clerk will be out of the office from June 10th – 17th, and will be back in the office on Monday, June 20th. Anyone wanting to vote by absentee ballot, please come in as soon as possible to fill out an application for an absentee ballot for you, or a family member.

Please email any questions to: mbarile@nahant.org, or call the office, 781-581-0018, or stop by the Town Clerk's Office. Hours are Monday through Friday, 8:00 a.m. until noon.

Sunday May 29th Sacred Reading of Names

On Sunday, May 29th, 2011, The Reverend Patricia Long, of the Nahant Village Church (NVC), will lead a Memorial Day Service at 8:00 a.m., in Marjoram Park and at the 10:30 Worship Service, at the Nahant Village Church, in the Sanctuary. During these services, a Sacred Reading of Names will be conducted.

Many of you have already submitted the names of your loved ones, whom you want remembered. If you have not yet submitted the name, or names, of a person (or persons) who served in war and is now deceased, or of any loved one who died, call Stacie, our church secretary (781 581-1202) and she will add the names to our list.

Please join us on Sunday, as we honor our veterans and loved ones who have died.

During the summer, Rev. Patricia Long will hold a Summer Service at Marjoram Park, at 8:00 a.m., on Sunday mornings from May 29th through July 31st. Please bring a chair!

A reminder that Nahant Village Church's Summer Worship Services will start at 9:30 a.m., beginning July 3rd and continuing through Sept. 4th. Rally Day will be held on September 11th, when Worship Service returns to 10:30 a.m.

Submitted by The Reverend Patricia Long, NVC

Captain Wolf Band Releases New CD Call of the Wolf

Many years ago, F. John Nicoll, combined his love of music and the sea as a Captain in the Merchant Marines. He began penning his thoughts into poetry and song including the things he loves, nature, horses, romance and friendship. He writes from his heart and soul and it

evident in his music.

John founded the Captain Wolf Band in 2007, with a multi-talented musician from Serbia, Jozef Nadj. Musical Director Kim Hill, from New Orleans, brings her bluesy Cajun roots to the band. Other members of the band include lead vocalist, songwriter, actress Jessica Mellot, violinist, keyboardist, vocalist, Michelle Lambert and many students and alumni from Berklee School of Music, Boston. Pick up the CD (see ad on page 12) and stop in for a listen at the Red Rock Bistro on Thursday, June 16th. I'll see you there and tell you more next month!

The Editor



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Apollo Club to Sing Love Songs at Nahant Concert

The Apollo Club of Boston will sing "Songs of Endearment," in a free concert on Sunday, June 5th, at 3:00 p.m., at the Nahant Town Hall. Established in 1871, the Apollo Club is the second oldest men's chorus in the country. The program will feature a special tribute to Stephen Foster, "America's First Composer," as well as music by Irving Berlin and a medley of songs from the Sound Of Music. The audience will be requested to sing along with some of the better known tunes. The concert will conclude with the traditional singing of the "Nahant Hymn."

Refreshments will be served at the conclusion of the program.

Among the local members of the club are John Dineen of Nahant, Joseph Byrne of Marblehead, James Geller of Lynn, John Moynihan and Ralph Souppa (respectively) of Swampscott. For more information www.apolloclub.org

Submitted by John Moynihan, moynihan_john@hotmail.com

Nahant Planning Board Vacancy

The Planning Board wishes to advise all that it has a vacancy by reason of the resignation of Mark Schiffenhaus.

Vacancies are filled by joint appointment by the Selectpersons and the Planning Board. The appointment expires on the next Annual Town Meeting, 2012. The appointed person would have to run and win the election at the Annual Town Meeting, 2012 to continue on the Board as an elected official for Mr. Schiffenhaus's unexpired 2 year term to continue on the Board.

Nineteen persons received a single vote on the recent ballot, resulting in a tie. At least one Nahanter has also indicated an interest.

If you are interested in applying for the position please advise Richard J. Snyder, Chair, at 857 488-4292 or RJSnyder@dueanemorris.com.

Any questions may be addressed to any member of the Planning Board or Selectperson of Nahant. Thank you very much.

Submitted by Richard J. Snyder, Chair.

Sweets Repeats

Women & Wishes is hosting their first Event of the Year, called Sweet Repeats, on Wednesday July 20th, from 6:00 to 9:00 p.m., at the Nahant Country Club. Come join us for cocktails and delicious tidbits, while browsing through racks and tables filled with slightly used clothing, accessories, hats, shoes and tons of other goodies. We will have great raffle items and door prizes. All proceeds will go to grant wishes from women and their families in our local Community.

Women & Wishes is proud to announce that in our first year we were able to grant 10 Wishes. So far, this year, we've granted two Wishes. With your continued help and support, we can make a difference in the lives of those less fortunate than ourselves.

If you have any slightly used and clean items that you would like to donate, please don't hesitate to drop them off at the Nahant Country Club.

If you would like to volunteer for Women & Wishes, please call Beverley Dawson, 781-581-0515. We can make a difference, one person at a time.

Nahant Woman's Club News

In keeping with our domestic violence prevention and awareness campaign, John Stevenson represented The Nahant Woman's Club in The Walk For HAWC (Healing Abuse Working For Change), in early May.

Thanks to John, Lois Dobins, ML Cort, Linda Jenkins and the Payne-Strange Family, we were able to raise over \$100 and participate in an event that raised over \$132,000, for HAWC.

At the same time as the HAWC walk, Wendy and her sister, Kristan, went to Annette's Climb, in New Hampshire. Many of you will remember having Doris Soares and Candace Waldron coming to talk to us in January. Doris is the mother of Annette, who was murdered by a local man.

The Woman's Club and HAWC were represented at the Climb by Wendy and this time over \$26,000 was raised for HAWC and the Women In Transition Program. So, thank you to those who donated and we'll do it again next year.

Important dates coming up are: June 2nd, Memorial Forest Day, at the Federation headquarters in Sudbury and on June 4th, Art Class with our own, Carolyn Jundzillo-Comer, followed by a pot luck picnic. There is no charge for either event.

For more information, please email Wendy. (an RSVP is requested, please, for both events), at wendy-payne@comcast.net. Thank you to all for your continued support.

To All Dance Dimensions Students and Alumni: Celebrate with us!

Dance Dimensions is celebrating its 25th Anniversary! Sallee Slagle began Dance Dimensions twenty-five years ago in the American Legion Hall on Flash Road. We would like to reconnect with our past students and invite all alumni to attend our upcoming student performance free! Dance Dimensions is a dance and fitness studio continuing to offer private instruction, group classes, and personal training in a variety of styles of dance and fitness in their current location, in the Valley Road Community Center. Over the years many students have passed through our doors, both children and adults for our high quality education, personalized attention and guidance. Our teachers create a positive experience for every student. Children and adults find the joy of physical expression in dance and accomplishment of a healthier lifestyle through physical fitness. Our goal is to enrich our community, increase the understanding of the physical arts of dance, fitness and performance and the recognition of their cultural value. Our upcoming student performance is June 3rd, 6:30pm at the Town Hall. We can also be found on Facebook and welcome connections there too! Our website is www.dancedimensions.org

Submitted by Sallee Slagle, [smlagle@thecia.net]

Fourth of July Happenings!

By Jen McCarthy, Sue Rosa and Robyn Howard

The annual Horribles Parade is scheduled for Sunday, July 3rd, beginning at 5:00 p.m. Gathering and registration for the parade will begin at 4:30 p.m., on Spring Road in front of the Town Dump. Children are encouraged to dress up, or wear a costume. After the parade, the annual family cookout will be held at the Flash Road playground. Both events are free and open to the whole community.

On Fourth of July morning, the annual Dennis Forbush Memorial Race will begin with registration at 7:30 a.m., in front of the Fire Station. The road race will begin promptly at 8:00 a.m.

Also on the 4th of July morning, family races, behind the Fire Station, will begin at 9:30 a.m. With 50 and 100-yard dashes, three-legged races, egg tosses, prizes and ice cream, there is sure to be something fun for everyone.

And finally, to conclude the weekend activities, the annual fireworks display. This year's show will be shot off from Bailey's Hill on July 4th. The show will begin at 9:15 p.m.

We look forward to a wonderful weekend to officially begin the summer. If you would like to volunteer to help, or need more information on any of the events, please feel free to call 781-592-5272, or send an email to nahantrec@hotmail.com

Firework Donations Are Needed

By Robyn Howard and Jen McCarthy

Each year, Nahant puts on a beautiful display to help welcome in the summer season. The firework display is made possible through the very generous donations from the townspeople of Nahant. We would like to ask you to help fund this year's show by either making a donation, or purchasing a t-shirt, or two.

We have been raising money for the annual display for well over ten years now. Each year, we ask Ocean State Pyrotechnics to give us a \$15 thousand dollar show and each year they do an amazing job. But, just like gas, milk, bread and everything else, the cost of fireworks is going up. In order to put on a show like in the past, we will need to raise \$18 thousand dollars.

Last year, the show was in serious danger of being canceled due to lack of funds. Please donate early to help avoid this situation again this year. We've said this before and we will say it again: There are about 1500 households in Nahant. If each household donated just ten dollars, we would make our goal with no problem.

This year's show will once again be on July 4th and the show will be shot off from Bailey's Hill. To purchase a t-shirt, call Jen at 781-592-5272, or Robyn at 781-581-1373.

Donations can be sent to Jen McCarthy, 19 Range Road, Nahant, or Robyn Howard, 4 Flash Road, Nahant. Checks can be made payable to the Town Of Nahant.

Thank you and Happy Fourth of July!

Need A Ride To the Nahant Village Church?

Pick ups are scheduled between 9:30-10:15 a.m., for the 10:30 Worship Service, September 11th through June 26th. For summer services, pick up will be between 8:30-9:15 a.m. for the 9:30 Worship Service, July 3rd through September 4th, Labor Day Weekend.

Please call ahead, Monday through Saturday is best. Call 781-581-1202 (NVC), or 781-581-5692 (RALPH CANALI)

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Apollo Club of Boston Returns to Nahant

The nationally-renowned Apollo Club of Boston Men's Chorus will perform at the Nahant Town Hall auditorium at 3:00 p.m., Sunday, June 5th. Last year, the popularity of this performance filled the auditorium with more than 120 people.

The Friends of the Nahant Public Library sponsor this concert, which has developed into a greatly anticipated annual event. Admission is free and refreshments will be served.

Bloomsday at Nahant Public Library

The 8th Annual BLOOMSDAY reading from James Joyce's ULYSSES will be held at the Nahant Public Library on Thursday, June 16, at 3:00 p.m. AEOLUS, Chapter Seven, is the featured episode. Copies of the chapter will be available at the library after June 1.

Whether you are interested in participating in the reading or simply listening, you are welcome.

Maureen Edison will again act as moderator. AEOLUS, Chapter 7, takes place in a Dublin newspaper office and features multiple headlines designed to entertain. On the day Joyce set his novel, June 16, 1904, the newspaper was the only source of news in Ireland and elsewhere. Several separate newspapers appeared at different times of the day and competition was just as keen to be first with a scoop, on a breaking news story.

Joyce has the paths of his hero, Leopold Bloom and Stephen Dedalus cross here, but the entertainment comes from the activities in the newspaper office and the personalities who appear. Readers will be amused at the similarities between the media challenges we see daily and those of this lively operation.

This event is free and open to the public. Special thanks to Library Director Daniel SeStefano and the Friends of the Nahant Library for sponsoring this reading. There is no need to pre-register. If you have questions, please call Maureen Edison at, 781-592-0029.

Submitted by Daniel deStefano, Director, Nahant Public Library

Children's Summer Reading Program 2011 at the Nahant Public Library

By Rita Stepanova, Children's Librarian

The Nahant Public Library (781-581-0306) invites children and families to the Summer Reading Program 2011 "One World, Many Stories" and "Read and Win" at the Library from June 23 to August 17.

"A World of Music" with musician, naturalist, and educator John Root will begin the celebration of the Summer Reading Program on Thursday, June 23, at 3:00 p.m. The Story Time with Francie Sudak, LPS teacher, will continue the Summer Reading on Wednesday, June 29, at 10:30 a.m. This federally-funded educational and entertaining program includes games, introduction to reading, and various activities for children from birth to eight years.

Then, the Nahant Public Library presents Mad Science® of Greater Boston's three amazing interactive workshops: "Life in the Sea," "Fun-damental Forces" and "Walloping Weather" on Thursdays, June 30th, July 14th and July 21st, at 10:30 a.m. The topic-based workshops, recommended for ages 5-12, encourage children to investigate ocean habitats, why the world "goes 'round," weather prediction, and exploration of other curious matters through hands-on activities and exciting demonstrations.

Nest, the famous Hampstead Stage Company will perform the play "Aladdin," based on the classic tale, on Thursday, August 4th, at 3:00 p.m.

"Under One Sky: A Multi-Cultural Celebration" with Parents' Choice Award winning performers Davis Bates & Roger Tincknell will conclude the Summer Reading Program 2011 at the Library on Wednesday, August 17th, at 10:30 a.m.

Simultaneously, the Nahant Public Library offers a book collection for any sphere of interest, age, and taste. Please look for the library postings and updates about other summer reading activities. All programs are free.

To participate in the Summer Reading Program "One World, Many Stories," call 781-581-0306 or visit the library to register and pick up your Reading Record form.

Borrow library books to read, fill out your Reading Record, include your name, age and telephone number, then bring the completed form to the library by August 4th. The winners will be eligible for the "Read and Win" awards and a prize-surprise. Certificates will be awarded to active participants who read 15 or more library books.

The Summer Reading Program 2011 "One World, Many Stories" at the Nahant Public Library is sponsored or funded by the Nahant Public Library, the Massachusetts Library System, the Boston Bruins, and the Massachusetts Board of Library Commissioners, the Nahant Cultural Council, a local agency supported by the MA Cultural Council and the Friends of the Nahant Public Library. Read & Win program awards are sponsored by the Topsfield Fair. The Library thanks all contributors to the Summer Program 2011.

Nahant May Doorways!

The May Doorways Contest took place Sunday, May 1st. There were 17 participants and 17 varied and beautiful entries. Prizes were awarded as follows:

First Place: Susan Tracy. Susan's "Stairway to Heaven" entrance was dotted with flowering planters and forsythia topiaries, that led to a life-size "angel" with sedum hair, narcissus bodice, forsythia skirt and palm wings. Behind the angel was a map of Nahant created in moss. It was an incredible and imaginative display.

Second Place: Lissa Stempel. Lissa's walkway and yard were decorated with an array of miniature plantings and arrangements in many unusual containers, including printer's boxes and moss pots. It was a delicate display invocative of spring.

Third Place: Mary Jane English. Mary Jane's front door arrangement consisted of mums, native spring flowers, and cascading forsythia, accented with a ribbon. The scale and flow of the design complimented her entrance perfectly.

Honorable Mention: Nancy Carey. Nancy's sedum wreath was dramatic and beautiful.

Honorable Mention: Karen Canty. Karen's array of blooming pots circled her entrance creating an inviting spot to linger.

All participants received a prize.

Submitted by MaryJane Cusack, mjanecusack@verizon.net

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Library Departures And Arrivals

By Daniel deStefano, Director, Public Library

It is with sadness that I report that both John K. Dineen and George Richardson have left their positions as Nahant Public Library Trustees. John Dineen did not stand for office at the end of his term and George Richardson resigned.

These two gentlemen—and they truly are!—have served the Town as Library Trustees since 1996 and 1997, respectively. The governance of the public library has been in the good hands of two individuals whose values include true feelings for the people of Nahant, a scarcer commodity than one might expect from a small town.

For me, this dual departure reinforces my belief that the sole constant in the universe is change and the public library (even in Nahant) must also do. Two new Library Trustees will enter the stage to create their own roles and most welcome they will be!

To welcome new people and improve methods does not erase sadness at the departure of dear friends, while your library advances into the future. While I may not miss certain old ways, I am certainly permitted to feel so about past colleagues. I feel certain that you will miss those who have moved on and bid "Welcome!" to the newcomers.

Nahant Planning Board Vacancy

By Richard J. Snyder, Chair

The Planning Board wishes to advise all that it has a vacancy by reason of the resignation of Mark Schiffenhaus.

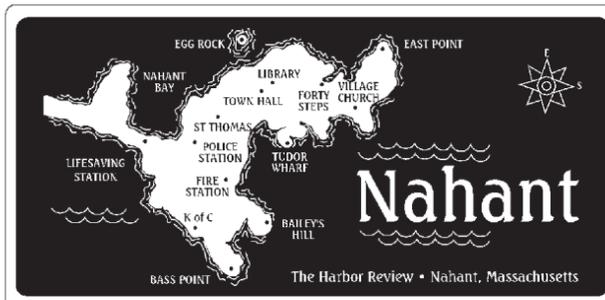
Vacancies are filled by joint appointment by the Selectpersons and the Planning Board. The appointment expires on the next Annual Town Meeting 2012. The appointed person would have to run and win the election at the Annual Town Meeting 2012, to continue on the Board as an elected official, for Mr. Schiffenhaus's unexpired 2 year term, to continue on the Board.

Nineteen persons received a single vote on the recent ballot, resulting in a tie. At least one Nahanter has also indicated an interest.

If you are interested in applying for the position, please advise Richard J. Snyder, Chair, at 857 488-4292, or RJSnyder@duanemorris.com.

Any questions may be addressed to any member of the Planning Board, or Selectperson of Nahant.

Thank you very much.



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Nahant Override: NO means NO!

Submitted by Christine Johnson-Liscio, MS/CCC SLP

The residents of Nahant have spoken. On April 30th, they voted not to accept a \$260,000 property tax override. Although the outcome was clear, Selectmen Lombard and Titus voted to rescind it and have the residents vote again on the exact same override proposal and budget.

Shame on Selectmen Lombard and Titus for citing “confusion,” in order to discard a legitimate election. If the next vote doesn’t turn out their way, will they ask us to keep on voting until they get what they want?

A second ballot vote will be held on June 25th, at Town Hall, from 7:00 a.m. to 8:00 p.m. Nahant residents will again be asked to increase taxes \$260,000 above the amount annually allowed by Proposition 2½. A YES vote will increase taxes. A NO vote means no tax increase.

Since “confusion” was cited as the reason for needing this “do-over” election, let’s get to the facts.

According to School Superintendent Devaux, as stated in the Report and Recommendations of the Advisory and Finance Committee and the Lynn Item, the override is to cover a shortage of funds for two special needs students who require outplacement programs and transportation. Devaux says, “these cost adjustments should be considered long term if not permanent.” Although there has been talk of returning any unused money to the town, there is nothing in the override language of Article 21 to guarantee it. The funds will not be returned to the town unless the superintendent determines the school does not need the money, and that is highly unlikely. The trend, over the past years, has been a significant increase in special education students being transported out-of-town to expensive programs.

If the money is not used by the superintendent to fund special education, those tax dollars will go into the town’s general fund. The money will not be returned to the taxpayers without holding another special town meeting and an “override” vote.

Who will track the money spent and make sure another vote takes place? Is this why the superintendent said that we should consider this tax increase, “long term, if not permanent?”

According to the town accountant, a Nahant home valued at \$539,188, would see its tax bill increase by \$189 a year, forever. Though this is presented as pennies a day, if you plan to live in your home for the next 30 years, this is a \$5,670 increase. Taxpayers can expect to pay for the cost of these two student outplacements, long after the students have graduated from high school.

This is not the first time the superintendent and School Committee failed to plan for “unexpected” special education costs. Last year, the superintendent was granted \$104,000, in a Special Article, to cover the cost of a new special education student who “moved into town” and needed an outplacement. This year he is asking for an additional \$260,000 for two more students. What will he and the School Committee be asking for next year? We need to look closely and come up with a better approach, or we will find ourselves looking at an override, year after year.

There has been a lot of hysteria, cries to “save our school” and criticism pointed at anyone who questions how, or why we need to spend such a sum. This is not a time for hysteria. This is a time for clear thinking. As a professional who worked as a speech and language therapist, in the special education department, at the Johnson School for six years and who currently works in special education in a larger district, I care about children and education. I want a school in my community and I have always supported our school, as have the residents of Nahant.

But, we can’t ignore the facts. In order to save our school, we need strong financial management. Otherwise, when two or three, new students require special programs, we’ll be looking at yet another override.

So here are the facts: Nahant taxpayers annually spend \$267,580 on administrative costs at the Johnson Elementary School.

| | |
|--------------------------|--------------|
| Superintendent’s office: | \$87,896.00 |
| Principal’s office: | \$116,786.00 |
| SPED Administrator: | \$16,883.00 |
| Team Chairperson: | \$41,212.00 |
| SPED Secretary: | \$4,803.00 |
| TOTAL Administration: | \$267,580.00 |

Nahant spends more than a quarter million dollars to administrate a single elementary school with 200 students. Oversight of Nahant’s middle and high school students is not part of the equation because those administrative costs are included in the Swampscott tuition payments.

As taxpayers we should expect a well-managed elementary school for a quarter million dollars in administrative costs. Unfortunately, we spent \$7 million to refurbish a school that is now at half capacity, because many residents have chosen to send their children elsewhere.

(Continued on page 7.)

Nahant Override: NO means NO!

Continued from page 6.

Oddly, the administration and School Committee have chosen to spend only \$59,903 on a single special-education teacher at the Johnson School. That teacher provides tailored instruction for every special-needs student from pre-school through grade 6. If special education is a priority, why does the school spend \$84,565 on custodial salaries and so little on special education teachers?

While teacher assistants can help, they can't plan curriculum, write goals, evaluate students, or design specialized instruction. So with only one special educator on staff, it's no wonder the cost for outplacements has dramatically increased.

Why would the School Committee justify this model?

Even more astonishing is the superintendent's plan to reduce the town's sole, special education teacher's hours by 50 percent. His plan, contained in the Finance Committee's report, might better have urged the hiring of two additional special educators, so we can teach our special needs students right here in Nahant. Doing so would reduce our costs and allow those children to be part of the community, instead of commuters, who spend a good part of their day on a bus, or van. Nahant is spending \$105,000 to transport students out-of-town. Wouldn't this money be better spent on classroom instruction?

The Johnson School clearly has a top-heavy administrative staff. And remember, administrators don't provide hands-on teaching. Teachers do.

Do we need all these administrators?

Not according to Joel Krakow, at the Department of Education (DOE). Due to Nahant's size, the DOE requires it have only a part-time superintendent whose hours and pay are determined solely by the School Committee.

Krakow said the Nahant superintendent's, two-day-a-week contract, is not required by state law. In fact, the superintendent could be a resident volunteer, unpaid, or perhaps given a stipend, as long as that person holds the appropriate credentials.

To save our school, the superintendent's hours could be reduced to a consultant basis, working as-needed, at the request of the principal, or School Committee. Or, the responsibilities of the superintendent could be regionalized with another district.

Yet another option would be to hire a superintendent who is also licensed as the special education director. By law, Nahant is only required to have a part-time special education director, the hours and pay determined by the School Committee. If that director worked 3 to 4 abbreviated days, instead of one full day each week, there would be no need for a special education team chairperson, a position not required by the DOE, but for which the Johnson School currently spends more than \$41,000.

Options for how to trim the school budget should also include hiring a principal who can also serve as special-education director. It makes sense because the Education Reform Act transferred most staffing and administrative decisions to the principals, who are now expected to operate as professional managers.

Why hasn't this happened in Nahant?

For more than a decade, the School Committee has clung to an out-dated model where budget cuts targeted teachers and services, but left the administration intact. They have done little to look at the long-term and plan for boosting enrollment. They have spent \$7 million on a building, but have given little thought to much else. The result: enrollment has declined and special education costs have soared.

As the staff speech and language therapist at the Johnson school, I had a visual aid to remind me of these annual budget cuts. When I compared our staff photographs over a six-year period, the number of teachers continually decreased while the administrative headcount basically stayed the same.

Now that we know the Johnson School's current administrative model is not required by law, the question arises about how to change it. Surely this isn't something the current administrators will endorse since it would be asking them to eliminate, or scale back, their own jobs. An unbiased, out-of-town consulting firm should be brought in to make recommendations.

Meantime, instead of being threatened with an override and bullied by a "do-over" election, Nahant residents and students deserve some better options. How about these?

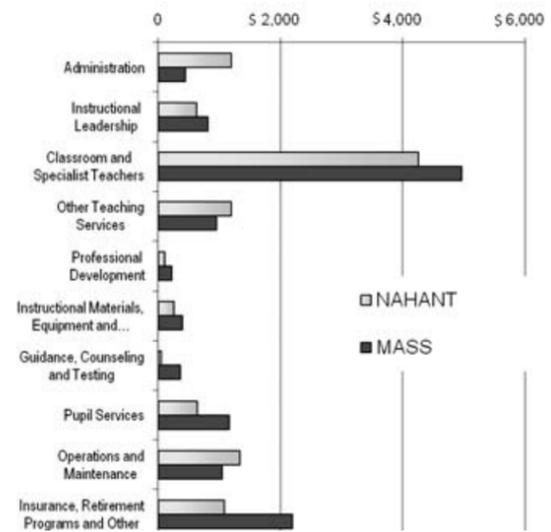
Instead of an override, the town could consider a one-time, special property tax assessment to pay for next year's expected special education costs. It would require permission from the state Legislature and prevent teacher and service cuts. And, unlike an override, the assessment would not appear on resident tax bills the following year.

Just do the math. If \$260,000 is divided by the roughly 1,300 homes in town, the one-time payment would average \$200. High-value homeowners might pay a bit more, lower-value homeowners a bit less. But at least it would be done. The burden would not be on our tax bills forever.

The one-time special assessment would be contingent on the creation of a long-range plan by the School Committee and the top school administrator's office. Presented at the April 2012 Town Meeting, the plan would aim to reduce unnecessary spending at the Johnson School. (Continued on page 10.)

Source: Massachusetts Department of Education Website

In-District Per Pupil Expenditure By Function FY10



According to the Massachusetts Department of Education Website:

The Johnson School chooses to spend more than double the state average for administrative costs per student and far more than the state average on operations and building maintenance.

The Johnson School chooses to spend far less than the state average for teachers, student instructional materials, student services, instructional leadership, guidance counseling, and teacher professional development.

Nahant needs better financial management at the Johnson School. Our tax dollars should be directed to students and learning not administrators and buildings.

Father's Day, June 19th

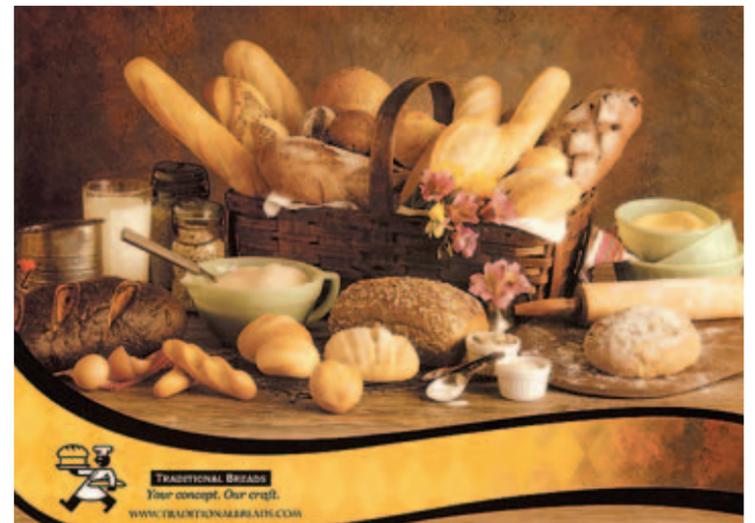
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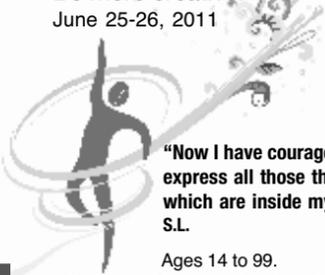
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Everyone Wants a Flatter Belly

By Sallee Slagle, Director, Dance Dimensions

Okay, the most requested exercises are usually abdominals. This is an area we always want to improve. It is essential to overall fitness. And with the summer and beach fashions soon upon us, you may feel more motivated than ever to tone this area. We all desire a flatter belly. First of all you should know a little of the anatomy of the abdominals. There are 4 muscle groups: 1) Rectus abdominis which is the outermost muscle in the center from ribs to pelvis that bends you forward, flexing the spine and helps stabilize your pelvis while walking; 2) External obliques (outer) & 3) Internal obliques (inner) both are found on the sides with the external obliques fibers running diagonal from the ribs down toward center and the internal obliques diagonal from the pelvis up toward center. They both work to twist the torso, bend sideways and to assist the Rectus abdominis. This is part of the outer core. 4) Transversus abdominis is the deepest muscle which runs horizontally across the belly and works to compress the abdominal contents. This is part of the inner core.

Now with 4 different groups we need to do a variety of abdominal exercises to improve them all. Crunches are great for the rectus abdominis and will help you build a six pack but won't flatten your tummy as you may wish. Try lying on your back, feet on the floor or knees bent and lifted, hands behind your head, lift your head, neck and shoulders up and slightly forward. Think of shortening and flattening the muscles between your ribs and hips. Be careful not to pull on your neck. Concentrate on the abdominals doing the work. For more upper abs try reaching one hand up to the ceiling keeping the neck and chin lengthened or extend one leg to the ceiling and reach toward the toes. Anyone with back problems should be careful with this one as it is more advanced. For lower abs try reverse crunches pulling your knees up toward your chest and curling your tail trying to lift it just slightly. In all ab exercises, keep the motions smooth, do not jerk up and lower fully with control.

To work the obliques, both internal and external, a crossing, twisting, or side bending movement, must be included. Try the crunch position, both hands behind the head and pull the right elbow across to the left side then left elbow across to the right. Be sure to hold a moment before lowering or make it more advanced by adding a knee pulling in at the same time. Side bends is another way to work the obliques. These are done sitting or standing. Just bend at the waist reaching down the leg toward the floor. To work the transversus pull your bellybutton into your back and hold for 8 counts, release and repeat. Strengthening this muscle group will flatten your belly more. Try tilting the pelvis up like tucking your tail a little and pull the abdominals inward to your back as tight as possible, hold a count of eight, release, repeat.

To work more abdominal groups together always pull in while doing any exercise. Even at a stop light try pulling your belly button into your back as far as possible and hold till it turns green. Crunches done without drawing in can actually increase the muscles and your waistline. Be sure to use #4 the transversus abdominis by drawing in during all exercises.

Abdominals can be done safely every day, so 10-15 mins each day shows quicker results. Consistency is important. There are a variety of abdominals to choose from so you should never get bored. Be careful though the more advanced ones may hurt your back if not done correctly or if you are pushing yourself before you are strong enough. Never pull on the neck but support it as needed. None of these should be painful and if they are, stop doing that one. There are plenty of choices so find another. If you want more advanced abs and core try a stability ball or other balance type equipment to add instability so your core will have to work harder.

Some of us would like to see a six pack or some evidence of our abdominal tone but that may be more difficult than just toning and strengthening them. To see muscle definition you must have a low percentage of body fat. The abs are located in an area of the body that contains the most fat so cardiovascular or interval training may be needed to lower your body fat percentage. Diet plays a role but so does genetics and gender. Body builders actually starve themselves and dehydrate before a competition to achieve more muscle definition. This is not recommended! Most of us may never see a six pack but a flat tummy is a good achievable result.

To balance the abdominals and truly strengthen your core we need to include the back and more. Core Conditioning has its various forms from Yoga to Pilates but generally core is defined as including the muscles of your torso. This includes the muscle the large and small muscles around the upper torso and shoulder area, abdominal and spine as well as your pelvis. All those muscles help you function every day. Many activities will strengthen your core if you approach it right.

Good luck and remember consistency brings the best results. See you on the beach!

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.

Beyond Feeling Good-Feeling Better

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

Repetitive tasks and overuse can lead to muscle tissue becoming uncomfortably tight. This, in turn, can create an imbalance in the body's structure and the tug of war begins. Sometimes this tight feeling is actually a muscle that is over-stretched and unhappy about the situation. It can make itself known by a chronic, searing discomfort, or by sending bothersome and painful signals to other parts of the body. Tight muscle tissue, whether too short or too long, can become ischemic, which can lead to a build-up of metabolic waste. If not coaxed out of its predicament, the waste can become calcified and a set-up for micro-tears which create a gathering place for inflammation, formation adhesions and knots.

As metabolic waste builds up, knots begin to jab their way to the surface, leading to pain. The muscle may shorten and compensation begins, which can lead to dysfunction. Ischemic muscle fibers become less elastic and can be prone to damage. Muscles that are over-stretched can get painful knots, or trigger points, as well. It is best not to stretch the muscle that is locked long, even though it feels tight.

A knowledgeable practitioner will focus on deactivating the trigger points, guiding the over-stretched tissue to the appropriate direction and work layer by layer to locate and remedy the causative factor- seek to treat the trouble maker(s). When tackling long-standing issues that may be multifaceted, it is often recommended to have few sessions closer together to allow the layer by layer treatment to have complete and long-lasting results. To maintain long-lasting results, team work will be imperative. Keep well hydrated, eat well, rest and incorporate some stretching, after physical activities, or simple strengthening, will help to keep issues at bay. Some situations may involve physical therapy, as part of the team. When a muscle unit is in dysfunction, or compensation has set in from an injury, it is important to re-educate the loosened and freed up area with gradual and safe strengthening and re-education.

My approach is not just about technique. When helping to alleviate pain, some discomfort may be experienced, during treatment. Technique is very important, but listening, assessing, observing and communicating with the tissue, as well as with the client/patient, is key to a successful treatment and that overall feeling of wellness.

As I celebrate my fourth year in business at the Nahant Community Center, I would like to thank you very much for supporting a local small business. I am humbled and deeply honored by your visits and referrals to loved ones and friends. Thank you, Donna Hanlon, of the Nahant Harbor Review, who endeavors to connect the community and has provided a wonderful launch pad for many new businesses. You are appreciated!

Susan Cadigan is the massage therapist/owner of Nahant Therapeutic Massage. She is licensed and nationally certified in therapeutic massage & bodywork. She holds an Advanced Massage Therapy Diploma and is certified in advanced deep tissue techniques-Neuromuscular Therapy and Myofascial Mobilization. Nahant Therapeutic Massage is located in the Nahant Community Center; 41 Valley Road. Ms. Cadigan can be reached at cell: 617-240-4252, Office: 781-780-3733, email: susan@nahantmassage.com. For more information: www.nahantmassage.com

PS: Thank you, Susan Cadigan, for your wonderful talent with aching and painful muscles. After two treatments to my left arm, an injury sustained from a terrible fall last summer, I have no more pain and no aching. Many thanks to you, Sue, from this most grateful, full-time computer pounder! The Editor

FASHION FORWARD for EDUCATION June 2nd at Nahant Country Club

Catholic Charities North will host its 2nd annual fashion show, *FASHION FORWARD for EDUCATION*, on Thursday, June 2, at the Nahant Country Club to support educational and workforce development opportunities for young women offered through its Center on Lynn Shore Drive in Lynn.

Designer Denise Hajjar will present a runway show featuring her custom couture worn by professional and volunteer models. Ms. Hajjar has owned her design business for almost 30 years and has been the designer-in-residence at the Boston Fairmont Copley Plaza Hotel since 2006. The show will be emceed by Boston fashion show and television stylist Elisha Daniels, owner of Elisha Daniels for Jean Pierre & Company, an accessories boutique on Newbury Street in Boston. *The Boston Globe's Fashion Boston* selected Elisha as one of the "Most Fashionable People in Boston," and she was named a "Trend Setter" by *Boston Common Magazine*.

Also included in the evening will be a silent auction, raffle, appetizers, drinks, desserts and coffee. Tickets cost \$50 and are available to purchase online at ccab.org/events or by calling 781-593-2312. For those who cannot attend, you can still make a difference by giving a scholarship donation to a Catholic Charities North student at ccab.org/northscholarship.

Submitted by Sarah Bartley, Catholic Charities North

Q & A with NSPT

North Shore Physical Therapy (NSPT), is pleased to offer a monthly Q and A column about musculoskeletal problems. Please submit physical therapy questions, in writing, and send them to NSPT, 1 Widger Road, Marblehead, MA 01945, c/o Susan Finigan, or call NSPT, at 781-631-8250. We will make every effort to address any questions within our area of expertise. Questions might include types of exercises for a specific condition, or disease, how to better manage pain, or an explanation of your orthopedic diagnosis and available, non-surgical options. All you need to do is ask us!

Q. Why does it hurt to put my foot down first thing in the morning? It's very painful for about 5-10 minutes.

A. You may be experiencing a condition called plantar fasciitis. This is a painful foot condition resulting from inflammation of the band of tissue that runs on the base of the foot to the arch. Plantar fasciitis most often is seen in middle-aged men and women, but can be found in all age groups.

Classic symptoms include pain which is localized over the heel area of the bottom of the foot. Pain is most severe when you first stand in the morning and can subside quite quickly, but may return with prolonged standing, or walking. Plantar fasciitis occurs because of irritation to the thick ligamentous connective tissue that runs from the heel bone to the ball of the foot. This strong, tight tissue contributes to maintaining the arch of the foot. This tissue is also one of the major transmitters of weight across the foot, as you walk, or run. The connective tissue becomes inflamed (tendonitis) and degenerative (tendinosis) and causes the symptoms of plantar fasciitis. Early morning pain occurs from the tightening of the tissue, overnight, as you sleep.

Treatment includes rest, ice and specific exercises for stretching and strengthening.

Keeping the fascia tissues in calf muscles and the plantar fascia flexible, is the key to managing this condition. It is important that good supportive footwear is consistently worn. The long-term use of flip flops and unsupportive sandals without arch support, is often a cause of plantar fasciitis. Shoe inserts, or orthotics, often contribute to successful treatment. In chronic cases, night splints are worn to keep the heel stretched during sleep. A course of physical therapy may be indicated, if your symptoms of pain do not resolve, with rest and ice. Speak to your doctor about your symptoms, as soon as possible. Immediate attention to plantar fasciitis is essential for relieving the pain.

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Override and Old People

Submitted by Jim Walsh

I am writing this as an official "old person" who is concerned about the Override. Here is the question that came to my mind when this issue arose. When is a "special interest" not a "special interest?" There are those who think that kids are "special interests." But are they really to be lumped in with hedge-fund managers, tobacco companies, or Big Oil? I don't think so. Many of us, who do not have children in the schools and are retired homeowners, support the Override simply because not to do so would be a disaster for most of our kids and our town. At this moment, the Johnson School is an asset, especially with improving test scores, near the top in some cases. If the Override fails, the Johnson School would immediately become substandard and a negative, as far as property values go. Saving \$200 on a tax bill today, could cost you \$50,000 in property value, when you, or your heirs, go to sell that property tomorrow. The strides our students have made in recent years, as evidenced by our MCAS scores, would be stopped in its tracks and the stability of our property values threatened.

Let's be clear, nothing is gained by any taxpayer if property values fall. We're not talking about individual property values, but that of the whole town. If property values fall in Nahant, we are still left with the same amount of money that must be raised, to pay our bills.

The fact of the matter is, we are required by law to fund services for special needs kids. All cities and towns have this requirement. Legally, special needs kids are first in line. Then come all the others. If the Override fails, funds that are now used for the whole school would have to be diverted to legally-required, special needs services. The quality of education for kids without special needs, will fall immediately and absolutely.

We're in a box.

Not surprisingly, there are those who are uncomfortable, or angry, at being put in a box. They don't like the choice. They want other options. They think there is a structural problem that is being masked by this choice. They are angry that "Special Ed" is an unfunded mandate.

Some, or all, of that may be true. I personally share the anger at unfunded mandates. But, it is fundamentally irrelevant. We may not like this choice, but it is the only one we have.

Failure to pass the Override, will mean drastic staff cuts, overcrowded classrooms, a dispirited staff, plummeting morale, a lesser education for our kids and lower test scores.

You don't have to be an automotive engineer to know, that if you don't fill the tank, you're not going very far. Without a good school system, as a community, we're running on empty.

Did our parents do that to us? Our parents fought the Second World War and created a great and prosperous country. We are the future they worried about. Our students are not some "special interest." They are our future. As we, when young, were supported as students, so must we support our students now. We will fail our parents too, if we fail our children.

As Nahanters, we may not like this choice, but it is the only one we have: to support all our students by this Override, or to devastate their school.

Nahant Override: NO means NO!

Continued from page 7.

To ensure transparency, an audit of the Johnson School finances must be commissioned and an outside committee formed to determine the true cost of regionalizing with another school district for administrative and special education services.

The numbers presented at Town Meeting and on the school website, tell only a fraction of the true cost of special education at the Johnson School. Nahant residents deserve to see a line-item budget, not just a bottom-line number. Residents would then see we also currently spend an additional \$117,000 per year on "other school and district costs." What are these costs?

Instead of looking to local taxpayers for a bailout, the School Committee and administration must find ways to increase enrollment and revenue, at the Johnson School.

Voters rejected the override because it was a thinly-veiled tax hike that would have been carried on the backs of working families forever. Sadly, the amount sought would not have increased the teaching staff, or reversed the trend toward expensive special-education outplacements. It would have simply thrown our hard-earned dollars at the same old problem.

Nahant residents have always supported the Johnson School and its students, but there must be an assurance that excess will be eliminated and sound financial management practices followed. When both of those goals have been met, the voters may begin to listen to requests for more money.

Instead of discarding a legitimate election, it's time for the School Committee and superintendent to get to work and give the residents of Nahant, an educational plan they can endorse.

Until then, NO means NO.

Patrick-Murray Administration Announces MassDOT RMV Online Registration New Service

As part of the Patrick-Murray Administration's commitment to improve customer service, the Massachusetts Department of Transportation's Registry of Motor Vehicles announced that Massachusetts drivers may now complete their online duplicate registrations in real time and print them out at home.

RMV began offering this service in April and since then, more than 1,600 customers have printed out their own registration copy. Additionally, every customer knew immediately whether the RMV had approved the application for a duplicate registration.

The duplicate registration online home printout service is one of 19 new Internet transactions available at www.mass.gov/rmv which have increased customer traffic by 40%.

In 2010, the RMV processed 132,664 duplicate registrations, with 35,955 processed online. Customers must use a MasterCard, Visa, Discover, American Express, or an electronic check, in order to complete a transaction.

"The goal of the Patrick Administration is to reduce wait times at busy RMV branches and this new program is one of many initiatives that help us improve customer service," Said Transportation Secretary and CEO Jeffrey B. Mullan.

"This new, self-print service supports customers who need a vehicle inspection and realize they don't have their registration. Now they can print it out at home and go for their inspection, without waiting for a duplicate copy in the mail, or going to a branch office," said Registrar Rachel Kaprielian. "Thousands of people go to our branches every day to complete transactions that can be done more easily online. We continue to look for ways to shorten wait times and make the Registry more customer-friendly."

In addition to the real-time online duplicate registration service, customers can use the RMV website to order a new license and complete all the necessary paperwork, register as an organ tissue donor, schedule a road test and sign-up for a free reminder service.

For transportation news and updates, visit the MassDOT blog at: www.mass.gov/blog/transportation, or follow MassDOT on Twitter at: www.twitter.com/massdot.

Submitted by Richard Nangle, (617) 973-7542

Arts After Hours Presents The 25th Annual Putnam County Spelling Bee: A Musical Comedy

Submitted by Corey Jackson, 978-337-4003

Arts After Hours will present the Tony-Award winning musical, The 25th Annual Putnam County Spelling Bee, June 10th thru 19th, at LynnArts on 25 Exchange Street, Lynn. The show is PG-13.

This musical comedy send-up of a grade school spelling bee championship features six quirky "kids" (played by adults) and their three adult supervisors who learn that you don't have to win to be a winner—or do you? Spelling Bee creatively tackles a variety of growing pains, including peanut allergies, absentee parents and the overwhelming pressures put on kids to succeed.

Arts After Hours' production will feature a four-piece orchestra, full sets, lighting, and sound design. The award-winning ensemble cast features Sarah Belliveau (Peabody), Kevin Cirone (Woburn), Bobby Imperato (Saugus), Corey Jackson (Lynn), Sarah Jackson (Lynn), Shonna McEachern (Woburn), Michelle Merry (Revere), Nick Raponi (Peabody), and Todd Sandstrom (Newton). "Many of these actors have performed in professional and community theatre across the state," says Corey Jackson. "We feel so fortunate to have attracted such talent to the North Shore for our inaugural production."

In addition to the cast, guest celebrity spellers include The Honorable Mayor of Lynn Judith Flanagan Kennedy, Lucy Dearborn - Owner of Lucia Lighting and Design, Inc., Mark DeJoie - Owner and Managing Partner of The Blue Ox & Executive Director of SPIN, Stephen Hanley - Owner of Turbine Wine Bar, and David J. Solimine, Jr. of Solimine, Landergan & Richardson Funeral Homes.

"The arts scene in Downtown Lynn is continuing to grow and is producing very professional work," says Mayor Kennedy. "Why go into Boston when you can get a high-quality Broadway show right here in Downtown Lynn?"

Tickets are \$20 for adults and \$18 for students/seniors. For more information, visit <http://artsafterhours.com>, or call the box office at 781-205-4010.

Free parking is readily available near the theatre. For directions to LynnArts facility, visit <http://lynnarts.org>. For tickets, visit <http://artsafterhours.com>

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"What's It Like"

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The Blue Jay Welcomes Spring!



Messy Birdfeeder? We offer seed out of the hull, such as sunflower chips, or a blend of hull-less seeds, such as Wild Birds Unlimited No-Mess Blend. Hulled foods leave much less mess and debris below feeders and are well-suited for use around patios and decks.

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 at www.wbu.com/news/naturenews/

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Summer Cinema by the Sea

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

Please join us for the second annual summer film series. Events last for 1 to 1.5 hours, including Q&A with the film's producer, or expert, on the topic. Lectures are held in the Murphy Bunker at the MSC (430 Nahant Road, Nahant, MA), which is ADA accessible. Light refreshments are served, half an hour before the program begins. No RSVP is required.

On Tuesday, June 14th, 2011, at 7:00 p.m., "TAPPED" - Come for an unflinching examination of the big business of bottled water. Is access to clean drinking water a basic human right, or a commodity, that should be bought and sold like any other article of commerce? This behind-the-scenes look into the world of bottled water, includes powerful portraits of the lives affected by this industry.

Tuesday, July 12th, at 7:00 p.m., "SWIM FOR THE RIVER" - Braving whitewater, sewage, snapping turtles, hydroelectric dams, homeland security patrols, Christopher Swain became the first person to swim the entire length of the Hudson River, from the Adirondacks to New York City, highlighting how ordinary citizens can and do, make a difference with regard to their environment.

Coastal Ocean Science Academy

Registration is now open for the Marine Science Center's Coastal Ocean Science Academy (COSA), for students entering 9th through 12th grades. This year's program runs from August 8th to 20th. For more information about program logistics, please visit www.northeastern.edu/marinescience/outreach/summer.html.

Nahant residents receive 50% off the tuition for MSC programs.

Adopt-A-Beach Program Helps Keep Nahant's Coastline Clean

Teams of local residents have been gathering monthly to help monitor eight of Nahant's beaches. These "beachkeepers" are surveying the Town's shoreline, looking for signs of erosion and providing reports on beach conditions.

Becoming a beachkeeper gives people the opportunity to have a hands-on role in protecting our environment and an opportunity to meet new people who share the same interests.

If you missed previous sessions of the Nahant Adopt-A-Beach Program, there is still an opportunity to participate. Volunteers are always available to train new team members.

Anyone who would like to participate is encouraged to attend the next beach cleanup session on Saturday, June 11th. Volunteers will meet at 172 Willow Road at 1:00 p.m. to pick up their clipboards and monitoring sheets and then head off to their respective beaches.

Families with children are encouraged to join the Adopt-A-Beach program. It is a great way to teach children about the importance of protecting our natural resources. (Children must be accompanied by an adult at ALL times.)

The Nahant Adopt-A-Beach Program is co-sponsored by the Northeastern University Marine Science Center, Safer Waters in Massachusetts (SWIM) and in conjunction with Salem Sound Coastwatch.

If you have any questions, please email swimnahant@verizon.net or call 781-598-1060.

Submitted by Lori Lennon

Beachkeepers as of May 14, 2011

Canoe Beach: Vi & Mark Patek, Katy Dolhun, Wendy Munro, Tess Munro Bauta, Ever Bauta-child, Bo Bauta-child, Bay Bauta-child, Kitrina Knopf, Erin Cuff, Caroline Cuff, Maryliz Cort.

Black Rock Beach (aka Doggie Beach): Eric, Melanie and Zachary Craig.

Forty Steps Beach: John Benson, Jean Inglis, Ann McNulty Johnson, Russ, Joyce and Cole Gaudet and Nancy Carey.

Lewis Cove (just west of Bailey's Hill): Catherine and John Carr.

Pond Beach (Behind Oceanview): Meredith Tibbo and students, Robert Tibbo.

Short Beach (North End): Bill Crawford, Roger and Arthur Kautz.

Short Beach (Middle at Life-Saving Station): Chris Dent.

Short Beach (South End): Nancy Hodgson Smith.

Tudor Beach (aka Dorothy's Cove): Trish Aldrich and Katy Aldrich.

Near Nahant: Forest River Beach, Salem

Jackie Strzesak (North Shore Community College's Community Service Program).

Dear Beachkeepers and SWIMMERS!

We had a great monitoring day on Saturday. We now have over 30 Beachkeepers, of which 7 are children, monitoring 8 beaches. This is quite wonderful!

Since Short Beach is rather long, we have divided it into 3 parts: north, center (at Life Saving Station), and south.

Our first monitoring event was April 16th, when we used a long form to fill with our observations to start the season. We won't use the long form again until the last day of the season. Saturday, May 14th, was the first time we used the short form.

Beachkeepers made many observations and I am going to list the more salient ones here:

Natural items seen: Knotted Wrack and its attached companion Polysiphonia (very fine soft reddish seaweed); Sea Lettuce (Ulva), Blue Mussels, Periwinkles, Barnacles, Moonshell Snails, Slipper Shell, Irish Moss, Eelgrass, Kelp, Rockweed, Quahog clamshell, Green Shore Crab (Hemigrapsus), Razor Clams, Woolly Fleece Seaweed, oyster shell, Horseshoe Crab shell, lobster claw.

Animals: 2 eels, crabs, snails, hermit crabs, tunicates, Asian Shore Crabs, headless seal carcass at Short Beach North End.

Birds: gulls, Common Eiders, cormorants, Brant geese,

Land Plants: Phragmites, Oriental Bittersweet, Purple Swallowwort, Garlic Mustard, Multiflora Rose, Norway Maple.

Litter: Pond Beach behind Oceanview: balloons & ribbons, lobster bait bags & elastics.

Short Beach at Life Saving Station: general litter

Tudor Beach: 1 lobster trap & gloves, line, elastics, etc.; various toys, bottles & cans.

Black Rock Beach's trash cans are hard to access. Lots of litter on the dunes.

40 Steps: trash all along the stairs, also sewage treatment disks.

Canoe Beach had sewage treatment disks and a lot of trash - needs major cleanup.

Odors: Sulphurous odor at pipe from Winter Street emptying onto Tudor Beach.

Problems: Tudor Beach: seawall along Summer Street Extension has been damaged by storms & needs repairs.

Black Rock Beach needs help to reduce wind erosion of dunes.

40 Steps Beach: suffering erosion of Jersey Barriers which need attention & also erosion in other areas. 40 Steps Beach needs major clean up of trash - maybe part of traditional town-wide cleanup.

Short Beach South End: chemical runoff from lawns & gardens nearby. Also odor near house at the boulders at the far south end.

Good News: Short Beach South End: the Town's 3 year project of planting beach grass has saved dunes from storm tides and erosion.

Submitted by Vi Patek for SWIM



Make Your Mark!

All Care VNA & Hospice will hold its 19th Annual Charity Golf Open on Monday, June 20th, at Gannon Golf Course in Lynn. Make your mark as a golfer, sponsor and/or donor in support of All Care Hospice patients and their families, with life-limiting illness. For details and to register, visit www.allcare.org or call 781.246.8988 x119.

Photo above: 2010 All Care Golf Open Sponsor Attorney James Carrigan of Lynn (2nd from right) with Bill McDonald, Kevin Mahar, & Bert Conlon.



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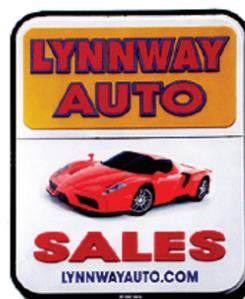
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By **ROZI THEOHARI**

Enjoying coffee on my veranda—adoring the ocean,
Morning—March, 27 2009, at 9:00 A M
My cell ringing—unrecognized voice:
“Madam! Congratulations!
You won a \$ 8,000 “Fox Fur Coat!”—If...If...If...”
I hang up the receiver—leaning over the railing, asking:
O white Atlantic waves—did you hear that !?
Oh, Yes ! We listen every century—the same tales !
For example—8,000 years ago,
Just on the shore where your modern house stands,
One tribal man lured another with a fish
When his friend approached
The bad tribal man hit him with stones
To grab his outer covering, the white gold bear skin.
When did the concept of confidence begin...?

Letter on the Override

To the Nahant Harbor Review:

It would be a terrible wrong for Nahant to deny override funding to cover increases in special education costs. It is not a pool, or football field, or TV studio, or some unnecessary expenditure the Town is asking the citizens to approve. The Town is asking us to fund the basic education of our special needs students. We should not let Republican budget decisions that give the wealthy tax breaks and cut aid to public education stop us from doing the right thing.

These children are not faceless, money gobbling brats, living high on the hog at our expense. They are Nahant kids that you see every day, but who struggle with obstacles and disabilities that are not readily apparent to the uninformed observer.

Cognitive or emotional disabilities require the same commitment and expenses from the people of this Town as a handicapped child does. It is easy to see a child struggling to climb steps and understand why an expensive wheel chair ramp at school is not just helpful but morally necessary. Our support for this funding is the same; it is morally necessary.

Our financial support should be open, appropriate, and as generous as possible. There are countless former “SPED” students who are succeeding in life because they received SPED in Nahant. We should not resent this cost, but rejoice that our Nahant kids can reach their full potential.

Nahant rightfully takes pride in our open hearted financial support with our property taxes and donations, of our beaches, our Coast Guard Station, funding elderly programs and housing, and our ability to rally around Nahanters in need, with ALS and cancer.

Even in tough times, our special education students deserve the full funding and heartfelt support of this Town, even if we have to work harder or pay more taxes.

Submitted by Daniel P. Munnely, Lodge Road, Nahant, MA

School Override Question & Answer

Q: How much will the Override cost me personally?

A: The cost to a homeowner will vary. For instance, if your home is assessed at \$400,000, you would see an increase of about \$140 per year, \$11.67 per month, or 40 cents a day. The tax rate would go from \$10.24 to \$10.59 per \$1,000. To find out how the Override would impact your taxes, take the town’s assessed value of your house and multiply by .00035. The result is the annual cost of the Override to your Property Tax.

Q: I am on a Fixed Income. How can I afford the Override?

A: Property owners aged 65+ on a Fixed Income are eligible to apply for Property Tax abatements.

Q: Are taxes in Nahant higher than in other towns?

A: The Nahant property rate is in the lowest 10% of Essex County. Lynn and Swampscott property tax rates are \$16.22 and \$16.60 per \$1,000. Even with the override increase, we will be well below that at \$10.59.

Q: Are we spending too much on our school?

A: Not at all. Nahant spends only \$885 per resident. The state median is \$1,295. Nahant ranks amongst the lowest in school spending, #323 out of 351 cities/towns. Our neighbors Swampscott and Marblehead spend \$1,551 and \$1,337 respectively. (MA Department of Revenue)

Q: If the school budget has decreased for the last five years, what is causing the Override? Is it a result of mismanagement by the town or the school?

A: The fundamental causes are escalating special education costs and a decline in State & Federal monies. Virtually every North Shore community is facing a similar situation due to reduced State & Federal reimbursements. Because our school system is small, the budget cuts hurt us more dramatically. {Nahant ranks #4 in the Biggest Loss Category for percentage change in Total State Aid. (The Boston Globe)}

Q: What will happen if the Override doesn’t pass?

A: The effects are already being felt. 15 Johnson School staff have been given pink slips. Some of our most valuable and respected teachers are already seeking other positions. Special Ed. is a State mandated town responsibility. If the Override fails, 234 JES children will be hurt the most.

Q: Why don’t we cut the salaries of some expensive school administrators like the superintendent?

A: The Superintendent and Director of Special Education are both State mandated positions (MA General Law Chapter 71, Section 59). Our Superintendent works part-time, 2 days a week. The Director of Special Education works 1 day a week.

Q: Is the Override the best option?

A: Yes, absolutely. No one wants for the tax rate to go up. However, it is cheaper to educate our children in town. Closing the Johnson School would cost the town at minimum \$526,000, which is \$266,000 more than is currently being voted on. Plus, we would continue to pay the mortgage on the Johnson School.

Yes For Nahant
To volunteer or donate, please go to YesForNahant.com

Paid for by the Yes For Nahant Committee

**An Open Letter To The Selectmen:
Keep Your Hands Off The People's Vote, We Are All Complicit, and How To Save The School**

Dear Selectmen,

Keep your hands off the people's vote - Every citizen is given one vote. No one has the right to disenfranchise those who choose to use it, or re-enfranchise, after the fact, those who don't. The integrity of the vote is the cornerstone of Democracy. A dark precedent is set when a legal vote is overturned.

Who's to blame for the defeat of the Override Ballot Issue? You, you, you and us. We are all complicit. Every year, at the Town Hall Meeting, a blizzard of spending bills is trotted out, projects often overdesigned and overpriced, with no heed to the economic distress all around. This year alone over \$1,400,000 was recommended. Every request was approved. Are there no priorities?

What is the defeat of the Override ballot telling you? That a majority of citizens are sick of being deprived of tax relief when their property assessments go down and you offset with a tax rate increase. They are telling you they are distrustful of \$190,000 landscaping projects, \$750,000 water meter projects, \$250,000 drainage projects, \$300,000 beach stair projects (a previous year), etc., etc., when most of these projects could be either delayed, or downsized. If all these spending items had been placed on the Town Ballot, my bet is many would have failed. Away from the intimidation of Town Meetings, people vote differently. Did you notice?

My favorite line at Town Hall meetings is, "If we pass this spending bill now, the State(or the Feds) will pick up half the tab. Well, how much did the State and Federal Government cut back on the Town's payments this year? \$146,000. WE are the State. WE are the Federal Government. Both are broke.

No misanthropes - nobody has a monopoly on empathy for the anguish the parents, students and teachers feel. Nobody should blame them for immediately organizing and petitioning to overthrow the vote. But, the only way the majority could express their frustration was to vote against the only spending bill that was on the ballot, and sadly, it fell on the school system. Who doesn't believe in education ?

Everybody went to school. A sound, achieving school system is necessary for our children and bolsters property values.

Are you listening?

Finally, a balance has to be reached in funding the SPED program. It is clear a town the size of Nahant cannot withstand the mandated and unpredictable costs. Our State House and Senate Representatives should enjoin other communities struggling with the same problem and find a better way to manage the cost.

Solution: I believe the word "Permanent" doomed the Override. If an irreducible pledge is given "to override the override," once the crisis has ebbed, the new override ballot may win. If not, an exasperated citizenry will forego their support. Fin-Com should be charged with monitoring the cost and reporting to the Town annually, when a decrease is warranted and implement the tax reduction to the taxpayer.

When this is over, and we have time to step back, we might discuss the more poignant question, "What happens when Democracy fails its citizens?"

So, hands off the vote, and thank you for your time and dedication, you work harder than the rest of us in your civil duties, but are you listening?

Submitted by Francis Farr, Cliff Street, Nahant

Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation.

John F. Kennedy

On June 25th, Vote Yes For the School Override

Yes For Investment

-The Median Single Family Home Price in Nahant has increased 51% in the last 10 years. That is substantially more than Swampscott (27%) and Marblehead (35%).

Boston Magazine

-Good Public Schools are one of the TOP Attractions to Potential Home Buyers.

Yahoo Business

Yes For Success

-3rd Grade MCAS Math scores ranked #4 in state.

-3rd Grade MCAS English scores ranked in Top 10%.

-JES Graduate Top Senior at Swampscott High.

-JES Graduate Top Junior at Swampscott High.

Yes For Nahant

To volunteer or donate, please go to YesForNahant.com

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Ahoy, Nahanters!

Many thanks, to those of you who took the time to send in a subscription to the Nahant Harbor Review. I am very thankful.

It is good to see the sun and warmer weather. Please remember, while running about during the good weather, to patronize our advertisers and support our local businesses, crafters and trades-people. By doing so, you help keep our community strong.

The list has been updated and I've been taking more names off with very few new or renewal subscriptions coming in! If you haven't done so by now, it's still not too late. Please renew, or become a new subscriber, to the Nahant Harbor Review. Help keep the kids bringing the Nahant Harbor Review to your home.

Complete the 2011

subscription form on the back page, cut or tear it out and enclose it in an envelope. You can mail your envelope to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908, OR save a stamp and drop the envelope in the Harbor Review's community box, on the Teller's counter, inside the Nahant Equitable

Cooperative Bank. Thanks!

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Useless Information...By Ray Barron

Nahant's JUNE Birthday Babies

June 1: June Carmody, Debora Deberardinis and Meghann Toomajian.

June 2: Gennaro Angiulo, Sean Dignan, Janet Flaherty, Elizabeth Fortucci, Kate Hall, Stephen Kasper, David Lazzaro, Matthew Luti, Joel Marie, Kathleen Martin, David Quinn, Anthony Scali, Joan Scaglioni, Sallee Slagle, Craig Thomas, Karol Wabno, Alexandria Wilson and Jackson Wrenn.

June 3: Youngae Benson, Joseph Brugman, Arthur Byron, Marjorie Cenci, Jayne Dantona, Thomas Dibenedetto, Sharon Dobbyn, Adam Hatfield, Ryan Henry, John Livoti, Kelly O'Keefe, Samuel Reenstierna and Joshua Russell.

June 4: Peggy Ackerman, Pam Bynum, Priscilla Culver, Felicia Defeo, Mary Donahue, Christine Fulchino, Gretchen Henry, Cecelia Hill, Justin Mahoney, Michael McGrath, Kathy O'Connor, William Robinson, Ramon Rosa, Judith Shanahan, Kevin Shanahan, Michael Vecchia and James Walton.

June 5: Katherine DiVittorio, Frank Dunion, Joseph Gallagher III, Owen Kane, Florence McDonough, Sarah Murray, Colleen Osbahr, Lorraine Sanphy, Colleen Sheppard, Toni

Maria Schofield, Dale Warren and Elaine White.

June 6: My beloved wife Marilyn's birthday, Robert Cass, Martha Chepeleff, Claire Flebbe, Henry Hanagan, Stephen O'Malley, Claudia Orleans, Thomas Parrott, Connor Tidd, Cecilia Ustaszewski, Mary Valeri and Luke Wachtel.

June 7: Happy birthday to Ariana Clements, Laurence Mason, Craig Mosher, Robert Tarason,

June 8: Raymond Desmarais, Alicia Donovan, Susan Hooper, Breegan Houlihan, Kathy Jenkins, Neil Liston, Lizette Marrero, Melanie Marino, Jessica Porcaro, James Savino, Anne Senk and David Wilson.

June 9: Madyson Bardgett, Jeanne Bufalino, Kevin Carmody, Henry Ferrara, Ryan Frauenholz, Katherine Jenkins, Barbara Mackey, James Mehigan and Svetlana Parisi.

June 10: True Blaisdell, Jr., Sean Coffey, Kevin Howard, Michael Kairevich IV, Molly Kasper, James McCullough, Robert McIlveen, Samantha Schneiderman, Shantell Smith and Sharare Soleymani.

June 11: Larry Bradley, Bob Cronin, Charles Dick, Richard Fox, Melissa Hanson, Mary LeBlanc,

Ryann McKee, Theresa Moore, Gretchen Sterenberg and Carmel Trentsch.

June 12: Nora Bishop, James Callahan, Anne Cote, Shaun Driscoll, Elisabeth Foukal, Josie Lafalce, Judy Larkin, Matthew Lazzaro, Gerald Mills and Katherine Moleti.

June 13: Patricia Aldrich, Chris Black, David Hussey, Mary Lou McGinn, Christine O'Donnell, Benjamin Quigley, Shirley Sarpi-Brahm and Dorothy Vitale.

June 14: Kelsey Barrasso, John Bozarjian, Meaghan Canty, Andrea Gaulzetti, Jason Goodwin, Marie Hosker, Suzanna Karatzas, Janet Lass, Joseph Marino, James Moleti, Sean Osbahr, Mia Schena, Mark Schiffenhaus, Darlene Terminello, Marian Taylor, Jannette White and Vanessa Whiteside.

June 15: Bernard Bruneau, Christopher Jordan Dent, Daniel Droukis, Kenneth Ford, Mary Kavanagh, Jennifer McGaffigan, Lynne Spencer and Conrad Squires.

June 16: Rosemary Brown, Kellie Connolly, William English Jr., John Hooper, Amy Magher, Pauline Marra, Talia Petrucci, Kevin Solimine and Ellen Steeves. June 16th is also known as Bloomsday, originated by James Joyce.

June 17: Dan Bennett, Bill Caldwell, Kristina Etter, Elisabeth Hemminger, Shelby Hill, Arthur Kautz, Divya Menon Kohn, Elizabeth Landry, Thomas Loftus, Cora Long, William Ludke, Lana Mogan, Charles Mogavero, Eric Pasinski, Anthony Rizzo, Peter Scapicchio, Dr. Sheldon Savinor, Barbara Stamos, John Stevenson, Janina Wabno and Adam Wilson.

June 18: Kathleen Cooke, Ryan Desmarais, Sarah Kaplan, Mary Magner, Sara Martin, Thomas Nielson, Richard Snyder and Eugene Swanson.

June 19: Jennie Alexander, Colin Carpenter, Martha Chepeleff, James Clements, Katherine deStefano, Edward Sun Goodrich, Amir Lagasse, Ed Locke, Edward Morrissey, Alfred Santosuosso, Anne Spirm, Marcelle Valentin and Alice Volk-Roy.

June 20: Wilfred Cote, Mary Dill, Susan DePaulo, Joseph Dowling, Lisa Doyle, Farzad Haghayeghi, Dick Senk and Bill McDonald.

June 21: Jane Lombard, Julian Scovell and Brian Thurston.

June 22: Ethan Angerbach, Donna Damico, Stephanie Doucette, Steven Hyde, Kazuo Mori, James Ward, Frederick Wilson III

and Edmund Zamejftis.

June 23: Bob Baldwin, John Cohen, Janice Gomperts, M. Dean Hendrick, Christin Morse, Patrick O'Reilly, Gregory Poth, Helen Taylor and Janice Thornton.

June 24: Anastasia Beaulieu, Louis Brunelle and Paul Wilson.

June 25: Lori Ballantine, Margaret Hinrichs, Elizabeth Kelley, Samantha McGilloway, Dorothy Maguire, Nora Lorraine O'Reilly, Roger Peladeau, Linda Powers, Irene Purdy, Julie Sands and Halley Smith.

June 26: Douglas Babin, John Ballantine, Conor Caccivio, Cory Carmody, Brendan Coffey, Michele Beauchine Collins, Gerald Cote, Jordan Cummings, Patricia Davis, Robert Guiney, John R. Fulghum III, Janet Malatesta, Jean Mullen, Shea Nugent, Helen O'Hare, Nickolas Papagelis, Alec Roy, Marylyn Taylor, Robert Tibbo and Maisie Vasquez.

June 27: Margaret Antrim, Marc Carbone, Jennifer Dignan, Paul Gilday, Eric Leja, William Mahoney, Patricia McCallum, William O'Connor, Michael O'Malley, Arturo Saavedra-Lauzon, Kenneth Taylor, Arlene Troiani, Thomas Worth and Michael Zhuykov.

June 28: Laurie Allard, Nathaniel Cail, Joseph Hojlo, Jr., Joseph McDonough, Tyler Middleton, Teresa Newell, Frank Pesco, Eileen Simons and Anita Smith.

June 29: Igor Babuskin, Cari Bamberg, Francis "Enzo" Barile, Richard Debenedetto, Gary Deines, Laurel Laliberte, Katherine Locke, Dolores Merlino and Christie Stamos.

June 30: Maria Brooks, Timothy Dempsey, Richard Hagoort, Julia Kautz, Tristan Reenstierna, Andre Sigourney and Helen Staffier.

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Summer Park Program

The Recreation Commission is pleased to announce that on Wednesday, July 6th, the free summer park program will begin. This is a free 6-1/2 week program held at the Flash Road Playground. Each weekday, Monday through Friday, from 9:00 a.m. until noon, children are welcome to come to the park and participate in arts and crafts, organized sports, play games, or to help in the Community Garden. Children ages 5 and under, must be accompanied by an adult, or babysitter. This is a drop-in activity. No registration is required.

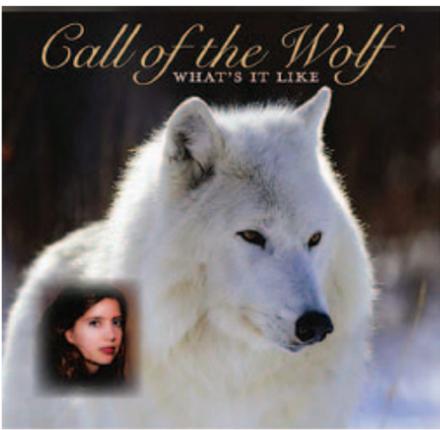
For more information, please call Jen McCarthy at 781-592-5272, or email nahantrec@hotmail.com

Summer Soccer Camp

Nahant Youth soccer will be hosting its annual summer camp the week of June 27th-30th. Coach Nick Padovani will be coaching the camp. The camp will focus on technical, tactical and fitness training to develop skills and confidence in the game of soccer.

We are offering a mini-camp which will run 9:00 to 10:30 a.m. and cost \$65 for those aged 4-7. Also, we are offering a Junior half-day, which will run 9:00 to noon and cost \$125 for ages 6-7. Finally, we will have a full-day camp, 9:00 a.m. to 3:00 p.m., for ages 8-14 and the cost is \$180 for the week.

If your child wants to stay longer than what is offered for their age group, we can work that out. Register online at nahantsoccer.org. If you have any questions, please email susancrosa@hotmail.com, or call Sue at 781-842-2448.



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**SUMMER
BEGINS
JUNE 21ST
HOORAY!**

NCC Tennis Courts Open for Play Submitted by the NCC Tennis Committee

The public is invited to the NCC Open House at the tennis and platform courts on Nahant Road, Friday, June 10th, at 6:00 p.m. Players may sign up for tennis, platform tennis, or both. Interested persons are encouraged to attend to try out the clay courts under the lights and to enjoy refreshments.

The Annual Jr. Tournament will be held June 27th-29th. Call M. Livingston, 781-599-5515, for registration. Watch for information about the Kids' Tennis Clinic sponsored in cooperation with Nahant Recreation.

The tennis courts will be open May to November, everyday 8:00 a.m. to 10:00 p.m. Membership rates are reasonable and there are no court fees. Please see www.nahanttennis.org for information and Introductory Rate.

NCC Kids Tennis Clinic Submitted by Karen Falat

"Fun tennis instruction" will be held June 27th to July 21st, at the NCC courts on Nahant Road. Ages 5-13 grouped by age. Watch for flyers in the school. Call Maureen, 781-599-3259, or Gene, 617-407-2697.

Memorial Day in Holland

On May 4th, the Dutch commemorate the many people who did not survive World War II: the Jews, Dutch citizenry and soldiers, as well as military forces from afar, including Canada, the United States and other parts of the globe, who came to fight for Holland's freedom.

It is a very solemn occasion, as Memorial Day is in the U.S. Throughout Holland, two minutes of silence are observed at 8:00 p.m. Flags are at half-staff. Traffic stops. There is dead silence everywhere until the bugle horn sounds, which marks the beginning of speeches by the Queen and mayors of towns and villages. They honor those, who sacrificed their lives for Europe's freedom, in speech, by laying wreaths and by visiting the graves of those who did not survive, or return. There are a total of fourteen war cemeteries in the Netherlands.

On May 5th, the country celebrates the end of World War II and the freedom it brought. Unfortunately, peace and freedom continues to be an elusive goal for many in this world.

Submitted by Marrit Hastings, after her recent trip to Holland.

NCC TENNIS FOR ALL AGES!



**CLAY COURTS
LOW FEES
LIT FOR NIGHT PLAY
WWW.NAHANTTENNIS.ORG**



News From the Johnson School

By Diane D. Mulcahy, Principal

The annual Gettysburg Address competition, will be held in the Johnson School cafeteria, on Thursday, May 19th. Students will compete to choose the student who will recite the Gettysburg Address, at the Greenlawn Cemetery, as part of the Memorial Day ceremonies in Nahant. A Johnson School student has recited the Gettysburg Address at this event, every year since 1899.

The final round of MCAS testing has been completed. Students in grades three through six, were tested in math. The fifth graders also completed the Science Technology portion of the test. The teachers reported that the students worked diligently on each testing session. Due to excellent attendance, make-up tests were at a minimum. This concludes MCAS testing for this school year. We expect to receive the test scores in the fall.

Friday morning, May 20th, students at the Johnson School gathered in the cafeteria for an all-school assembly. Guest speaker, Christopher Swain, is swimming over 1,500 miles down the Atlantic Coast, from Canada to Washington, D.C. He will be sampling the water at 5,000 locations, in order to measure and map the effects of pollution and climate change. H will be working with over 50,000 schoolchildren, on projects designed to improve the health of our ocean planet. Along the way, he will be collecting trash, pumping out marine sewage and coordinating cleanups of local beaches. Mr. Swain told students about his latest project to educate them on the importance of keeping our waterways clean.

The calendar is beginning to fill with end-of-the-year activities. Plans are being made for the sixth grade Moving-On ceremony, which will be held on June 16th, at 6:30 p.m. The week of activities will start off with the annual class trip to Canobie Lake Park on Friday, June 10th. Parents are also planning a family evening, with a Potluck Supper, on Tuesday, June 14th. The sixth graders will surely have a week to remember. After the Moving On Ceremony, the sixth graders will have a Moving On party.

The halls at the Johnson School are adorned with childrens' art work. The Spring Art Show is in full swing. Mrs. Beebe has displayed the artwork students have created this year and the art show will continue through the first of June.

Wednesday, May 25th, was the annual Field Day Rally. Rally Day is when the students find out their teams and rally the team spirit of cooperation and fun, which is the foundation of the day. Students are looking forward to Field Day, which is June 8th this year. Johnson School parents, Lori Nugent, Roxanne Schena and Antonella Raffaele, have coordinated this year's Field Day. We are very pleased that parent Shawn Cummings, has returned to MC the event. We are very appreciative of the dedicated team of parents, who work every year, to make this a wonderful day for the students.



A Poetic Presentation at Tower School

Submitted by Jennifer Burke, Tower School

Four Tower School students from Nahant were selected to present poems at this year's Recitation Day program.

Christian Peterson, seventh grader (top row, far left), recited "The Night of the Bayonet" by Erik Jendresen. Sixth grader, Michael O'Malley (top row, sixth from right), recited "Un Árbol Para César Chávez" by Francisco Alarcón. Fifth grader, Jamie Lang (top row, far right), recited "The Tyger" (from Songs of Experience) by William Blake.

Second grader, Ava Caccivio (bottom row, fifth from left), recited "Polar Bear" by Mish Goldish. First grader, Drew Botta (bottom row, third from right), recited "The Porcupine" by Karla Kuskin. Pre-kindergartner, Amelia Wyse (not pictured), also took part in the program. She recited, "Last Night I Dreamed of Chickens" by Jack Prelutsky, with the rest of her class.

The students worked hard to memorize their poems and were impressive in their presentations, at this much-loved, Tower tradition!

Tower School

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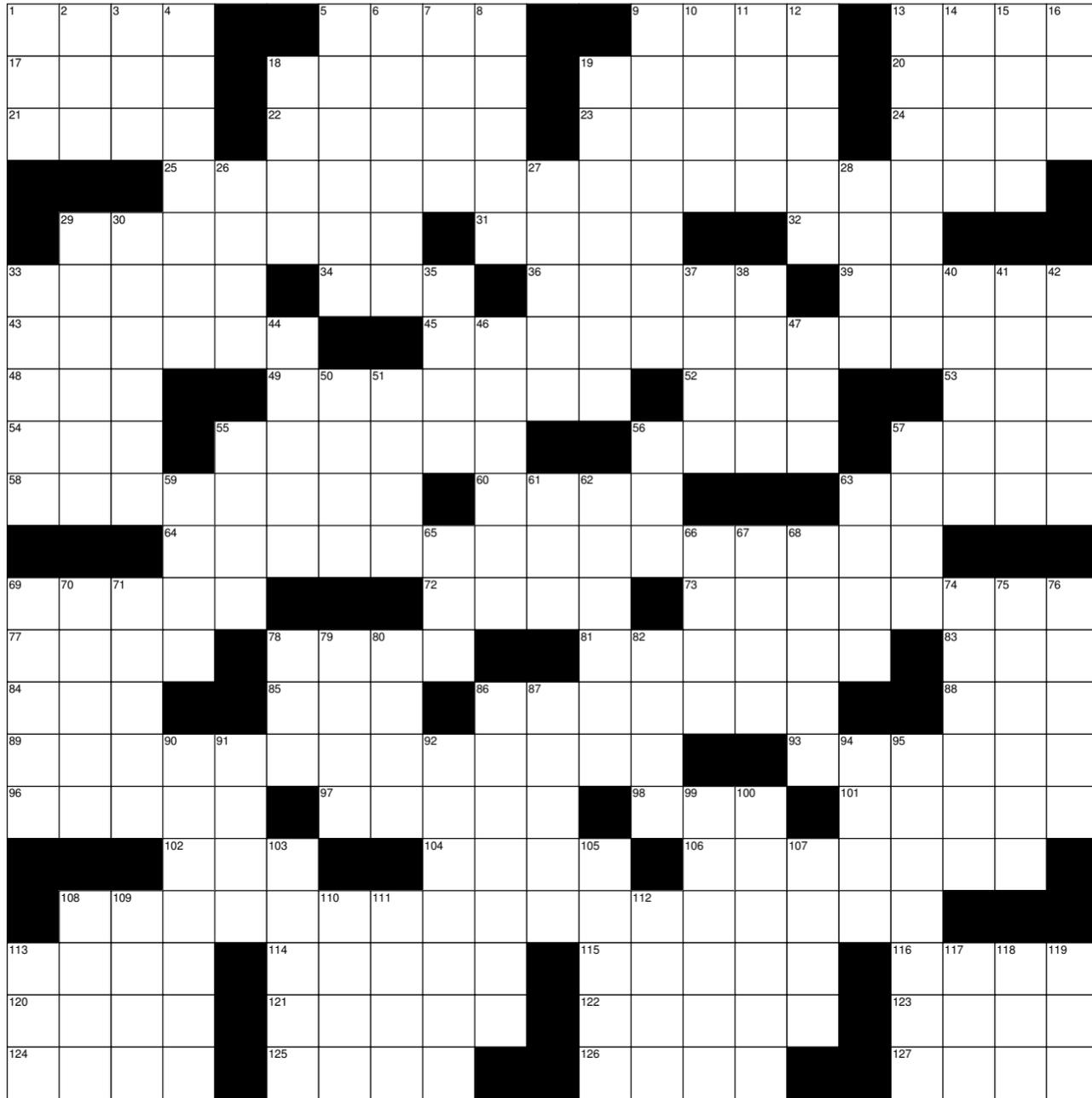
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The Nahant Harbor Review is the only newspaper dedicated to building the spirit of community in the Town of Nahant, MA, USA. Please support our efforts by subscribing, or advertising. Thank you. Donna Lee Hanlon, Editor

NAHANT PUZZLE PAGE

"D" - Day

by Rick Kennedy



- 55 Gloomy
- 56 QB Manning
- 57 Queue
- 59 Aspiring atty.'s exam
- 61 Asian New Year
- 62 2009 James Cameron film
- 63 English pirate captain
- 65 Author Fleming
- 66 Yak
- 67 Peak
- 68 Bea Arthur sitcom
- 69 Amish abodes
- 70 It's debatable
- 71 Bare minimum
- 74 Jarhead
- 75 Hinder
- 76 Coconut fibers
- 78 Rejuvenation location
- 79 State
- 80 Florence's river
- 82 Bullets, in Texas hold'em
- 86 Appetizer
- 87 Core belief
- 90 Similar chemical compounds
- 91 Tranquility
- 92 Free of hormones, say
- 94 Nev. neighbor
- 95 Dakar's land
- 99 "Who'd like to volunteer?"
- 100 Campaign need
- 103 Campaign need
- 105 "Our Town" family
- 107 Fine spray
- 108 Killer ending?
- 109 Muscat's land
- 110 Taboo
- 111 Gravy vessel
- 112 It may be square
- 113 Reservoir's edge
- 117 Jr.'s son
- 118 Popular president's initials
- 119 Afternoon social

ACROSS

- 1 Sicilian peak
- 5 Headless Horseman's wear
- 9 Zodiac symbol
- 13 Go ballistic
- 17 Fellow named Bellow
- 18 Auctioneer's aid
- 19 Flintstone's boss
- 20 Nobel Prize subj.
- 21 Hummus holder
- 22 Online memo
- 23 Pavarotti, notably
- 24 In the cellar
- 25 **D**
- 29 It's shrinking in Asia
- 31 Spahn teammate Johnny
- 32 Equinox mo.
- 33 Brightly-colored lizard
- 34 Half of MCII
- 36 Bergen dummy Mortimer

- 39 Songwriters' grp.
- 43 Split part
- 45 **D**
- 48 PC key
- 49 Stockpiles
- 52 "Aladdin" prince
- 53 Long time
- 54 General on a Chinese menu
- 55 1973 Elton John hit
- 56 Give off
- 57 The Beatles' "Penny ____"
- 58 Some steaks
- 60 List-ending abbr.
- 63 High-strung items?
- 64 **D**
- 69 Having fine threads
- 72 Terrier in "The Thin Man"
- 73 Theoretical
- 77 "I'd hate to break up ____"
- 78 Baseball great Musial

- 81 Rabbi's text
- 83 "I love," in Latin
- 84 Cape Town's home: Abbr.
- 85 ____ se
- 86 Heaped
- 88 Engineering sch. in Troy, N.Y.
- 89 **D**
- 93 Not so tough
- 96 ____ good example (is a role model)
- 97 Ship navigation aid
- 98 Drain
- 101 Tears
- 102 Long in the tooth
- 104 Mushroomed
- 106 Oscar hopeful
- 108 **D**
- 113 Stopping place?
- 114 Nary a soul
- 115 Evicts
- 116 Present
- 120 Sixth Jewish month
- 121 Studio sign

- 122 Lisa of "The Cosby Show"
- 123 Assistant
- 124 ____ room
- 125 Campus mil. program
- 126 Suffix with pun
- 127 Pound of Turkey?

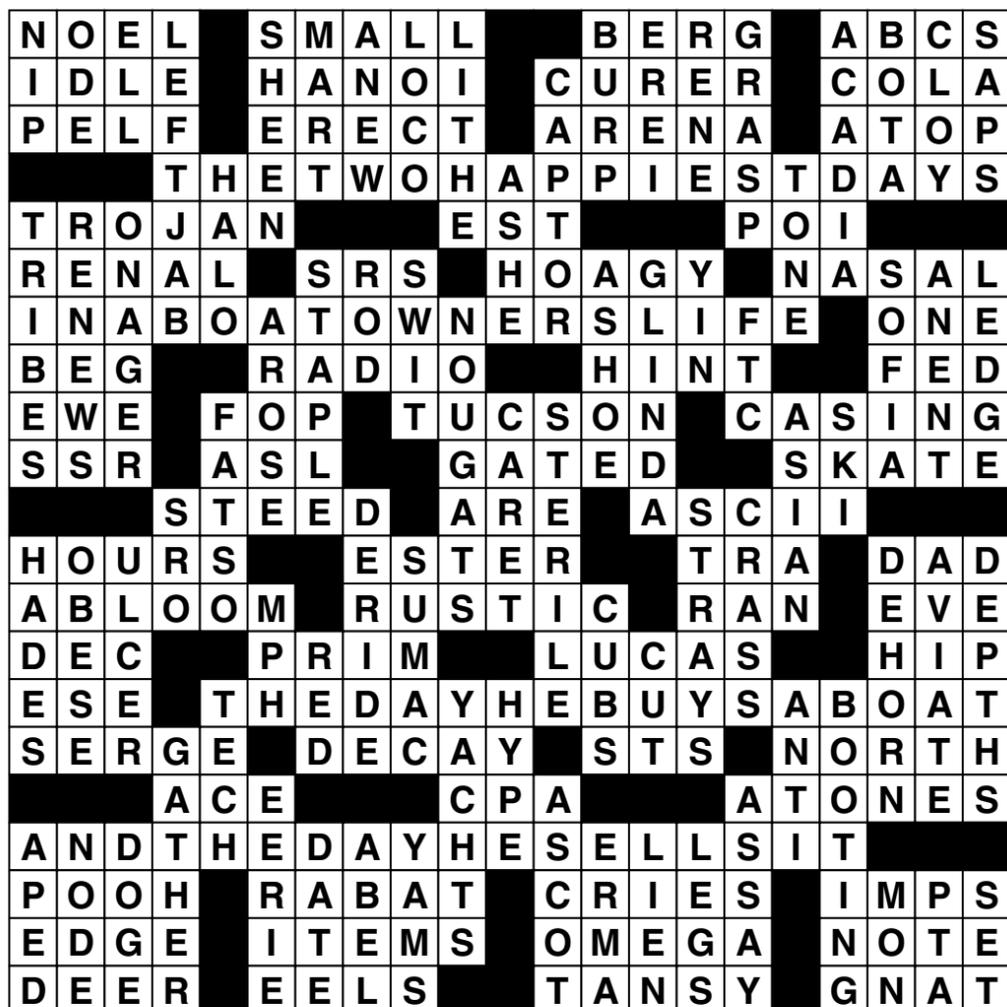
DOWN

- 1 Clairvoyant's claim
- 2 Mai ____
- 3 Fruitcake
- 4 Mobile home?
- 5 Traveled like Hiawatha
- 6 Declaration
- 7 Antifur org.
- 8 Rocky Mtn. highs?
- 9 Grime fighter
- 10 Phoned
- 11 Stub ____
- 12 They go with the floe
- 13 Backslide
- 14 Military sch.

- 15 It may be wrinkled
- 16 Atlanta-based cable inits.
- 18 Hair goops
- 19 Orchestra section
- 26 Sparkle
- 27 Soother
- 28 Peruse
- 29 Tennis player Andre
- 30 Bitter resentment
- 33 Helps in a heist
- 35 "____ Jury" (Spillane novel)
- 37 500 sheets
- 38 "Take a number" place
- 40 Sport shoe feature
- 41 Make amends
- 42 Window parts
- 44 From the top
- 46 Mount St. ____
- 47 Young fox
- 50 Raggedy ____ (dolls)
- 51 Mrs. Addams, to Gomez

Happy Days
By Rick Kennedy

April's puzzle winner was Ann Marie LaRocca, from Bay View Ave. Congratulations! You 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.



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

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DEADLINE INFORMATION
JULY 2011

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
WEDNESDAY, June 15th • midnight
Home Delivery: **SATURDAY, JUNE 25th.**

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| Sales Manager | Clinton Norton | 781-592-4148 |
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|------------------------------------------|---------------|
| 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.

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Thank you for your support!

Got something to share...

with your neighbors and friends?

Put 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 • JUNE 2011

TIFFANY ROOM ACTIVITIES

Lunch served every day at 11:30 a.m.

| | | |
|-----------|------------|--------------------------------------------------|
| Tuesday | 10:45 a.m. | Chair Exercise |
| Wednesday | 12:30 p.m. | Shopping from the Tiffany Room, call for pick-up |
| Thursday | 12:30 p.m. | BINGO |
| Friday | 10:45 a.m. | Walking club |

TIFFANY ROOM SPECIAL EVENTS

| | | | |
|-----------|------|------------|-----------------------------------------------|
| Wednesday | 1st | 10:00 a.m. | Rockport Walk (sign up required) |
| Monday | 6th | 12:00 p.m. | Blood Pressure & Glucose reading |
| Monday | 6th | 12:30 p.m. | Shopping "TBD" |
| Tuesday | 7th | 12:30 p.m. | GLSS sponsored discussion "Clear the Clutter" |
| Tuesday | 14th | 12:30 p.m. | Ice Cream Sundae Social |
| Thursday | 16th | 10:00 a.m. | Dr Sanphy's Foot Clinic |
| Monday | 20th | 12:30 p.m. | Shopping "TBD" |
| Tuesday | 21st | 12:30 p.m. | Introduction to Nahant TRIAD |
| Tuesday | 28th | 11:00 a.m. | BBQ in Swampscott, live entertainment |
| Thursday | 30th | 12:30 p.m. | June Birthday Celebration with a Guest Chef |

COMMUNITY CENTER ACTIVITIES

| | | |
|-----------|------------|------------------------------|
| Monday | 9:00 a.m. | Yoga |
| Monday | 10:15 a.m. | Total Body Exercise |
| Tuesday | 9:00 a.m. | Quilting |
| Tuesday | 1:00 p.m. | Cribbage, cards, puzzles |
| Tuesday | 5:00 p.m. | Total Body Exercise |
| Wednesday | 9:00 a.m. | Total Body Exercise |
| Thursday | 9:00 a.m. | Yoga |
| Thursday | 5:00 p.m. | Total Body Exercise |
| Friday | 1:00 p.m. | Movies |
| | | June 10th "My Fair Lady" |
| | | June 24th "The Wedding Date" |

Van transportation is available for CoA activities and trips, call 781 581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant web site or email me lpeterson@nahant.org for updates on other programs, trips and events.

Medicare Fraud and Abuse

Submitted by Irene O'Donnell, Regional SHINE Director

The Affordable Care Act fights healthcare fraud, waste and abuse, by providing new tools to prevent and detect fraud and to crack down on individuals who attempt to defraud Medicare. These tools include increased penalties for criminals, enhanced screening of providers, more coordination between agencies and expanded efforts to recover over-payments.

Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting, fraud and abuse:

* Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.

* Remember, Medicare doesn't call, or visit, to sell you anything.

* Always review your Medicare Summary Notice and Part D Explanation of Benefits for any errors. If errors are on either of these documents, call your medical provider immediately.

* If you are not satisfied after calling your medical provider, report the questionable charges to Medicare: 1-800-633-4227.

* If you suspect that your medical provider is fraudulently billing Medicare, call the Department of Health and Human Services Office of the Inspector General Hotline: 1-800-447-8477.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To meet with someone, call your senior center, or Counsel on Aging. Ask for a SHINE appointment. You can also call the SHINE office at Mystic Valley Elder Services, at 781-324-2207 x 164 and leave a message. A volunteer will call you back as soon as possible.

COACHATTER

By Linda Peterson, Executive Director

Welcome to June. This month we eagerly await the summer solstice on June 21. I have a lot planned for June starting with our "Keep Moving Program" in Rockport on June 1st. The Commonwealth of Mass is sponsoring this event with a 1 or 3-mile walk in the beautiful Halibut Point State Park. We will be packing a picnic lunch to enjoy after the walk. There will be transportation for all participants. The bus will leave from the Tiffany Room at approximately 9:30 for registration and warm up at 10:30. The walk will begin at 11:30. Please call the Senior Center to sign up.

Our 1st museum trip will be held on June 15th. We are going to the Museum of Fine Arts to tour the new "Art of the Americas" wing. This will be a combined trip with the Swampscott & Marblehead COAs. The cost of this trip will be \$66.00 and will include the bus, admission to the museum and a guided tour of the new wing. Please contact me to reserve your seat.

GLSS will visit the Tiffany Room this month to talk to us about "Hoarding." Hoarding among seniors has become a big problem. Laurie Grant, LCSW, Hoarding Outreach Specialist will help us all "Clear the Clutter" on Tuesday, June 7th at 1:00 p.m., at the Tiffany Room.

The Essex County Sheriff's Department TRIAD Director met with me about re-activating the Nahant TRIAD. TRIAD is a community safety initiative that brings together Law Enforcement, Support/Protective Services and Senior Citizens. There are many projects sponsored by the Essex County TRIAD that would benefit Nahant seniors. On June 21st, Karen Martin, Assistant Deputy Superintendent & TRIAD Director will come to the Tiffany Room to discuss TRIAD. Please come join us for this discussion.

What happened in April you ask? Well the big event was the celebration of Anna Rooney's 85th birthday. Her daughter & son-in-law brought a little taste of New Orleans to the Tiffany Room. We had music and we danced with Anna New Orleans style. Take a look at the picture; all had a fun time. To celebrate all the April birthday's on the 28th we welcomed Kathie Hatfield as our guest chef. She prepared a delicious chicken piccata that was to die for. Thanks Kathie.

What do we have planned for the summer months? We will be going to Suffolk Downs, on an Essex River Boat cruise, and much more. Watch for these trips and others on the Cable TV channel and the Nahant Web site and as always call me at the Tiffany Room with any questions and suggestions.

One more thing, is anyone interested in having a manicure? I have a manicurist who would love to come to the center every other week to service our seniors. This person currently works at the Lynnfield Senior Center. Please let me know if you are interested.

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Community Calendar • JUNE 2011

MAY 2010

| | | | |
|-----|----|--------|----------------------------------------------------------------------------------------------------------|
| SAT | 28 | 9:00A | Garden Club Plant Sale. Life-Saving Station. Till plants gone. |
| SUN | 29 | 9:00 | Choir Rehearsal. Village Church |
| SUN | 29 | 10:30A | Sunday Worship Service. Village Church |
| SUN | 29 | 11:30A | After Service Refreshment and Fellowship. Village Church |
| SUN | 29 | 2:00P | Legacies: Walking Tour. Greenlawn Cemetery |
| SUN | 29 | 8:00A | Memorial Day Service, Sacred Reading of Names, Marjoram Park |
| | | 10:30A | Memorial Day Service, Sacred Reading of Names and Sunday School. Nahant Village Church. All are welcome! |
| | | 11:30A | Sunday After Service Social. Village Church. All are welcome! |
| MON | 30 | 9:30A | NAHANT'S Memorial Day Parade BEGINS |

JUNE 2011

| | | | |
|-----|----|--------|---------------------------------------------------------------------------------------------------------------------|
| FRI | 3 | 8:00A | Free Breakfast, Village Church, Topic: Voyage of the Tioga |
| | | 9:00A | Voter Registration. Town Clerk's Office. Till 8:00 p.m. |
| | | 6:30P | 25th Anniversary Dance Dimensions, Town Hall |
| SAT | 4 | 10:00A | Sailing Program Registration, Town Wharf, till noon. FMI 781-599-3259 |
| SUN | 5 | 9:00A | Choir Rehearsal. Nahant Village Church. New singers are welcome. |
| | | 10:30A | Sunday Worship Service and Sunday School. Village Church. All are welcome! |
| | | 11:30A | Sunday After Service Social. Village Church. All are welcome! |
| SUN | 5 | 3:00P | Apollo Club Concert at Nahant Town Hall. |
| FRI | 10 | | Sixth Grade Call Trip to Canobie Lake Park |
| SAT | 11 | 7:00A | 2011 Nahant Triathlon |
| | | 1:00P | Beachkeepers monitor their beaches. |
| SUN | 12 | 9:00A | Choir Rehearsal. Nahant Village Church. New singers are welcome. |
| | | 10:30A | Sunday Worship Service and Sunday School. Village Church. All are welcome! |
| | | 11:30A | Sunday After Service Social. Village Church. All are welcome! |
| SUN | 12 | 10:00A | Sailing Program Registration, Town Wharf, till noon. FMI 781-599-3259 |
| TUE | 14 | | Family Pot Luck at the Johnson School |
| TUE | 14 | 7:00P | Tapped, Summer Cinema by the Sea, Murphy Bunker, Marine Science Center |
| THU | 16 | 6:30P | Sixth Grade Moving On Ceremony. Johnson School |
| THU | 16 | | Captain Wolf Band performs at Red Rock Bistro. FMI www.redrockbistro.com |
| SUN | 19 | 9:00A | Choir Rehearsal. Nahant Village Church. New singers are welcome. |
| | | 10:30A | Sunday Worship Service and Sunday School. Village Church. All are welcome! |
| | | 11:30A | Sunday After Service Social. Village Church. All are welcome! |
| SAT | 25 | 7:00A | Special Election, Nahant Town Hall, till 8:00 p.m. |
| SUN | 26 | 9:00A | Choir Rehearsal. Nahant Village Church. New singers are welcome. |
| | | 10:30A | Sunday Worship Service and Sunday School. Village Church. All are welcome! |
| | | 11:30A | Sunday After Service Social. Village Church. All are welcome! |

JULY 2010

| | | | |
|-----|---|-------|-------------------------------------------------------------------------------------------------|
| SUN | 3 | 4:30P | Gather and Register for Horribles Parade, Spring Road. |
| | | 5:00P | Horribles Parade begins. |
| MON | 4 | 7:30A | Dennis Forbush Memorial Road Race Registration at Fire Station on Flash Road. |
| | | 8:00A | Dennis Forbush Memorial Road Race begins. |
| | | 9:30A | Family Races & Games. Behind the Fire Station on Flash road. |
| | | 9:15P | Nahant Fireworks Show 2011 begins. Bailey's Hill Park. Corner Trimountain and Bass Point Roads. |
| WED | 6 | 9:00A | Summer Park Program begin. FMI call Jen at 781-592-5272 |

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!



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.

Public Library Hours • 781-581-0306

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

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

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

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

SCHOOL ORGANIZATIONS

MEETING DATES

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

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

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

FREE Nahant Dory Club Decal for your Cars.

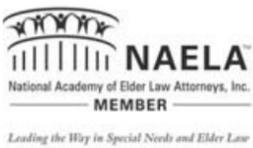
Call Rob Scanlan, 781-595-6225.

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

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

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