



# 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 11

**Happy Thanksgiving to All!**

NOVEMBER 2011

## Where is Hoompa?



**On top of Mount Kilimanjaro with  
Nahanter Susan Santos**

## 10th Annual Nahant Crafters Holiday Gift & Craft Fair

**Saturday, November 26th at Town Hall**

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

The Nahant Town Hall will be the location of the 10th Annual Holiday Gift Fair, on Saturday, November 26th, from 9:00 a.m. until 3:00 p.m. There will be various original and unique artwork represented at the show, including gemstone, pearl, lamp work beading, sea glass and silver jewelry, digital photography, handmade Nautical, custom tiles, handmade handbags, handmade scarves and pillows, custom quilts and table runners, hand-embellished children's clothing, gifts for your pets, pottery, our famous and popular bake table, collector-grade specimen rocks, minerals, crystals and much more! The artists have all donated an item for the silent auction table. An amazing assortment of items most suitable for gift-giving.

Coffee and donuts will be offered and pizza and soft drinks will be available for lunch. Come join in the fun and help support the arts and crafts community of your lovely island Town.

## Ecumenical Thanksgiving Service November 21st at St Thomas

An Ecumenical Thanksgiving Service will be held at St. Thomas Aquinas Church, 248 Nahant Rd, on Monday evening, November 21st, at 7:00 p.m. The choirs of St. Thomas and the Nahant Village Church will sing Thanksgiving anthems. The Rev. Thomas Rafferty of St. Thomas and The Rev. Dr. Larry Titus of The Nahant Village Church will offer Thanksgiving Reflections. There will be a fellowship time following the service. Plan to attend this community-wide service, as we give thanks for God's blessings.

## Nahant American Legion To Host November 11th Veterans Day Ceremonies

On Friday, November 11th, the traditional Nahant Veterans Day ceremony will begin promptly at 11:00 a.m., in front of the war memorial in Green Lawn Cemetery. Shortly after the completion of the event at the cemetery, there will be a brief ceremony at the Veterans Park. Afterwards, there will be an open house at the Post quarters from Noon until 3:00 p.m., with light refreshments available for all participants and visitors.

On the evening of Veterans Day, from 6:00 until 10:00 p.m., the members of American Legion Post 215, in association with the Nahant Veterans Association, will be hosting an event to celebrate both Veterans Day and the 90th anniversary of receipt of our American Legion Charter from the Congress of these United States. We are calling this event "Dine in with the Veterans." Tickets, which are on sale now, are \$100.00 a couple or \$50.00 per person. Ticket Proceeds will go to the benefit of the Nahant Veterans Association, a fully incorporated 501c19 non-profit organization. Call 781.581.1488 or 781.595.5815 for dinner ticket reservations after 6:00 p.m. please.

Upon confirmation of your reservation, make check payable to the Nahant Veterans Association and mail it to P.O. Box 82, Nahant, MA 01908. Tickets will not be sold at the door but will be mailed to you on receipt of payment.

(Continued on page 15.)

## Welcome Neighbors Sunday November 6th at Nahant Village Church

Sunday, November 6th, at 10:30 a.m., is Welcome Sunday at the Nahant Village Church. We extend a special invitation to our neighbors and friends, those who are new to Nahant, or to those who have been looking for a "church home" in Nahant.

The Nahant Village Church has been a spiritual home for many in Nahant since the early 1800s. We are affiliated with the United Church of Christ, a progressive Protestant denomination with roots in the founding of our nation. The UCC motto holds true: "No matter where you are on life's journey, you are welcome." We have members from differing faith backgrounds who have found a oneness of spirit to continue their faith journey.

We have Sunday School classes for children in pre-school through High School, Adult Education classes, as well as opportunities to take part in Mission programs, an Adult Choir and Handbell Choir and a youth Handbell Choir.

For more information about the Nahant Village Church either call Rev. Dr. Larry Titus (781-581-1202) or visit our website : [www.nahantvillagechurch.org](http://www.nahantvillagechurch.org)

## Dr. Bernard Yadoff Trustees Room at Nahant Library to be Dedicated November 6th

The Library Board of Trustees (Janet Dolan, Christine Stevens & John Welsh) has voted to name the Trustees Room after Dr. Bernard Yadoff. Bernie, as he was affectionately known, was a tireless supporter of the Friends of the Library for over thirty years. He worked on the Friends' Day Sales on Pleasant St. and continued to be the Book Sale Chairman when the Book Sales moved in to the Trustees Room of the library. He was present the first two weekend days for every book sale, held 3-4 times a year. He enjoyed the book dealers, as well as the town citizens, often pointing out book that might interest them. Please join us on November 6th from 3:00 to 5:00 p.m., for a reception with refreshments to honor Bernie and see the new plaque and wonderful picture of him that will hang in the Trustees room.

REMINDER: The library is unable to accept any book donations until after the first of the year due to the ceiling repair in the Trustees Room. We have no storage space. Thank you for your understanding. Submitted by Robin deStefano

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## **Nahant Lions Club**

**Submitted by David Wilson, President**

I first would like to thank the residents of Nahant for their support during the last year. We had a great year with our fundraisers, raising over \$2,500 dollars, which went to Mass.Eye Research.

This month we have three events. First is the annual Turkey Shoot, November 19th, from 9:00 a.m. to 3:00 p.m., at the DPW, on Flash Road, where you can shoot a target to win a turkey.

Second, we are hosting the District 33N Eyemobile on November 26th, from 10:00 a.m. to 2:00 p.m., at the Town Hall, where free eye and hearing tests will be given.

Third, we are going to collect Coats for Kids. Any unused coats can be donated to the Lions Club where they will be cleaned and distributed. The drop off boxes will be at the Town Hall and the Johnson School during regular hours.

Finally, we are always looking for new members, so if you would like to be a Lion, find out more by giving me a call at 978-237-1395. Thank you.

## **Let's Get NAHANT 100% Recycling**

We are Nahant's fifth grade girl scout troop 60323 and we are working on our bronze award this year. Our goal is to get 100% of Nahant's residents recycling at home and in the town's public places. We will begin by trying to increase recycling right in our own neighborhoods and plan to put recycling bins in public places such as parks and beaches. We will be there to help to get **YOU** to recycle if you don't already. You better start to recycle or we'll be knocking at your door sooner rather than later! Hopefully by spring everyone in Nahant will be recycling!! Stay tuned for more information.

Get to it and be green!

## **Nahant Boy Scout Troop 50 Christmas Wreath Sale**

Before we know it, the holiday season will be upon us! When you are planning your Christmas decorating, we would like you to think about getting your wreath, kissing ball or fireplace basket from the Scouts in Nahant Troop 50.

Over the years, the people of Nahant have been great supporters of this fundraiser. Unfortunately, as scouts have graduated and grown into young men, some of you have been lost in the contact shuffle. Please feel free to contact Jennifer Dignan at 781-596-1799, to get information on the products available and to place an order, if you have not been contacted by a Boy Scout.

We ask that you place your order before November 21st.

Thank you for your continued support of Nahant Boy Scout Troop 50!!!

## **Story Time at the Nahant Public Library**

**Submitted by Rita Stepanova, Children's Librarian**

Nahant Public Library (781-581-0306), located at 15 Pleasant Street in Nahant, invites all families with children, aged 0-8, to the Story Time with Francie Sudak, LPS Program Teacher, on Wednesdays, November 2 and November 16, 2011, at 10:30 a.m.

This educational and entertaining program includes games, introduction to reading, and various activities for children. This federal funded program is run by the Lynn Public Schools. Admission is free.

## **Big Thanks!**

We want to take this opportunity to thank Mike Manning and Jeff Hall and our neighbors for calling in the fire that occurred on the outside of our house while we were away this past Columbus Day weekend. I would also like to thank my brothers Robert and David for responding to the scene letting the FireFighters into the house and giving us updates. We would also like to thank Nahant Fire Captain Dean Palombo and FireFighter Rob Barreda and all the other FireFighters who also responded. The

FireFighters moved furnishings away from the area inside minimizing damage. Their quick response and knock down of the fire undoubtedly stopped it from extending into the house. We are very lucky to have such a dedicated and Professional Fire Department in Nahant. Thanks to all!

Submitted by Paul and Pam Wilson



## Invitation to November 4th Breakfast at the Nahant Village Church

The monthly breakfast will be held at 8:00 a.m., on Friday, November 4th, at the Nahant Village Church. The breakfast will feature a presentation by The Revs., Larry and Kathryn Titus, who will share an overview of Cambridge, England, from Roman to Post-Modern times, and how Cambridge has affected world politics, faith, philosophy, poetry, economics, biology and physical sciences.

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

Arrangements for transportation for elders to and from the breakfast may be made by calling the Tiffany Room, a few days in advance of the breakfast, at 781-581-7557.

## Italian Dinner & Bake Sale at Village Church Saturday, November 12th

Plan a night out for an Italian candlelight dinner at the Village Church. The menu includes meat, or vegetarian lasagna, salad, rolls, a surprise Italian dessert and coffee. There will be continuous seating from 5:00 to 8:00 p.m. Ticket prices at the door are: \$9 for adults and \$7 for children under 12. A \$1 discount per ticket is given if purchased at least one week in advance of the dinner.

Tickets can be obtained from our church secretary, Trudy Joyce (at the Tiffany Room), or by calling Marrit, or Cal, Hastings at 781-581-5691.

Also during the Italian Dinner, in the Companionway, the Bakers of the Village Church have prepared a bounty of tasty treats for YOUR holiday table. Plan to top by and pick up a few of your holiday breads, cakes, cookies and pies, for yourself, the family Thanksgiving table, or as gifts to your favorite hostesses.

## Staff Crafts to Benefit Nahant Library Friends Submitted by Daniel deStefano, Director, Nahant Public Library

The Nahant Public Library will host an arts and crafts sale to benefit the Friends of the Nahant Public Library on Sunday, November 6, 2011, from 2:00 to 5:00 p.m.

All of the items offered for sale were made by members of the library staff, and will include jewelry by Allison Twiss-O'Neill, crochet by Irene Purdy and paintings by outgoing director, Daniel deStefano.

"It's a fifty-fifty sale. We'll split any proceeds with the Friends of the Nahant Public Library," stated deStefano. "The Friends will receive one half and the artisans the other, which will help the artists recover their costs."

"I organized this fair for two reasons: to raise money for the Friends, and to showcase some of the talent that people don't usually get to see in the Library."

All members of the library staff were offered the opportunity to participate in the craft fair.

"Some truly talented people work at the library. The Friends of the Library always need funds to maintain the programs that we offer to both children and adults. These two factors mesh nicely to create an opportunity to pick up hand-made, one-of-a-kind work at a low price, to showcase Nahant artists and give money to a worthy cause."

## Nahant Village Church Sunday Harvest Bake Sales November 13th & 14th

Come to the Nahant Village Church on Sunday, November 13th & Sunday, November 20th, at 11:45 a.m., to pick up your home-baked holiday breads, pies and other treats for your Thanksgiving table.

After the Worship Service, all are invited to come to Swansburg Hall, to take advantage of these bake sales to pick up some wonderful treats appropriate for your Thanksgiving table, or to give as gifts to your favorite hostess.

Community pie bakers, cookie bakers, cake bakers, bread bakers, pudding makers, candy makers, etc., are also invited to donate their favorite baked goods to the bake sales. If you love to bake and would like to contribute some baked goods to help benefit the Nahant Village Church, please call Donna Hanlon, 781-581-0648, for more information.

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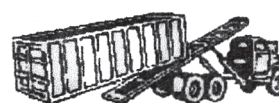
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## Save the Date for a “Gathering of Friends to Benefit ALS Research”

George Mazareas has always been committed to improving his community, whether it be reaching out a helping hand to an individual or creating lasting programs that will serve to benefit future generations for years to come. The former Director of Economic Assistance for the Commonwealth of Massachusetts has volunteered countless hours to youth programs, charitable events, and adult literacy initiatives. George’s philanthropic and proactive nature has not changed since he was diagnosed with ALS, Lou Gehrig’s disease, in 2003. George and his wife, Cynthia, have continued this commitment to their community by working tirelessly to increase awareness about Lou Gehrig’s disease and raise funds for ALS research.

George and Cynthia Mazareas will host the fourth annual “Gathering of Friends to Benefit ALS Research” fundraiser on Saturday, December 3<sup>rd</sup> at 7:00 pm at the Nahant Country Club in Nahant, MA. The evening will include a live auction, a raffle and casino games. All proceeds from the event will be donated to Prize4Life, a 501(c)(3) non-profit organization whose mission is to accelerate the discovery of a treatment and cure for ALS by using prizes to drive innovation in the field.

ALS, commonly known as Lou Gehrig’s disease, is a fatal neurodegenerative illness. As the disease progresses, muscles atrophy, leading to complete paralysis and causing patients to lose the ability to move, speak, swallow or even breathe. During this process, the brain remains intact, allowing the patient to observe the loss of one function after another, until the brain is trapped in its own body. Most ALS patients will die from respiratory failure within three to five years of diagnosis.

There are estimated to be roughly 600,000 people around the globe who have this disease. ALS can, and does, strike anyone. The cause of the disease remains unknown, but this much is certain: ALS is indiscriminate and merciless, and research is desperately under-funded.

Join George and Cynthia for a “Gathering of Friends” on December 3<sup>rd</sup> and help support research that could speed the discovery of a treatment and cure for this horrible illness. Past “Gathering of Friends” events have raised nearly \$200,000 and even the smallest donations can help in the fight against ALS.

The event will include cocktails and food, a live auction, DJ, a raffle and casino games in which winnings may be exchanged for a variety of prizes, including a trip to Foxwoods Resort Casino in Connecticut. Tickets are available for \$25 may be purchased at [prize4life.org/page/mazevent](http://prize4life.org/page/mazevent) and will also be available for purchase at the door.

## Thank You For Caring

Submitted by maureen edison <[medison01@verizon.net](mailto:medison01@verizon.net)>

**Re: Rev. David Dodge**

I’d like to thank those who have already been in touch with Rev. David Dodge, who has a life threatening illness.

During the years the Dodge family lived here while he was minister at the Nahant Village Church, the family made many friends. The Dodge family, Susan, David and son, Joshua aka Josh, now live in Raymond, Maine, 04071, at 7 Cottage Lane.

David is receiving intensive care at Mass General Hospital in Boston, where he underwent surgery for throat cancer on October 26th. David battled throat cancer successfully a few years ago, with massive radiation and chemotherapy. Regrettably, the cancer he defeated then has returned, and he now contends with three types of cancer; a rare occurrence, every bit as dangerous as it sounds.

His health insurance will end on October 31st, making a difficult situation even more burdensome. In an email David sent to the Nahant Village Church community, who are responding to his extraordinary needs with prayers and some monetary assistance, David thanked us most for caring. If you knew David and are just learning of his struggle, please keep him in your thoughts, as he faces this nearly unimaginable physical, financial and psychological situation with faith and courage. If you already knew, please continue to keep this valiant man and his family in your thoughts and prayers.

I will provide an update in next month’s Harbor Review.

**The Nahant Harbor Review is the only newspaper dedicated to building the spirit of community in the Town of Nahant, MA, USA.**  
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**Thank you. Donna Lee Hanlon, Editor**

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## Quilting Class Welcomes New Quilters

Come join us for the Quilting Class on Tuesdays, at the Nahant Community Center (formerly the Valley Road School), from 9:00 to 11:00 a.m. We are open to new members. Beginners to Advanced are welcome!

## Q&A by North Shore Physical Therapy

Please feel free to submit questions about musculoskeletal problems to us in writing, either at the Council on Aging front desk or send them to NSPT, 1 Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

Q. My doctor measures my height every year and I am shrinking in height, why does this happen?

A. Your spine changes over time, creating a loss in height. These degenerative changes occur as part of the normal aging process and may begin during your 20's or 30's. The spine is made of a column of vertebral bones and a disc that lies between each vertebrae. The spine has three normal curves. The spinal canal runs through the lumbar vertebrae and contains the nerves supplying sensation and strength to the legs. Arthritis may form in and around the facet joints which are part of the vertebrae. With aging the bones that make up the vertebral column begin to model or change in size or shape. Sitting in a slouched position, working in sitting with a rounded upper back, lifting objects repetitively without bending your legs, or standing in a bent position are examples of poor postural habits which contribute to the aging process. Over a prolonged period of time, the spine begins to change shape from lack of muscle support, and the discs become less spongy fluid-filled. The vertebrae and disc go through the aging process and the curves change causing loss of height.

There are four phases of spinal degeneration. During phase I there may be some loss of height and changes in the normal spinal curves. During phase II disc narrowing and bone spurs may occur. Postural changes become more evident and spinal canal narrowing (stenosis) may occur. This phase may be characterized by aches, pains and fatigue. Height continues to decrease. Phase III can be characterized by significant postural changes, scar tissue formation, bone deformation and possibly physical weakness. During the fourth and most advanced phase, there may be nerve damage due to the vertebrae shifting and spurring occurring from arthritic changes.

Even though spinal degeneration begins to occur as part of the normal aging process this does not mean everyone goes through all the phases or has severe postural changes. Strengthening the back and abdominal muscles is very important for keeping your spine upright. Postural changes in the spine resulting from poor sitting or standing habits may lead to adaptive changes in the muscles that support the spine and may influence the curve formation of the spine. Remember to sit and stand upright, keep active, and strengthen your back and abdominal muscles.

If you are experiencing back pain or if you want to learn more about strengthening your postural muscles, please discuss your concerns with your doctor and consider a course of physical therapy treatment. Please contact North Shore Physical Therapy in Marblehead 781-631-8250 or in Salem 978-910-0486.

## News about The Rev. David Dodge Submitted by the Rev. Dr. Larry Titus, therevs@aol.com

Dear Friends:

In Worship at The Nahant Village Church, The Rev. David Dodge — minister here from 2000 to 2004 — was included in our prayers.

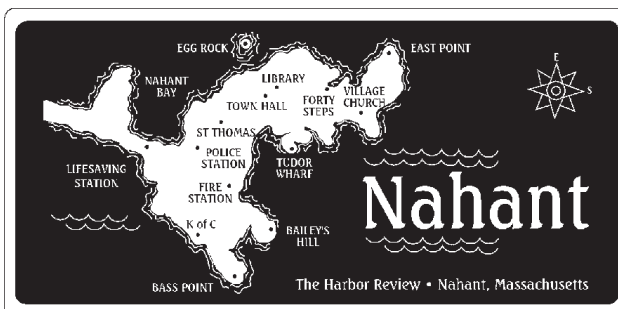
As some of you know, David has had various treatments for throat cancer, and it was temporarily in remission. On October 26th, however, he had serious, debilitating and life-changing surgery on his voice box.

In addition to your prayers, the Nahant Village Church Trustees invite you to join with them to help David and his family with their financial needs. David has been out of work for the last year, and his wife Susan only has one part-time job. As you can imagine, their financial needs are great.

With compassion and a desire to help David and his family, and if you find it possible at this time, you are invited to make contributions to the NVC Communion Offering. (It's from those funds that the church helps people in need.)

Also, the church will be open from 6:00 to 8:00 p.m., Wednesday, November 2nd, for an informal gathering in support of David, and for those who may want to meditate or pray in the chapel, or take time for coffee and to talk.

Blessings, Rev. Larry



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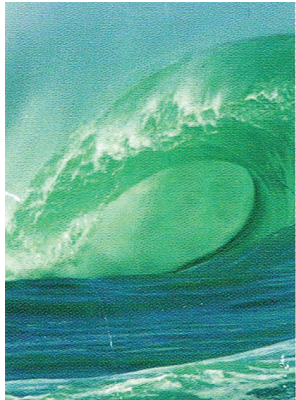




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## Loop Consignment!

Written by Rose O'Malley

In today's economy many people are struggling and are looking to find a bargain or to help others find what they need at a cost they can afford.

Well, Ms. Gordon, owner of the new store Loop Consignment, located at 503 Humphrey Street, in Swampscott, would gladly help with that! Her unique and beautiful store features new and gently used items for children, many with designer names and labels! Ms. Gordon carefully inspects the items brought into her store for top quality and cleanliness. Then after the process is complete she consigns the items to the public.

Loop Consignment has many different items that children need, her items are mostly geared towards infants to twelve year olds. This includes high chairs, books, music, infant equipment, strollers, and athletic gear, including ballet slippers!

She also consigns maternity clothing, and furniture such as chairs dressers and tables. If you are looking to find clothing for special events Loop Consignment has you covered with costumes, holiday outfits or suits!

Loop Consignment is an important business not only because it helps to provide families with top quality at an affordable price, but because it supports families in helping them to make money in this recycling process. This company is a bennificial community experience and a delightful neighbor-hood business! Loop Consignment is the only boutique consignment store in the area, so stop by to discover some wonderful buys, make some money by contributing to this recycling process, and enjoy the beautifully displayed items!

## Stop & Shop A+ School Rewards Program!

Please help the Johnson School raise money by just shopping at Stop & Shop! With A+ School Rewards everyone wins! Stop & Shop has given away \$2.5 million since the program started in 2009. This year they are excited to give another \$2.5 million to help the schools in our communities. All you have to do is register your Stop & Shop frequency card online with the Johnson School as the school benefactor. The program runs from October 7th through March 29th.

Please go to: [www.stopandshop.com](http://www.stopandshop.com), click on "Our Stores," click on "A+ Programs," to register your card today!

## Sweat with a Smile

By Andrew Norton

The State of Massachusetts can proudly boast that it is one of the least obese states in the Union. As a result, you might imagine that the fitness industry in the Northeast, would be big business. Among so much competition, it is easy to lose the one-on-one interaction you would hope to have with a good personal trainer. James Cox, Jr., is trying to change all that with his personal training venture, **NE1 FITNESS**. James wants to bring his personal exuberance, energy and expertise, to gyms across Massachusetts, so individual clients can get the personal service they expect and deserve.

Since 2007, James has been training individual clients across the country, from Boston to California, leaving a happy and fit trail of clients in his wake. After starting **NE1 FITNESS**, he formed partnerships with three local gyms, Club Fit, Salem Fitness Center and Flex Fitness, all on the North Shore. James' team of NASM certified trainers each bring their particular brand of exercise style to trainees in their respective gyms.

James and his team of trainers are committed to a policy of respect, integrity, openness and hard work. Though it is important that a trainer pushes his client to a new level of fitness where they wouldn't push themselves, it is also important that the trainee enjoys himself/herself and feels like the trainer is listening to the clients needs and wants. **NE1 FITNESS'** services integrate the client's interaction all the way through the training process; from initial assessment, to nutrition counseling and to the final fitness test.

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Please review our ad for **NE1 FITNESS** (aka Salem Fitness) on the back page of this newspaper. If you visit, please tell them you saw their ad in the Nahant Harbor Review. Thank you!

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## December 3rd Nahant Village Church Annual Holiday Fair The Miracle of Christmas Fair Needs YOU!

By the time you read this, December 3rd will be less than five weeks away! The clock is ticking!

Time to shift into high gear for our annual Christmas Fair! This year, the theme is “The Miracle of Christmas,” a theme many of us can relate to and to contemplate. What does “The Miracle of Christmas” mean to you? What would you call a miracle?” Hummm...



This year, our church fair will see the return of Chris Stevens, Maria Welsh and their merry crew, at the snack bar; Nancy Cantelmo and Kathryn Titus will offer gorgeous greenery arrangements for your holiday décor.

Our Silent Auction in the Chapel Elf, Marrit Hastings, needs to hear from you about those mysterious treasures, lurking in the attic, dresser drawer, or closet, that you no longer need, but will attract a “bidding war” in the Chapel.

Catsy Fowle, as always, needs all those books you’ve read over the summer to stock her shelves with “new to you” Books, CDs, etc. Crafty elves Olivia Aswad, Pam Motley and Donna Hanlon will offer wonderful hand crafts including crocheted baby layettes and soft critters, ornaments and tree decorations, Nahant Sea Serpent draft blockers and much more, at the Arts & Crafts Table.

Raffle Elf Cal Hastings will lead the Raffles Table and will be looking for great items to raffle. If anyone or any business out there can help him by donating something for his raffle tables, give him a call.

Rev. Larry has called Santa at the North Pole, who will be at the Fair from 11:00 a.m. to 2:00 p.m. So save gas...don’t go to the mall. Bring the kids to Santa’s Grotto, right here in Nahant. Bob and Christine Alexander, hosts of Santa’s Grotto, invite you to bring your camera for that “Kodak” moment photo. Santa’s Grotto will offer games and activities and will



be stocked with wonderful gifts for the kids to buy.

Patti Aswad and Maureen Locke will lead the Baked Goods & Specialty Foods.

Anyone who would like to make a donation, or help out at any of the tables, please see Donna Hanlon, or the appropriate Table Leader.

Let’s all, Nahant Village Church members and the Nahant Community at large, help make this year’s Christmas Fair a true portrayal of The Miracle of Christmas.

More next month!



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### Winter Soccer Clinic

By Susan Rosa

Nahant youth soccer will be holding an eight week indoor soccer clinic with coach Nik at the Johnson school gym. Mondays will be for grey and green shirts and will begin 11/14 from 5-6pm and run for eight weeks. Then we will offer a wed. clinic for white shirts and above which will begin on 11/16 5-6pm. Cost is \$75. Registration is online at [nahantsoccer.org](http://nahantsoccer.org). Please email Sue Rosa at [susancrosa@hotmail.com](mailto:susancrosa@hotmail.com) if you have any questions.

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## Maintaining Health

### A Public Service Message about Diabetes.

Nearly 26 million Americans suffer from diabetes. Seven million are unaware that they're afflicted. Of that total, the more-preventable Type 2 diabetes, accounts for 90 to 95 percent of all cases.

Take steps to prevent diabetes from progressing: Peel off the pounds, focus on fiber, exercise, eat three square meals and get heart healthy. Stay healthy.

## For Better Health



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## Boost your Metabolism

By Sallee Slagle, Director, Dance Dimensions Studios

Many things we do can influence our metabolic rate, the rate at which we burn calories. As we age our metabolism slows down at a rate of 5-10% every 10 years which could mean a gain of 5 pounds each decade if we do nothing to change it. So how can we change it? We have to change our habits to keep the slowing metabolism from adding unwanted pounds.

Do not skip meals. Everytime you eat your metabolism will increase as it takes energy (burns calories) to digest food. If your body is with out food for 4 hours it begins to suppress calorie burning to conserve energy till the next meal. The most important meal of the day is ... Yes, we all know it's breakfast but it is proven that those who eat breakfast have a higher than average metabolism compared with those who don't. So don't skip any meals. You can even add healthy snacks to fill in the long gaps you may have between meals and you should.

Get a good nights sleep! This is important for many aspects of health. A study from the University of Chicago found that those who slept less than four hours a night produce a greater amount of insulin which promotes the storage of body fat. Also ypu will have less enegy during the day to be physically active and this will cut down on your calories burned that day.

Don't try drastic diets. They can often slow the metabolism down. When food seems scarce the body conserves and burns calories much slower. Never drop daily calorie intake below 1200. Be sure to include an adequate amount of protein. But don't over do as it is hard on the kidneys. 15-20% of your daily calorie allowance should be from protein. Include lean meat, fish, poultry but also include beans and nuts.

Pump up the volume, push your workouts to a new level. Try adding high paced intervals into your activities. If you jog, sprint 2-3 times during your usual route then increase it each time until you sprint almost equal time. Spice it up! Also add weight training to your regime. After weight training, your metabolism can stay high for up to 2 hrs after you've finished (after burn). Increased muscle mass burns more calories 24/7 (even as you sleep!). Be sure to give your muscles a day break so do extra cardio-vascular exercise on the other days. Do something to relax and fight stress. Stress produces a hormone called cortisol which also increases your cravings for carbohydrates and fats. Exercise produces cortisol inhibitors like beta-endorphin, adrenaline and serotonin. Be sure to exercise every day for two reasons, to burn calories and to fight stress. Include deep breathing in your day 2-3 times a day. This also helps reduce stress.

Don't get into a fitness rut. Your body becomes used to the same routine. Be sure to vary it. Try new classes, new equipment etc. The new challenge makes your body work harder and boost metabolism.

Sip some green tea. A recent study of men who consumed 4-10 cups a day saw an increase of about 4%. It is believed that this is due to an ingredient in the tea, catechins, that stimulates the chemical in the brain that boosts the metabolism. Also spicy, hot foods can temporarily boost your metabolism. Use hot peppers to add spice to curries, soups, etc. The capsaicin found in red peppers triggers an increase in adrenaline and therefore an increased calorie burn.

Fidgeting and small movements do count towards your total calories burned for the day. So twirl your hair, wiggle your feet, drum your fingernails. It all helps keep the calorie burn high. Use movement whenever possible and even add extra movement.

Add to all this a healthy diet, keeping those extra calories in check. Watch what you eat AND drink so you will be able to maintain the weight you are without becoming a victim of the slowing metabolism we all face as we grow older.

## Mass Theatrica Presents

**Mozart's Così fan tutte (Abridged Reading in Italian)**

Will they or won't they? In this farcical comic opera telling the story of two sisters, their boyfriends, and a scheming duo pulling the strings, you will be asking just that. These society sisters each have boyfriends in the military. Don Alfonso, a cynical curmudgeon type, bets the two men that their so-called soul mates will cheat on them. The men disguise themselves, and pursue the other one's girlfriend. With the plotting of Don Alfonso and the assistance of the sisters' maid Despina, calamity invariably ensues.

Featuring the vocals and machinations of Stephanie Mann (Fiordiligi), Susan Craft (Dorabella), critically acclaimed tenor Ray Bauwens (Ferrando), Thomas Dawkins (Guglielmo), Miles Rind (Don Alfonso), Meredith Lavine (Despina), and the versatile James Hay, piano.

Only \$10!! Mozart at Mass Theatrica, Saturday, November 5, 2010, 2:00 PM, LynnArts Neal Rantoul Theater, 25 Exchange Street, Lynn, MA 01901. Wheelchair accessible and parking. CALL 508-757-8515: [masstheatrica@yahoo.com](mailto:masstheatrica@yahoo.com) [www.masstheatrica.org](http://www.masstheatrica.org). Directions: <http://www.lynnarts.org>



## Attention All of Nahant's Devoted Veterans and People Currently Serving America

The fifth and sixth grade students of the Johnson School would like to honor YOU at a special assembly in observance of Veteran's Day 2011. Honoring a long-standing tradition, initiated by Nahant's beloved retired teacher Peggy Silva, the students plan to acknowledge you and your many contributions to ensuring freedom. The program will include patriotic poetry, camaraderie, and light refreshments. In addition, the North Shore Songsters, under the skillful direction of Nahant's own maestro Victor DalPozzal, will once again perform a special musical tribute. The ceremony will be held on Thursday, November 10th, at 1:00 p.m., in the Johnson School cafetorium. All family, friends, and neighbors are cordially invited to attend, as the Johnson School Community does its best to recognize the dedicated service of all of our noble Veterans, as well as all those currently serving in the Armed Forces. Please mark your calendars to save the date to share in this important 'Thank You' celebration.

### Being Present: Profound and Rejuvenating

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

When one quiets the mind and energy to create a stillness that allows the hands to read, mind to feel as well as transfer healing energy it is called being present. It is a calm and focus that helps to deliver touch, movement and application of techniques beyond the surface of the skin. It is powerful, yet not power or force. It is as if to put yourself in "one's shoes" to connect with what one feels. Having an awareness of what this person has gone through, is going through seems to transfer and is most comforting. Being present allows a good bodywork session to become a profound session, one that leaves you feeling free of discomfort and actually rejuvenated-energized, yet peaceful.

One practitioner may have the ability, but another may not. While at a recent photo shoot for a practitioner's book, I rediscovered what I had experienced in massage school. Only this time I realized that it was not just reserved for beginners. In school we were all taught the same basic massage routine. Same teacher, same directions, same techniques, yet each one had a different "feel" or ability to transfer comfort or deep healing. Please consider this when you are seeking massage therapy. If you have tried massage and may not have liked it, try not to judge all by one. Seek out an experience therapist, and you may change your mind.

Many have asked me about the type of bodywork I provide. Depending upon the situation and goals of a session I either focus on a particular area or situation or blend sessions-integrate techniques to create for the present situation. The blending incorporates, Swedish, acupressure, lymphatic and the advanced deep tissue. A problem is not needed to receive bodywork from me, but if you have one you may be in the right hands.

Each session evolves as the issues are alleviated or altered. I have had personal experience with injuries, surgery, cancer, high stress. I know what it feels to be held in a vice, to have range of motion limited, extreme stress, to have nagging pain, muscular dysfunction and now the aches and pains of ageing (hurray!). When first in massage school we were taught a basic routine. A practitioner can stay with the routine or branch out. I noticed that within the basic routine some techniques made a real difference on how the body functioned. I felt freed up from the stiffness, pain and I felt happier. This caught my interest. If I could feel better again, someone else can too. I wanted to go beyond the surface. I needed to make a real difference in not just feeling, but function.

I have been certified and tested in advanced deep tissue work-Neuromuscular Therapy and Myofascial Release. An easy way to describe each is with Neuromuscular I locate knots/tender areas that have been taunting you by sifting the tissue in my hands-deactivate/melt them with compression or squeezing gently and lengthen the tissue with a variety of approaches. The myofascial approach is to gently sink into the surface of the skin, and catch the webbing that wraps each muscle/area and lengthen or unbind the restrictions. This can involve, hand, forearms and minimal if any cream.

I also work with scar tissue, adhesions and other bound tissues. Bound tissue can result from surgery, accidents or overuse.

I am also a certified Lymphedema Therapist. This involves the lymph system, often surgery, injury or cancer survivors who have had lymph node removal. I have taken additional training to provide safe and effective work for the highly stressed and those who have or have had cancer. Certified means I have taken rigorous training, was tested and been awarded competency in my speciality (ies).

*Susan Cadigan licensed and nationally certified in therapeutic massage & bodywork. She is the owner/therapist at Nahant Therapeutic Massage located in the Nahant Community Center; 41 Valley Road, Nahant. You can reach Susan on her cell phone at 617-240-4252 or leave a message on the office phone: 781-780-3733. For more information please visit [www.nahantmassage.com](http://www.nahantmassage.com)*

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## News From the Johnson School

By Diane D. Mulcahy

The Johnson School is very appreciative to the PTO for contributing the money to have Student Council this year. By the end of the month we hope to have Student Council up and running. We are operating in a similar time frame as in past years.

The plans are being made for the annual Veterans' Day Assembly. The Johnson School tradition was first begun by retired teacher Peggy Silva and is in its thirteenth year. This year our assembly will be held on Thursday, November 10th at 1:00 PM. The assembly, which is a program of poetry, music and choral readings, will be followed by a luncheon honoring Nahant veterans. The fifth and sixth graders will present the assembly to the entire Johnson School on Wednesday, November 9th. This assembly really makes the Veterans' Day holiday very meaningful to the students.

During the week of October 17th the staff from Camp Fire USA, the North Shore Council will begin a six-week series of workshops for students. The Preschoolers and first grade will participate in the Safe and Sure program. This program will teach students skills to handle everyday situations in the school or community. The Second Grade program is Count on Me Kids, which will build self-esteem, Grade 3-5 will participate in Caution Without Fear. This program addresses topics such as Home Alone, Substance Awareness and Resistance and Strangers. The Sixth Grade will participate in Peer Proof and their topics are Choices, Self-Esteem, Teasing, Bullying and Cyber-bullying. Paula Clancy met with teachers at the last staff meeting. Information will be sent home to parents prior to the start of the program. Camp Fire is seeking to expand this program and have it become one of the state's recommended programs for anti bullying.

Friday, October 7th was an early release for students; teachers remained in school to reviewed data, and discuss last year's MCAS results. Dr. Devaux led a discussion with teachers examining the student scores. The next Professional Development Day is on Tuesday, November 1st. We will meet with our new Special Education Director for a workshop of state mandated competencies surrounding Special Education.

The Johnson School Crisis Team met with Chief Hyde and Officer Conti to go over our emergency preparedness. Several drills are in the planning stages for this fall. We have had one fire drill in which all students and staff were evacuated in 1.5 minutes. We are very proud of our staff and students. Our goal is to continue to reexamine our drills so that we are prepared to any eventuality. We have also had a test drill of our automated call service, which will notify parents of any emergencies affecting the school's operation.

## Q&A BY

### NORTH SHORE PHYSICAL THERAPY

Please feel free to submit questions about musculoskeletal problems to us in writing, either at the Council on Aging front desk or send them to NSPT, 1 Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

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

**A.** There are several things that may help your hands feel less stiff and achy particularly in the colder weather. Stretching is beneficial for the muscles and joints especially when the joints and muscles in the hands are tight and stiff. Hands and wrists are effected by both rheumatoid and osteoarthritis. Muscles of the hands and arms may become weak, as well as the connective tissue of the hands and wrist can become tight as a result of weakness. This weakness can cause pain because the bones are not supported. Stretching helps the joints in the hands maintain their range of motion, so they can carry out your daily activities more comfortably. Stretches should be done slowly and gently with a small amount of discomfort from the stretch sensation. You may assist the stretch with your other hand. Stretching should be held for 15-30 seconds. Any joint that has been fused should not be stretched. Hand and wrist stretches should include wrist flexion and extension, finger flexion and extension, thumb flexion, extension and circumduction (circles), touching thumb to each finger, separate your fingers as far as they can go and then squeeze them gently. While sleeping the joints become stiffer because the fluid in the joints gets thicker while resting. Warmth helps muscles stretch more easily. Keeping hands warm with gloves, using dishwater to move your hands around and gently loosen them up or, keeping your hands wrapped in a moist heat gel pack can help ease stiffness and soreness. If your hands are particularly sore home paraffin units can be helpful to relieve pain and stiffness. If you are unsure of which exercises may be beneficial ask your doctor and see a physical therapist for exercises and treatment. The Wednesday morning exercise class given by North Shore Physical Therapy at 10 am at the Council on Aging in Marblehead can be particularly helpful for stiff arthritic joints. Many of the exercises are gentle range of motion exercises for all joints done in a sitting position. Stop by and try the class we always do exercises for the wrists and hands.



## Nahant Resident Joyce Hayes Shares Love of Ancient Egyptian Culture at NSCC's Kids To College Program

Submitted by Nancy Tracy, ntracy@northshore.edu

Nahant resident Joyce Haynes has traveled the world, written books, worked in the finest museums, participated in five excavations at East Karnak Temple and Dakhleh Oasis, and now she is ready to share her love of Egyptian culture with children. Joyce will teach two classes this fall for North Shore Community College. The college's well know youth program, "Kids To College," will offer "Walk Like An Egyptian" and "Mummies and Magic: An Introduction to the Ancient Egyptians."

Joyce plans to share her fascination with mummies, unfold the mysteries of the great pyramids, and teach students how to write and read Hieroglyphs in the five week Saturday morning classes. "My passion is the study of ancient Egyptian culture and I want to share the wonder of their world with others," says the bubbly instructor. "Teaching at the College will allow me to share my expertise about the magical world of the ancient Egyptians with children all over the North Shore."

More than 50 classes will be held between the Danvers, Lynn, and Beverly campuses. Open to students in grades K-12, the classes run for five weeks on Saturday mornings for \$99. For more information, call the college at 978-236-1200 or visit the website at [http://community.northshore.edu/youth\\_programs.html](http://community.northshore.edu/youth_programs.html)

### A Short Bio on Joyce Haynes

Joyce Haynes went to graduate school at the University of Toronto where she is a Doctoral Candidate. She has traveled extensively through Egypt and has participated in five excavation seasons at East Karnak Temple and in the Dakhleh Oasis. She has worked as a Research Fellow for the Art of the Ancient World at the Museum of Fine Arts, Boston for 20 years from 1989 to 2009. She has also been a consultant Curator to a number of Museums including the Carlos Museum in Atlanta; Memorial Art Gallery, Rochester; Albany Institute; The Museum of Fine Arts in Springfield Mass; Peabody Essex Museum in Salem. She was the co-curator of an Old

Kingdom exhibition assembled for the Nagoya Museum in Japan and is co-author of the accompanying catalogue- Egypt in the Age of the Pharaohs. She is the author of a number of books on Ancient Egypt including Nubia: Ancient Kingdoms of Africa and Egyptian Dynasties. She is also the author of numerous scholarly articles on ancient Egypt and Nubia. At the MFA, she installed the Egyptian Funerary Arts Gallery. She coordinated the Egyptian Storage Cataloguing Project there from 2001-2009."

Submitted by Nancy M. Tracy, 978-236-1232, ntracy@northshore.edu

The Fall Catalog is now online! Check it out at [http://community.northshore.edu/youth\\_programs.html](http://community.northshore.edu/youth_programs.html)

## In The Veteran's Death

By Rozi Theohari

The flag finishes fluttering  
The ocean refrains from waving  
The wind ceases blowing  
Birds stop migrating  
Flowers stop blooming  
People quit moving  
The nation continues honoring  
The monuments are echoing  
The invalid's wound begins remembering  
The friend's tear lies freezing  
The candles dim shining  
Children no longer smiling  
When the veteran is dying.

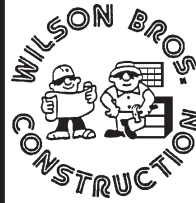


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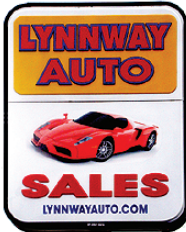
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**The Nahant Dory Club News**

**Submitted by Bob Cusack.**

A very special thanks to Gina and Jim Lang for hosting this year's closing party on Saturday, October 1. This year's party's attendance was one of the largest in recent history.

Congratulations to those who raced this year's By George Race and had the patience to stick it out and not turn on the iron jib. In a race which started with high hopes by everyone, and a 10 knot north-westerly, our old nemesis Aeolus decided to show us he was still boss and shutoff his wind machine as our intrepid sailors reached Boston Harbor. All summer we had good sailing conditions but it seems Aeolus vented his frustrations again on the racers as he did in 2010 because of another failure by his beloved Red Sox. His Father Poseidon also was angry at the Sox and caused an adverse tide to, as the wind dropped to nothing, push some of the backwards and others towards some rocks. No casualties but some very frustrated skippers and crews. As the time limit of four hours approached Jody Graul sailing Summerin finished first followed by Peter Davis in Moondance and Charles Schepens in Serif. Everyone else cranked up the iron jib and headed home. This turnout of eleven boats, was the largest fleet to race in 2011 and hopefully foreshadows more boats racing in 2011.

Members of the Dory Club PHRF/Cruising Fleet also participated in several Mass Bay Races. Bill Brown sailing at Marblehead Race Week finished second in his class of Alerion 28s.

Jody Graul finished ninth in his Class in the Flip Flop, while Peter Davis finished sixteenth out of over sixty boats in the S. S. Crocker Regatta in Manchester-By-The-Sea.

During this past Summer, the Dory Club opened its doors to several organization holding their regular summer parties. The Nahant Lions Club held both their end of the year party in June and their start of the new year in September. In addition the Marblehead USCG Auxiliary Flotilla and the Nahant Sailing Program held their annual cookouts at the Club. Also the Nahant Women's Club and Garden Club held several meeting as well. In an effort to better serve these organizations and other Nahant charitable organization the Council voted to waive the cleaning fee it had been charging for usage of the club house. It is the Club's policy to encourage Nahant charitable organizations to use the club for functions as long as they were not in conflict with the Club's scheduled events.

The Club continued its long standing support for the Nahant Sailing Program by contributing \$350.00 to the scholarship program which allows less fortunate children to take part in the program. This is in addition to the ongoing support of Nahant Sailing by members including repairing the equipment and boats, making sure required safety equipment is aboard their boats and submitting a report to the Town's Insurance Agency. In addition, when necessary, conducting classes for instructors under the age of sixteen so that they are legally qualified to operate motor boats.

The final formal events of 2011 will be the annual meeting at which time awards will be presented to Dory Club junior sailors for their racing in regattas around New England.



**Nahant Platform Tennis**

Nahant Platform Tennis is a great outdoor winter sport. Good fun and exercise, November through April. All levels of play. Look for the "cage" next to the tennis courts at the Nahant Country Club. Low membership fee. Lit for night play. Please visit [nahanttennis.org/membership](http://nahanttennis.org/membership).

Submitted by Karen Falat

***The Hummingbird Migration***

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## North Shore Tennis Team at Nationals



This past weekend, our North Shore tennis team was the finalist at the USTA 4.0 Seniors Nationals out in Indian Wells, CA (Palm Springs area). Our team played out of the Bass River Tennis Club throughout the spring and summer to qualify for the Sectionals. At the end of August, we traveled to Springfield, MA and won the Sectionals and the opportunity to represent New England at the Nationals. At Nationals there were 17 teams (representing 17 sections of the country), and we made it all the way to the finals where we lost a tough match to a team from VA. But we had never even expected to make it to Nationals, let alone to make it to the finals!

And we played in some intense conditions (severe blue, lots of sun, and 110-120 degrees on the courts for the midday matches!). It was a beautiful venue!

One of the unexpected highlights of the tournament was the visibility and enthusiasm we received about our shirts. They were designed by a tennis friend of ours who is a breast cancer survivor. She and Lorraine Salter (our teammate from Reading) are both survivors who raise money for the ESSCO-MGH fund for breast cancer research [www.esscomgh.org](http://www.esscomgh.org). Many players at the tournament came up to us to tell us their stories as survivors, and many wanted to buy the shirts because they are really cute and 100% of the proceeds go to the research. It was very heartwarming and exhilarating!

Photo above: Left to right: Elisabeth Foukal (Nahant), Jeannette Bybee (Peabody), Maggie Murphy (Burlington), Cathy DeSalvo (Boxford), Sue Panella (Boxford), Kathy Pierce, captain (Topsfield), Sue McGowan (Melrose), Lorraine Salter (Reading)

Not pictured: Nancy Harbert (Boxford), Justine Chamberlin (Wenham), Sandy Lamy (Plum Island)

Submitted by Elisabeth Foukal [eefoukal@comcast.net](mailto:eefoukal@comcast.net)



## Lynn Hockey State Championship Title Submitted by Al Donovan, [al@lynnyouthhockey.com](mailto:al@lynnyouthhockey.com)

The Lynn Youth Hockey Pee Wee A team won the Pee Wee Tier II State Championship back in March. The team won the District II Championship beating MASCO in the Championship game that would send the Lynn Comets to Shrewsbury, MA for the State Tournament. The Lynn Comets would beat Melrose, Dennis/Yarmouth and host Shrewsbury in round robin play to qualify for the semi-finals. The Comets would face the Starhawks of Central Mass who came into the game unbeaten in both league play and tournament play. Lynn would beat the Starhawks with a 5 - 1 victory to move onto the Championship game against the Midstate Sharks. The Comets would take a big bite out of the Sharks winning the game 5 - 0 to earn the city's first even Youth Hockey State Title.

Not only did the Pee Wee A team win the State Title but they would go on to win the Valley League White Division and then travel to Quebec, Canada to beat Hockey Boucherville's Pee Wee Elite team 3 - 0 and tie them on the second day 3 - 3. The players and parents would like to thank Andy Kreamer, Jack Martin and Jimmy Stafford for the time, effort and dedication they have put forth in coaching the team for one of the most memorable seasons for the program.

In team photo above: Tyler Donovan, Andrew Kreamer, Conor Foley, Tommy Frati, Sean Devin, Peter Doyle, Jackson Allard, Mike Johnson, David Peterson, Jack Stafford, Travis Ryan, Tommy Cash, Jack Morretti, Quinn Brinkler, Jackson Colehower, Coach Andy Kreamer, Assistant Coach Jack Martin, Assistant Coach Jimmy Stafford and Lynn Mayor Judith Flannagan Kennedy.

November 24th is Thanksgiving! Happy Thanksgiving!

## Tribute to Dr. Bernie Yadoff

On April 15th, the Yadoff and Potts families celebrated the dedication of a pillar, in honor of Bernie Yadoff, at the Nahant Life-Saving Station. Following the passing of Bernie a group of his friends asked the Nahant Preservation Trust to dedicate a lasting tribute to him as a "Pillar of the Community." Bernie's contributions to Nahant were often made through his membership in the Lions Club, the Dory Club, the Council on Aging and the Nahant Democratic Town Committee. He was also on the Executive Board of the Nahant Preservation Trust. It was only fitting that members of those groups should raise the funds for this purpose.

Among the contributors to the fund were Mike Billias, Helen Cort, Maura Costin-Scalise, Council on Aging members, Mary Jane and Bob Cusack, Maureen Edison, Marrit and Cal Hastings, Christine Kendall, Lions Club members, Tom Loftus, Richie and Jane Lombard, John Mackey, Mary Magner, Joyce and Dennis Maroney, Margaret Piccola, Mike Rauworth, Becky Richardson, Joe Sherber, Edith Roland, Nancy Smith, Lainey Titus, Jim and Judy Walsh, Bill and Deb Waters, David Wilson, and the Yadoff/Potts families.

**Photo at left:** Front row: Chris Clark, Jessica Potts, Maizey Clark, Ian Potts. Second row: Tristan Lyons, Ella Pearl Lyons, Maya Clark. Third row: Emily Potts, Jamie Lyons, Mia Corinha. Fourth row: Peter Vernam, Mike Rauworth, Susan Branga

Submitted by Jim Walsh [jimbonahant@gmail.com](mailto:jimbonahant@gmail.com)





## Who Dares Defy the Wrecker's Ball?

Submitted by Rauworth, Michael

Fifteen years ago this month there was a pretty important event in Nahant's history. Let's see a show of hands. Anybody remember what that was?

How about one of the largest Town Meetings in history and the closest Town Meeting vote in living memory—a vote so close that one voter on the floor switching from “aye” to “nay” would have changed the outcome, even though the vote was 2 to 1 in favor? (A 2/3 vote in favor was required.)

Nahant would have been the poorer for it. The community would have lost an asset that has served us well, but maybe a bit taken for granted these days.

What did we almost lose in 1996 that we have today? Have you been through the Historical Society's permanent exhibit? The winner of two national awards? Have you ever been to a gathering in the Serenity Room? Or a meeting in the Multi-Purpose Room in the basement? Different results in 1996 would have meant that the former Valley Road School would not have survived to become the Nahant Community Center we know

today.

When it was built, the School was the pride of Nahant. But by the mid-1990s, it had been dormant and deteriorating for years. Study committee after study committee had diligently explored options about “what to do” with the building. Nothing had crystalized.

And so at Town Meeting in 1996 it was proposed: (1) to demolish the building (on the Town's nickel); (2) to hope the site did not harbor any ruinously expensive soil contamination below the surface; (3) if not, to sell the bare land to a private developer. (Nobody had any contingency plan for where the Town would stand if soil contamination turned up after it had paid for the demolition.)

These events were what launched the Nahant Preservation Trust. People who were alarmed at the threat of hastily destroying a historic building rose up and got the demolition postponed — but only temporarily. The wrecking ball was still poised in mid-swing — figuratively speaking. What was needed was a major fundraising effort, to put Town government in the same financial position as if the demolition and sale were to go forward. In remarkably short time, the founders of NPT raised private funds

— in the six figures — from hundreds of citizens to spare the life of the building.

Nahant Preservation Trust got its approval to receive tax-deductible charitable donations, and was selected for a long-term lease from the Town on the Valley Road School building. NPT took on the restoration and renovation of the building for “adaptive re-use.” That basically means working out ways to use a historic building in the modern world (and economy) that will give the historic structure the best chance of “standing on its own two feet” for the long-term future.

The resulting restoration — as the Nahant Community Center at the Valley Road School — won a Massachusetts Historic Preservation Award and a Milestone Award by Essex National Heritage Commission in 2006 as one of the most significant preservation projects of the decade. The NCC has a business model that supports the upkeep of the building itself, that provides a permanent home for the Nahant Historical Society, and that affords spaces like the Serenity Room and the Multi-Purpose Room for public and community events and gatherings, as well as office space for local small businesses.

Without taking a

single dollar of Town funds, NPT saved the building from the wrecker's ball and made it into a self-sustaining community resource. The whole budget came from private donations and grants by private foundations and others. The Nahant Community Center lives on as a resource for the Town, and does so because NPT takes in revenue from rentals of office spaces in the building to local small businesses, and from modest fees for use of spaces like the Serenity Room. In addition, certain community uses take place at the NCC without fee.

Back in 1996, there were very vocal individuals who insisted that Nahant would be better off if the former Valley Road School were demolished, or that the restoration could never succeed, or that the adaptive re-use concept could never be successful. Fortunately, history seems to have had a happier answer.

After the Center was finished, NPT took on an active and influential role in the Town's process of adopting the benefits of the Community Preservation Act. That's the state law that makes state money available to match a town's own investment in historic preservation, open space, outdoor recreation, or affordable housing. At latest count, the CPA Act

has brought more than \$900,000 of state money into projects in Nahant.

At the close of 1999, the federal government turned the former Coast Guard Station over to the Town. After a few years, the Town decided to look for an organization to bring the Station back to life. It prepared a request for proposals, inviting organizations to submit their own ideas about how to restore and renovate the Station for adaptive re-use. NPT was one of the organizations that received an invitation.

NPT submitted a proposal that paralleled the approach it had used in turning the Valley Road School into the successful Nahant Community Center, and the Town decided to enter into a lease with NPT for the Station, providing that NPT would restore and operate the Station. That lease was signed in 2006.

The restoration of the Station has moved forward thanks to funds from private individual donors, charitable foundations, CPA funding, and funds from the Nahant Veterans Association and the associated American Legion post. The process has included making the exterior sound and historically appropriate (as to the main building and the garage); providing restrooms in the Garage Building to serve Short Beach (maintained and

controlled by the DPW); and making the first floor of the main building into functionally modern — but historically appropriate — space. This space has now gone into service, housing the Legion Post and a small rental office, and making the historic Boatroom available for functions.

After the Coast Guard stopped using the Station for rescue purposes, it functioned as a Coast Guard Recreational Facility for some thirty years. In this form, it was available to military members for rental for family gatherings, etc. Now, as the Nahant Life-Saving Station, the Boatroom and the Grounds are available for events staged by any resident of Nahant — for the first time, civilians are eligible.

Not everything is finished at the Nahant Life-Saving Station, of course. Active fundraising is ongoing to proceed with the next steps, including the build-out of the second floor spaces in the Main Building, to serve as a single-family apartment. The Grounds will improve, and much of the interior of the Garage remains to be developed, as most suitable uses become clear.

Choosing the best technique of historic interpretation is important and ongoing, too. The Life-Saving Station is a one-off

Continued on next page.





## Life-Saving Station Site of Veteran's Day Activities

Continued from page 1.

Seating is extremely limited, so please do not wait until the last minute.

You may have noticed over the past few years that the condition of the United States Flags flown around our town have been maintained in fantastic shape. This is due, in no small part, to the time and effort expended by our Post Service Officer and Past Commander, Michael Kairevich. The Post has set aside a portion of its operating budget to augment the resources of the town, so your contribution when purchasing a ticket for our Veterans Day dinner will enable us to continue this practice.

The members of Mortimer G. Robbins Post 215 of the American Legion continue to plan to host The North Shore Scale Modelers Association, who will put on a display and carry out a workshop for all those, young and not so young, who may be interested in the hobby of building scale models. This event is currently being planned for Saturday, December 10th from 10:00 a.m., until 2:00 p.m., at the Post quarters in the Nahant Life-Saving Station. The event will be free and open to the general public. We will provide more information in the next issue of the Harbor Review.

Last, but certainly not least, we have been holding our regular meetings of The American Legion and The Nahant Veterans Association at our new home at the Life Saving Station on the first Tuesday of each month at 7:00 p.m., since April of this year. All veterans of the Town of Nahant are welcome to attend.

Submitted by William J. Cullen, Commander, Post 215, wjcullen@comcast.net, Mortimer G. Robbins Post 215, PO Box 82, Nahant, Massachusetts 01908

## Who Dares Defy The Wreckers Ball?

Continued from page 14.

design, not replicated anywhere else in the hundreds of other surfboat stations that were built by the Life-Saving Service all around the coastline of the United States. Its origins — from the wreck of the coal schooner Charles Briggs in 1898 — tell an important story as well, and we want this story told skillfully at the Station.

Just as with the Nahant Community Center, the Nahant Life-Saving Station needs to have a long-term and reliable income stream so that it can sustain itself over the long term. Part of that will come from rent for the apartment and the small office space, and part will come from event rentals in the Boatroom and Grounds. Other sources will emerge, too. And as the Station's operations become stabilized, opportunities for community uses will grow and become stabilized, too.

The Nahant Preservation Trust has a few other initiatives on its plate that may bear fruit in the future, too. But looking back over the last fifteen years, who could say that Nahant would be better off without it?

## From My Perspective ...

By Michael P. Manning, Selectman



One of the comments that has been often repeated about the current state of the Johnson School budget is "The accounts for teaching and maintenance supplies have been zeroed out - we can pay our teachers and janitors but we cannot afford paper, pencils, or floor wax." The image that the comment inspires as a mental image is indeed dire. One might ask how it comes to this

point or what set of management choices lead to the selected option! Is it best to retain two full time employees and not provide them with the tools and supplies to do the work they are being paid for? This seems counter-intuitive to say the least from any sound economic management perspective.

In addition, the Superintendent of Schools has stated in public forums that "At least the janitors will be able to oversee classrooms when a teacher is absent, since I have no budget for substitute teachers." Again, since the previously requested budget for substitute teachers was \$8,000 and the janitors' salaries are currently budgeted at \$84,565, one wonders what sort of economic thought, if any, led to the options selected and why set the relatively low priority for operating supplies and substitute teachers that allowed them to be eliminated completely. It would seem that it may be time for the managers to explain the priorities and thought process that result in the current selections for the existing budget.

It is possible that the selections are not real at all and are simply meant to appear as dire consequences. A simple example may help illustrate.

As I have mentioned previously, the school budget is a bottom line budget only, and the Superintendent of Schools and School Committee are empowered with all the discretion and power to rearrange the amounts and priorities for all expenditures as they see fit. If we stay with the example of the school custodial accounts as an example, the budget presented by the School Committee with no override shows \$84,565 for custodial salaries and zero for supplies and materials. (See Town Meeting FinCom Report p. 52)

An additional \$6000 had been requested for supplies and materials. If we look at the results from last fiscal year's audited expenses (ending June 2011), they clearly show that the total salaries paid to our two school janitors were \$78,041 and the amount spent for supplies was \$5,794 for a grand total of \$83,835. Thus, in spite of the rhetoric, the current school budget has more money for custodial salaries and supplies than was spent last year. Just because the line item for supplies says zero, doesn't mean that it has to be zero. The other lines, like the one above it for custodial salaries, can be adjusted to provide both the same custodians and supplies as were adequate last year.

Perhaps it's time to start asking about priorities and management approach?

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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. Over the past three years, I have struggled to keep up with the bills and now, my only solution to save the paper is to go online only, after the Christmas issue. The online version will offer more information and will be updated at least weekly. I am sure that I can count on many of the advertisers to make the change with me and participate on the Business Community page. Watch for more information in the December Nahant Harbor Review.

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Art Saavedra (9/12), Charles Sanphy (1/12), James & Karen Savino (2/12), William Savino & Pauline Holwart (2/12), Luc J. Schepens (9/12), Robert Scigliano (9/12), Dolores Scanlan (1/12), Bill & Mary Ellen Schumann (1/20), Paul & Nancy Sciaba (5/12), Calantha Sears (2/12), Andy & Flo Sigourney (2/12), Jean Sigourney (1/12), Bob & Peggy Silva (2/12), Anita V. Smith (2/12), Tom & Eleanor Smith (8/12), Jayne Solimine (7/12), Synder Family (2/12), Peter Speridakos (2/12), Antonette Spinucci (2/12), Bob & Harriet Steeves (5/12), Ellen Steeves (10/13), M/M Donald E. Steeves (3/12), M/M Robert A. Steeves (5/12), Lissa Stempek (2/12), Vincent Steriti (9/12), Joseph Stoddard, Jr. & Paul Mouratidis (12/12), Nicholas Strange and Wendy Payne (7/12), Patricia Sullivan (2/12), Barbara & Jennifer Sweeney (10/12), Gretchen Szczechowicz (4/12), William Szczawinski (4/12),

Ed & Suzanne Tarlov (8/12), Chris Thornton & Michelle Capano (9/12), Loreen Tirrell & Lou Wallach (1/12), Charles & Rosemarie Tirrell (1/12), Rosemarie Tirrell (7/12), Margaret M. Tobin (10/12), Doris C. Tompkins (6/12), Tom & Mai-Lis Tria (10/12),

Gwen Upton (8/12), Edward A. Ustaszewski (1/12),

Mary E. Valeri (1/12), John VanMaanen (11/11), Rev George D. Vartzelis (6/12), Isabell Van Merlin (4/12),

Craig & Mary Wahlberg (12/11), William & Victoria Waite (9/12), Muriel Webster (4/12), Janice Weiskel (8/12), John & Maria Welsh (6/12), Nancy Wilson (4/12), Pauline White (9/12), Nancy Reid Whitman (7/12), Woman & Wishes, Inc. (12/11),

David Yench (3/12).



## What Is Going On Here ?

By Pete Rogers

Reading last month's HARBOR REVIEW, I felt like Bill Murray in the movie GROUNDHOG DAY. Today would be the same as yesterday and the day before that. I am referring, of course, to all the articles and letters about the school. It was as though the override ballot had not taken place and the same arguments were being offered.

I would suggest that the School Committee in particular take a collective deep breath and reflect on what that override referendum might have meant.

It might have meant that 979 people found your arguments unconvincing.

It might have meant that laying off 15 people was excessive and, as it turned out, not what happened.

It might have meant that the threat in the "YES" literature that the school might close next year, was not credible and was resented.

At this point, continuing with similar doomsday rhetoric will not affect a "YES/NO" referendum but is, in fact, self-destructive to the School Department. Let me explain by dealing with how the school budget works.

Since Education Reform became state law in 1993, school budgets have been protected by that law." Net School Spending "is the amount you MUST spend and it is derived from the "Foundation Enrollment." The catchphrase was, "the money follows the kids," that is to say, the more kids you have in a school system, the more money you have in your protected budget. In our case it is "Net School Spending" plus \$ 104,000 from a previous override.

If the School Committee persists in all this agitation about what it says it doesn't have it may only succeed in scaring parents

into seeking alternatives, thereby reducing enrollment and thereby further reducing the protected budget. At this point, such complaining is counter-productive and dangerous to the interests of the school.

There is another way to approach this: as I have pointed out in a previous letter during the campaign, we are educating 80 fewer students per year, K-12, than we were 10 years ago and a certain contraction of the school was inevitable. Whether adaptation to that shrinking enrollment is done rationally and according to a plan or haphazardly and in a climate of desperation is up to the principal participants involved and depends on how thoroughly they understand the finances.

In my estimation, this is a town-wide conversation that should have taken place about 10 years ago. Why then? Because about then the Swampscott tuition went from 75% to 100% and evidence of our enrollment decline began to appear. Why did that matter? In 1993 the State mandated that we raise and appropriate 100% ( by the formula ) for our high school and Jr. high school kids DESPITE our 75% tuition contract. Every year for about 9 years I did all the "Foundation Formula" calculations and the 25% difference between the tuition contract and the 100% we were obligated to spend I called the "cushion" and it all came back to the Johnson School. Even after deducting secondary school outside special ed costs, it was a very large amount of money each year. I recently found the worksheets for Fiscal Year 2000. The cushion that year was \$ 302,767 MORE than the Johnson School enrollment entitled it to and was added to the Johnson School budget.

So, more or less simultaneously the cushion disappeared and our enrollment decline accelerated, but for nearly a decade we had put administrative systems and other things in place that ultimately the enrollment and the budget it guarantees could not sustain.

Because we have had a "protected" budget for nearly 2 decades and an artificially inflated one for the first decade, parental expectations for what it was possible to provide in a K-6 school of fewer than 200 kids may be unrealistically high. The population of our town is not growing and there is no possibility of a sudden large increase in our commercial tax base. We cannot be "Tower School South" and maybe 2 sections of kindergarten with 13 kids and a teacher each are beyond reach. There are trade-offs for the advantages of having a small local school.

Even before Ed Reform, the school had another advantage the municipal side of government doesn't have—it has a so-called "Bottom Line Budget" which means that Town Meeting gets to vote on a single number but not on how any of the line items within that budget are allocated. This in turn gives the School Committee and the Superintendent the liberty to alter that spending any time within the year. That means that the "line item budget" you see in the FINCOM book may or may not bear any resemblance to the final expenditures at the end of the year. That in turn means, along with the budget being protected by law, that neither the School Committee nor the FINCOM have to pay particularly acute attention to the reality of the numbers at Town Meeting time.

UNTIL.....The School Department asks for

an override as we approach the 5th year of a severe recession. Then, and only then, are people who are generally indifferent to how the school spends its money called upon to make decisions. And under THESE conditions it is only to be expected that the school's arguments meet a higher standard than usual for both plausibility and necessity.

Right here, I would like to applaud Mike Manning for the effort he is making in his series of articles for the HARBOR REVIEW. He is asking questions that must be answered. I was there at the first School Committee meeting after the override when he diplomatically suggested that there were people in the community with expertise in these matters who could help. He was rebuffed by the Chairperson. A few days later he proposed the same thing to the Fincom. Again he was rebuffed by the Chairperson. Is either committee really in a position to turn down such an offer?

In his first article he pointed out that by tallying up the salaries of 51 people paid by the school department and adding that to the Swampscott tuition, you have covered the entire budget. So where DID the money come from to pay for heat, light, books, outside sped, legal fees and, yes, toilet paper ?

The school needs to present a clear and comprehensive "Sources and Uses" statement—a document indicating where ALL the money came from and where it went—and that's just a beginning.

Since the amount budgeted for outside SPED in FY 2012 is less than the average over the last 12 years, why is it now a crisis? Outside SPED may be the presenting argument for an override but are there other pending costs we don't know about?

In one of my earlier letters I indicated that the school had one employee for every 5.7 kids. That figure was derived by dividing the Mass Dept. of Ed. 2010 pre-K through grade 6 enrollment of 227 (FY 2010) kids by the 40 employees the Chair of the School Committee said we had this spring. However, if you divide the kids by 51 employees, then you get one employee for every 4.5 kids. What ratio will satisfy people—1 to 4, 1 to 3.5 ? At what point will even the most avid advocate for the school conclude that this must be looked at?

The school wants more money, and they may have a case—if so, then they must present all the documentation necessary to prove it. School finance has been a black hole too long.

There are only 2 places to get the money—an override or the municipal budgets and there are ample signs they are going after the latter. There are some who may be tempted to exploit the transition between Mark Cullinan's departure and the new Town Administrator getting up to speed by clawing more money out of police, fire, DPW, and town administration.

One of the letters in last month's HARBOR REVIEW said, "The education of our children is the most important responsibility of the Town of Nahant and of the Selectmen we elect, is it not?" Well, in fact, no. That is the responsibility of the School Committee. The responsibility of the Selectmen is that if you have a heart attack or your kid faints, the ambulance is there quickly; if the Anchorage catches on fire that the Fire Department is there to prevent that densely crowded neighborhood from burning down; that a domestic dispute not turn  
(Continued on page 22.)



## Where's HOOMPA Now?



## Where's HOOMPA Now?

With Colleen and Sean Osbahr at the Eiffel Tower, during the 8th Air Force, 447th Bomb Group Reunion, in Normandy, France, July 2011. Submitted by Carolyn Osbahr.

## From My Perspective ... By Michael P. Manning, Selectman

Ask a School Committee member, "Tell me about Special Education; how many SPED students do we have and how much do we pay for these placements?" The answer I have received on more than one occasion is, "Due to the rules and regulations on student right to privacy, that's an area I can't discuss. Nahant is such a small community, anything we say is sure to be attributed to a specific student". Is there anything wrong with the above exchange? The question and the answer are both civil and direct, so that's appropriate. The response certainly gives a perspective on the school's effort to promote and preserve student privacy which is appropriate. The questioner however may be rightfully frustrated in that they have asked relatively simple and straightforward questions on a tax-funded expenditure and have NOT received an answer. Therein lies the problem – Unanswered questions have a bad habit of continually coming back until answered.

Let's look at the question again and break it into three parts – the first part is the first clause and the second and third parts are the two halves of the second clause. The first question is an open invitation to describe our special education practice, both within the Johnson School and through outside placements. I will overstep my elected position and advance an answer for the school personnel. The first question could be answered with simple statements: we provide two SPED teachers and four SPED paraprofessionals (aides) to help SPED students with Individual Education Plans (IEPs) and assist them in learning material or overcoming difficulties in their regular classroom or in a separate classroom during the day. Children, who need more assistance than can be provided within this inclusive delivery approach, may be provided assistance in learning with an outside placement – an alternative school with an external tuition agreement. The IEPs are prepared by evaluators, detail the required services and delivery methods, and are signed by the School and the parents of the child.

I could answer the second and third questions as follows: At the moment, we have 24 SPED students, 21 of whom we handle internally, and 3 are at outside placements. Twenty of the internal students require less than 30% of their instruction with a SPED teacher or aide (a period or two a day). One student requires up to 60% of his/her instruction in that same manner. We hire SPED teachers and aides to cover the hours of contact required by the IEPs. The per pupil cost of the SPED curriculum for most of the SPED internal students is thus the cost of the (less than 30%) additional SPED teachers or aides in addition to the regular curriculum per pupil cost. Or the SPED per pupil cost is about 1.3 times the regular education per pupil cost. The cost for the current three outside placements is approximately \$169,000.

I do not believe that I have violated the privacy rights of any students in answering the questions as presented above. In fact, the above answers I have estimated as best I can. School personnel could provide the answers definitively. I have adopted the above numbers from tabulated data on Johnson School published online in the State Department of Education website. They get the information real time from the Johnson School. I do not believe the State is violating any student's right to privacy either. If we could encourage the School administration to provide similar non-private information during the budget process, the Advisory and Finance Committee, after evaluating the answers, could ask the relevant questions about management, supervision, and administration as well as budgeting. For example: What problems or successes are you having with this approach?

How many administrators, supervisors, team leaders, and clerks does it take to oversee six SPED teachers/aides? Three? Really? Please explain. Is this a cost-effective approach for an elementary school? A call to the helpful staff at DOE will confirm or not.

Have you received any complaints from parents of regular or SPED students?

When was the last State Review of regular and SPED programs?

What have you done about the deficiencies cited in the June 2008 State Review relative to SPED administration/record keeping?

Have you shared the plan to address these deficiencies and improve delivery with the community at large?

In July 2008, the Lynn Item reported that Nahant parents had filed suit over poor and allegedly fraudulent recordkeeping relative to SPED service delivery. How has this been corrected? Has the suit been settled? Are the parents now satisfied?

As reported in a recent Harbor Review, the State is about to conduct the next Review. Do you expect that the results will show improvement?

Let's hope we can all improve the process and results!

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Seniors, Do you want to reduce your Property Taxes?

This is to remind seniors that there are great ways to save money on your property taxes. If you are over 60 you may qualify for one or more of the property tax exemptions available for senior home owners in Nahant.

One very popular exemption is the Senior Work-Off Abatement program. Not only is it a great way to save money but at the same time you can help your community. In exchange for 62.5 hours of work the tax payer gets \$500 relief on their property taxes. There are a number of different Town Departments that one can work for: The Council on Aging; the Board of Assessors; the Johnson School; the Town Library and other Town Departments including Fire, Police and DPW. The type of work needed for any department is quite varied and certainly one can find a good fit for their own skills. For instance, the work for the COA might be assistance with setting up movies, decorating, serving lunch or computer assistance. The BOA may need help with mapping projects and filing; the library could use assistance cleaning books and reshelving and the Johnson School would have openings in a variety of positions from reading, to copying, or assisting the teachers.

There are other ways to get exemptions on your property taxes for those over age 65 which are based on your income and assets or if you are a widow. You may even qualify for an exemption if you are legally blind or if you are a disabled veteran with a 10% Minimum disability. It is also possible to defer your tax payments if you need more time. There are a variety of ways, so be sure to ask. There are specific requirements for these programs and one should consult the Assessor’s office to see if you are eligible. Please be sure to apply for these by Dec. 15, 2011 to receive your exemption for this fiscal year. Phone calls to the Assessors office (781-581-0212) can be made Monday – Wednesday, 8:30am to 4:00pm, Thursday 8:30am to 7:00pm, and Friday 8:30am to Noon for personal assistance. An answering machine is available for your convenience.

By the way, there is an exemption for the Community Preservation Act surcharge tax that appears on your real estate tax bill as a separate line item. The Community Preservation Act was enacted at the Annual Town Meeting in 2004. This now permits the town to establish a restricted fund from which monies can only be appropriated for a) the acquisition, creation and preservation of open space; b) the acquisition, preservation, rehabilitation, and restoration of historic resources; and c) the acquisition, creation and preservation of land for recreational use; d) the creation, preservation and support of community housing; and e) the rehabilitation and restoration of open space, land for recreational use and community housing that is acquired or created using monies from the fund. In order to qualify for this exemption you must meet the guidelines of low income persons or, low or moderated income seniors. The chart below is the FY2012 CPA Annual Income Limit by Household & Size for Nahant.

Household Type: Property owned by SENIOR (60 or older)		Household Type: Property owned by NON-SENIOR (under 60)	
Household Size	Annual Income Limit	Household Size	Annual Income Limit
1	\$67,522	1	\$54,018
2	\$77,168	2	\$61,734
3	\$86,814	3	\$69,451
4	\$96,460	4	\$77,168
5	\$104,177	5	\$83,341
6	\$111,894	6	\$89,515
7	\$119,610	7	\$95,688
8	\$127,327	8	\$101,862

This article is a combination effort by Sheila Hambleton, assistant assessor AND Joyce Haynes, a senior work-off abatement applicant.  
Submitted by Sheila Hambleton, Assessor.



We Are Here!

Two girls study the SWIM (Safer Waters in Massachusetts) display the Northeastern University Marine Science Center Open House on Saturday, October 1st. SWIM is a watchdog group whose goal is to protect the North Shore, Boston Harbor and Massachusetts Bay from pollution.

Submitted by Vi Patek for SWIM.



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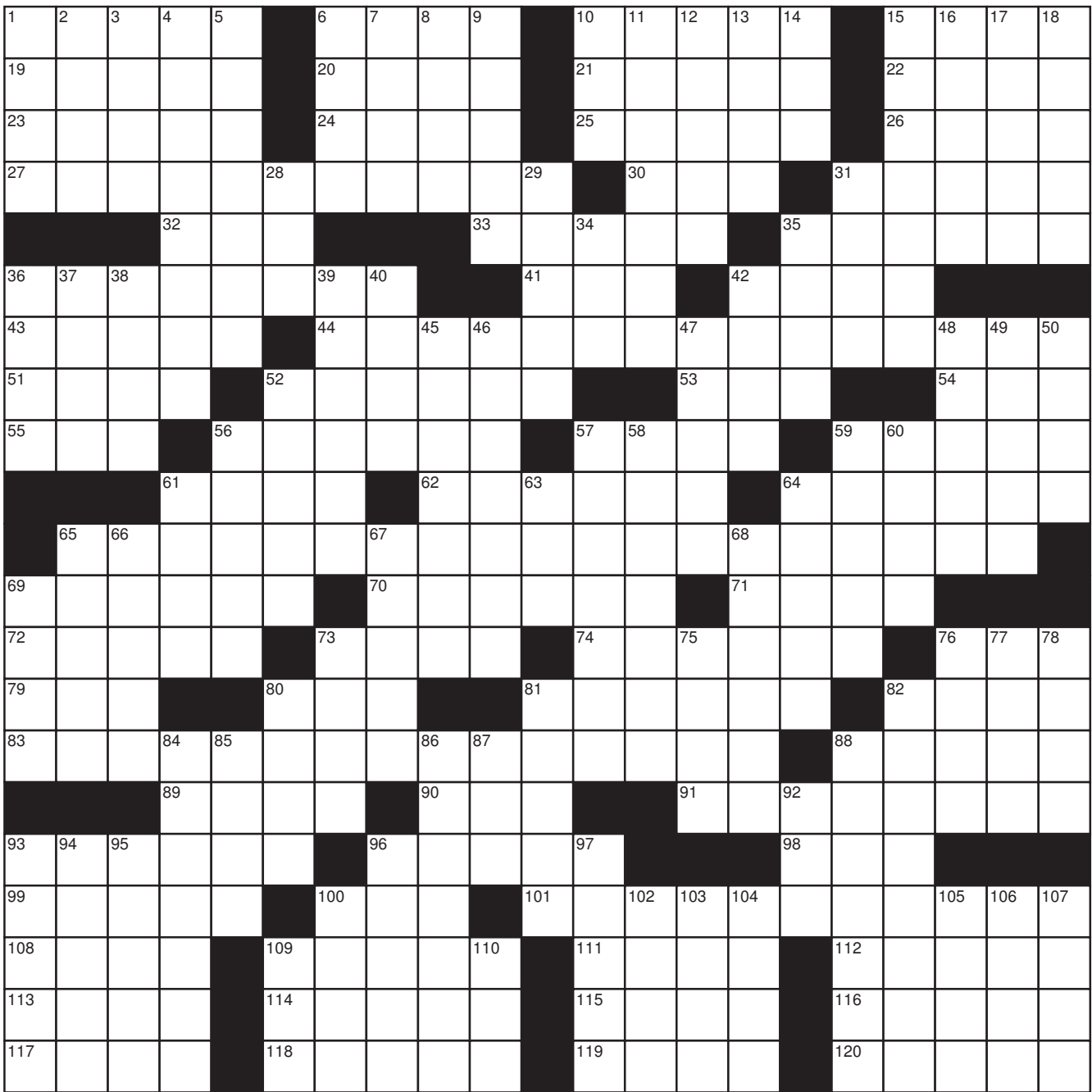
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NAHANT PUZZLE PAGE

A Real Turkey Dinner  
by Rick Kennedy



- 34 Obese
- 35 Genie's home
- 36 Telephone
- 37 Layered cookie
- 38 "\_\_\_ She Sweet"
- 39 Book before Jeremiah
- 40 Pork cut
- 42 Ancient Greek walkway
- 45 Peanut candy
- 46 Spirits
- 47 One of the Three Musketeers
- 48 "Ghosts" playwright
- 49 Bombing, as a comic
- 50 Mailed
- 52 Whips
- 56 Water park slide
- 57 Harrison Ford's "Star Wars" role
- 58 Welcomed, as a visitor
- 59 Beam fastener
- 60 Yale students
- 61 Whittler's material
- 63 \_\_\_ tai (cocktail)
- 64 Patrol car wailer
- 65 Actress Birch of "American Beauty"
- 66 Centers of steering wheels
- 67 Basic belief
- 68 Aplenty
- 69 Bernard formerly of CNN
- 73 Holds the title to
- 75 Heroic verse
- 76 Arch site
- 77 Not working
- 78 Comedian Foxx
- 80 Inauguration Day highlight
- 81 Blind followers
- 82 Modern hangout
- 84 Voiced
- 85 Diner sign
- 86 Impure
- 87 Elderly
- 88 Peace-and-quiet venue
- 92 College cheer
- 93 Cram
- 94 Soda bottle unit
- 95 Fill with joy
- 96 Recoil in pain
- 97 Requires
- 100 Corn syrup brand
- 102 Perched on
- 103 Subterfuge
- 104 Fibbed
- 105 Off-white shade
- 106 "Come \_\_\_!"
- 107 Shipping dept. stamp
- 109 \_\_\_ and cheese
- 110 Commercials

ACROSS

- 1 Start to a bit of bad news
- 6 Brainbusting
- 10 Likeness
- 15 One of the Three B's
- 19 Sweet, in Italy
- 20 Mideast ruler
- 21 Facebook features
- 22 Continental currency
- 23 Suits
- 24 Restaurant handout
- 25 Maids a-milking in a Christmas song, e.g.
- 26 Molecule component
- 27 **Start of a Phyllis Diller quip**
- 30 Outlaw

- 31 Do penance
- 32 \_\_\_ Lanka
- 33 Put off
- 35 Zoom and fisheye
- 36 Formal jacket feature
- 41 Consume
- 42 Attire for an Indian bride
- 43 Sign of spring
- 44 **Part 2 of quip**
- 51 Give temporarily
- 52 Somewhat
- 53 Shirt or blouse
- 54 "See ya"
- 55 Bit of real estate
- 56 Medical facility
- 57 "Funny strange or funny \_\_\_?"
- 59 Varnish ingredient
- 61 Horse's halter?
- 62 Italian composer Albinoni
- 64 "\_\_\_ Night"
- 65 **Part 3 of quip**

- 69 Photo assignments
- 70 Nancy Drew's aunt
- 71 Greek god of war
- 72 Mob
- 73 "The \_\_\_ lama, he's a priest"
- 74 Short poetic tribute
- 76 Evergreen
- 79 Prince Valiant's son
- 80 Be shy
- 81 Loafer, e.g.
- 82 Software basis
- 83 **Part 4 of quip**
- 88 "Get \_\_\_ of yourself!"
- 89 Wild \_\_\_
- 90 Stein filler
- 91 Having a jagged edge
- 93 Detective
- 96 Enlarge

- 98 Play a role
- 99 Slants
- 100 Relatives
- 101 **End of quip**
- 108 The Beehive State
- 109 Kind of ray
- 111 Decorative needle case
- 112 "Lorna \_\_\_"
- 113 Big bash
- 114 Rainbowlike
- 115 A teaspoonful, maybe
- 116 Column style
- 117 Ethel's sitcom husband
- 118 Some college students
- 119 Hurried
- 120 Rectify

DOWN

- 1 Footnote word

- 2 Cunning
- 3 Util. bill
- 4 Approached aggressively
- 5 Vacation spots
- 6 Prefix with sphere
- 7 "So true!"
- 8 Saturn feature
- 9 Stonehenge priest
- 10 \_\_\_ Jima
- 11 King Duncan's killer
- 12 Marriage site
- 13 Singer Campbell
- 14 Superlative suffix
- 15 1950s stereotype
- 16 Cars
- 17 Old hag
- 18 Great Lakes mnemonic
- 28 Sedona maker
- 29 Rundown
- 31 Hawk's home: Var.

Puzzle Solution: Monster Quest

By Rick Kennedy

September’s puzzle winner was Dan and Robin deStefano of James 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.

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S	A	D	D	E	R		E	N	E		E	N	D		D	A	R	T	E	D

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Since March 1994, the Nahant Harbor Review, a monthly publication, has been 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.

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Nahant Harbor Review

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<b>Total Papers Distributed:</b>	<b>2,300*</b>

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



# Council on Aging • November 2011

## Nahant CoA Calendar • NOVEMBER - 2011

### TIFFANY ROOM ACTIVITIES

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

(Thursday & Friday, 11-24 & 11-25, center closed for Thanksgiving)

Tuesday	10:30 a.m.	Chair Exercise
Wednesday	12:30 p.m.	Shopping from Tiffany Room (call for pick-up)
Thursday	10:30 a.m.	Chair Exercise

### TIFFANY ROOM SPECIAL EVENTS

Tuesday 1 <sup>st</sup>	9:30 a.m.	Manicurist (sign up required)
Wednesday 2 <sup>nd</sup>	11:00 a.m.	Lunch at North Shore Vocational School
Monday 7 <sup>th</sup>	12:00 p.m.	Blood Pressure & Glucose reading
Thursday 10 <sup>th</sup>	10:00 a.m.	Angelicas' Ballroom dinner & show
Tuesday 15 <sup>th</sup>	12:30 p.m.	SHINE Appointments
Tuesday 15 <sup>th</sup>	9:30 a.m.	Manicurist (sign up required)
Thursday 17 <sup>th</sup>	9:00 a.m.	Peabody COA Big Band dancing & lunch
Monday 21 <sup>st</sup>	12:30 p.m.	Mall shopping (call for pick-up)
Tuesday 22 <sup>nd</sup>	11:00 a.m.	JFK Library with lunch
Monday 28 <sup>th</sup>	12:30 p.m.	Mall shopping (call for pick-up)
Tuesday 29 <sup>th</sup>	9:30 a.m.	Manicurist (sign up required)
Wednesday 30 <sup>th</sup>	12:30 p.m.	Nov. Birthdays w/ Guest Chef (sign up required)

### COMMUNITY CENTER ACTIVITIES

Monday	9:00 a.m.	Yoga (\$5.00)
Monday	10:15 a.m.	Total Body Exercise
Tuesday	1:00 p.m.	Cribbage, cards, games
Tuesday	5:00 p.m.	Total Body Exercise
Wednesday	9:00 a.m.	Total Body Exercise
Thursday	9:00 a.m.	Yoga (\$5.00)
Thursday	5:00 p.m.	Total Body Exercise
Friday	10:30 a.m.	Tai Chi (\$5.00)
Friday	1:00 p.m.	Friday afternoon at the movies (11/11)

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](mailto:lpeterson@nahant.org) for updates on other programs, trips and events.

## COA CHATTER

NOVEMBER wow the year is almost over and what a year it has been for me and the COA. I can't believe I have been the director for one year at the end of the month. Where did the time go? I would like to take this opportunity to thank everyone who has helped me make this year successful. Especially my volunteers, Ione Hansell, Fran Ahern, Lana Mogan, Joyce Haynes, Arthur Judge, Bob Branga, Linda Lehman and Bob Steeves, without you I don't know if I would have survived. A special call out to the COA board members for their ongoing support. Thank you all so much.

We will begin this month with a trip to the North Shore Vocational School in Middleton. The school bus will pick us up at 10:15 a.m., at the Tiffany Room. Lunch will be provided in the Log Bridge Inn by the culinary arts students. The cost is \$8.00.

Next up is lunch and entertainment at Angelica's Ballroom in Middleton. The featured performance is by Mark Verselli impressionist. Mark plays your favorites, Sinatra, Dean Martin and Sammy Davis, Jr., to name a few. Dinner would be your choice of Yankee Pot Roast or Baked Boston Schrod. The cost of this trip depends on if you want to drive yourself or take our bus, \$46 or \$48 respectively. The event begins at 11:30 a.m., therefore the bus will leave Nahant at 10:00 a.m.

On November 22<sup>nd</sup>, a day we all remember, we will be heading into Boston to visit the JFK Library and Museum. We will have a family style Italian dinner at Maggiano's Little Italy, and then off to the library. This trip will be limited to 14 people so sign up early. The cost will be \$40.00 which includes the bus ride, dinner and admission to the Library.

This month, I am bringing back a guest chef and live entertainment to help celebrate the November birthdays. This event will be on Wednesday, November 30<sup>th</sup> at 11:30 a.m., in the Tiffany Room. The cost of lunch & entertainment will be \$5.00, sign up required.

Coming attractions: look for these events in December, direct from the heart of Broadway, the Radio City Christmas Spectacular starring the Rockettes date TBD, Cabaret Lulu at Old Sturbridge Village on December 15<sup>th</sup> and on December 12<sup>th</sup> we are partnering again with the Lynn COA for a trip to the Indian Head Resort in the White Mountains of NH for a full day of food, entertainment, sightseeing and shopping. The seats are limited so call the center to sign up for this and all events.

Look for these and other fun activities on the Nahant Calendar at [www.nahant.org](http://www.nahant.org) and on the cable TV station.

Wishing everyone a Happy Thanksgiving!!  
Linda Peterson, Executive Director

## Nahant Holiday Fair Saturday

November 26th

Nahant Town Hall

9:00 to 3:00

All your favorite artisans and crafters will be there. Please come and support the Nahant Artists and Crafters Community. Many original handcrafted gifts, jewelry, raffles, silent auction, minerals and stuff for kids! And pizza at Noon! Lots of fun for everyone.

## What's Going On Here ?

(Continued from page 17.)

violent or your house not be robbed; that if you have to get to work on time or lose your job, your street is plowed and salted before you leave; that the water runs reliably in one direction and the sewage in the other; that if your cellar floods after a heavy rain that the DPW is there to pump it out.

We need to reach community consensus on an equilibrium budget for the school, the proper and necessary staffing of teachers and the most cost-effective administration for a K-6 school of fewer than 200 kids. Reaching that consensus will require thought, analysis and imagination, not fear and propaganda. The starting point, of course, will be a thorough understanding of the school's real numbers.

THEN we can deal with the volatility of outside SPED. Perpetual battles about overrides are not the answer and opportunistic raids on the town's operating budgets without complete understanding of the consequences are not the answer either. This problem needs the engagement now of more of the many thoughtful, experienced people who live here.

We take our municipal services for granted but I think it is extremely important that those who care about balanced spending in this town pay particular attention to what is going on in FINCOM meetings this winter. I plan to—and I'll let you know what's going on (if I can figure it out).

Community Calendar • November 2011

NOVEMBER IS AMERICAN INDIAN HERITAGE MONTH

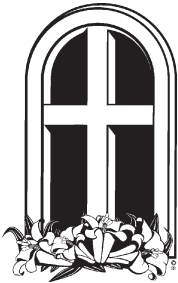
Stop & Shop A+ School Rewards Program runs October 7th thru March 29th.

TUE	1		All Saints Day
WED	2	10:30A	Story Time at Nahant Library
WED	2	6:00P	Informal Gathering in Support & Prayers for David Dodge. Nahant Village Church. Till. 8:00 p.m. All welcome. Refreshments will be served.
FRI	4	8:00A	FREE Breakfast and The Revs Titus present Cambridge, England, at Nahant Village Church. Till 9:00 a.m.
SUN	6		Daylight Savings Time Ends--Turn BACK clocks one hour
SUN	6	9:00A	Choir Rehearsal Nahant Village Church
SUN	6	10:30A	Welcome Neighbors Worship Service & Sunday School at Nahant Village Church
SUN	6	11:30A	Fellowship Hour after Service, Swansburg Hall, Village Church
SUN	6	2:00P	Arts & Crafts Sale at Nahant Library. Till 5:00 p.m.
SUN	6	3:00P	Bernard Yardoff Dedication at the Library. Refreshments served. All Welcome. Till 5:00 p.m.
THU	10	1:00P	Veterans Day Assembly at Johnson School
FRI	11		Veterans Day
FRI	11	11:00A	Nahant Veterans Day Ceremony at War Memorial in Greenlawn Cemetery
FRI	11	Noon	American Legion Hosts Refreshments at Life-Saving Station. Till 3:00 p.m.
FRI	11	6:00P	Dine In with the Veterans at the Nahant Life-Saving Station. Till 10:00 p.m.
SAT	12	5:00P	Italian Dinner & Bake Sale at Village Church. Till 8:00 p.m. FMI 781-581-5691.
SUN	13	9:00A	Choir Rehearsal Nahant Village Church
SUN	13	10:30A	Worship Service & Sunday School, Village Church
SUN	13	11:30A	Fellowship Hour after Service, Swansburg Hall, Village Church
SUN	13	11:45A	Harvest Bake Sale at Nahant Village Church. Till sold out.
TUE	15		DEADLINE for DECEMBER Harbor Review
WED	16	10:30A	Story Time at Nahant Library
SAT	19	9:00	Nahant Lions Turkey Shoot at DPW, Flash Rd. Till 3:00 p.m.
SUN	20	9:00A	Choir Rehearsal Nahant Village Church
SUN	20	10:30A	Worship Service & Sunday School, Village Church
SUN	20	11:30A	Fellowship Hour after Service, Swansburg Hall, Village Church
SUN	20	11:45A	Harvest Bake Sale at Nahant Village Church. Till sold out.
MON	21	7:00P	Ecumenical Thanksgiving Service at St. Thomas Aquinas featuring combined choirs of Nahant and Thanksgiving message and music. All Faiths welcome!
THU	24		HAPPY THANKSGIVING!
SAT	26	10:00A	Nahant Lions Host Eyemobile at Town Hall. Till 2:00 p.m.
SUN	27		First Day of Advent
SUN	27	9:00A	Choir Rehearsal Nahant Village Church
SUN	27	10:30A	Worship Service & Sunday School, Village Church
SUN	27	11:30A	Fellowship Hour after Service, Swansburg Hall, Village Church

DECEMBER 2011

SAT	3	9:00A	The Miracle of Christmas Fair at the Nahant Village Church. Till 3:00 p.m.
SAT	3	7:00P	Gathering of Friends to Benefit ALS Research at Nahant Country Club.
SAT	10	10:00A	North Shore Scale Modelers Association Display at the Nahant Life-Saving Station. Till 2:00 p.m.
THU	15	4:00P	Deadline to apply for Senior Work-Off Abatement Program. See Sheila at the Nahant Assessors Office.

Nahant Village Church  
 27 Cliff Street, Nahant



Worship Service  
 & Sunday School  
 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](http://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 meet on the first Tuesday of every month, at 7:00 p.m., at the Nahant Life-Saving Station.



## ELDER LAW SERVICES

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Lynn, MA 01901  
781-595-3456  
ssmithlaw@comcast.net

**EVENING • WEEKEND APPOINTMENTS**

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**Nahant Holiday Fair**  
Saturday  
November 26th  
Nahant Town Hall  
9:00 to 3:00

All your favorite artisans and crafters will be there. Please come and support the Nahant Artists and Crafters Community. Many original handcrafted gifts, jewelry, raffles, silent auction, minerals and stuff for kids! And pizza at Noon! Lots of fun for everyone.

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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. Thank you.