



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 10

Autumn Leaves

OCTOBER 2011

Daisy Scouts Help Out at Community Garden



The members of Daisy Troop 75038 recently helped out at the Community Garden behind the Johnson School. Pictured above are Mia Rafele, Ella Schena, Mia Schena, Anna Parisi, Svetlana Parisi, Jessie Goodwin, Mimi Goodwin, Ellie Hamernick, Elizabeth Quinn and Madyson Bardgett. Photo submitted by Heather Goodwin.



Kelly Riley's CD Release Show October 1st

On Saturday, October 1st, from 7:00 to 8:30 p.m., Nahant's Kelly Riley will appear at Johnny D's, 17 Holland Street, Davis Square, in Somerville. This will be Kelly's CD Release Show! All are welcome! Come celebrate this milestone with her and listen to some good music. FMI check out www.johnnyds.com

TOPSFIELD FAIR

Sep. 30th thru Oct. 10th

The Topsfield Fair is being held September 30th thru October 10th, at the Topsfield Fairgrounds, Rte 1 N, Topsfield. FMI visit www.topsfieldfair.org, or by liking us on Facebook and following us on Twitter.

Marine Science Center Open House October 1st

Submitted by Carole McCauley, c.mccauley@neu.edu

Mark your calendars for this year's Marine Science Center Open House, being held on Saturday, October 1st, from 10:00 a.m. to 3:00 p.m. This celebrated and popular annual event enables visitors to experience the area's dramatic and pristine rocky shore environment, as well as the opportunity to visit teaching facilities and research laboratories.

Hands-on marine science activities and touch tanks will be on display and tours will be offered highlighting the Murphy Bunker, East Point solar observatory and the area's unique geologic resources. A beach cleanup will mark the MSC's celebration of the International Coastal Cleanup's annual Coastsweep event. Community partners will also be on hand to share information about their programs and resources, including SWIM's Adopt-a-Beach program and the Friends of Lynn and Nahant Beach.

Reservations are not required and parking is available. Special thanks go to Eastern Bank for their continued sponsorship of this event. For more information, please call 781-581-7370.

Setting the Record Straight

By Mark Cullinan, Town Administrator

Over my seventeen years of service to the Town, I have received numerous letters and petitions, some constructive and helpful, others dramatically to the contrary. It is especially troubling, when materials filled with inaccuracies and distortions are circulated to townspeople and cross my desk, as has recently happened with respect to the Short Beach Master Plan and the Nahant Life-Saving Station. Let me set the record straight.

The April 2011 Annual Town Meeting overwhelmingly voted (126 to 27) to appropriate \$190,000, in Community Preservation Act Funds, a significant percentage of which comes from the state, for improvements along Short Beach. \$160,000 of those funds were specifically targeted for Site Design and Construction, during 2011-12, at the Nahant Life-Saving Station — Phase I of a multi-year implementation of the Master Plan.

Work on the remainder of Short Beach, outside of the NLSS footprint, has yet to be decided upon. In fact, the Public Meeting on August 24th, was designed to take public input for the balance of the overall master plan, which will be presented for voter approval at the April 2012 Town Meeting.

As a result of this overwhelming vote, the Town entered into a funding agreement with the Nahant Preservation Trust (NPT) and proceeded to hire a Consultant (Stantec, Inc.) to assist in design and planning.

As Town Administrator, I also appointed an Advisory Committee of local volunteers, who serve on committees that have a direct stake in the work. The Advisory Committee consisted
(Continued on page 15.)

To The Harbor Review Readers

Like many businesses today, the economy has finally started to effect the Nahant Harbor Review. As the months go by, I am receiving less and less income from subscribers and advertisers. It would be nice if the Harbor Review was a self-sustaining business, but unfortunately, it is not. Our operating costs for production, delivery, office equipment, supplies, staff and printing have risen. Our rates have not. For the past year, I've had to subsidize the cost of the production, at the expense of my household.

My heart has always been in publishing this monthly newspaper for the Nahant community. The newspaper is an important venue to share news and social events, to help publicize many fundraisers for just about every group in town and a cost effective and efficient way for businesses to introduce themselves to the community and advertise their products and services.
(Continued on page 15.)

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Reverse Raffle – What is it??

By random, each numbered ticket is drawn. The first drawn number is eliminated, as is the 2nd numbered ticket, and each ticket drawn thereafter, until only 5 numbered tickets remain in competition. At that point, the holders of these 5 tickets come together to decide to split the \$10,000 (\$2,000 each), or “go-for-broke” with only one \$10,000 winner.

St Thomas Aquinas Parish is sponsoring a Reverse Raffle at the Nahant Country Club on Friday, October 14th, from 6:30 to 11:00 p.m. This fun evening features music by the Dave Conlin band, a 50/50 raffle, incentive prizes awarded throughout the evening, complimentary hors d'oeuvres, coffee and desserts. Tickets of \$100 admit two people. For questions or tickets, call Jim and Anne O'Brien, at 781-581-1993, or Tiffany Connolly, at 781-581-2447.

Seashore Trolley Museum Topic at Village Church October 7th Breakfast

The October breakfast at the Nahant Village Church will be held on Friday, the 7th. The presentation will be given by Bill Crawford, a qualified Motorman, at the Seashore Trolley Museum in Kennebunkport, Maine. He will introduce you to the world's oldest and largest museum of public transit, founded in 1939. Public transportation was the fifth largest industry in the United States, in 1900-1910. Transit transformed life around the civilized world, by enabling people to live in neighborhoods that were remote from their work places.

The museum's mission is to preserve and interpret the industry that helped to build American cities. Bill will tell us about the acquisition of exhibits, the restoration of cars and buses to “better-than-new” condition, and the operation of Seashore's 1.5 mile demonstration railway.

The free breakfast is served at 8:00 a.m., followed by the presentation from 8:30 until around 9:00 a.m. All are welcome. Plan to come and bring one, or more, friends, or family, for a hearty breakfast, wonderful camaraderie and an informative presentation.

Community Caring Never Ceases

In last month's article regarding the Anchorage Victims Relief Fundraiser, I inadvertently missed a few things. Please make note: “Uno Chicago Grill” was the donor of the “Two \$50 Gift Certificates to Uno's” and these donors were omitted: Jim Walsh and Nahant Village Church (\$500).

Nahant Garden Club News

Summer has come to a close and Fall activities are taking over in many of our gardens. The Nahant Garden Club has commenced the 2011-2012 season with President Suzanne Hamill and a new Board of Directors.

The first event in September took place at the Nahant Dory Club. Suzanne instructed us how to make mozzarella cheese, which we all enjoyed together with tomatoes and basil from member gardens. The new yearbooks were distributed to those members who attended. We are reminded of gardening events that are coming up, especially the Topsfield Fair which runs from September 30th thru October 10th, 2011.

The October calendar will include a field trip to Nashoba Winery, in Harvard, on the 5th and will feature a wine tasting.

On October 20th, at the Nahant Village Church, there will be a regular meeting. Our speaker will be chef/historian Lou Greenstein, who will create edible centerpieces. The evening will include a potluck supper.

Nahant Housing Authority

The Nahant Housing Authority is pleased to announce that we are opening the family waiting list and accepting applications for our two (2) and three (3) bedroom low-income family housing waiting lists from October 3, 2011 thru October 17, 2011. We have a total of 19 family state-aided public housing units located on Spring, Emerald and Greystone Roads. We do not have any available units at this time and new eligible applicants will be placed on an existing waiting list. Local applicants that live or work in Nahant receive a preference.

You may be eligible if your annual gross income is less than: 2 PERSONS, \$51,550.00; 3 PERSONS, \$58,000.00; 4 PERSONS, \$64,400.00; 5 PERSONS, \$69,600.00; 6 PERSONS, \$74,750.00; 7 PERSONS, \$79,900.00; 8 PERSONS, \$85,050.00.

You can request an application by calling our office at 781-581-9623, or by coming to the NHA office at 194 Nahant Road. The office hours are as follows: Mondays and Wednesdays, 8:00 a.m. to 12:00 p.m.; Tuesdays and Thursdays, 8:00 a.m. to 5:00 p.m. and Friday (office closed).

Faxed applications, or incomplete applications, will not be accepted.

Curious Creatures at the Nahant Public Library

Submitted by Rita Stepanova, Children's Librarian

Nahant Public Library (781-581-0306) presents Curious Creatures, with live exotic animals, on Thursday, October 20th, at 3:00 p.m. Admission is free, but limited by performers. Registration is required. The Library is grateful to the Friends of the Nahant Public Library, for funding this program.

A New Author is Born!!

Seeress: A Tale of the Deep Past by Daniel A. deStefano

What if humans weren't the first civilized people? This unique and fascinating novel describes the life of a prophetess who founded a religious movement, trained as a healer, became a queen, invented a tarot deck and abdicated her throne, to seek her own origins. The action occurs 63 million years ago, in the well of the deep past, inhabited by animals and plants that are ancestral to all living things today.

Named "saurians" by the author, who based his story on the latest research, this intelligent race created cities, farms and ranches for food and built an infrastructure, while following its own nature of laying eggs and changing sex. Life then was exotic to us, but saurian emotions will seem familiar. Love, faith, betrayal and anger color the actions of the birdlike saurians, even as intense feelings motivate us, driving us to murder, war, devotion and creation. It is by our extremes that we learn about ourselves.

Skeptics might say that the world-shaking events recounted in this story, could never happen. This book is fiction, after all, and adopted people seek their real parents every day. Can anyone truthfully say that what happens today, never will repeat?

Everyone is welcome at the Nahant Public Library on Sunday, October 23rd, at 3:00 p.m., to meet the new author and learn more about his new book.

Refreshments will be served. Sponsored by the Friends of the Nahant Public Library.

PTO-September Updates

By Roxanne Schena

The PTO has donated \$8,090.00 for consumable workbooks and supplies for all grades. Please mark your calendar and plan to support the upcoming fundraiser: The 1st Annual Halloween Bash, to be held on Saturday, October 22nd, from 3:00 to 7:00 p.m. (Rain date 10-29-11.) Ticket price is \$5.00 per person, which includes admittance to the Halloween Dance with D.J. Luis, a Hayride, Cotton Candy, Bouncy House and Popcorn. So wear your costume, this fun time will be held at the Flash Road Park!

Hope to see you there!

Topsfield Fair Offers Programs for Elementary Students

The Topsfield Fair is encouraging teachers and schools to seize the opportunity and start signing-up for the educational programs offered at the Fair, this coming season. The programs are being offered Monday, October 3rd thru Friday, October 7th. Registration to sign up for the programs can be done by visiting the Topsfield Fair website at www.topsfieldfair.org.

The Topsfield Fair has been offering educational programs for many years. This season there are nine programs being offered, six of them are new. In addition, students will be offered tours of the agricultural barns and exhibits. Kate O'Brien, the Education & Community Outreach Coordinator who currently runs the educational programs at the Topsfield Fair, says, "Our programs give students and teachers a wonderful opportunity to expand their horizons and experience something they normally would not have the chance to experience. It's an amazing, outdoor classroom that gives students a first-hand learning experience. I love being able to teach outside the classroom," she adds. Kate is also an elementary school teacher.

Topsfield Fair offers a three day, free lunch program to a limited number of students, so those interested are encouraged to sign-up soon. The educational programs free for grades 5 and under.

At the end of each program, teachers are supplied with worksheets and activities to take back to the classroom, so students may expand what they have learned. So if you want to learn exactly how big the largest pumpkin is, or acquire the skills on how to spot the queen bee, we hope to see you at the Topsfield Fair.

For more information on the education programs offered at the Topsfield Fair, email Kate O'Brien at kate@topsfieldfair.org, or call 978-887-5000. The Topsfield Fair operates Friday, September, 30th through Monday October, 10th, 2011.

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News From the Johnson School

By Diane D. Mulcahy, Principal

The annual Johnson School Open House was held on Thursday, September 8th. Officer Armand Conti presented a brief safety talk, as part of the General Session. Parents visited their child’s classroom. This was an introduction to the school year and gave parents a glimpse of the students’ program. This event was held early this year to avoid any conflicts with the Swampscott students. If any parent was unable to attend this year, please contact the teachers to request a meeting.

September is when our PTO starts their year of activities. The first meeting of the PTO was on Tuesday, September 6th. The meetings are held the first Tuesday of every month and every Johnson School parent is welcome to attend. The first fundraiser of the school year is about to start. Materials will be sent home soon. The PTO news will be on the website. We are grateful for the support the PTO has given us, as we begin the school year. They have generously donated funds to purchase books and supplies that students needed to begin the school year.

Mary Brown, PTO President, has organized a devoted team of parents to staff the Library with volunteers so that students can have their Library time. Volunteers work from 9:30 to 11:30 a.m., to read to the children, check out books and reshell them. The Library opened for the year on September 6th and has gone quite smoothly. Thank you to our volunteers.

I am very grateful to Katia DiConstanzo and her sister, Danielle, for raising \$17.28. The money was the proceeds from their Lemonade Stand this summer, which they wished to donate to the school. We are grateful for their generosity and dedication to the school.

Starting in October, the students at the Johnson School will participate in a pilot program conducted by the staff from the Lynn Office of Campfire USA. This is a program of social emotional education, similar to the program conducted by Mrs. Lanzarone. Especially trained staff from Campfire, will implement this program. The program will start in October and run for six weeks. Each grade from Preschool to Grade Six will participate, simultaneously. The program will include conflict resolution and anti-bullying strategies.

On Friday, September 16th, the Johnson School will celebrate Constitution Day. The fifth and sixth graders have, in the very short time we have been in school, prepared an all school assembly to help their classmates understand the importance of our Constitution. Parents of students in grades five and six were invited to join the school for the performance.

The Everyday Math program has been expanded to third grade and teachers report that they like the program and see great potential for students to improve math skills with this program. Some teachers were involved in professional development, this summer and we hope to expand opportunities for teachers this year, as well.

I would like to commend our teachers and staff for the smooth opening of school this year. Their professionalism in this difficult budget year has not gone unnoted and I am very proud of the staff we have at the Johnson School.

Johnson School’s Reality

By Christine Kendall, Lissa Keane, Dave Wilson, Micheal Flynn and Mike LaGasse

Unfortunately, the School Committee does not have any magic up its sleeves, no hidden money, or found money, is coming in. There aren’t any shell games being played with “walnuts to turn over” and “hidden peas” underneath. The school is dealing with a very real-life situation of a school surviving on a decimated budget. As our Superintendent pointed out at our August meeting, eight Johnson School staff no longer have a position in the school. The children, sadly, no longer have art, or music in their daily school curriculum. Over \$100,000 was cut for school consumables, which means that we don’t have money to pay for substitute teaching, legal bills, the copy machine lease, postage, the elevator inspection, repairs of the school building, air filters for the ventilation system, toilet paper, paper towels, cleaning solutions, bandaids, the list goes on and on. It sounds pathetic and dramatic, but it is the reality that we are dealing with.

Our hope is that education is still a priority in town and that we work as a community to make our school strong and vibrant again. The whole budget process will start up all over again for the next fiscal year, in just two short months. We would again encourage and welcome anyone seeking information, or clarity, on any particular school topic to please attend an upcoming School Committee meeting. We meet at 7:00 p.m., every second and fourth Tuesday of the month, at the Town Hall.

We would also like to sincerely thank the community volunteers that have come forward to get involved by donating their time (and money!) to the Johnson School and its children. We always welcome volunteers, so if interested, please call the school at 581-1600. Thank you.

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School Starts In A Different Style

By Dr. Philip F. Devaux, Superintendent,
Nahant Public Schools

School started this September amid great interest as to the true impact of the defeated override this past spring. To the school officials there were no surprises. All of the programs that were predicted to be eliminated are eliminated, former staff are collecting unemployment checks, and purchasing of non-salary items is almost nil with town budget revenues but rather almost exclusively dependent on donations from individuals and groups or small grants.

Staff changes are significant. Nine of the forty full and part-time employees of September, 2010 are no longer employed by the Johnson School. Two accepted positions in other school districts, one declined a reduced position and six are simply left without positions. Many of the unemployed are long-time employees going back as far as 1978 and half of them live in Nahant.

Programs for students have been greatly diminished. As we predicted there is no staff for art, music, computer science or the library. The Special Education program will have a complete turnover of staff as the special education director, chairperson and teacher will all be replaced as they assume positions in neighboring districts. The school year opened with vacancies in both the positions of SPED Director and SPED Chairperson. Four of the eleven classroom teachers have been given new assignments in 2011.

The lack of funding in many of the non-salary accounts will create a significant hardship. In a series of accounts that spent a total of \$103,000 last school year there is only \$6,000 allotted in the town approved budget. That would virtually eliminate 100% spending in areas such as textbooks, classroom supplies, substitute teachers, building maintenance, custodial supplies and technology. In mundane terms we are talking about such items as trash bags, toilet paper, paper towels, and hand sanitizers.

Partial offsets in the non-salary areas are being made through the generosity of groups and individuals. Certainly the Nahant Education Foundation and the Parent Teacher Organization's willingness to completely deplete their financial resources will offset some of the losses but in total will produce about thirty percent of the need. It is also a one-time benefit that will leave these organizations with very limited or no funds for the future.

Financial pressure will continue to build as the out of district special education placements have already grown again by one student and will likely increase one more since the vote last spring. The teacher's contract expired in June and remains unresolved. The teacher's salary grid is unchanged since 2009 unlike other town employees.

The strongest positive at the Johnson School is the high professionalism of the staff. They drive on better than could be reasonably expected, strongly supportive of one another, but in part demoralized by their deteriorating working conditions.

There is no immediate solution to this year's fiscal plight. That appeal was soundly rejected by the Nahant voters in both April and June. Only a significant structural change in the town's funding philosophy would make a real difference and that remains as the greatest challenge as we look to the future.

Submitted by: Dr. Philip F. Devaux, Superintendent,
Nahant Public Schools

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Dear Editor

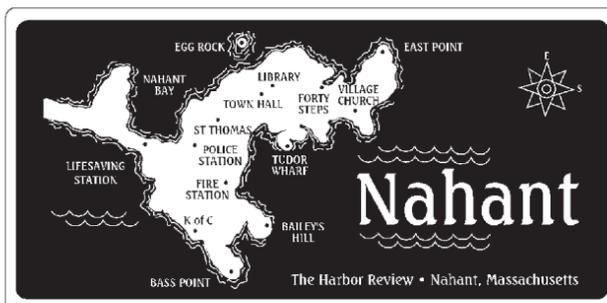
I appreciate Selectman Manning's work on the Johnson School finances. I know that school finances are complicated because of local, state and federal funding and regulations.

I would like to recognize that the Nahant Johnson School is our school. I am proud of our Johnson School students, parents, teachers and administrators, and I want to support them.

I applaud the improvements of our children's skills and achievements over the past two years as evidenced (among other things) by improved achievement in many of their individual scores on standardized tests. Students with learning disabilities have improved their scores as well. I found these results on the Department of Education website. To accomplish these improvements, we have effective administrative and management skills in place at our Johnson School, as well as some very well qualified and patient teachers.

Respectfully submitted, Becky Richardson

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



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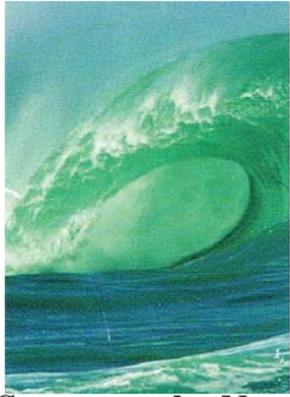
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Lisa Scourtas Honored by Conway



Lisa Scourtas, of Jack Conway Realtor's Swampscott office, was honored for her community service at the recent Conway Country Mid-Year Awards Breakfast, held at the Plymouth Radisson Hotel. She was among a group of 10 Conway agents, companywide, to receive the recognition.

Chairman Jack Conway presented Scourtas with a Certificate of Appreciation for her volunteer work with the Anti-Defamation League

of New England's Annual Walk for Respect. "Lisa is very involved with the 'No Place for Hate' Walk for Respect Committee, which opposes all forms of prejudice, from school bullying to racial discrimination," said Conway. "This is a wonderful cause, Lisa, and we thank you for being a part of it."

Scourtas told the group about the recent walk that took place on May 22nd, in her hometown of Nahant. "Students, teachers, parents, law enforcement, clergy and many others, came together at this event to celebrate diversity and respect for differences," she said. "It's one way for a community to take a stand against bullying and bias and I'm proud to be associated with it."

Established in 1956, Jack Conway & Co., Realtor, is family-owned and operated and based locally in Massachusetts. With 42 offices stretching from the North Shore to Boston, Cape Cod and the South Coast, Conway provides quality one-stop real estate and mortgage services to our customers and clients.

Photo: Conway Swampscott agent Lisa Scourtas accepts a community service award from Chairman Jack Conway.

Submitted by Al Becker, abecker@jackconway.com

Q & A with North Shore Physical therapy

Submitted by Susan Finigan

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

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

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

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

When you lift the bag, keep your back straight and engage your abdominal muscles by drawing your belly button in toward your spine as you lift. Keep the bag close to your body, and avoid carrying it any further than necessary. A wheel barrow may come in handy for this. A paper leaf bag may be able to be dragged if partially full.

After you are finished raking stretch your back, shoulders, and legs and use ice if you are sore. If pain persists do not rake again and call your doctor/and or physical therapist.

Please call North Shore Physical Therapy Associates at 781-631-8250 in Marblehead, or in Salem at 978-910-0486 to schedule a free injury consult or an evaluation.

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.

Nahant's Jacob Erlich Selected to The Best Lawyers in America 2012

Burns & Levinson LLP is pleased to announce Attorney Jacob (Jesse) N. Erlich, was recently selected by his peers for inclusion in The Best Lawyers in America® 2012, in the field of Patent Law (copyright 2011 by Woodward/White, Inc., of Aiken, S.C.). The Best Lawyers in America® 2012 is the oldest and most respected, peer-review publication in the legal profession.

Jacob (Jesse) N. Erlich, one of a group of 16 Burns & Levinson partners honored by Best Lawyers, is the former Chief Patent Advisor for the United States Air Force. Mr. Erlich represents a wide array of clients, such as universities and small and large technology companies in diverse technological fields. He provides advice on patents and other forms of intellectual property, licensing and government-related matters, such as government contracts, SBIRs, STTRs, intellectual property, licensing and technology transfer. He is also involved with the preparation and prosecution of patent applications (U.S. and foreign). Mr. Erlich was a past President of the Boston Patent Law Association and currently serves on the Board of Directors of the National Defense Industrial Association, New England Chapter. He and his wife, Laura, reside in Nahant, MA.

Since its inception in 1983, Best Lawyers has become universally regarded as the definitive guide to legal excellence. Because Best Lawyers is based on an exhaustive peer-review survey in which more than 41,000 leading attorneys cast almost 3.9 million votes on the legal abilities of other lawyers in their practice areas, and because lawyers are not required or allowed to pay a fee to be listed, inclusion in Best Lawyers is considered a singular honor. Corporate Counsel magazine has called Best Lawyers "the most respected referral list of attorneys in practice."

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Burns & Levinson is a full-service law firm with more than 125 attorneys based in Boston, with additional offices in Providence and New York, as well as in the Merrimack Valley/North Shore, MetroWest and South Shore areas of Massachusetts. The Firm has grown steadily and strategically throughout the years and has become a premier law firm with regional, national and international clientele. The Firm has expertise in corporate

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owned subsidiary office in Montreal, Quebec, to service its Canadian clients. For more information, visit Burns & Levinson at www.burnslev.com.

Submitted by Erika Kuzmicz <ekuzmicz@thecastlegrp.com>

Dear Editor,

I feel sadness to learn that the children of Nahant no longer learn art, or music, in their school, the Johnson School. Our kids lack the advantages of children who live in each of our neighboring communities.

The cause is lack of money. We were told during the over-ride debate that school money is wasted. The facts, though, weren't present in Mike's piece, in the September issue of the Harbor Review. My request is that the selectmen get the up-to-date information from the school administration. And tell us, just the facts without comment, blame, suspicion and all that stuff. Could we set aside a special fund for students with special needs who must attend other schools? The amount of money required for special needs students is understandably not the same every year and the need cannot be predicted. An estimate of money required could be set aside for this purpose only — if all of that money is not required one year, it could be saved for the next. Would this be possible? Surely the school budget can be figured out to provide for a superior and consistent, educational program at the Johnson School.

Let's right the ship. The education of our children is the most important responsibility of the Town of Nahant and of the Selectmen we elect, is it not?

Submitted by Suzanne Tarlov, Nahant

Please patronize our advertisers. If it were not for them, there would be no Nahant Harbor Review. Thanks!

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

The Joe Mack Band October Schedule

The Joe Mack Band will be at The Spotlight Tavern, in Beverly, on Saturday, Oct. 1st, from 9:30 p.m. to 1:00 a.m., (978) 524-0005.

On Saturday, October 8th, from 9:30 p.m. to 12:30 a.m., catch them at The Brown Jug, in Chelsea, (617) 884-9579.

Closer to home, at the Red Rock Bistro, in Swampscott, on Thursday, October 13th, from 8:30 to 11:30 p.m., (781) 596-1414.

Further up the coast, they will be appearing at The Dog Bar, in Gloucester, on Friday, October 14th, from 9:00 p.m. to 12:30 a.m., (978) 281-6565 and on Saturday, October 22nd, at The French Club, in Cambridge, from 9:00 p.m. to 1:00 a.m., enjoy a Jam Session.

On Friday, October 28th, take a ride up to see the foliage and stop by J. D. Chasers, after you've taken in the sunset, in Hudson, New Hampshire, for relaxation and great music from 9:00 p.m. to 12:30 a.m., (603)-577-1779.

For Bookings, or Guitar Lessons, call Joe Mack at (781)581-0948, or (978) 979-7825.



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Does Stress Make You Fat?

By Sallee Slagle, Director, Dance Dimensions

We have been hearing a lot about the role hormones play in keeping our bodies regulated. Hormones have many functions including whether you store fat or burn fat, your cravings, your insulin and sugar levels. Diet and exercise also trigger hormone responses. So do our emotions and our stress. Hormones are the key to many of our health issues. Balancing life can be difficult and stressful. Balancing our hormones can help.

Some researchers say stress is making us fat! Here's why. The human body responds to stress by producing a hormone called cortisol. This is an inherent response designed to allow us to defend ourselves, run, climb or get away. You've heard of the flight or fight response? Well this is supposed to be designed for short term survival challenges not everyday of our life!

The adrenal gland secretes cortisol which helps the body by stimulating the body to release glucose (your body's sugar) and fatty acids to give the muscles more energy. Cortisol also stimulates appetite and fat storage in the fat cells of the torso and abdomen area. When stress is chronic the cortisol levels remain elevated over time. The adrenal gland may become exhausted and then hormonal and blood sugar levels may become erratic due to imbalances. These imbalances can lead to weight gain, high blood pressure and cardiac problems especially in men.

This is why stress can make us hungry. It also seems to makes us crave non-nutritious foods that are either high calorie, sugary, crunchy or salty. Oh yes let's not forget chocolate! So when stress is predicted (deadlines, moving, business trip, presentation etc) be sure to stock your cupboard, briefcase and glove compartment with nutritious alternatives for snacks, like the low calorie bars. Even the chocolate ones, or crackers, for the salty crunchy. Try nutritious drinks and raw vegetable snacks with dip or hummus. Watch caffeine intake and drink plenty of hydrating fluids especially water. This helps your body regulate and normalize any imbalances.

Stress also burns up more vitamins and minerals especially B vitamins, magnesium and zinc. Another good reason to eat a varied and colorful diet with your 5-7 daily servings of fruits and vegetables. If you supplement try extra B complex and vitamin C as well as mineral supplements. Be sure to check recommended doses. There are many commercial supplement blends for stress which you may also try. Be sure to read labels.

Physical exercise often decreases in times of high demand and stress. This is when exercise is needed and it is something that can help calm you both physically and mentally. Don't overdo. Too vigorous a workout can be physically stressful and may not help lower your cortisol levels either. Exercise does produce serotonin and endorphins which make us feel better and lighten our mood. This helps balance our stress too as stress is often how we react to demanding situations. Try combining both cardio (aerobic) and strength training (anaerobic) workouts. Try not to skip your regular exercise routine or try to add in some physical activities within your daily activities. Walk more and take the stairs. This will not only have a physical benefit but can help keep your mind clear, your mood positive and hormones more balanced despite the stress.

So how else can we lower our stress levels? Don't stress out. Don't let the stress build. If you're feeling so stressed and you don't know which way to run, take a moment (even though you think you can't spare one) and breathe. Deep breathing can clear your mind. Review your challenge and decide what's next. Stress is all a matter of how you view something. Situations are more stressful if you feel helpless or victimized. Look over the situation and find ways that you can change it. View your options and make some choices. The more you can take charge the better you'll feel. This will reduce the stress perceived by the body and cortisol levels should lessen too.

Sleep is another major factor in combatting stress. Make it a point to get to bed early enough to allow for sufficient rest. 8 hours is recommended. Try some other stress reducing activities instead of heading for the cookie jar. Take a walk. Read a book. Call or visit a friend. Go to the movies. Get a massage. Sip a cup of herbal tea. Explore your spiritual side. Learn about a new philosophy or learn more about your faith and others. Play a game with friends or family.

Family and friends can add stress but they can also be an important part of our support systems. Good relationships help relieve tension and renew our spirit. Take the time to build stronger ties with others. In this new age we live in these are some of the things that truly matter.

Anytime is a good time to make new healthful changes so why not find ways to reduce your stress and start some fresh stress busting habits. Remember what you believe and what makes you happy. Be sure they are a focus in your life too. Approach life and it's stresses in a different way, stay positive and go forward with a renewed spirit.

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

Be Ready and Able: CPR/AED at Nahant Therapeutic Massage

Tuesday, October 18th, Joan Wilkins will offer an encore certification class in crucial lifesaving skills; CPR/AED. Joan Wilkins is an American Heart Association Certified Instructor at local hospitals, schools and restaurants. Adult, infant and child CPR, choking, risk factors for stroke, heart attack and cardiac arrest, as well as the Automated External Defibrillator usage, will be taught. Certification with the American Heart Association will be valid for two years.

Cost: \$50.00. Location: Office of Nahant Therapeutic Massage; 41 Valley Road, Nahant. Time: 6:30 to 7:30 p.m. To reserve your place, please call Susan Cadigan, at 781-780-3733 and leave your name and number. Groups and special certification for medical fields can be arranged.

The Working Stiff

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

The sudden change in the temperature seems to be clamping down on us. In cold weather, the body may circulate less blood to the peripheral areas (limbs), as a way of conserving warm blood for organs and the heart. Tight, tense muscle tissue may compress the vascular system which inhibits blood and lymph flow creating aches, pains and stiffness. Some believe the barometric change in the environment is involved in joint stiffness and pain. We now notice that we feel tight all over.

When muscle tissue is cold, or knotted up, the possibility of developing micro-tears is raised. Micro tears are little strains in the muscle tissue. The micro tears heal, but often have metabolic waste, and adhesions from the "glue" that the body forms to repair the area. Very few of us have ideal situations to promote perfect healing. When metabolic waste and glue build up the area becomes rather lumpy and "knots" can form and eventually feel harder than the tissue surrounding it. When these knots are within a muscle unit that is suddenly called in to service the area may again sustain micro tearing next to the untreated area and again the repair process needs to begin again. Often one can't recall any event that may have happened to create such a nuisance. It may not be one event but a number of little occurrences that lead up to the discomfort.

Micro tears can occur from as simple an action as having to make an unexpected stop in traffic. You are on your way to work and the person in front of you is doing business on the cell phone and multi-tasking when she/he should have complete attention on the road and driving. The driver next to her decides he does not want to wait for the car in front of him to turn left so he makes a slow gesture with his car to the right and quickly changes his mind when he realizes there is another car in the lane he would like. The person in the right lane, who is multi tasking, is not fully aware and responds with her reflexes by jamming on the brakes and coming to a complete stop instead of veering slightly to her right and proceeding. The car behind her now has to quickly avert the accident by applying the brake fast and jerking the wheel to avoid the collision. The back braces, the shoulders tighten up, the neck stiffens and the leg that has to reach to the brake all respond at the same time, fast. After muttering a few choice words, all is forgotten until the next layer of tension. Travel, pulling baggage, loading bags, poor nutrition and hydration can be an additional factor for easy strain. That simple action by the shoulders and arms jerking the steering wheel is now making itself known, loud and clear, even though it is a week or two later.

There is help to alleviate the discomfort, but the wise approach would be to approach the issue, layer by layer and deactivate (melt) the knots. Techniques should also include lengthening of the short or contracted areas that have developed in other areas of the body as part of the compensation that has developed to protect the area that is now nagging. Often the trouble maker may be just outside the obvious area that is bothering you. By using minimal oil or cream if any the layers of tension can be grasped and lengthened. This will gradually allow the knots to be either melted with warming friction or squeezed/pressed with compression and tissue to be again lengthened to a relaxed state.

The daily strain is rarely noticed until the body and other factors collide. Stress, strain and tension...it is all in a day's work. If you think of therapeutic massage as a wellness treatment and not simply a treat, the reasoning may allow you to take a moment to take care of your own self, rest and feel better.

Susan Cadigan is the therapist/owner of Nahant Therapeutic Massage. Susan is licensed and is nationally certified in Therapeutic Massage & Body work. She holds a diploma in advanced massage therapy and is certified in specialty advanced deep tissue: Neuromuscular Therapy and Myofascial Mobilization. The office is located within the Nahant Community Center; 41 Valley Road. Please call Susan at 617-240-4252 for immediate attention or leave a message on her office phone: 781-780-3733. For more information please visit www.nahantmassage.com



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The Search for Town Administrator

September 19th, 2011, the deadline for submitting applications for the Town Administrator position, marked the end of the first phase of the Search Committee's recruitment efforts. Between August 9, 2011, when the Committee was first convened, and the September deadline for applications, the Committee conducted a Public Hearing for collecting citizen input, initiated a Survey Letter requesting responses from key employees, officials and committee chairs and managed aggressive deadlines for candidate responses to advertisements placed in The Boston Globe, The Daily Item and trade publications for state and national municipal-employees. The second phase of the Committee's statutory responsibilities include: screening applications, interviewing highly desirable candidates, conducting reference checks and referring finalists to the Board of Selectmen. The Board of Selectmen will make the hiring decision from among "at least three candidates" referred to the Board by the Search Committee.

The Search Committee is grateful to everyone who participated in the September 7th Public Hearing. Carl Easton, Chair, welcomed the public to the Hearing, introduced the Search Committee members (Perry Barrasso, Jim Cashman, Nancy Carey, Chris Dent, Carl Easton, Carl Jenkins, Pan Manadee, Jen McCarthy and Jeff Musman) and explained the Committee's mission and activities.

Mr. Easton reviewed the steps that the Search Committee and the Board of Selectmen would conduct to complete the search and concluded that it was unlikely that the position could be filled by the early November departure of the current Town Administrator. Easton reassured the attendees that the Selectmen had been so advised and observed that the Town Administrator Act of 1992 contains provisions for just such a possibility. He then invited public comments, re: the ideal profile of the next Town Administrator, that included:

- pros and cons of the Town Administer coming from and/or living in/outside Town
- desirable professional, organizational and personal attributes
- the desirability of a transparent management style and the free flow of information between Town officials, departments and volunteer committees
- excellent communications skills
- concern was expressed about attracting enough resumes (note bene: as of September 16th, the Search Committee had received about 70 applications)
- the advisability of having an engineering degree was debated
- suggestions for conducting probing interviews and thorough reference checks were offered and urged, to the Committee
- concerns about whether the compensation package was competitive (note bene: the Committee's research indicates that Nahant's starting salary is competitive with similar towns looking for Town Administrators)
- finding the right "fit" was defined in several contexts, including identifying the candidates who appreciate what makes Nahant special, such as open space
- finding a professional town manager who can take Nahant forward.

The Search Committee received responses from one third of the key Town employees, elected and appointed officials and chairs of committees and boards, to a Survey Letter seeking their input on the ideal Town Administrator. The Survey Letter is posted on the Town's website and copies are available at the Town Clerk's office.

The public is invited to attend the Search Committee's open meetings on Tuesdays, at 7:00 p.m., at Town Hall, where input is welcomed. You can follow the Committee's progress on the Town's website (Administrator page).

Submitted by the Town Administrator Search Committee

About Topsfield Fairgrounds

The Topsfield Fair, America's oldest and finest agricultural fair, has run every fall since 1818. The fair features Fiesta Shows' carnival midway, an opening day parade, demonstrations (ranging from beekeeping to miniature trains), a Grange Museum, pumpkin weigh-offs, many acts and attractions, the 4-H Agricultural/Arts and Crafts exhibits and so much more. Our goal is "to promote and improve the agricultural interests of farmers and others in Essex County." Now, years later, our mission statement still reads: "to encourage, promote and preserve Essex County agricultural activities and to educate the general public regarding their importance, in an atmosphere of fun and excitement, through the medium of the Topsfield Fair." What began as the Essex Agricultural Society Cattle Show, with its annual exhibits and fairs, held in various sites around Essex County to showcase agriculture, has now become Topsfield Fair and has been held annually at its existing location since 1910. Photo: Donna Hanlon holding a descended skunk at the 2009 Topsfield Fair. Submitted by Juan T. Crisostomo, juan@topsfieldfair.org



Help Establish a Youth Commission for Nahant by Lainey Titus, Nahant Selectman

As the new school year begins, it has caused me to reflect on one of the topics I frequently discussed, while running for the position of Selectman last fall: establishing a Youth Commission for Nahant. It has been a busy year since I was elected last October and I have truly enjoyed learning more about the inner workings of our town and helping resolve some of the issues facing residents. I have heard from many of you on various topics and am very thankful for all the perspective you have provided me. Even though at times there has been a difference of opinion, I have always carefully considered the suggestions received, before arriving at a final decision.

Recently, I felt a great sense of satisfaction to see one of my campaign goals come to fruition, with the placing of recycling bins at our beaches. The fact that these bins filled up and had to be emptied often, reconfirms the commitment of our community to preserving the local environment. Now, with school kids having traded in their beach bags for school bags, I want to focus on my goal of establishing a Youth Commission for our town.

Nahant has a unique situation in that our young people leave town for most of their educational and organized social activities, after sixth grade. The ages of 12 to 18 are formative years when their surroundings and interactions can be extremely influential and may change the course of their lives. Currently, our teenagers have a very limited opportunity for events or recreation in the town and may end up with substantial unsupervised free time. Even if those teens are not getting into trouble during that unsupervised time, there is still an opportunity that is being missed by the town, to help create independent, responsible, creative and active future residents of our town. Many activities for young people in other communities, do just that and our community has been missing that chance to positively influence our future leaders.

As you may know, the town's bylaws were amended a number of years ago to form a Youth Commission. The Commission, appointed by the Selectmen, would consist of five members who would carry out programs that would meet the "opportunities, challenges and problems" of the youth of Nahant. Unfortunately, although it was provided for in the bylaws, the commission has yet to be formed. I would like to help bring this commission to life to provide these much needed programs for some of our younger residents.

If you want to help provide opportunities for the young people in our town, including social events, recreational activities and other positive interactions with their community, please consider becoming a part of this commission. It would be great to have involvement from town residents with new ideas on how best to provide opportunities for the young people in our town, as well as creative options for how to fund those programs. In addition, it is crucial to have involvement from young people themselves — after all, they know best about what will be successful with their peers — so please talk to the teens in your life and ask if they would like to serve.

To apply to serve on the Commission, please contact me or another member of the Board of Selectmen. I can be reached at TLainey@gmail.com, 781-571-1395 or through sending correspondence to the Town Hall, 334 Nahant Road.

Don't Miss the Topsfield Fair September 30th thru October 10th

Boston natives and pop-rock duo, Michael and Marisa, are performing at the Topsfield Fair, scheduled for the Trianon Stage, on Saturday, October, 8th, starting at 4:00 p.m. The brother and sister duo have been performing at the Topsfield Fair since 2005, when they were only 7- and 8-years-old. Today, at 13 and 14, their resume spans over 250 engagements, including performances in major cities such as Los Angeles, New York, Boston, Nashville and Atlanta. With Michael on vocals and electric guitar and Marisa on vocals and drums, their harmonizing produces an exciting blend of classic rock, pop and easy-listening music. They've sold over 55,000 CD's and have had over 700,000 YouTube views.

Having shared the stage as opening acts with big names in the music industry with stars like Cody Simpson/Greyson Chance, 2007 American Idol runner-up David Archuleta, Disney's Mitchel Musso, Nickelodeon's Drake Bell and Dorothy Curran, at the Boston City Hall Plaza Summer Concert Series. They've also had much notoriety within the past year for their anti-bullying music video and original single "The Same." Michael and Marisa were named national spokespeople for PACER's Teens against Bullying and they have also donated a portion of their tour earnings to Pacer's National Center for Bullying Prevention.

For more information, visit their website at www.michaelandmarisa.com where booking, management, and press information may be found. To stay up-to-date with Topsfield Fair news, be sure to check the Fairgrounds website at www.topsfieldfair.org, or by liking us on Facebook and following us on Twitter.

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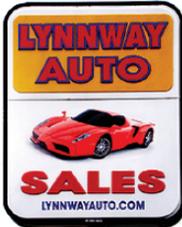
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Marine Stainless Steel Facts

By Rob Scanlan, Accredited & Certified Marine Surveyor

The basic resistance of stainless steel occurs because of its ability to form a protective coating on the metal surface. This coating is a "passive" film, which is resistant to further "oxidation," or rusting. The formation of this film is instantaneous in an oxidizing atmosphere such as air, water, or many other fluids that contain oxygen. Once the layer has formed, we say that the metal has become "passivated" and the oxidation, or "rusting" rate, will slow down to less than 0.002" per year (0,05 mm. per year).

Unlike aluminum, or silver, this passive film is invisible in stainless steel. It is due to the combining of oxygen with the chrome in the stainless to form chrome oxide which is more commonly called "ceramic." This protective oxide, or ceramic coating, is common to most corrosion resistant materials.

Halogen salts, especially chlorides, easily penetrate this passive film and will allow corrosive attack to occur. The halogens are easy to recognize because they end in the letters "ine." Listed in order of their activity, they are: fluorine, chlorine, bromine, iodine and astatine. These are the same chemicals that will penetrate Teflon and cause trouble with Teflon coated, or encapsulated O-Rings, and/ or similar coated materials.

Chlorides are one of the most common elements in nature and if that isn't bad enough, they are also soluble, active ions; the basis for good electrolytes, the best conditions for corrosion, or chemical attack.

Boat and yacht owners are surprised to learn that stainless steel will rust and corrode in the presence of chloride salts, free chlorine, or sulfide gases. Environments that produce these elements are ocean spray, salted highways, chemical treatments added to swimming pools and ground water in numerous coastal areas. But, with proper care and cleaning, your stainless products can be maintained for a lifetime, in perfect condition.

If your yacht's stainless steel fittings show signs of rusting, here's what you can do to restore the shine. Wash with fresh water and a high-quality detergent. Clean with a car, or marine chrome polish. Wax with a car, or fiberglass wax. DO NOT clean with chlorinated cleaners (no bleach!) or scouring powders. DO NOT use sand paper, or abrasive cleaners on buffed, or mirror finished metals. DO NOT clean with muriatic, or hydrochloric acids.

R.T. Scanlan, CMS/MMS/ACMS, is an Accredited & Certified Marine Surveyor & Adjuster, United States, Canada, Europe/United Kingdom & Australia. Serving Coastal New England, Cape Cod & the Islands. 781-595-6225 (office) 781-593-2711 (fax) yacht1ship@aol.com (email), www.mastermarinesurveyor.com (website)

Learn To Skate With Champions

By Al Donovan, Lynn Youth Hockey, 781-589-9075

The Lynn and Nahant Hockey program, which produced seven Championship teams, including a State Title last year, will begin its Learn to Skate and Learn to Play Hockey program, on Saturday, October 1st, at 10:30 a.m., for all boys and girls, ages 4 and up. The Lynn and Nahant Comets have developed a fun Learn to Skate program that has set times weekly at the Lynn Connery Rink.

The program offers a fun and exciting program for boys and girls to prepare them to play hockey. The Lynn and Nahant travel hockey teams had players start at the Learn to Skate level and watched seven teams win Championships. This program won four Valley League Champions, a U12 Girls Championship, an EHF Championship and a State Championship.

Come learn how to skate with a Championship program that includes certified instructors and coaches. Please arrive at the Lynn rink, 45 minutes early for registration, on October 1st. For more information, please visit the website at www.lynnhockey.com.

Lectures At The Marine Science Center

Submitted by Carole McCauley

On Tuesday, October 18th, at 7:00 p.m., Don Cheney, PhD, Associate Professor, Northeastern University, Department of Biology, will discuss SEAWEEDES OF NEW ENGLAND.

Lectures are free, open to the public. They take place in the Murphy Bunker on the MSC's campus at 430 Nahant Road in Nahant. Refreshments are served half an hour before the start of the event, and there is no need to RSVP. Lectures generally last for one hour, and include time for questions from the audience. For more information, call 781-581-7370 or email mscinfo@neu.edu.

Please patronize our advertisers. If it were not for them, there would be no Nahant Harbor Review. Thanks!

Veterans Day Ceremony November 11th

Mark your calendars now for Veterans Day, Friday, November 11th. The traditional Veterans Day ceremony will begin promptly at 11:00 a.m., in front of the war memorial in Greenlawn Cemetery. Shortly after the completion of the ceremony 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.

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 will go on sale on October 5th, are \$100.00 a couple.

The dinner will begin with a social hour at 6:00 p.m., and will end at 9:00 p.m., with coffee and dessert. Ticket proceeds will go to the benefit of the Nahant Veterans Association, which is a fully incorporated 501c19 non-profit (tax deductible). Make check payable to the Nahant Veterans Association. Seating is extremely limited, so please do not wait until the last minute. Tickets will not be sold at the door, but will be mailed to you upon receipt of payment.

The members of Mortimer G. Robbins Post 215 of the American Legion are planning 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. to 2:00 p.m., at the Post quarters, at the Nahant Life-Saving Station. The event will be free and open to the general public. We will provide an update in the next issue.

For dinner ticket reservations, call 781-581-1488, or 781-596-2615, after 6:00 p.m., please.

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

Sea Tots Program Registration Open

The schedule and registration form for the popular Sea Tots Program, for those ages 3 to 5 years, are now available on Tuesdays, from 9:30 to 11:00 a.m., or Thursdays, from 10:30 a.m. to noon, at Northeastern University Marine Science Center, 430 Nahant Road. Pre-registration is required! Registration will be on a first-come, first-serve basis. You can email, or call 781-581-7370, x321, to get your child's name penciled in on the list, but registration won't be complete until we receive your completed form and payment. The cost of the 6-week session is \$80. Please make checks out to "Northeastern University."

* Session 1: In the Open Ocean: October 11 to November 15, 2011
Oct 11-13, A Whale's Tale; Oct 18-20, Diving Dolphins; Oct 25-27, Super Sharks; Nov 1-3, Swimming with the Fishes; Nov 8-10, Breathing Underwater; Nov 15-17, Into the Deep Sea.

* Session 2: Up the Food Chain: January 10 to February 14, 2012
Jan 10-12, What's For Dinner?; Jan 17-19, What's in Sea Soup?; Jan 23-25, Ocean Plants; Jan 31-Feb 2, Slippery Snails; Feb 7-9, My Two Shells; Feb 14-16, Spiny Sea Stars.

* Session 3: Near Our Seashore: February 28 to April 3, 2012
Feb 28-Mar 1, Crabby Crabs; Mar 7-9, Lurking Lobsters; Mar 14-16, 2..4..6..8 Arms?; Mar 21-23, Translucent Jellies; Mar 28-30, Little Fishy's School; Apr 3-5, Let's Go Swimming.

*Please note that we are not running the program on a drop-in, or single-day basis, any longer.

Please spread the word! For more information, please call 781-581-7370.

Please patronize our advertisers. If it were not for them, there would be no Nahant Harbor Review. Thanks!



Dance Dimensions Director, Sallee Slagle, has just returned from Australia delivering her workshop, "Increasing Creativity through Movement." She will be offering this special workshop in Nahant, October 22nd and 23rd. For more info, call Sallee at 781-599-1476, or visit website: www.dlorien.com/creativity.



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You Want to Know

Please say to me, that you want to know my every touch,
Thusly, mattering not, where I put a kiss, you like it such,
That you willingly, desire this tendency, repeatedly again,
Never inclining to desist, nor to forbear, nor seek refrain.

John Nicoll

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FAREWELL JOSEPHINE Requiem for a poet

By ROZI THEOHARI

There is death in life
But not for you, "Jo!"—a poet
Who "died slowly" in every poem.—
—Pouring your spirit into your lines;
You who chronicled your life and times
With poignant words and silly rhymes.
Your mother never said you were a good poet
But told everyone else.
(Was she so proud?)
Since then and until over age seventy
A very long time—You have written in rhyme
For too many seasons.
The person who was inside of you:
Recounting the good old days with family and friends,
Christmas, Halloween parties, dances, birthdays,
Childhood, grandma's attic, motherhood,
Gambling—having fun at Foxwoods...
When was the last time
You wrote a poem?
Maybe a few days before
I write these lamenting lines
For you.

Now we pray. Your children and grandchildren
Silent, in deep pain and tears
Stay near you.
You will never see the little Eiley
(Whose age you numbered every month from her day of birth)
But she will find you, Grammy, in your verses.
They celebrate your life as you lived it.

We bid you Adieu—Dear Josephine,
We Ocean Shores' residents
And your closest friends!
Each new sunrise will touch your window
Remembering, echoing, and spelling out
Your highest pure heart.

Farewell—beloved "Jo!"
Now you are singing with angels over the dome of the sky.

Remembering, echoing, and spelling out
Your highest pure heart.

Farewell—beloved "Jo!"
Now you are singing with angels over the dome of the sky.

Spring Awakening at Marblehead Little Theatre

Marblehead Little Theatre announces its upcoming production of "Spring Awakening," based on the play by Frank Wedekind. Music is by Duncan Sheik. Book and lyrics are by Steven Sater.

The rock musical is an adaptation of the controversial 1891 German play by Frank Wedekind. Set in the late 19th century Germany, it concerns teenagers who are discovering the inner and outer tumult of sexuality. "Spring Awakening" received eleven Tony Award Nominations and won eight Tony Awards in 2007.

"Spring Awakening" is directed by Steve Black and is being co-produced by Craig Massey and Judy Wayne. Musical director is Lianne Goodwin and the play is being choreographed by Lara Finn.

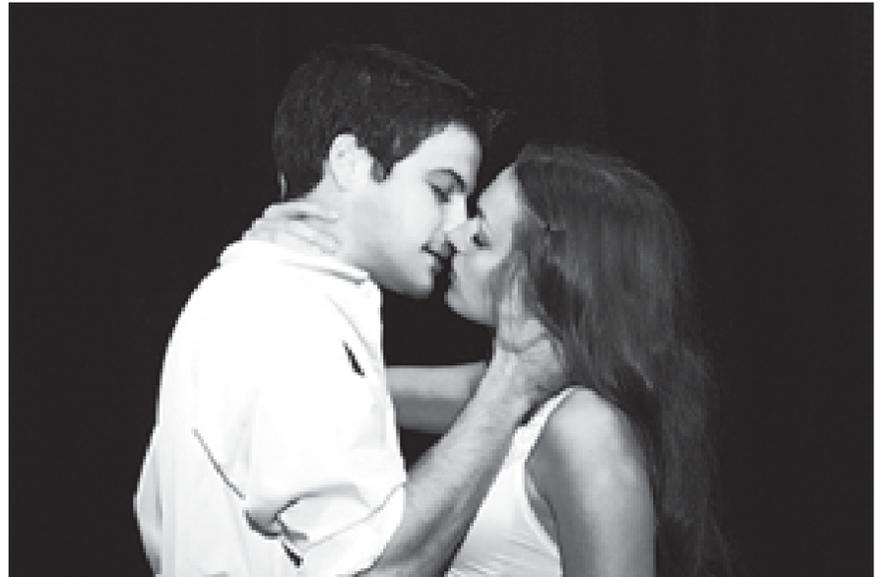
The cast includes Melchior: Allen Yannone, Wendla: Jacqui Amrich, Ernst: Ricky DeSisto, Hanschen: Chris Mroczkowski, Georg: Alex Grover, Moritz:

Tyler Strawhecker, Otto: Bernie Baldassaro, Anna: Kara Nelson, Ilse: Julie Schoenthal, Martha: Amanda Arruda, Thea: Brianna Fogden. Adult Ensemble: Ursina Amsler, Meghan Holtz and Bruce Whear. Ensemble: Joe Boyce, Nate Bertone, Maryanna Devlin and Bethani Boccia.

Performance dates are: October 13, 14, 15 & 20, 21, 22 (Thurs-Sat) 7:30 p.m. and October 16 & 23 (Sun matinee) 2:00 p.m.

Tickets are now on sale. They may be purchased online, or at the door. Prices are: Adults: \$20 (in advance), \$25 (at the door) and Students: \$15 (Student ID's will be checked). Please visit www.MLTLIVE.org, for more information.

PARENTAL ADVISORY: "Spring Awakening" contains strong language, partial nudity and sexually explicit material. Photo courtesy of Joe Puleo



Mass Theatrica presents The Spooky Side of Broadway Submitted by Meredith Lavine, Mass Theatrica, 617-721-8261

Mass Theatrica will present, The Spooky Side of Broadway, on Saturday, October 22nd, at 8:00 p.m., at LynnArts, The Neal Rantoul Vault Theater, 25 Exchange Street, Lynn.

So, who is up for some creepy tunes to add to their Halloween festivities? With hits from "Sweeney Todd," "The Mystery of Edwin Drood," "The Medium," "The Rocky Horror Picture Show," and "The Wizard of Oz," there is some spooky fun for everyone, in a dark and eerie theater that used to be a bank vault! Also, featuring the haunting vocals of Connell Benn, Benjamin Clark, Mary Clark, Meredith Lavine, Karen Lennox, Linda Nadeau, Angeliki Theoharis, Jacque Eileen Wilson and James Hay, piano.

General admission is \$15, \$13 for seniors and students. For more information about the program, please call Mass Theatrica: phone: 508-757-8515, or email: masstheatrica@yahoo.com, or website www.masstheatrica.org. For directions to LynnArts, visit www.lynnarts.org. Ask about our group discount rates!

David P. Hunt Attorney at Law

General Law • Social Security Disability Law

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This month we continue with Home Delivery Subscription Renewal time. Please help keep the Harbor Review coming to your door! Don't forget your Harbor Review Delivery Crew member this holiday season. Your subscriptions help pay for their service. Become a Home Delivery Subscriber today! Only \$20 to be "in the know!" Thank you...

Setting the Record Straight (Continued from page 1.)

of members from the Conservation Commission (Ellen Steeves), Planning Board (Cal Hastings), Community Preservation Committee (Tom Famulari), Nahant Preservation Trust (Michael Rauworth), the Nahant Life-Saving Station Management and Advisory Committee (Roz Puleo) and Historical Commission (Lynne Spencer). These volunteers spent much of their summer meeting with our consultant to refine the plans and every one of them was more than satisfied with the results. Our Consultant's team consisted of the best planners, ecologist, biologist and wetlands experts in the country.

I have been involved in every aspect of the NLSS, beginning with negotiating with the Federal Government (1998) to sell the property back to the Town, chairing the first NLSS Study Committee, which ended up recommending to Town Meeting that the Town should issue a Request for Proposals to develop a Comprehensive Reuse Plan, which led, ultimately, to a request for proposals to implement that plan. As part of its work, the Study Committee conducted a comprehensive survey of Town's people. The Town Meeting vote to lease the NLSS to the NPT for exactly the purpose it is now serving, came as a result of that Town-wide survey.

Not a penny has been appropriated, nor an action taken, regarding the NLSS that was not authorized by a vote at Town Meeting. In my judgment, if it were not for the efforts of the NPT and its volunteer members, the NLSS would sit in shambles today. The building has regained its historic character, is in the best shape it has seen in generations and is more accessible to the public today, than it ever has been in its 110 years of existence.

I expect that the remainder of the Master Plan will be completed by the 2012 Town Meeting, for review and comment. But, a Master Plan does not specifically propose any single action. Instead, it attempts to look at some of the issues facing Short Beach and to suggest solutions. It will be up to Town Meeting to decide what additional solutions the Town wishes to implement, over the years.

A great deal of misinformation has been circulated since the August 24 meeting. Some residents have been "informed" that the Town and NPT are planning on building "a gazebo" and "a footing for permanent event tents," as well as "synthetic wind shields and sea walls." The fact is, none of those are in the plan.

Indeed, it has been suggested that the proposed changes will "drastically alter our beaches and the Life-Saving Station," and "turn our small neighborhood beaches into a replica of Long Beach Reservation." In fact, the Site Design for the NLSS is minimalist in nature, eliminating impermeable paving material, planting with indigenous species, restoring the dune and opening up the front of the NLSS for better access.

Some of the misunderstanding regarding the Short Beach initiatives, may be the result of concerns expressed about parking at the nearby Lowlands Parking Lot. Some people seem to think that the Town "sells beach stickers to non-residents." This is simply not true. Beyond that, there is ample parking at the Lowlands Lot for Nahant residents.

In addition, the efforts at Short Beach have been characterized as "beach urbanization." This is amazing and disappointing to me, especially because the changes along Short Beach, in recent years, have been characterized by proactive new plantings of natural beach grass, bayberry, Japanese black pines and beach plum – and the work at the NLSS centers on expanding the natural dune. If someone considers this to be "urbanization," then it would be good for that person to stop by my office and tell me what could be "less urban."

Some of the points I've touched on have actually appeared in a written petition. It is very disappointing that those who were asked to sign it were not provided with accurate information about this project beforehand.

In fact, if any resident has any concern, please call and make an appointment. I will gladly walk you through the plan.

Written by Mark Cullinan, Town Administrator
Supported By Nahant Board of Selectmen
NLSS/Short Beach Advisory Committee:
Cal Hastings (Planning Board)
Tom Famulari (Community Preservation)
Linda Pivacek (Open Space and Land Management Committee)
Michael Rauworth (Nahant Preservation Trust)
Roz Puleo (Nahant Life-Saving Station Management Committee)
Lynne Spencer (Nahant Historical Commission)
Ellen Steeves (Conservation Committee)

*Keep our local economy strong...patronize our advertisers
when you can. Thanks!*

The Nahant Harbor Review Needs Your Help

(Continued from page 1.)

The community calendar of events, articles and advice from professional people has been most helpful. All of this being said has forced me into taking a hard look at how I can keep the Harbor Review going.

Based on a suggestion from a dear friend of the Nahant Harbor Review, I am adding a new subscription category: Institution and Organization Subscription, at a subscription rate of \$100 per year. This rate would apply to the non-profit, or not-for-profit, organizations of Nahant and beyond, whether the organization submits articles on a regular, or once a year basis. Of course, if your group can't afford to subscribe, your articles will still be published, as long as I have sufficient space and revenue to continue to publish.

I encourage every household (we deliver approximately 1,800 issues) and every Nahant group, or organization, to subscribe to the newspaper. I ask every business owner to review their advertising budget and start advertising in the Nahant Harbor Review. Otherwise, the newspaper will cease production at the end of the year.

It is my hope that the households, business owners, groups and organizations, that make up the Nahant community, will see the value in continuing this home-town newspaper. Over the years, I have worked diligently to build the spirit of community through this community newspaper. I'd like it to continue.

Coming up at LynnArts Central SCARE

On Thursday, October 27, 5:00 to 8:00 p.m., LynnArts, 25 Exchange St., Lynn, all are welcome to attend the Haunted House, Mask-Making and candy bags (while they last!).

New this year - Teddy Bear Run for anyone too scared to enter! Come in a costume and be part of the fun!

Special thanks to Mayor Judith Flanagan Kennedy and Community Development. For more information visit www.lynnarts.org, or call 781-598-5244.

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NAHANT HARBOR REVIEW SUBSCRIBERS as of 9/20/2011

Ahoy, Nahanters! Many thanks, to those of you who took the time to send in a subscription to the Nahant Harbor Review. I am very thankful, but I am also, very worried. Over the past few months, I have been writing about how much this little community newspaper is in need of more subscribers and advertisers. The money from the voluntary subscriptions pays for the home delivery, while the advertising dollars pay for the newspaper production and office expenses. So many advertisers and subscribers have dropped out during the summer that I am having trouble keeping up with the bills. Since the newspaper is my major form of income, revenue from the paper must improve. I know times are tough, but it will be even tougher if Nahant doesn't have a community newspaper. I don't want to keep "begging" the community to support their newspaper. I will just cease production of the paper edition of the Harbor Review after the Christmas issue. I may or may not continue with an online version, depending on whether I can count on any advertisers to make the change with me. It is up to the community, each and every one in Nahant who enjoys this paper.

To become a voluntary subscriber, please complete the 2011 subscription form on the back page, cut or tear it out and enclose it in an envelope. You can mail your envelope to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908, OR save a stamp and drop the envelope in the Harbor Review's community box, on the Teller's counter, inside the Nahant Equitable Cooperative Bank. Thanks!

Fred & Fran Ahern (12/11), Jerry Alimenti (9/12), Pattie Aswad (2/12),
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Mark & Vi Patek (1/12), Ann-Margreth Peterson (3/12), Natalie R. Petrovick (9/12), Margaret Picola (12/12), Patricia Podrug (5/12), Norma Poole (9/12), Maurice & Sylirane Poulin (12/11), Wayne & Mary Ann Putnam (2/12),
Joanna Reardon (6/12), Gailanne & Bruce Reeh (4/12), Ms Rebekah Richardson (3/12), Chris & Nina Rogers (2/12), John & Alice Roy (4/12), John & Rosalie Ryder (9/12),
Charles Sanphy (1/12), James & Karen Savino (2/12), William Savino & Pauline Holwart (2/12), 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 (8/12), M/M Donald E. Steeves (3/12), M/M Robert A. Steeves (5/12), Lissa Stempek (2/12), Joseph Stoddard, Jr. & Paul Mouratidis (12/12), Nicholas Strange and Wendy Payne (7/12), Patricia Sullivan (2/12), 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), Doris C. Tompkins (6/12),
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).

NAHANT HARBOR REVIEW SUBSCRIBERS as of 9/20/2011

Step Up in the Fight for Air with the American Lung Association and the 7th annual Race Up Boston Place Stair-climb

Submitted by Liz DiMartino <edimartino@lungne.org>

Boston, MA (September 21, 2011) - The American Lung Association wants you step up and fight for air at the 7th annual Race Up Boston Place stairclimb event on Saturday, February 4th, 2012. Experience the climb of your life while you tackle the 41 floors, containing 789 stairs, of One Boston Place in the Mellon Financial Building. Standing at 601 feet tall, it is the 4th largest building in all of Boston. Whether snow or shine, we will climb. More than 1,000 climbers took to the stairs in 2011, to support the mission of the American Lung Association.

All athletic abilities are welcome; climbers can either walk or race to the top. Form a team or climb as an individual. Teams can be corporate, friends and family, or members of the community. Awards will be given out to the fastest male and female climbers, as well as for fundraising, at the post-event celebration and awards ceremony. Not up to the vertical challenge? Sign up as a volunteer – you can still raise money that funds lung disease research, advocacy, and programs in your very own community.

Fire departments from all over New England will take part in the firefighter competition, dressed in head-to-toe gear, air tanks and all. Sign your local fire department up and give them the chance to take home the coveted trophy, and secure bragging rights. In 2011, more than 40 fire departments competed in the challenge.

Sponsors for the stairclimb include CB Richard Ellis, Captivate Network, 100.7 WZLX, and Aeropoint Security. There is a \$35 registration fee for the event as well as a \$100 fundraising minimum. Register in the month of September using early bird code ebne52 for \$10 off your registration fee and receive an early bird t-shirt. All proceeds from the event stay in Massachusetts to fund lung disease research and programs. To register visit www.climbofyourlife.org or for more information contact Erin Hickey at (781) 314-9005 or ehickey@lungne.org.

The American Lung Association of New England is part of the American Lung Association, the oldest voluntary health organization in the U.S. Established in 1904 to combat tuberculosis, our mission today is to save lives by improving lung health and preventing lung disease. The focus is on air quality, asthma, tobacco control, and all lung disease. ALANE serves CT, MA, ME, NH, RI and VT.

American Lung Association of New England, 460 Totten Pond Road Suite 400, Waltham, MA 02451-1991 United States, www.lungne.org

GO SEE THE GIANT PUMPKIN AT THE TOPSFIELD FAIR. You won't believe your eyes! How many pies will this pumpkin make?



Women and Wishes

The New England Chapter of Women and Wishes will be holding their 2nd Annual Tea Party on the Island at the Nahant Country Club (280 Nahant Road), on Sunday, October 23, from 1:00 to 4:00 p.m.

Please join us for a delightful afternoon with raffles, live music and refreshments. Wear your most fashionable hat and win a prize. Donation is \$30, before October 9th, or \$35 after the 9th. For reservations, please call 781-581-0515. Seating is limited, so call now. Don't be left out!

Women and wishes is a non-profit 501c(3) organization which helps women in transition through life's challenges.

Antique Appraisal at Egg Rock

You are invited to an afternoon at Egg Rock, 374 Nahant Road, on Sunday October 2, from 3:00 to 8:00 p.m., for an Antique Appraisal Event, featuring Colleene Fesko, fine art specialist and guest appraiser on PBS and David P. Neligan, art and antiques expert and learned auctioneer.

Bring your antiques, paintings, prints, collectibles or jewelry for an appraisal. Wine and appetizers will be served at a lovely setting overlooking Egg Rock. We will also have a silent auction.

Tickets are \$50 each. Proceeds go to benefit Lifebridge, working to end homelessness on the North Shore. Tickets can be purchased at the Lifebridge Store, 58 Margin Street, Salem, or online at www.Lifebridgesalem.org

Hosted by Maura Costin Scalise and Bob Scalise, RoAnn Costin, Andrew Oliver and Barbara Whalen

Enter the Pillsbury Pie Baking Championship at the Topsfield Fair

Got a great pie? Pillsbury® invites pie lovers to take part in the Topsfield Fair pie baking contest. Your passion for pie could lead to a \$5,000 national grand prize from the makers of Pillsbury Pie Crusts. Topsfield Fair this year operates Friday September, 30th through Monday October, 10th.

To enter the 2011 Pillsbury Pie Baking Championship, sign up with the Topsfield Fair and deliver any dessert pie made with a Pillsbury refrigerated pie crust.

Make a pie to marvel at...with meringue, cream, custard or fruit. Feature any flavor or creative combination of ingredients. Entries will be judged at the fair based on taste, appearance, creativity, ease of preparation and general appeal.

First place at each fair wins a \$200 cash prize and their recipe advances to national judging for the \$5,000 grand prize. Runner ups at each fair receive \$100 (second place) and \$50 (third place).

The Pillsbury Test Kitchens select the grand prize winning pie after the 2011 fair season. They will also choose a group of finalist pies to post at www.Pillsbury.com/Pie (December 2011). The pie with the most online votes will win the "Fan Favorite Pie Award" and a year's supply of pie crusts.

This "Triple Threat Coconut Cream Pie" was the "Fan Favorite" in 2010. (Editor Note: recipe attached). Try it, and then dream up your own dessert pie.

Pie entrants must be 18 years of age or older to participate. For entry information and contest details, contact the Topsfield Fair entry office at 978.887.5000 or visit the contest section of www.topsfieldfair.org.

Launching the Dinghy



The Nahant Dory Club will be offering another of Paula Pascucci's pastel paintings for raffle. It is entitled "Launching the Dinghy" and is a beautiful, artistic snapshot of the Nahant Youth Sailing Program. Tickets are available, one ticket for \$5.00, or 3 tickets for \$10.00, at most Dory Club functions, or by calling (781) 581-1159. The winning ticket will be drawn at the closing party on Saturday, October 22nd.

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Where in the World is HOOMPA?



Here is Nahanter Dewitt C. Brown, with HOOMPA, at McKinnon Pass.

The Nahant Dory Club News

On August 20th, the first annual Sadie Hawkins Race was held for the PHRF/cruising boats, with seven boats racing. The only requirement was that the wife, not the husband, must skipper the boat. This meant all seven of the guys had to put aside their egos, at least for one day, and let their better halves drive the boats. The race was over a five nautical mile course, which had the time handicap factored in at the start, unlike other races where the time handicapping is done after the race. The first boat to finish wins.

First across the finish line was Skedaddle, skippered by Mary Jane Cusack. Following in second place, was 10-year-old Julia Carbone, sailing Dove Tail with Peggy Davis, sailing Moondance, finishing third. Following the first three were, Judi Bryant in Lumen Solare, Deb Schepens in Serif, Elizabeth Foukal in Mischief and Candace Cahill in Zephyr. Local divorce attorneys have not reported any increase in business because of the race. First prize for best dress went to Peter Davis, who looked absolutely MARVELOUS in a sleek brown burlap dress by Versace. The judging was done by the crews on several of the lobster boats moored in the harbor.

The annual Governor's Cup was held September 3rd, with eight boats racing in two divisions. In Class A, Peter Davis and Bob Cusack tied for first, with both placing first and third in the two races. The tie was broken on total corrected time, with Davis placing first. In third place was Charles Schepens and Chuck Reynolds, in fourth again, in another tie breaker. In Class B, the Carbone Family was first in Dove Tail, Mike Doran sailing Shag II, placed second, Vi Patek sailing Caper was third and John Miranda in Chiara was fourth. Again the lowest corrected time decided second place.

At the gathering after the race, Nahant Fleet "Governor" Jody Graul noted that he never heard so many confessions from several skippers about their mistakes, especially in the second race. Their contrite demeanor allowed "The Governor" to grant them absolution from their sins.

The following weekend saw the final, formal racing for the Town Class and Laser fleets, plus the eighteenth annual Centennial Cup. The final standing for the Town Class, after an abbreviated season had Nick Strange winning for the second year in a row, beating out this year's National Champion Rex Antrim, with Pete Dickenson in third. Although they raced, Ed Younie and Robert Wilson were unable to compete, on a regular basis, because of other commitments. The Townie sailors are looking for Nahanters interested in crewing, or in joining the racing as an owner. Please call Nick Strange at (781)581-2631 for more information.

A couple of years ago, Philip Kersten, along with a small group of enthusiasts, started racing Lasers on a regular basis. This included at least one Sunday per month, and in some cases, acting as ice breakers in January and February. The US Coast Guard has been very interested in Philip and the other racers' ice breaking efforts, as the Coast Guard is considering constructing several Polar Ice Breakers to replace their aging fleet. Using fifteen foot fiberglass sail boats as ice breakers, is very green technology. This summer the group has grown from four racers to fourteen, with eleven racing on a regular basis. After the final series of races held on September eleventh, Philip Kersten handily won the series, with Phil Russell second, Marco Bauder of the Nahant Sailing Program, third, Josh Antrim, fourth, John Fulghum, fifth, Lenny Frisoli, sixth, Sam Livingston of the Nahant Sailing Program, seventh, Roger Pasinski, eighth, Kevin Gregory, ninth, Doug Frauenholz, tenth and Marc Carbone, eleventh. Nick Strange and Ulf Westhoven, because of other commitments, were not able to complete the required number of races. Informal racing will continue until next June.

For more information the Laser website is <http://sites.google.com/site/nahantlasersailing/>

On September 11th, the eighteenth annual Centennial Cup race was held in ideal conditions of easterly winds, in the ten to fifteen knot range. Raced over the traditional fourteen mile course, Jody Graul won by doing a horizon job, both in distance and corrected time, on the rest of the fleet. Following Graul on corrected time was Marc Carbone, sailing Dove Tail. Peter Davis, with his professional crew headed by Mark Pillsbury, was third, last year's winner, Bob Cusack, was fourth, Paul Smith, sailing Josh Antrim's Jade, was fifth, Chuck Reynolds was sixth, John Miranda, seventh and Yanni Glavas, eighth.

The final races of the season are The Boston Harbor Island Race, on October 1st and the By George Race, which is around George's Island and back, on October 8th.

The Dory Club Council would like to thank Dan Perepelitza, for his work this year, in updating and restoring the class championship plaques, which grace the walls of the Club.



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Nahant's Junior Sailors

By Bob Cusack

This past summer, several of the Nahant Sailing Program's "NSP" junior sailors traveled to regattas around New England and Canada. Their success is reminiscent of Nahant's juniors, back in the 1950s and 1960s, when they were very successful at Marblehead Race Week and New England and National Championships. NSP website is: <http://www.nahantsailing.com/>

At the Great Lakes Optimist, "Optis" Regatta, Nick Kersten finished in fifty second-place sailing against ninety-four other racers. On July 30th, at the New England Championships in Marion, MA, he finished seventy-seventh out of three hundred and twenty boats. During the week-long Canadian Olympic Regatta in Kingston, Ontario, site of the 1980 Olympic Yachting Races, Nick finished thirty-sixth out of eighty-six boats, in a highly competitive field. With these results, Nick qualified to participate in the USODA National Team Trials next April, in New Jersey. Sailors in that event compete for a spot on the 2012 National Team.

In addition, this summer, several of Nahant's junior and older sailors competed in several local regattas and did very well. At the Linda Wieditz Regatta, in Rockport, on July 8th, seven skippers from Nahant, racing in a fleet of fifty-nine Optis, placed as follows: in the Championship Fleet, Nick Kersten was third, Max Carbone, twelfth and Julia Carbone, twenty-fourth. Lauren Kersten was fifth in the Green Fleet, with Ryan Connolly, sixteenth, Olivia Fulghum, eighteenth and Mollie Frauenholz, twentieth. At the New Bedford Junior Regatta in New Bedford, MA, out of seventy boats, Nick Kersten finished seventeenth and Max Carbone finished thirty-seventh. Later in July, at the Junior Olympics in Hingham, MA, Lydia Antrim and Sarah Martin racing in the 420s, finished eighteenth out of twenty-five, in the Green Fleet. The 420 is a two-person boat, which many colleges use for their racing teams. Nick Kersten finished fourth, out of seventy-six and Max Carbone finished forty-second.

In the final regatta in July, Marblehead Junior Race Week, our 420 sailors racing in the Green Fleet, totaling thirty boats, did very well. Olivia Aswad and Anya Peterson finished eleventh. Mark Kamen and Olivia Cooke finished eighteenth and Kristian Hosker and Christian Peterson finished twenty-fourth. The Opti sailors also did very well. In the Green Fleet odd numbered sails, out of thirty-eight boats, Ryan Connolly finished second and Lauren Kersten finished fifth. In the Green Fleet even numbered sails, out of thirty-five boats, Molly Frauenholz finished thirtieth. Nick Kersten in the Championship Fleet finished fourteenth, out of fifty-seven.

The success of Nahant's young sailors is due, in part, to the NSP's emphasis on developing a competitive racing program, for kids who want to race. This new focus developed several years ago when the Kerstens introduced Optis to the NSP, when Nick brought his new boat to the classes.

Additional sailing and racing is also conducted as part of the Nahant Dory Club's weekly Thursday night Family Sail. Optimists are the world-wide standard for kids learning to sail and to race competitively. Since then, through fundraising efforts, the NSP has purchased fifteen optimists, eight dollies to move them and racks to store them. Also, there are 10 Optis owned privately.

For older NSP sailors, recent fundraising allowed the purchase of three Rhodes 19s, and three new sets of sails for the 420s, all in an effort to make the NSP sailors more competitive.

The NSP hopes to expand on this early success and is encouraging other sailors to look at the racing program, after they complete their basic sailing classes.



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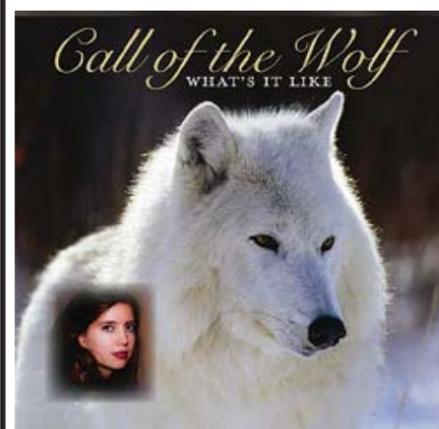
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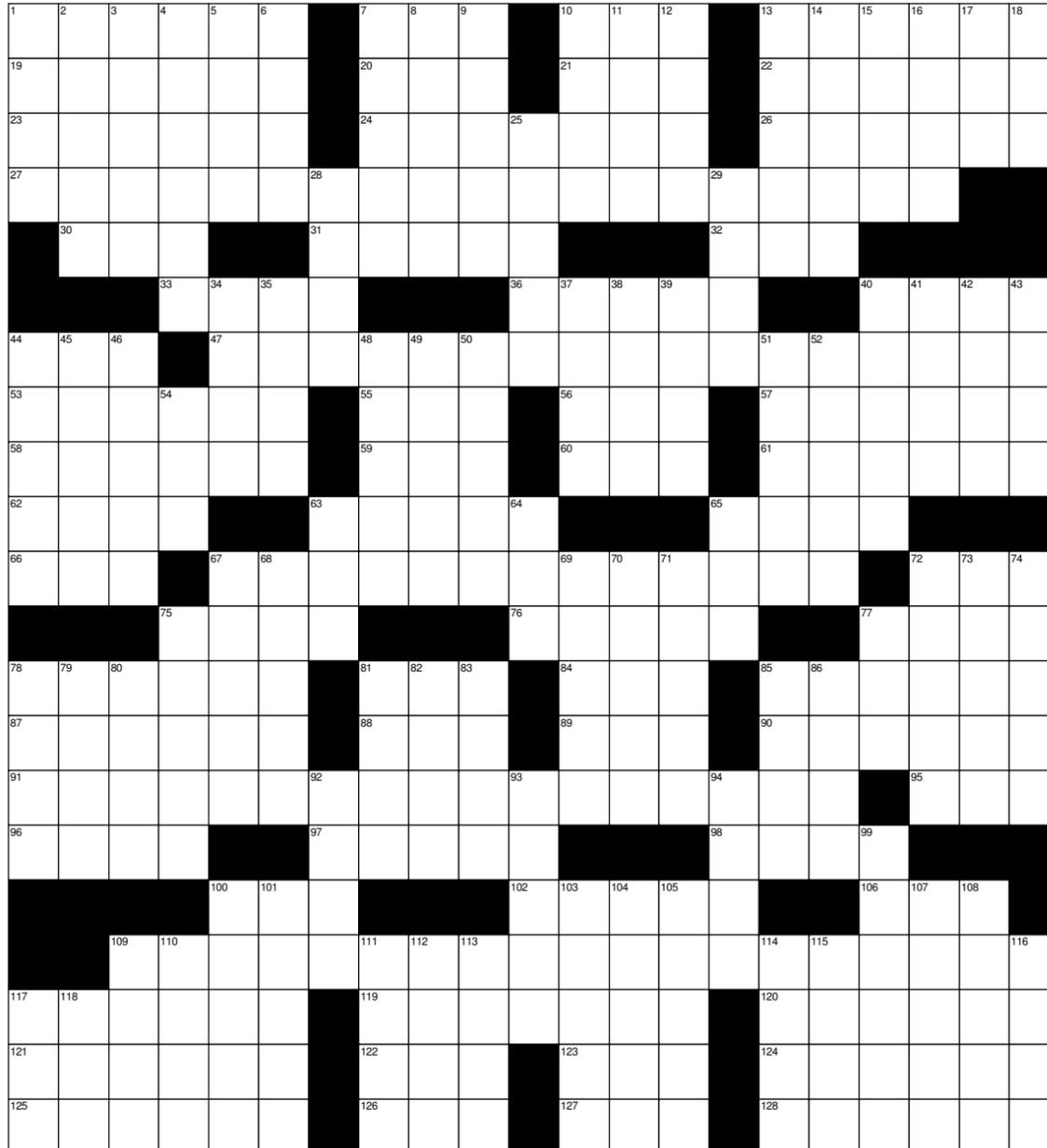
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NAHANT PUZZLE PAGE

Monster Quest by Rick Kennedy



- 54 Cut grass
- 63 Vote for
- 64 Book before Neh.
- 65 Collection of atoms: Abbr.
- 67 Mild cigar
- 68 Event with batons
- 69 Gold measure
- 70 Toothbrush brand
- 71 Pool divisions
- 72 Teatime treat
- 73 Word of woe
- 74 Private pupil
- 75 Cyndi Lauper's "___ Just Want to Have Fun"
- 77 In the style of
- 78 Hwys.
- 79 Targets
- 80 Cabinet div.
- 81 Losing proposition?
- 82 Admits, with "up"
- 83 Sheep shelter
- 85 Start to freeze?
- 86 Gas or oil
- 92 Shopping mecca
- 93 Fritter away
- 94 Hooked on
- 99 Ham
- 100 Soothing stuff
- 101 Law partner?
- 103 Terrible twos, e.g.
- 104 Summer TV fare
- 105 Packing
- 107 Prevent, as disaster
- 108 Mournful song
- 109 One left hanging during an election?
- 110 Cowpoke's charge
- 111 Man or Dogs
- 112 Utah's ___ National Park
- 113 Beat, barely
- 114 Requirement
- 115 ___ Bear
- 116 Checked out
- 117 Constitution lead-in
- 118 School grp.

ACROSS

- 1 Fix, as a pump
- 7 Yukon S.U.V. maker
- 10 "The Closer" ailer
- 13 Garlic units
- 19 Theorized
- 20 2016 Olympics host
- 21 Musician's asset
- 22 Ohio and Missouri
- 23 Map feature
- 24 Rattle
- 26 Character on "Seinfeld"
- 27 **Monster**
- 30 F.I.C.A. funds it
- 31 Analyze ore
- 32 PC key
- 33 High bark
- 36 Kind of salad
- 40 "___-daisy!"
- 44 Seer's gift
- 47 **Monster**
- 53 Shrimp dish
- 55 Durham sch.
- 56 Tobacco holder
- 57 1998 Masters winner Mark
- 58 Back up
- 59 Sculpting medium

- 60 Snoop
- 61 Good cat
- 62 Fresh
- 63 "It's ___ bet!"
- 65 New car sticker fig.
- 66 Triumphant shout
- 67 **Study of "hidden monsters"**
- 72 Was in session
- 75 Hit show with New Directions singers
- 76 Like Mayberry
- 77 Rights org.
- 78 Michelin offering
- 81 ___ Martens (shoes)
- 84 One of the Bobbsey twins
- 85 Drifting
- 87 ___ del Fuego
- 88 W.W. II site, briefly
- 89 Cavaliers, on scoreboards
- 90 Subtlety
- 91 **Monster**
- 95 Manage, with "out"
- 96 Bygone J.F.K. landers
- 97 Bewildered
- 98 25 Down river
- 100 Pine-___

- 102 Jack ___
 - 106 Insane
 - 109 **Monster**
 - 117 Defended
 - 119 Revolver, e.g.
 - 120 Diner
 - 121 Deprive of food
 - 122 Record
 - 123 Take to court
 - 124 Surface
 - 125 Deeper blue?
 - 126 Chemical suffix
 - 127 Finish
 - 128 Moved quickly
- ### DOWN
- 1 Massage deeply
 - 2 Fencing weapons
 - 3 Omens
 - 4 Kind of street
 - 5 "Havana" actress Olin
 - 6 Swirl
 - 7 Beetle larvae
 - 8 Some skirts
 - 9 Line dance
 - 10 Louisiana ___: Abbr.
 - 11 Church part
 - 12 Almond or pecan

- 13 Ships' workers
- 14 Purple hue
- 15 Track shape
- 16 Bridal wear
- 17 North end?
- 18 Newcastle-to-London dir.
- 25 Pharaoh's land
- 28 Weakens
- 29 Close
- 34 "Baseball Tonight" ailer
- 35 Like cornerstones
- 37 Play parts
- 38 Use FedEx, say
- 39 Broadway award
- 40 Exhaust
- 41 Free TV spots, for short
- 42 Filly's father
- 43 Vintage designation
- 44 School assignment
- 45 Public commotion
- 46 Treasure map distances
- 48 Cereal with a propeller-headed mascot
- 49 Full-length
- 50 "Billy, Don't Be ___" (1974 hit)
- 51 Chinese menu phrase
- 52 Atlanta university

Puzzle Solution: Labor Demand Curve

By Rick Kennedy

September's puzzle winner was Linda Richards of Nahant Road. 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.

C	O	B	B		A	M	A	S	S		S	L	A	N	T		R	A	I	L		
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T	R	A	Y		U	N	I	T	E		R	E	E	V	E		D	A	L	E		
				A	L	L	I	V	E	E	V	E	R	W	A	N	T	E	D			
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M	O	S	S		S	T	E	E	D			W	I	D	T	H		S	E	E	S	

About the Nahant Harbor Review

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.

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

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

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

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

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



Nahant Harbor Review

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Council on Aging • October 2011

NAHANT CoA CALENDAR OCTOBER 2011

TIFFANY ROOM ACTIVITIES

Lunch served every day at 11:30 a.m.
(Monday 10-10 center closed for Columbus Day)

Tuesday	10:30 a.m.	Chair Exercise
Wednesday	12:30 p.m.	Shopping from the Tiffany Room (call for pick-up)
Thursday	10:30 a.m.	Chair Exercise
Thursday	12:30 p.m.	Bingo till 2:00 p.m.

TIFFANY ROOM SPECIAL EVENTS

Monday, 3rd	12:00 p.m.	Blood Pressure & Glucose reading
Monday, 3rd	1:00 p.m.	Topsfield Fair (Senior day) (sign up required)
Tuesday, 4th	9:30 a.m.	Manicurist (sign up required)
Wednesday, 5th	11:00 a.m.	Suffolk Downs (sign up required)
Tuesday, 11th	12:30 p.m.	SHINE Presentation
Monday, 17th	12:30 p.m.	Mall shopping (call for pick-up)
Monday, 17th	9:30 a.m.	Manicurist (sign up required)
Wednesday, 19th	8:00 a.m.	New Hampshire Turkey Train (sign up a must)
Thursday, 20th	10:00 a.m.	Dr. Sanphy's Foot Clinic
Monday, 24th	12:30 p.m.	Mall shopping (call for pick-up)
Thursday, 27th	12:30 p.m.	October Birthday Celebration
Monday, 31st	11:30 a.m.	Halloween Party (Prizes for best costumes)

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 (10/14 & 10/28)

Van transportation is available for CoA activities and trips, call 781-581-7557.

Information and calendar are subject to change.

Please call, check the cable TV station, the Nahant web site, or email me lpeterson@nahant.org, for updates on other programs, trips and events.

COA Chatter

By Linda Peterson, Executive Director

October: what a pretty month. The air is crisp, the trees produce spectacular color and the Nahant COA is planning fun fall events. To start the month, we will be going to one of the North Shore's wonderful fall events, the Topsfield Fair. On Monday the 3rd, we will be boarding our bus and heading north for senior day at the fair. Sign-up for this event by calling the Senior Center, or stopping by. The tickets for the trip are \$8.00.

Tropical storm Irene spoiled our August trip to Suffolk Downs. Can you believe they lost their electricity for several days? We have re-scheduled for Wednesday, October 5th. Come join us for a nice luncheon and horse racing. The tickets are \$15.00.

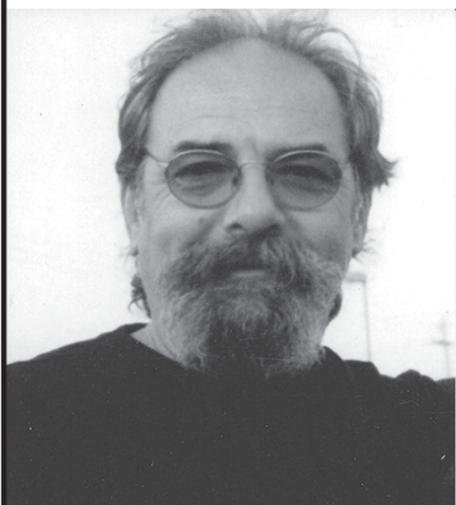
Come join us for a wonderful fall trip to the White Mountains on the Turkey Train; Wednesday, October 19th. We will board the bus at 8:00 a.m. and head to Meredith, New Hampshire, where we will then board the train. On the train, Hart's Turkey Farm will serve a turkey dinner, as we view the woodsy setting and colorful foliage. The bus will arrive back at approximately 5:30 p.m. The price for this trip is \$65.00. Call the Senior Center, if you have any questions, and to sign up.

I want to remind everyone that the Wednesday shopping trip has been expanded to include Vinnin Square and Shaw's Plaza. We are still going to Market Basket. Also, who remembers our Monday Mall shopping day? Check the calendar for the Mondays when our bus will travel to the local Malls.

Another reminder for this month: the SHINE representatives are coming to Nahant, on October 11th, at 12:30 p.m. Irene O'Donnell and Bari Olevski, SHINE representatives from Mystic Valley Elder Services, will update us on changes in Medicare - enrollment dates, health insurance plans and prescription plans. Learn about the preventive benefits that Medicare now covers, as well as cost savings programs available to those who qualify. You'll also be able to schedule an appointment with a SHINE counselor, for an individual counseling session, at a later date.

To end the month, we will have a costume party, complete with prizes for the best dressed, on Halloween, which is Monday, October 31st. Come dressed for lunch and enjoy the festivities. We will have live entertainment, to help us close out the month. Please call the Senior Center, if you plan to attend.

Look for these and other fun activities on the Nahant Calendar, at www.nahant.org.



Gilbert Larocque II

December 17, 1945 - July 30, 2011

Gilbert Larocque II, passed away suddenly in Davy, Florida. He was born in Wakefield and grew up in Saugus and Nahant. He was a carpenter and a welder. He leaves his mother, Philomena (Fannie) Larocque of Nahant, his brother, Richard Larocque and sister-in-law, Ella Larocque; four sons: Gilbert III Larocque (deceased), Michael Larocque, Dominic Crouse and David Crouse; and granddaughter-in-law, Liz Larocque. He also leaves many grandchildren, cousins and dear friends. There will be a private ceremony with the family, at a later date.

Community Calendar • October 2011

The Topsfield Fair is being held September 30th through October 10th.

SAT	1	10:00A	Open House Northeastern Marine Science Center on Nahant Road.
SAT	1	7:00P	Kelly Riley Band at Johnny D's in Somerville.
SAT	1	9:30P	Joe Mack Band at Spotlight Tavern in Beverly
SUN	2	9:00A	Choir Rehearsal Nahant Village Church
SUN	2	10:30A	Worship Service & Sunday School, Village Church
SUN	2	11:30A	Sunday Social after Service, Swansburg Hall, Village Church
FRI	7	8:00A	Free Breakfast at Nahant Village Church. Bill Crawford, guest speaker. Seashore Trolley Museum is the topic.
SAT	8		Yom Kippur
SAT	8	9:30P	Joe Mack Band at Brown Jug in Chelsea
SUN	9	9:00A	Choir Rehearsal Nahant Village Church
SUN	9	10:30A	Worship Service & Sunday School, Village Church
SUN	9	11:30A	Sunday Social after Service, Swansburg Hall, Village Church
MON	10		Columbus Day
THU	13		First Day of Sukkot
THU	13	8:30P	Joe Mack Band at Red Rock Bistro in Swampscott
FRI	14	6:30P	Reverse Raffle, sponsored by St. Thomas Aquinas at the Nahant Country Club. Till 11:00P p.m. FMI 781-581-1993
FRI	14	9:00P	Joe Mack Band at The Dog Bar in Gloucester
SAT	15		DEADLINE for NOVEMBER Harbor Review
SUN	16	9:00A	Choir Rehearsal Nahant Village Church
SUN	16	10:30A	Worship Service & Sunday School, Village Church
SUN	16	11:30A	Sunday Social after Service, Swansburg Hall, Village Church
TUES	18	6:30P	CPR Classes at Nahant Therapeutic Massage. Till 7:30 p.m.
THU	20	3:00P	Curious Creatures at the Nahant Public Library
SAT	22	3:00P	First Halloween Bash at the Flash Road Park.
SAT	22	9:00P	Joe Mack Band at the French Club in Cambridge
SUN	23	9:00A	Choir Rehearsal Nahant Village Church
SUN	23	10:30A	Worship Service & Sunday School, Village Church
SUN	23	11:30A	Sunday Social after Service, Swansburg Hall, Village Church
SUN	23	1:00P	Women & Wishes Fundraiser. Tea on the Island at the Nahant Country Club. 781-581-0515.
SUN	23	3:00P	Book Signing, Dan deStefano, at the Nahant Public Library
FRI	28	9:00P	Joe Mack Band at J.D. Chasers in Hudson, New Hampshire
SAT	29		November Harbor Review Delivery Day
SUN	30	9:00A	Choir Rehearsal Nahant Village Church
		10:30A	Worship Service & Sunday School, Village Church
		11:30A	Sunday Social after Service, Swansburg Hall, Village Church

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, 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

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

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

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

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Mark Your Calendars

Nahant Holiday Fair
Saturday, November 26th
Nahant Town Hall

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 and food! Lots of fun for everyone.



Photos at left are from the most recent 30K race held in September in Nahant. Many thanks to Robert Wilson and Nancy Wilson of Nahant for the photos.

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