



# Nahant Harbor Review

A monthly publication, in service since March 1994, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA.

Donna Lee Hanlon, Editor • PO Box 88 • Nahant, MA 01908 • donna@nahant.com

Volume 13 Issue 4

APRIL 2006

## Annual Town Meeting & Election to be held on Saturday, April 29th by Harriet Steeves, Town Clerk

The Annual Town Meeting and Town Election will be held at Nahant Town Hall, on Saturday, April 29, 2006. The polls will be open from 8:00 a.m. to 8:00 p.m. Town Meeting will begin at 12:30 p.m. The last day to register to vote in either of the above meetings will be Saturday, April 8th, from 9:00 a.m. to 8:00 p.m., in the office of the Town Clerk. You may register before the deadline at any time during Town Hall hours: Monday thru Wednesday, 8:00 a.m. to 7:00 p.m.; Friday, 8:00 a.m. to 12:30 p.m.

### Candidates for Annual Town Election

**Moderator** (for one year) vote for one: David G. Conlin, 171 Willow Road, candidate for re-election.

**Selectman** (for three years) vote for one: Robert A. Frary, 263 Nahant Road, candidate for re-election.

**Town Clerk** (for one year) vote for one: Harriet C. Steeves, 51 Fox Hill Road, candidate for re-election.

**Assessor** (for three years) vote for one: Mark S. Reenstierna Jr., 61 Pond Street, candidate for re-election.

**Public Library Trustee** (for three years) vote for one: George S. Richardson, 58 Winter Street, candidate for re-election.

**Constable** (for one year) vote for one: Paul S. English, Sr., 74 Pond Street, candidate for re-election.

**School Committee** (for three years) vote for two: James J. Devereaux, 54 Valley Road; Christine Kendall, 17 Range Road.

**Planning Board** (for five years) vote for two: Carolyn Cummings-Saxton, 40 Summer Street, candidate for re-election; Carl N. Easton, 14 Locust Way.

**Planning Board** (for three-year, unexpired term) vote for one: Calvin B. Hastings, 42 Nahant Road.

**Planning Board** (for one-year, unexpired term) vote for one: Teri M. Motley, 6 Cary Street.

**Housing Authority** (for five years) vote for one: Susan H. Bonner, 7 Emerald Road, candidate for re-election.

## Nahant Cub Scouts to Deliver May Harbor Review to Collect Subscriptions and Raise Funds for Scout Activities

The delivery of the May issue of the Nahant Harbor Review, will be done by the Nahant Cub Scouts. The purpose is two-fold. One, we will verify and update the Review's mailing list. In August of 2005, the Review's mailing service recommended that we start using the "official" list that the post office recommends because our list was technically "incorrectly sorted" for the "walk-sequence" type of mailing.

Since that time, some of our readers have called to report that they have not received their newspaper, some received issues one month, but not another, others receive more than one, etc. The Scouts will have a most recent mail list to confirm and add, or subtract, and verify, all the addresses on the "official" list. The master list will then be updated and coordinated with the post office to ensure the most accurate list possible. (Continued on page 3.)



Nahant Cub Scouts, Pack 50, the Webelos, completing its citizenship project with Congressmen Tierney. (Back row left to right: Kevin Nugent, Congressmen Tierney; Middle row left to right: Thanasi Kourkoulis, Ian Munnely, Front row left to right: Justin Chassee, Eddie Peterson, and Jared Dignan).

## Calling All Beach Clean-up Volunteers by Linda Jenkins and Polly Bradley

A major beach clean-up is in the planning stages for this spring, or early summer. The project will involve not only the Town of Nahant, but also, most of the civic and young people's groups throughout the Town. The Nahant Woman's Club, which is coordinating the clean-up, felt that the beaches and tidal waters should be cleaned up at the beginning of the season, with volunteer help, to supplement the hard work already done every year by the Town. (Continued on page 2.)

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April 15, 2006.  
Happy Spring!

## Beach Clean-up continued from page 1

A Slogan Contest for the beach clean-up is also being held by the Nahant Woman's Club. The winning slogan, to be chosen by April 30th, will appear on the T-shirt that will be sold to benefit the clean-up efforts.

Organizations, individual volunteers and equipment will be needed, in order to complete this tremendous effort that will benefit the entire Town. If you are a diver, a boater, or just someone who enjoys our beautiful beaches, the Nahant Woman's Club needs your help. Please call Beach Clean-up Chairperson Linda Jenkins, at 781-581-0660, or Marrit Hastings at 781-581-5691.



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## Don't Get Left Out in the Cold by Kellie Frary

The Periwinkle Preschool is holding its Annual Spring Fling and you don't want to miss it. Mark your calendar and save the date, Saturday, April 8, from 7:00 p.m. to Midnight. Do you like comedy? What about dancing? Silent Auctions? A night out with friends? Answer yes to any of these questions and the Spring Fling is for you.

Mr. Paul Nardizzi will kick off the night with an hour of great comedy. He has been headlined on Conan O'Brien, as well as being considered one of Boston's Best. Once the laughter has settled down, The Chad Hollister Band will get you out on the dance floor. The evening will also offer a great silent auction, as well as 50/50 raffles. The entire evening will benefit the Periwinkle Preschool.

So chase away the winter blues with friends and join us at the Knights of Columbus for a wonderful evening. Tickets are \$20.00 each. Please call Kellie Frary at 781-581-1453, or Jennifer McCarthy at 781-592-5272, for more information and tickets.

## Nahant Woman's Club News by Polly Bradley

The Nahant Woman's Club annual meeting and election of officers will be held on Tuesday, April 11, at 10:30 a.m., at the home of Becky Richardson, 58 Winter Street. Cay Cusack, board member of the club, is scheduled to speak on "Examining Questioned Documents." Nancy Whitman will be hostess for the event, which will include a luncheon, catered by Periwinkle. Annual dues of \$20 are payable at this meeting.

Catherine (Cay) Cusack worked for a number of years in law firms, before deciding to go to law school. After graduating in 1942 from Northeastern Law School, she and another attorney decided to become partners and founded their own firm. Their speciality was identifying the authenticity of documents – handwriting and signatures on checks, deeds, wills, stock transfers, dental and hospital records, etc. Cay retired in the early eighties and gifted the business to her ex-daughter in law, who had been working with the firm for a number of years.

Once again, the Nahant Woman's Club will be awarding one \$1000 scholarship to a 2006 High School graduate, who attended the Johnson School and is continuing her or his education at an accredited two- or four- year college. Application instructions and deadline information are available at the Nahant Public Library, at the Johnson School, at Equitable Bank, Nahant and at the Swampscott High School Guidance Office.

The scholarship winner will be announced at the Johnson School graduation in June, and the award will be made to the student at the beginning of the second semester in January 2007. The 2005 scholarship winner was Rebecca Pillsbury, now at Saint Michael's College in Colchester, Vermont. Ten years ago the 1995 winner was Lainey Titus, now legislative director for Representative Steve Walsh.

For more information, please call Edie Richardson at 781-581-1385, or Ruthanne Switzer at 781-599-8702.

## Garden Club Arbor Day Program by Carmella L. Cormier, Publicity Chairman

One of our members will be honored, at noon on Thursday, April 27th, with family and friends, at the Nahant Village Church. At this special meeting, we will honor this year's recipient, Carmel Burrell. She has been a member since 1972.

During that time, Carmel has served as a Director, Corresponding Secretary, Recording Secretary, 1st and 2nd Vice President and President. She is currently our Treasurer. Hostesses for the meeting are Calantha Sears and Lois Dobbins.

A mini flower show will be held the same day. Nancy Carey is the Design Chairman for the "Spring in the Air" Class. Chairman for "Horticulture," is Marie Ford.

April 30th, "Art in Bloom" will be held at the Museum of Fine Arts, in Boston, MA.

Starting your spring clean up in the yard? We have a great place to buy annuals and perennials. Save Saturday morning, on May 20th, for our annual Spring Plant Sale, to be held at the Nahant Life-Saving Station. More information will be in the May Harbor Review issue. Have a wonderful spring season!

## Music and Fun by Rita Stepanova, Children's Librarian

Nahant Public Library presents famous David Polansky's Family Cabaret, on Wednesday, April 5, at 3:00 p.m. All children, who love music and fun, are welcome to the concert at the library. Admission is free for the community.

## Living and Dyeing in Nahant Carter Smith at April 7 Breakfast

Join the April 7th breakfast group, at the Nahant Village Church, to hear a presentation by Nahant resident, Carter Smith. Carter is an internationally-recognized master and interpreter of Shibori, a method of dyeing fabrics, which has roots in many ancient cultures and which Carter honors in innovative ways. The result is fabrics of unparalleled complexity and breath-taking coloration. No two pieces of fabric are ever the same.

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The 8:00 a.m. breakfast is free and open to all.

## Lions Happenings by Tim Bell, President, Nahant Lions

First, on behalf of the Nahant Lions and eye research, I would like to thank everyone who participated in this year's Nahant Lions Charity Texas Hold'em Tournament. Although we didn't do as well as last year, we were still able to have a great time and raise \$1700 for us and \$500 for the state. Special thanks go to Nahant's own Perry Barrasso, who was able to deal the "Final Table" and keep everything legal and legit.

Next, I want to invite everyone to this year's Schepens Lifetime Achievement Award dinner, on Wednesday, April 5th. This year's honoree is Past District Governor Wally Fernandez, from the Pepperell Lions Club. "Schepens Night" is always a good time and reminds us why we are Lions and, with Dr. Schepens, why we are especially lucky to be in Nahant. Tickets are \$25 each. For tickets or questions, feel free to call the "Lion In Charge," Steve Switzer, at 781-599-8702.

Next, I want to let everyone know, in advance, about a very busy Lions month of May. We have a very ambitious agenda that includes a visit of the Lions Eyemobile to Little League Opening Day (Saturday, May 6), the Mother's Day Pancake Breakfast (Sunday, May 14), and the return of the Lions Golf Tournament (Saturday, May 20th). If you want to help out, or have questions about the Eyemobile, or Pancake Breakfast you can call me at 781-581-0716. For tickets, or questions about the golf tournament, Perry Barrasso is the "Lion In Charge" at 781-581-5531, or e-mail [golf@nahantlions.org](mailto:golf@nahantlions.org).

Finally, if any of this seems interesting to you, or if you would like to help out your community in fun ways, just ask a Lion about becoming a member. It's a great way to meet a great group of people. And don't worry, Lions don't bite!

## Birding Field Trip by Linda Pivacek

Join Linda Pivacek and friends on Saturday, April 22nd, at 8:30 a.m., for a Birding Field Trip through the new nature trail and other Nahant open space sites. Sponsored by the Open Space Committee. We will meet at the MDC boat ramp, the first right 75 yards after entering the Nahant Causeway from the Lynn rotary. A second meeting place will be the Short Beach parking lot on Ward Rd. at 9:00 a.m. sharp. Please bring binoculars, if possible. FMI call Linda Pivacek at 781-581-1114.

## Nahant Youth Soccer Annual Meeting by Sue Rosa

On April 11, at 7:30 p.m., at the Knights of Columbus Hall on Relay Yard, the Annual Meeting of the Nahant Youth Soccer will be held. This meeting is open to the public. All are welcome. Anyone interested in coaching should try to attend. We will be having our annual elections at this time. Hope to see everyone there. If anyone has any questions, please call Tim Bell at (781) 581-0716, or Al Eaton (781) 595-2719

## Bring the Kids to the Country Club's Easter Egg Hunt

The Nahant Country Club is starting a new Town tradition – an Easter egg hunt, on the lawn of the club. The kids will have fun finding Easter eggs, and afterward, kids and parents can socialize in the club. There will be snacks for the kids and snacks and a cash bar for the parents. It all happens on Sunday, April 9th from 2:00 to 4:00 p.m. This event is for club members only and is free. Anyone can join the club. Just call Cherie Cessa at 581-2128, or e-mail her, at [artistic\\_events@comcast.net](mailto:artistic_events@comcast.net).

## Fundraiser continued from page 1

The second purpose is to help the Review gather subscriptions. The cost of producing the little paper continues to rise. Enclosed in the May issue is an envelope addressed to the Nahant Harbor Review with an enclosed subscription form. The name of the scout who verified your address, will be written in the upper left-hand corner of the envelope. The Scout Troop will receive \$5 for every subscription and the Scout who gathers the most subscriptions, will receive a \$100 certificate to E.B. Games.

All envelopes must be received in the Harbor Review's office by Friday, May 5th, 5:00 p.m., to qualify for the Scout and the Troop credit. So, if you haven't already subscribed this year, please respond to this Cub Scout Subscription Drive Fundraiser. Our goal is to gather 200 subscriptions. Now that's a winner for all parties!

Please welcome the Scouts when they come to your door during the last week of April. For more information, or if you have any questions, please call 1-978-979-3049.

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## Nahant Library Presents Two April Programs

Celebrate the arrival of spring, on Wednesday, April 5, at 3:00 p.m., when the Nahant Public Library presents David Polansky's Family Cabaret.

David is an award-winning songwriter, and his previous performances at the Library have always been greeted with great enthusiasm. Children love his music, and respond to it emotionally and joyfully. Their parents recall their own days of care-free childhood, upon hearing his happy melodies. Everybody identifies with songs that have names such as: "I Like Dessert!" This is a musical experience not to be missed!

Join author Tom Sheehan on Sunday, April 23, at 3:00 p.m., in the Library's Reading Room, when he speaks and delivers readings from his new book, titled "Epic Cures."

This is a collection of short stories of lyrical quality, by a resident of Saugus, who knows the North Shore very well. Sheehan, who has also read at the Nahant Public Library before, also participated in a program with writer Jen Safrey, in March.

Tom is a friend of the library, and of all libraries, in the truest sense, and possesses a deep talent. His previous readings left his audiences with a sense of deep satisfaction, and they came away feeling as though they made friends with the characters in his stories and poems. In reality, the audience has made friends with Tom himself, for he touches people's souls. Come and make a new friend at the Library.

Both programs are sponsored by the Friends of the Nahant Public Library. All are welcome and both performances are free to the public.

## Essex Shipbuilding and New Exhibit: The Bark Sarah and her Maker

The Nahant Historical Society cordially invites its members and the general public to our Annual Meeting on Sunday afternoon, April 9, at 2:00 p.m., in Serenity Room of the Nahant Community Center, at 41 Valley Road in Nahant. Courtney Ellis Peckham, curator of the Essex Historical Society and Shipbuilding Museum will give a illustrated presentation: "Three Centuries of Essex Shipbuilding and its Place in American History." Come hear about the shipbuilding trade that prospered in Essex until the mid 20th century and made its vessels renowned through maritime circles to this day. Learn Nahant's part in that fascinating history. Peckham is also the author of the 2002 book, Essex Shipbuilding, from Arcadia Publishing's Images of America series.

On the same day, the Society will open its new exhibit, "The Bark Sarah and her Maker," in the Hodges Reference Room, inspired by our recent extra-ordinary acquisition, a plank-on-frame model of the Sarah, built by Winthrop Taylor Hodges, long-time resident of Nahant and grandfather of the donor, W. Donnison Hodges.

As parking is limited at the Community Center, shuttle van service will be available from St. Thomas Aquinas Church parking lot, at 248 Nahant Road, between 1:30 p.m. to 4:30 p.m. This program is free, but voluntary donations are gratefully accepted. Light refreshments will be served.

## New England Salt Marsh Ecology: Linking the Present to the Past, to Guide the Future

On April 25th, at 7:00 p.m., Dr. Patrick Ewanchuk, Assistant Professor, at Providence College, Dept. of Biology, will present a brief overview of the present, past and future of our New England salt marshes. His talk will cover the current understanding of marsh development and the ecology of salt marshes, both from a historical and present-day perspective. During the course of his talk, he will address the major human impacts on New England salt marshes today, as well as the range ecological impacts they have had. He will then show how future restoration and conservation efforts can hopefully be better guided through a combination of large scale manipulative experiments and historical data. This lecture is at the Marine Science Center and is free to the public. Please call Tracy Hajduk, 781-581-7370 x321, or email t.hajduk@neu.edu with any questions.

## Library Spring Book Sale

The Friends of the Nahant Public Library announce a book sale, from Monday, May 1st, through Sunday, May 7th, during regular library hours: Mondays through Thursdays, 10:00 a.m. to noon and 2:00 p.m. to 8:00 p.m.; Fridays, 10:00 a.m. to noon and 2:00 to 5:00 p.m. and Saturdays and Sundays 2:00 to 5:00 p.m.

There will be best sellers, biographies, non-fiction, coffee table books, discards from the library attic and many other interesting books for sale. There will also be a limited number of CDs, audio and video tapes available. Please bring your book donations to the library, up until April 1st. We will not be accepting magazines.

Thank you for supporting your library.

## Don Wilkinson to Sing Papageno in Mozart's The Magic Flute

Nahant resident, Baritone Donald Wilkinson, will sing the role of Papageno, in Emmanuel Music's presentation of Mozart's opera, "The Magic Flute."

The opera will be performed on April 28th (8pm) and April 30th (3pm) at the Emmanuel Church of Boston, 15 Newbury Street. Emmanuel Music will perform the opera in an English translation by Alice Goodman (librettist for the opera "Nixon in China"). Craig Smith will conduct the soloists and orchestra of Emmanuel Music.

Don has been a soloist and member of Emmanuel music for 22 seasons and is particularly pleased to have been chosen for the role of Papageno. Papageno is a bird-catcher and Don has been a serious bird-watcher and lover of birds for over 15 years!

Tickets can be ordered through Emmanuel's website, [www.emmanuelmusic.org](http://www.emmanuelmusic.org), or by calling Emmanuel Music at 617-536-3356

## Marian Court College News and Spring Art Show by Nicole Goguen, Marian Court College

Marian Court College, 35 Little's Point Road in Swampscott will host the Swampscott Arts Association's Spring Show in Mercy Center Gallery. The show will open with a reception on Sunday, April 2, from 2:00 to 4:00 p.m. During the reception, refreshments will be served and works of art will be judged and awarded prizes. The exhibit runs through May 11 and may be viewed Monday thru Thursday from 9:00 a.m. to 8:30 p.m. Admission is free and accessible.

A new 10-week session of evening division classes begins the week of April 10. For more information visit us on the web at [www.mariancourt.edu](http://www.mariancourt.edu), call the admissions office at 781-595-6768, or email [info@mariancourt.edu](mailto:info@mariancourt.edu).

## Garden Club Scholarship

by Edith Hunnewell, Scholarship Chairman

In keeping with our lengthy tradition, the Nahant Garden Club will offer a \$1,000 academic scholarship to a 2006 high school graduate, who has been accepted to an accredited institution of higher learning. The applicant must be a current resident of Nahant and have been a resident for at least five years. Preference will be given to academically accomplished students, who have participated in community service. Their course of study should be related to ecology, environmental engineering, conservation, landscape architecture, or horticulture.

In the absence of applicants majoring in such field, the scholarship will be awarded to an outstanding student who has demonstrated a significant contribution to civic and community organizations. Applications must include a 1) transcript of grades, 2) an autobiographical letter, describing the applicant's accomplishments, 3) a letter of acceptance to an accredited institution of higher learning and 4) a letter of recommendation from a teacher or community leader. For more information, please call Edith Hunnewell, Scholarship Chairman, at 781-581-0559.

## Play Group Offers Music Classes

submitted by Carolyn Osbahr

A music class for babies and children, up to five years of age, will be taught by Carol Hanson on Thursday, April 13 and April 27, from 10:00 to 11:00 a.m., at the School of Refrigerator Art, at the Nahant Community Center. The fee is \$5.00 per family and children must be accompanied by an adult. Please register for one, or both classes during the play group, or at the School of Refrigerator Art (781-599-2222). Thanks to Carol for offering these classes. The first class was taught last month and was very well attended. We hope to schedule 2 classes per month during May and June.

The Parent Child Play Group, for children 5 years old and younger, has been meeting at The Nahant Community Center, on Valley Road. The play group meets in the multi purpose room, adjacent to the School of Refrigerator Door Art, Monday through Friday, from 9:00 a.m. to 1:00 p.m. and Monday through Thursday from 3:00 p.m. to 5:00 p.m. No pre-registration is required and the room is available on a drop-in basis for a fee of \$2 per family, per visit. Baby and preschool toys and books are available.

The entrance is in the back of the building and parents, or caregivers, are required to sign in each time they attend. This is a great way to get to know other parents and caregivers, so please stop by with your children and enjoy this great program.

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**News and Views from the School Department**  
 by Dr. Denise Littlefield, School Superintendent and Principal

If you haven't had a chance to drive by the Johnson School, you should. Our renovation has begun in earnest and there is a little bit of change each day. It is so exciting to think that we will be 'living' in our new facility, come next spring.

The construction company, W.T. Rich, has done a wonderful job to not interrupt our traffic patterns, starting times, etc. and its construction superintendent continues to provide this office with daily updates. It is a special moment in Nahant's building history.

We do not let this excitement distract us, (too often), from the real business of teaching and learning. The second trimester has ended and report cards went home accordingly. As has been discussed, our new assessment tool, the Stanford, has provided us with additional data, assisting us in curriculum development. As we continue to implement our writing curriculum, we also have been using this year to analyze our math curriculum needs. Next school year, we will take a look at our social studies, or language arts, curriculum. Currently, teachers are providing additional after-school time, to work with individual students on their academic needs.

Misha Zhykovic, a fifth grader in Ms. Dunion's homeroom, was the winner of this year's Johnson School Spelling Bee. Misha spelled more words correctly than any other student, for the second year in a row. He represented our school at the regional spelling bee, sponsored by the Lynn Item, at the end of March.

The Student Council raised over \$900.00 for the cancer society, through the daffodil fundraiser. During the third week of March, 6th-grade students sponsored a daily bake sale, to support the production of this year's yearbook. They are busy many afternoons, working on the yearbook.

By the time you are reading this, we will have established the date for Kindergarten registration. We do anticipate 30-32 students for the Johnson School, class of 2013. And we get to greet them in a new school! Once again, thanks to everyone whose hard work and votes made this happen. Future articles will provide additional building information. Stay tuned and please, drive by.

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**Johnson School Student Update**  
 by Emily Samson, Secretary of the Student Council

The students of the Johnson School have been very busy lately! Aside from school-work, students from grades K-6 have been helping the community as much as possible. The Student Council has been organizing many fund raisers to help out. The Student Council includes: Lindsey Marini, President; Jacob Bartholemew, Vice President; Elijah Clark, Treasurer; Emily Samson, Secretary; and Rita Tsokanis, Tony Silva, Ariana Billias, Anna Greene, Shannon Barasso, Derek Oshabar, Tony Bell, Matthew Ryan, Desiree Dufour and Jesse Haynes-Lewis, Representatives. Mrs. Peggy Silva is the advisor and offers ideas and helpful tips. At Thanksgiving time, many students brought in canned, or boxed, food items to be given to My Brother's Table. Thanks to the students, some unfortunate families were able to have a Thanksgiving feast.

Then came the holiday season, with mistletoe, ornaments and seasonal cheer. Instead of thinking about gifts and toys for themselves, many children donated brand new toys to go to Toys For Local Children. Some children were able to have a Merry Christmas thanks to the generosity and kindness of the Johnson School students. Soon after, January arrived, bringing with it a harsh, winter chill. Outside your window, you would see people bundled up and hunched over, to resist the cold. Hats, mittens and scarves were donated to My Brother's Table. We even got a sweater, or two! In February, a lot of students tested their luck in a raffle. The school raised \$215. The money was given to Come Swing With Me, a foundation that is going to build the Johnson School playground, after the renovation is completed. Then March came in like a lion, as usual! The Student Council sold daffodils to benefit The American Cancer Society. We were able to give \$955 to help with cancer research. Maybe one day, a cure will be discovered.

For the 15th year, Mrs. Diana Hennessey has conducted the St. Jude Math-a-Thon, with her fifth- and sixth-grade students. This year, an all-time high of \$2807.30 was received, through sponsor donations. The 28 students who participated this year, worked on over 200 problems in their Math-a-Thon booklets. The money has been sent to St. Jude's Research Hospital in Memphis, Tennessee, to help the children in need. Many thanks to all participants and good health to all.

We still aren't done! Before the end of the school year, we will continue to raise money to assist in making the world a better place.

**Blues Night – Big Night for the PTO**

Hundreds of people jammed the Nahant Country Club, last month, for the fourth annual Blues Night. The club is happy to announce that the event raised more than \$3,200 for the Johnson School PTO. The club's Social Committee thanks all those club members, PTO members, musicians and others who worked so hard to make this Blues Night the most successful ever. See you at next year's Blues Night!

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## Nahant Arts 2006 in the Works and Much More by Carol Hanson

Local artists and artisans are busy preparing for Nahant Arts 2006, scheduled to take place at the Nahant Community Center, 41 Valley Road, on Saturday, May 27, from 9:00 a.m. to 2:00 p.m. Last year's event was a huge success, with over 30 vendors, children's activities, raffles, live entertainment and delicious food!

Table space is available for rent and interested parties should call Carol Hanson at 781-599-2222 for more info!

### Art School Blossoming in Community Center

The Nahant Community Center is the place to be on the island these days! The School of Refrigerator Door Art is teeming with options for children's and adults' classes, parties, playgroups, and as a great alternative for child care, during early release days, at the local schools. Call 781-599-2222 for details.

The April school vacation-week program offers 2 time slots per day and students may attend more than one class. It is run in a "one-room schoolhouse" style setting, with mixed age groups and a typical program includes art, music, movement, singing, story time and play time with science and math thrown in for good measure.

We are now enrolling for the late spring session and summer art program. Class size is limited, so register early. Check out our new website: [www.refrigdoorart.org](http://www.refrigdoorart.org).

Children's classes are running for preschool children, with a general art overview based on open-ended process-based activities. Children 7 and up can enroll in a more-focused art class, that includes strong art-foundation skills. Teens and preteens are working in several subjects and techniques with acrylic paint. Watch for exhibited work at the Nahant Arts 2006!

Friday night classes for children, being offered with advance sign-up by the week, are a great place for children, whose parents are enrolled in the Ballroom Dancing classes, being offered by Dawna and Mark Nocera, in the Serenity Room upstairs! Saturday workshops for children 5 and up are being offered in Mosaic, Jewelry, Textiles, and Paper Art. We are also putting together classes in cooking, photography, puppetry and improv. acting. Students may sign up for one or all!

Adult classes in Mosaic, Painting, Jewelry, Floral Design, Stained Glass, Paper Making, Cooking, Photography, and Collage. Most classes are 4 weeks long and held at night and on weekends. Please call or e-mail at [refrigdoorart@aol.com](mailto:refrigdoorart@aol.com) for details!

### Coffeehouse-Style Open Mic a Big Hit!

Stop in at the School of Refrigerator Door Art on the last Friday of each month, for a family-friendly setting with live music, poetry and what may come! The coffeehouse-style open microphone event has been running for 10 months and has proven to be a great success. Adults have come as audience members and performers and so have children. We have had the pleasure of hearing Jesse play guitar, along with his dad, Ted Lewis; Alex Moccia has sung original and cover songs for us; Aaron Hanson has wowed audience members with his smooth voice and guitar playing; and many children have picked up percussion instruments and played along.

Local folks, Dan Hamill, Tom Gutermuth, Bob Bois, Jeff Foss and Mary MacDonald, have come by and played, as well as Joe Boyd who sang, played guitar and recited original poetry at our most recent open mic!

The price is right...\$5 for audience members, and no charge for performers and children under 12. Refreshments are available. People are welcome to brown bag it, if they so desire. This is designed to be a fun, safe, place, where families can come to see live music, at a very reasonable fee and kids truly are welcomed!

Please watch for the Coffeehouse sign, as a reminder, that the last Friday of the month is coming! Call 781-599-2222 for details or e-mail [refrigdoorart@aol.com](mailto:refrigdoorart@aol.com) or on the web at [www.refrigdoorart.org](http://www.refrigdoorart.org).

The Nahant Community Center has many new programs held at the center. The Historical Society welcomes visitors on Wednesdays from 1:00 to 4:00 p.m., with their main office and exhibit, "Nahant on the Rocks," open, with hours on the first Sunday of the month, as well. The Council on Aging offers Cribbage on Tuesdays. The multipurpose room in the basement level offers a warm, safe place for families and caregivers of toddlers, when the weather is bad enough to be inside. There are age appropriate toys and books available. It is a great way to socialize. This program is offered to nonresidents as well and a \$2 fee, per family, per day, helps offset cleaning and utility charges.

The School of Refrigerator Door Art, also on the basement level, offers many options for children and adults. Collage Works is now operating at the Center. We send a warm welcome to our newest neighbor in the building. Nahant Acupuncture is open and going strong on the second floor. Sallee Slagle's Dance Dimensions is running classes for children and adults; Patricia McCallum is running adult Yoga classes; and Dawna and Mark Nocera are offering adult Ballroom Dance classes. The Nahant Public Library is offering Story Hour for preschoolers. Carol Hanson is offering a music program for children. The Serenity Room and multipurpose rooms are available for private rentals.

Please call Carol Hanson at 781-599-2222 for more information on anything above.

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## Come Meet Gary W. Stanley, Photographer

submitted by Christine Menzies, Kennedy Studios

Gary W. Stanley is a nationally-known, professional nature, landscape and wildlife photographer, based in New England. For over fifteen years, Gary has led photo tours and lectured to photographic clubs and organizations, in both the U.S. and Canada. He also leads tours for the Strabo International tour company, both here and abroad.

Gary, a resident of Swampscott, is having a special Art Exhibit, featuring his work and a wine and cheese reception, at the historic Swampscott Fish House, on Humphrey Street, on Sunday, May 7th, from 4:00 to 8:00 p.m. All are welcome. Prints will be available for sale at the show and at Kennedy Studios, across the street.

Gary has numerous photo and writing credits, including national magazine articles and covers, with work featured in Outdoor Photographer, Popular Photography, American Photographer, and Vivid Light Photography, to name a few.

Gary is a monthly guest on Photo Talk Radio, out of San Diego. They broadcast over the internet and folks can call in, toll-free, anywhere in the world, to talk to Gary about photography. The show airs Saturday mornings between 11:00 a.m. and noon. Visit the website: [www.phototalkradio.com](http://www.phototalkradio.com)

For the past four and a-half years, Gary has been both a senior editor and a managing editor for an on-line photography magazine, writing regular monthly articles on digital and traditional photography. He now publishes and edits his own nature and outdoor photography magazine, with his wife Pam, Light-Chasers.com. You can visit the magazine at [www.light-chasers.com](http://www.light-chasers.com).

## Candidate for School Committee

### Jim Devereaux

Hello, my name is Jim Devereaux. I am running for School Committee and hope that you will consider me, when you vote at Town Meeting on April 29th. I have lived in Nahant for thirty-plus years and have spent every summer of my life in this beautiful town. My wife Maura and I have two children, currently attending the Johnson School. Caroline is in the fifth grade, while Liam is in the second. I have observed that the School Committee has worked well over the last year and hope to continue to foster the air of cooperation for the betterment of the Johnson School. I also look forward to the renovated school building offering further opportunities for our children.

Why am I running for this position? Because I want to ensure that my children and all Nahant children receive the best education possible at Johnson School and believe I can assist this effort.

What can I offer? I have gained much experience from my 21 years at NSTAR. I am the Director of Gas Service, responsible for its 165 employees and \$15 million annual operations and maintenance budget. I have an MBA from Bentley College and an undergraduate degree from St. Michael's. I believe my fiscal capabilities could help the Johnson School to deliver an excellent education, while not unnecessarily burdening the taxpayers of Nahant.

In today's world, such a balance is quite a challenge and fiscal responsibility plays an integral role in the continued improvement of the school experience, for the students of the Johnson School. I hope you will consider me when you cast your vote. Thank you.

## Lisa Scourtas joins Sagan Agency Realtors

Phyllis Sagan takes great pleasure in announcing that Lisa Scourtas, of Nahant, has joined her team at Sagan Agency Realtors.

After twenty years as a successful business woman, in a service-oriented industry, Lisa has decided to pursue her passion in the real estate field. A well-known and respected Nahant resident for twenty-two years, she brings personal experience, and people and technical skills, that will serve her well as a real estate professional. Her objective is to exceed her clients' expectations in a professional, honorable, timely, ethical and informed way.

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## Warm up to Spring Exercises

by Sallee Slagle, Director, Dance Dimensions

Whenever we start exercising, or any physical activity, we should prepare our body and muscles for the action ahead. It is an important transition from resting to any level of exercise, moderate to strenuous. This is often overlooked, or skimmed on. It is more important than you realize and especially in colder weather.

When muscles and ligaments are cold, they are more prone to injury. Warming up should raise the body temperature and decrease the risk of injury to the joints, muscles, tendons and ligaments. It also increases blood flow to these muscles, so that the nutrients needed for energy and activity are more available. This, in turn, allows for more oxygen from the blood, to be delivered more rapidly to the muscles. Blood flow to the heart is also increased, which reduces the potential for cardiac abnormalities and allows the cardiovascular system to prepare for the increased demands of the upcoming activity.

Start warming up with large movements of the whole body and about 75% of your capacity, by marching in place, lunging, bends (knees, torso), twists, circles (shoulders, arms, wrists) build up speed and exertion slowly. Once the blood is flowing you will feel physically warm all the way from your toes to your fingertips. Be sure to include movements that mimic the activity you will do (walking, skiing, basketball, etc.) and warm up those joints and muscles that take the stress of the activity. Don't forget feet and ankles. Once warm, the muscles are more supple and gentle stretching is recommended, to increase the elasticity of the tissues in your muscles, tendons and ligaments. This increases your mechanical efficiency and your power. The nerves also warm up and transmit faster, so coordination and control is improved, too. All this will help improve your performance in any sport, or activity you are undertaking.

Now you are ready to begin. Start out slowly and build up speed and exertion, so that the increased load on the body is gradual. Full exertion should be maintained and sustained over time, to increase your strength and stamina. Pay attention to your body's reaction to exertion. Notice how soon you reach exhaustion and how long it is to recover. To increase your fitness level, or break through a plateau, you must increase the demands and challenges your body undertakes. For strength, add more repetitions, or more resistance (more weight). For stamina, do interval training and endurance drills. Just try to go a little further, or a little longer. Add more time to your workout and vary intensity. Keep the fun and challenge in your workout. Try some new exercises, or equipment. Take a new class. Variety also helps keep your interest and that helps to keep your commitment, too.

Cool down is mostly the reverse of warming up and you should slow down gradually, not stop cold. Also, cool down should include more stretching to loosen tight, worked muscles and increase flexibility. With your muscles warm from your workout, stretching can be more aggressive, but never bounce, or force, a stretch. Hold them for a 15-30 second minimum and repeat 2-4 times. DO some standing and bending. Also, do seated stretches on the floor. Reach for your toes with legs together and apart. You can also place your foot up on a bench, or chair and reach. Don't just stretch your legs, stretch your arms and shoulders, too. Reach overhead to touch the top of your back with each arm, then both together. Pull the arm straight across the chest with the other forearm. Do some arm circles.

Remember that muscles need recovery time after a strenuous workout, so be sure to rest a day. Moderate exercise can be done everyday safely. Proper warm up and cool down will help take the pain out of exercise and will help keep the muscles from becoming sore the next day. It also can prevent many injuries, so be sure to include warmup and cool down every time. Don't skimp and you'll feel better and play better, too.

## Christmas Parade \$500 Scholarship

submitted by Roz Puelo

Time to pick up scholarship applications at the Johnson School for this year's awards. The awards will be given to Nahant residents graduating from any high school in the area. At least two scholarships will be awarded.

The graduates must be Nahant residents at the time of graduation and have attended the Johnson School prior to middle school.

This is a community service based scholarship. The graduates must be moving on to an institute of higher learning, which may be either a prep school, or college. Please submit a letter listing your community services and recommendations from at least three people (teachers, scout leaders, etc.). High school transcripts are helpful, but are not necessary. Applications will be accepted through May 2006. The awards will be given on the night of the Johnson School graduation in June.

Good luck! The members of the Nahant Christmas Parade Committee look forward to hearing from the graduates of the Class of 2006.

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## Victory for Boston Harbor Islands!

by Polly Bradley, Safer Waters in Massachusetts (SWIM)

Just minutes before the deadline of the Nahant Harbor Review, it was announced that the Boston Harbor Islands, part of the National Park System, will not be the site for a liquefied natural gas (LNG) terminal.

"The Joint Committee on Bonding, Capital Expenditures and State Assets, has decided that it would be inappropriate to take any action to advance the AES proposal to lease Outer Brewster Island, at this time, and has chosen instead, to unanimously refer HB 4500 to study," said Bruce Berman of Save the Harbor/Save the Bay, which has spearheaded efforts to protect Boston Harbor.

Nahanters Gertrud and Philip Joyce, Lisa Pires, John Benson and I attended the public hearing on March 8, at the State House, on the LNG proposal. The public reaction to the proposal was an overwhelming "NO."

It was a standing-room-only crowd, and some of us stood for hours. Most of us waited hungrily, from 11:00 a.m. to 4:30 p.m., in the stuffy room, but we did turn in some good testimony and we helped overcrowd the room, so they knew we cared deeply. John and I also visited the offices of Senator McGee and Rep. Walsh, talked to their aides, and gave them letters on SWIM's position.

Other LNG proposals besides the National Park proposal include a proposal to build an LNG terminal about halfway between Gloucester and Nahant, and a proposal in Fall River, which would be in a populated harbor. Many people made the point that the Fall River proposal was the worst of all, because of the public danger. We will be watching carefully as the Gloucester proposal, which could severely impact Nahant, goes through the public process. There are 17 proposals for LNG terminals in the northeast, from Canada to Long Island, to build LNG terminals on the coast. It appears that a strategy of "divide and conquer" is being used by proponents of the plan, to push through whichever plan meets with the least resistance. A theme that ran through the hearing was the need for an objective, overall plan, to determine whether an LNG facility is needed and if so, the best and safest place to build it.

AES, the proponent of the plan, said that the "burn radius" in case of an LNG explosion, would be one mile. [A two-mile diameter.] AES said that this would not harm Hull, which is 2.3 miles away, but did not say whether it would make a difference, if there were a north wind that day, blowing towards Hull.

One of the AES representatives, talking about how safe their plan is, called the present LNG facility in Everett "extremely dangerous" and a "ticking time bomb" and said, "Yesterday, they should have closed the facility in Everett." However, the construction of an LNG facility in the Boston Harbor Islands would not close down the Everett LNG terminal; it would be in addition to the Everett facility.

Dr. Salvatore Genovese, President of SWIM, could not attend the hearing, because he was in the South Sea Islands of Tahiti and Moorea with Northeastern University's Three Seas Program, which he directs, but the Nahanters at the hearing submitted his article in the March issue of the Nahant Harbor Review, as part of the SWIM testimony.



Photo above of the Student Council of the Johnson School presenting a check to Erin DiGrande for the Playground Equipment Fundraiser. See story on page 6.

## Power Washing Boats - It Is The Law

by Rob Scanlan, Master Marine Surveyor

I attended a meeting with the Coastal Zone Marine Management officials recently, regarding the pressure washing of boats. The Coastal Zone Marine Management was started in 1997, with the intentions and demands for the improvement and protection of coastal water quality and to address the regulatory issues for environmental compliance.

A Commonwealth of Massachusetts Certification Program has been started, to address environmental compliance and addressing hazardous-waste issues, within all coastal waters of the Commonwealth.

Areas of most concern are the cities, towns, public launching ramps, yacht clubs and private boat clubs throughout Massachusetts. Waste water and discharge water from the run-off from power washing boats, requires a Federal permit with scheduled regulatory inspections, as well as a Commonwealth of Massachusetts groundwater permit.

Monitoring and reporting any violations results in some pretty stiff state and federal penalties and fines. You can no longer discharge waste-water on land, unless the water and marine growth you just power-washed of your boat, or yacht, is contained, collected or re-circulated.

I looked into the cost of the approved systems available, which fall between \$40,000 - \$80,000. Annual operational costs run about \$2,000 - \$4,000.

EPA enforcement on power washing is a serious and expensive issue- \$32,500 per day, per violation. It is not a "when" question anymore; it is "who." Who will be the test case here in Massachusetts?

Inspections will be throughout Massachusetts this year, and it is essential to show, at a minimum, a good faith effort to comply with the law in order to minimize penalties. The law is "no discharge without a permit" so all facilities, public and private, must use a holding tank with pumping, or recycling, or "get a permit to connect to the sewer system, to discharge to groundwater, or discharge to surface water."

What "good faith" means is site-specific, such as "we contain and reuse most power-wash water but some effluent leaches out from our system and we haven't corrected that yet." Or, good faith could be "we applied to the local sewer system and they haven't approved us yet."

While both are still technically non-compliance, the efforts help. State Inspectors might say "you shouldn't power wash until the compliance is complete" but the penalties should at least be lower." The larger marinas, as well as the small city and town public wharves and boat-storage facilities, must be in compliance immediately.

Just when you thought your "boat budget" was strained ~~

**Got a story, poem, or photo to share with your neighbors? Email it to [donna@nahant.com](mailto:donna@nahant.com), or mail to Editor, PO Box 88, Nahant, MA 01908. As space allows, it will be published. If you want the photos back, please send a SASE with your submission.**

## Information for your Better Health

### Eye Myths: Believe Them or Not by Dr. Neil Gross, Ophthalmologist

Last week I was tempted to run outside, without a coat, to get something out of my car. In the back of my head, I heard a voice say: "Put on your jacket. You don't need another sore throat." Now, I know that my mother knew that "germs" (and my tonsils), caused tonsillitis. Nevertheless, that didn't stop her from passing on a few of her homespun ideas about medicine. As an eye doctor, I hear lots of myths about the eye. Here's a few:

**Myth #1:** Reading in the dark ruins your eyes. Every student knows that a bright light makes it easier to read. Why? Because bright light increases the contrast between a page and its print. Increased contrast is a key to improving one's ability to see anything. Dim light creates a low contrast environment that decreases one's ability to see. However, reading in dim light never harms the eyes.

In fact, our eyes are equipped with special structures called "rods" that help see in the dark. Patients with diseases, like retinitis pigmentosa, have problems with their rods and see poorly in low light. Night blindness can be a symptom of retinitis pigmentosa.

**Myth #2:** Reading glasses weaken your eyes. When we read a book, we bring it within arms length. As it gets closer, the lens automatically becomes rounder and more powerful. This process is called accommodation. Accommodation enables us to read at a close distance.

After the age of forty, the lens stiffens. As you age, the lens can no longer become round enough to focus when reading. Reading glasses provide the extra power needed. However, glasses do not affect lens elasticity; only increasing age can do this. As a result, glasses cannot "weaken" an eye.

**Myth #3:** "Pink eye" is always contagious. A pink eye is a sign of irritation. Infection irritates the eye and causes the eye to look pink. However, any problem that irritates the eye can cause a pink eye. Some of these problems include lupus, special types of arthritis and ulcerative colitis. None of these conditions are contagious.

Why does an irritated eye turn pink? The coating of the eye is covered with blood vessels. These blood vessels dilate in response to irritation. Dilated blood vessels on the front of the eye, give the eye its pink color.

Well, I hope my scientific explanations shed some light on these old wives' tales. Now if you'll excuse me, I need to go find my coat so I can go outside for a minute. Oh well... so much for science.

### Q&A with North Shore Physical Therapy

Please feel free to submit questions about musculoskeletal problems to us in writing by sending them to: NSPT, 1Widger Road, Marblehead, MA 01945, c/o Nancy DeMuth.

**Q.** Whenever I do housework, I end up with pain in my shoulder, back and neck. What am I doing wrong?

**A.** Housework can be vigorous exercise and is best done with several factors in mind. When wiping or dusting an object, stand as close to it as possible, or use a long-handled duster to avoid reaching. Standing on a small stool (preferably one with a bar for you to hold onto) can minimize the strain on your shoulder, back and neck, when you need to reach above shoulder level. Be very careful getting on and off a stool. A little dust is better than a fall! Vacuuming is difficult to do without straining the back, so consider asking for help when possible. When you do vacuum, position yourself in a staggered stance with the forward knee bent, your back straight (not twisted) and the hose or machine in line with your body. Avoid bending or twisting your back, to reach small corners. It is better to pick up your feet and move your entire body closer to the place you are cleaning, than to twist your spine. A similar technique can be used when sweeping.

As for laundry, carry the basket as close to you as possible. Place the basket on the dryer, when loading, to avoid bending down. When reaching to put wet clothes into a low dryer, bend your knees and hips (squat if possible) to avoid bending your back. If bending your knees is painful when doing laundry, try taking some of the weight of your body into one hand on the counter, while you reach down with the other hand. As an alternative, consider using a reacher, which would allow you to grasp small objects that are low to the ground, without bending.

When ironing, be sure to raise the board to a height which allows you to stand erect while you iron. To minimize shoulder strain, move the iron back and forth by shifting weight from one leg to the other rather than by moving your arm.

Another important concept to remember is, housework is vigorous exercise, so pace yourself. Spread the work out over a few days, so that your body has time to rest in between. If you remember to avoid bending, or twisting, your back and neck, whenever possible, to keep any object you are lifting close to you, and also to spend a minimum amount of time with your arm higher than shoulder level, you will be more likely to complete your housework with less pain.

## What is Yoga?

by Patricia McCallum, Pathways Yoga of Nahant

Yoga is a science of mental and physical control stressing postures, breathing exercises and meditation. It originated in India, over 6,000 years ago. It disciplines the mind and the body, helps maintain good health and gives one peace of mind. Through the practice of yoga, one becomes intensely aware of the body and its functions, thus enabling the achievement of seemingly extraordinary control over both. Through the use of relaxation techniques, one also learns to relieve the tension and fatigue of daily life.

Hatha Yoga, which is most often taught in Western cultures, combines a series of exercises to develop strength and flexibility in the body, as well as calm the mind and emotions. A Pathways Gentle Hatha Yoga class typically contains warm-up movements, postures, breathing exercises, relaxation, and a period of meditation.

Almost anyone, from children to seniors, can benefit from yoga. Hatha Yoga postures (asanas) are very different from other forms of physical exercise. Unlike aerobic activities and

sports, which emphasize stamina and vigorous muscular activity – often to the point of exhaustion – Asanas encourage concentration, perseverance and slow, yet steady, progress. It's been documented that physiological processes such as metabolism, digestion, respiration and circulation, can all be improved by practicing asanas. Yoga tones up the body, by increasing circulation and oxygen intake, which helps build resistance to common ailments, like colds. Asanas also help to exercise parts of the body

that normally aren't used in everyday activities. They remove tension and stiffness, especially in necks and shoulders. Asanas strengthen and re-condition the body, while improving muscle tone. Asanas increase energy through rhythmic breathing and - hold on to your hat - Asanas even help burn fat!

Over the years, various teaching styles of Hatha Yoga have evolved. The Pathways approach is focused on a growing awareness of the mind-body connection. Students are encouraged to pay attention to their bodies

and to be in the present moment. If needed, students can adapt postures for their individual level of fitness. An attitude of self-acceptance and objectivity is encouraged.

Yoga, practiced with regularity, will rejuvenate and balance every aspect of the body: the endocrine system, vascular system, nervous system, and musculature. The result is a sense of physical, mental and emotional well-being, which makes Yoga more than exercise; it is a way of living your best life.

## A New Lease on Life-Saving Station submitted by Michael Rauworth, Nahant Preservation Trust

Some call it the “gateway to Nahant.” But everybody knows what it is—the former Coast Guard Station, whose former skipper we are proud to have living among us. Built by the United States Lifesaving Service, before that service was merged into what’s now the Coast Guard. Built because sailors were dying, when their ships were driven aground on Nahant’s shores, and nearby, in the hope of saving others who ran into trouble. Built to launch lifeboats borne by a cart, raced over the beach and launched straight into the surf, the same surf that was busy pounding a ship to pieces, not far away. Built at a time when the only way to get out of that deadly surf zone and into deeper water was to get eight sturdy souls to row, in unison, like the blue blazes. Built at a time when this was no job for the faint of heart.

Now fast-forward to our world today. Since the Coast Guard moved out, we’ve had a need to keep the buildings from deteriorating, while a long-term program got hammered out. The Town appointed a committee of stalwart volunteers, the Nahant Life-Saving Station Management Advisory Committee, to stabilize things and recommend how to bring the place back to life. With the help of state grants and a lot of hard work by the Committee, a new roof got put on the main building to prevent water damage, and quite a bit of the exterior has been spruced up, bringing some of the best historical features back into the daylight. The very dedicated people on that Committee deserve a tremendous amount of credit, for getting the project moving in the right direction.

The Town also approved Committee’s plan for what’s called “adaptive re-use.” That’s the term for finding a way to make an historical structure serve today’s needs, after its original purpose has passed into history. The Committee called for proposals from non-profits, to lease the site, finish the preservation of the buildings, and develop them for uses that will serve the Town and generate revenue, to help maintain the Station in the future.

Nahant Preservation Trust, operator of the Nahant Community Center at the Valley Road School, submitted a proposal. The Committee voted in favor of it. On March 9, the selectmen approved the Committee’s recommendation: to lease the Life-Saving Station to NPT, for adaptive re-use. So a new chapter of the history of the Station has just begun, with the signing of the lease—a lease very similar to the lease of the Valley Road School building to NPT.

This really means that the hardworking stalwarts of the Life-Saving Station have joined forces with NPT for this new chapter. NPT expects to work in collaboration with these folks, raising private donations, pursuing grants and CPA funding, and developing the business plan for the renovation and the operation after that. The main building and the garage structure will both be rehabilitated, and a new bathroom will be built, a replica of the coal shed of days past, built right on the same spot as the original, all to support a sensible mix of public and private uses.

NPT feels honored by the Committee’s vote of confidence and shares its dedication. The people who got the site from the federal government and who have brought it this far, held a vision of the Life-Saving Station as a focal point for pride in our Town.

Just in time for the tenth birthday of NPT, this lease marks the start of the final lap to turn that vision into a working reality we can all be proud of.

## Join the Nahant Preservation Trust

This year we particularly look to the sea as The Nahant Preservation Trust assumes the stewardship of the Nahant Life-Saving Station, joining with the many whose devotion, passion and commitment to this project, remain always a constant.

The Nahant Preservation Trust invites all Nahant Residents to join with us in preserving and enriching the unique characteristics of our beautiful Town, when we kick off our annual membership drive at the Annual Town Meeting on Saturday, April 29, 2006.

Please join with us, by becoming a member at \$25, or better yet, a Patron at \$100 or Sponsor at \$250. The sky is the limit...but so are the benefits.

The Nahant Preservation Trust had another great year in 2005 and look forward, with even greater enthusiasm, to the challenges of 2006 and beyond: We take great pride in the Preservation Award-winning Nahant Community Center at Valley Road School, which re-opened in 2003; and reflective pride in the Nahant Historical Society’s American award-winning, museum-quality exhibit, Nahant on the Rocks, on display in the Community Center;

We are pleased to see the beautifully-restored Richardson Serenity Auditorium, used regularly for classes, lectures, dances and meetings, and the colorful Multipurpose Room, used for creative endeavors of all sorts by “children” of all ages;

We worked hard, in the successful effort by the Town, to become the 62nd Community in Massachusetts to adopt the Community Preservation Act;

By accepting a gift of a parcel of undeveloped land near the Thicket, we joined with the Massachusetts Audubon Society in saving that area near Wharf Street as open, conservation land for the enjoyment of everyone. There is more to do: We will continue to work with the Nahant Open Space Committee to support their efforts to preserve our open space, our heritage landscapes and in the creation and enhancement of the walking path, from Short Beach to Tudor Beach; we will continue to be vigilant and active in the protection of the Nahant Country Club property, in our role as one of the largest shareholders in the for-profit corporation property owner; we will continue to work with other groups, to develop land-use planning tools and educational programs.

But most off all, in 2006, we hope to make great strides in restoring the Nahant Life-Saving Station. The Nahant Preservation Trust is pleased to be able to contribute, in a small way, to the quality of life in Nahant. We can do so much more together. Please join with us. Our goal is lofty...we’d like all Nahant residents to become members. See you at Town Hall.

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## More Information for your Better Health

### Treatment of Menopause with Acupuncture, Chinese Herbs and Nutrition

by Tess McGinn Lic.Ac, and Cory Walsh, Lic.Ac.

Acupuncture is an effective and safe treatment for women with menopausal symptoms. In Chinese Medicine theory, menopause is a sign of decline in the constitutional energetic system but is, in itself, not considered a disease. Some women never experience the upheavals of menopause, beyond an occasional hot flash.

According to the theory, the body uses warmth to spread blood, fluids and energy from our energy center; a ball of energy, located internally, in the area just below the belly button. In Traditional Chinese medicine, it is thought of as a source of fire (essence), which heats a cauldron of water (substance) and the resulting steam (energy) spreads the warmth that helps blood, energy and fluids flow. With age, the fire is not as strong and the steam coming from the cauldron does not spread as effortlessly. The steam is inefficient and “flares” upwards, causing symptoms such as hot flashes and night sweats.

Other symptoms, like menstrual cessation and headaches, are related to the “source fire” not assisting the digestive energies, in breaking down food to create blood. Menopause headaches are considered “deficiency” headaches, the type characterized as dull and thudding, perhaps behind the eyes, at the temples, or the crown of the head. If the pain is stabbing, the lack of blood flow causes blood to pool in the liver and the force of energy is choppy, or “stagnant,” up to the head. The liver is the controller of energy flow and is considered the primary organ of emotion. When source energies decline, the liver cannot move energy properly and it gets “stuck,” resulting in emotional symptoms, like depression. Anxiety is caused by restrictive blood and energy flow to the heart. Varicose veins are caused by sinking energy, causing pooling of blood in the veins. Insomnia is caused by lack of energy, or blood flow, to the heart. Leg cramps are caused by loss of nutrients, due to decreased blood flow, which also creates an internal movement or “wind.”

General treatment strategies are aimed at rebuilding some of the “source fire” lost with age, overwork, stress, nutritional impairment and, in some cases, lack of exercise. Though some may have a genetic predisposition towards menopausal symptoms, modern lifestyles (including food choices), exacerbated by fear of aging, are the primary causes of problems during menopause.

Herbal treatment strategies are aimed at treating the symptoms, as they uniquely occur in each individual. It is called the root and branch treatment. For example, for hot flashes, we have herbs to help build “source fire” (the root), while bringing the deficient flame (hot flash) back to its source (the branch). Disease patterns are complex and vary from person to person, which means that treatments are tailored to meet the needs of a specific disease pattern.

Acupuncture strategies are aimed at building and dispersing energy in the same framework as herbal medicine: treating the root cause and its branch (symptom management). Energy in the human body flows through channels that have organ correspondences: liver; kidney; stomach; spleen; large intestine; small intestine; gall bladder; lung; heart; and bladder. This is taken from a far more complex theory, called the “Eight Principles,” which is used to explain the larger principles of Traditional Chinese Medicine. In practice, we use hair-thin needles and warming techniques, to access the energy of the channels and manipulate its flow, to more efficiently distribute energy, blood and fluids throughout the body.

### Golfers: Did you know?

by Dr. David Eagan, Eagan Chiropractic Center

The motion that places the most strain on the low back is forward-bending, combined with twisting, otherwise known as “the golf swing.” Over the course of 18 holes (4-5 hours), the average golfer will attempt approximately 60 swings and swing his, or her, club 80-100 mph.

Everyone wants to be able to hit the “big drive.” So what do we do? After work, we head to the local driving range to practice. Here lies the problem. First, you’ve been working all day and your low back probably is tight. Second, how many of you stretch for at least 20 minutes, prior to hitting golf balls? Third, you want that big drive, so what’s the first club out of your bag? The Driver! But you don’t have 4-5 hours to casually hit the balls. You probably have enough time to hit one, or two, buckets, let’s say 70 balls. Now, at the driving range, you have one hour, not 4-5 hours; two buckets (70 balls); a tired, tight low back, and 80-100 mph swing speed.

Okay, you survived the driving range! Great, but now you’re on the course playing 18 holes. Do you walk or ride? How often do you find yourself waiting to make your second shot, either because the group ahead of you is slow, or you’re helping your buddy find his ball? What about the other friend, who needs six shots to get where you are in two? Ever get to the fifth tee box and find two foursomes that haven’t even teed off yet? It is this inactivity, followed by instantaneous bursts of speed and muscle contraction, combined with repetitive motion that results in low back pain.

In “The Golf Biomechanics Manual,” Paul Chek writes, “Amateur golfers achieve approximately 90% of their peak muscular activity when driving a golf ball. This is the same intensity as picking up a weight that can only be lifted four times, before total fatigue. This level of exertion and muscular activation equates golf with such sports as football, hockey and martial arts. The difference is, other athletes outside of golf, include conditioning as an integral part of their preparation before play.”

What was your off-season conditioning program? What is your in-season conditioning program? What type of stretching do you do prior to teeing off?

Chiropractic treatment of low back pain is simple, safe and very effective. Chiropractic adjustments may even help in the prevention of low back injuries, by maintaining proper spinal alignment and increasing flexibility. I have played football and rugby. The only time I have ever injured my low back was playing golf. I did break my arm golfing, but that’s a story for another time!

For a free golf/chiropractic evaluation, call Dr. David Eagan at 781-599-8826, or 781-286-7666.

## Celebrate Spring with a Luncheon and the Arts!

### Girls Incorporated of Lynn Announces 2006 Celebration Luncheon Honorees

by Marsha Billias, Director, Girls Inc.

Spring is right around the corner and so is Girls Incorporated of Lynn's 18th Annual Celebration Luncheon. The annual event takes place at the Danversport Yacht Club on Wednesday, April 12, from noon to 2:00 p.m.

"We have a fabulous afternoon planned," said Patricia A. Driscoll, Executive Director of Girls Inc. "We have three outstanding women to recognize, and some exciting news to announce."

The 2006 Strong, Smart and Bold honorees are: Barbara Lee, a revolutionary woman, investing in revolutionary change by helping women become political leaders and powerful participants in our democracy. A former school teacher and social worker, she has committed herself to helping women gain and use, political power, as elected officials, activists, and voters. In her hometown, Boston, she is also known as a devoted advocate for the city's cultural life, whose leadership is helping the Boston arts community continue to make history. Boston Magazine includes her among "The 100 People Who Run This Town." She was also recently recognized for her grassroots activism, by Women's ENews, as one of their 2005 21 Leaders for the 21st Century. The Barbara Lee Family Foundation she created and leads, is recognized nationally for investing in change. The foundation initiates and supports innovative projects, to help women gain and use their political power.

Andrea J. Cabral, Esq., is the 30th Sheriff of Suffolk County and the first Black American female sheriff in Massachusetts history. Appointed in November of 2002 and elected in November of 2004, she was an Assistant District Attorney in the Suffolk County District Attorney's Office, for nearly 10 years. As Chief of District Court Prosecutions for four years, she trained and supervised 48 prosecutors in Suffolk County's eight district courts and the Boston Municipal Court. She also created, and was Chief of, Suffolk County's first major felony Domestic Violence Unit, for 5 1/2 years. From 1991 to 1993, Sheriff Cabral was an Assistant Attorney General in the Trial and Civil Rights Divisions of the Attorney General's Office and an Assistant District Attorney in the Middlesex County District Attorney's Office, from 1987 to 1991.

Ruth Darling a resident of Swampscott, will be recognized as a Girls Inc. champion. A long-time friend and generous donor to Girls Incorporated of Lynn, Ruth believes in the importance of a place just for girls. Ruth joined the Board of Directors in the early 1980's, when the organization was beginning to change, from a place where girls learned cooking and sewing, to one which introduced science, math and technology programs. Through the years, Ruth has remained a loyal supporter and advocate for girls and Girls Incorporated of Lynn. Ruth was one of the first donors to step forward, to show her commitment to Girls Incorporated of Lynn, with a \$100,000 challenge donation to our "It's All About the Girls" capital campaign. Her challenge was instrumental in launching our \$4.8 million campaign. Ruth, and her husband, Nelson, have six children and have been married for 58 years.

Girls Incorporated of Lynn would like to thank the following sponsors for their support of the Celebration Luncheon: Salem Five, Comcast, R&L Associates Inc., Willow Lab Medical Center, CIT Small Business, The Bostonian Group, The Daily Item, North Shore Community College, KPMG LLP and Deschamps Printing. Sponsorship and advertising opportunities are still available and encouraged. The proceeds from the Celebration Luncheon will benefit the many, diverse programs for girls ages 6-18. Reservations are \$50 each and may be made by calling 781-592-9744 ext 258.

Girls Incorporated of Lynn, formerly known as the Girls Club of Lynn, is a local affiliate of a national non-profit organization, Girls Inc., dedicated to inspiring all girls to be strong, smart and bold. For 63 years, Girls Incorporated of Lynn has responded to the changing needs of girls and their families, through educational and innovative programs and advocacy, that empowers girls to reach their full potential. Visit us on the web at [www.girlsinlynn.org](http://www.girlsinlynn.org).

### Spring Vacation Week at LynnArts!

by Steve Negron

LynnArts announces Spring School Vacation Week Classes for Kids and Teens. Have a fun and creative time, from Tuesday to Friday, April 18 to 21. Sign-up for all four days, or just one workshop.

KIDS CAMP, for children 7 to 11, a four-day, all-day program, 9AM to 4PM, consists of four consecutive days of morning and afternoon workshops, for only \$125. You can choose your days for \$35 per day, select individual classes for \$50 each (morning or afternoon), or drop-in once for just \$15 per session (morning or afternoon).

Each morning, from 9AM to 11:30AM, TRASH TO TREASURE teaches children to make a difference in their community and create whimsical art-like large imaginary animals and funky model houses, ALL from recycled ordinary objects! Participant's work will be displayed in the Hartman Leigh Children's Gallery, with an opening reception on April 29th. TRASH TO TREASURE is sponsored, in part, by the Local Cultural Council.

STUDIO SAMPLER meets every afternoon Noon to 2:30PM and shows a different way, each day, to be creative: Puppet Making on Tuesday, Mixed-Media on Wednesday, Paper Crafts on Thursday and Clay Masks on Friday.

IMPROVISATIONAL GAMES AND MORE, 3PM to 4PM, is a great way to end the day, with creative play and movement. Included in fee for full program and full day participants. Afternoon Only students may participate for an additional \$5 per day.

TEENS 11 to 16 can join us for POST GRAFFITI / STREET ART, Tuesday and Thursday, April 18 and 20, 10AM to 2PM. Design your own logo and icon stencils. Learn to use stencils in screen-printing process, to create multiple t-shirts, stickers, and other forms of street art paraphernalia. Bring 5 to 10 fabric items of your own (t-shirts, caps, knapsacks, etc.) to apply your designs. Bring your own lunch too! All other art materials supplied. \$40.

Wednesday and Friday are THE BIG PICTURE for TEENS 11 to 16, April 19 and 21, from 10AM to 2PM. We'll create a funky, movable mural. Design your own large panel self-portrait. Painting and enlarging techniques demonstrated. Bring a small (wallet-size or up to 5"X7") photo to class. Bring your own lunch too! All other art materials supplied. \$40.

Full-day programs include supervised lunch and snack breaks, between activities, also includes Improvisational Games and More. Full-day students must bring their own lunches. All other students attend only the program for which they have registered. Registration must be paid-in-full prior to, or on the first day of class. Scholarship applications are available upon request.

All classes have a minimum required enrollment, so tell your friends! Reserve your space today! Call 781.598.5244, visit [www.lynnarts.org](http://www.lynnarts.org) and use PayPal. LynnArts is located at 25 Exchange Street in Central Square, Lynn.



## Useless Information

by Ray Barron

### Dangers of Love

Lost love can literally break your heart. Doctors at Baltimore's John Hopkins University identified a condition-nicknamed "broken heart syndrome" - that can be brought on by sudden emotional stress, caused by death in the family, or a romantic breakup. Other stressful events, such as armed robbery, or even a surprise party, can produce the same effect in some people, triggering heart failure. Broken-heart syndrome is set off by a blast of adrenaline, that stuns the heart muscle, leaving it temporarily unable to contract. Women are particularly susceptible.

Cal Hastings, of Nahant Road, says, "The most lonely place in the world is the human heart, when love is absent."

Cal's attractive and brilliant wife Marrit, says, "Happiness is a healthy mental attitude, a grateful spirit, a clear conscience, and a heart full of love."

The electrifying Ed Poulin, of Irving Way, says, "Keep your head and your heart going in the right direction and you'll not have to worry about your feet."

Ed's stunning wife, Gayle, says, "It isn't what you have in your pocket that makes you thankful, but what you have in your heart."

Gayle's mother, Annie Rooney, says, "When God measures a man, He puts the tape around his heart instead of his head."

### Gossiping in Nahant

Gossip is good for you! Gossip can alleviate depression, by making people feel connected with the larger world. Studies at the University of Wisconsin and Yale found that gossiping serves several useful purposes.

Gossip often reinforces the rules within a group, since the targets are usually people who act badly. It thus creates a sense of unity among people who do try to do the right thing and exposes deceptive, self-serving people for who they truly are.

Believe it was Linda Jenkins who said, "Conversation between Adam and Eve must have been difficult, at times, because they had nobody to talk about."

Dan Dill, of Cary Street, claims the only time some people dislike gossip, is when you gossip about them.

Dan's alluring and brilliant wife, Mary Dill, says, "In most beauty parlors, the gossip alone would curl your hair."

Joanna Reardon, of Nautical Lane, says, "Gossip is like grapefruit, it has to be juicy to be good."

Henry Hanagan, says, "All women don't repeat rumors. Some originate them."

Sheila Hambleton, says, "There's a fortune awaiting any man who can find something to do with gossip besides repeating it."

So who are some of Nahant's notorious gossipers? Believe me, we do have individuals who enjoy calling one another to convey what they heard about so and so. For example, the gossipers claim I once dated Dinah Shore, and Julie Andrews. Huh?

## Nahant's APRIL Birthday Babies!

Some of our friends and neighbors, who will be celebrating, or mourning, their birthdays in April.

April 1st: April Fools Day, the lovely, brilliant, compassionate Julia Switzer, Cathy Rhodes, Mary Swaim, lovely Mary Pisano, Janice Migliaccio and such other notables as actresses Jane Powell and Debbie Reynolds.

April 2: lovely and personable Joanna Reardon, Aurora Pustorino, Chesley Taylor, Andy Erikson, Justin Deberardinis, Jim Houlhan and Emmylou Harris, the country and pop singer.

April 3: the glamorous Linda Kane, lovely Jean Mazzafero, Peggy O'Neill, Laura Gaudet, Barbara Brewer and the late actor, Marlon Brando.

April 4: Pam Morse, Maria Welsh, Frances McDonough, Tim Lowe, Mark Taylor, Scott McCarthy, Kevin Bailey and actor, Anthony Perkins.

April 5: Beverly Carr, the illustrious Dunbar Livingston, actor Gregory Peck and our Secretary of State, Colin Powell.

April 6: Kim Polcaro, Nancy Messina, Marilea Munoz, Kathy Marini, Mayann Quinlan, Claudia McClain, Judy Robidoux, Tom McLaughlin, Bill Letourneau, handsome Bill Lowell and Merle Haggard, country singer.

April 7: Sally Worthen, Joe Dantona, Sal Migliaccio and film director, Francis Ford Coppola.

April 8: the brilliant Attorney Paulette Marie, Georgie Tsatsis, Valerie Sofronas and the famous actress, Mary Pickford.

April 9: Julie Cadigan, Beatrice Rogers, Michelle Desmarais, Jim Hill, George Fintonis, Joe "The Eye" Manley and actor, Dennis Quaid.

April 10: Dan Taylor, lovely June Hansell, Ione Hansell, Linda Landry and sweet Kerry Gordinas and actor, Omar Sharif.

April 11: Mary Jane Mitchell, Susan Cadigan and actor and singer, Joel Grey.

April 12: Hannah Peterson, Donna Langevain, Veronica Bongiorno, the dedicated public servant Gene Regnante and talkshow host, David Letterman.

April 13: The noted nurse, Gretchen Szczechowicz, Susan Golden, Edith Gray, Donna English, Dan Dill, Tony Baracewicz, John Dolhun, Gene Burrell and Thomas Jefferson, 3rd US president.

April 14: Garret Jones celebrates his birthday with country singer, Loretta Lynn and comic, Steve Martin.

April 15: Blanche Bushnell, Antoinette Roffler, Lynn McKnight, Amy Famulari, Patricia Lockhart, Clara Tyler, Susan O'Neill, David Lass, the noted journalist, David Liscio, and on this day in 1912, the passenger liner Titanic sank, after colliding with an iceberg on its first voyage.

April 16: Pasha Petric, Carolyn Griffin, Bill Cadigan, Jeff Hooper, Bob Branga and the late Henry Mancini, film-score composer.

April 17: the personable Margie Goode, Cathy White, Kathy Welch, Dot Morley, Paul Bertrand, Eric Peterson and Peggy Silva's loving husband, Bob and Thornton Wilder, playwright and novelist.

April 18: Barbara Kairevich, Dimitrios Christoforidis, John Donahue and Leopold Stokowski, conductor and composer.

April 19: Our lovely and personable neighbor Suzanne Tarlov, Dennis Ball, easy-going Bob Munnely and the late Dudley Moore, English-born comedy film actor.

April 20: nice guy Phil Oesterlin, Nick Fiore, Bob Tabor and actor, Ryan O'Neal.

April 21: Francis McCarthy, George Szabo and the late actor, Anthony Quinn.

April 22: Wendy Payne, Edith Payette, Mary Livingston, Larry Smith, Joe Caloggero, singer, Glen Campbell and actor, Jack Nicholson.

April 23: Ellen Kutcher, Theresa Peterson, Rebekah Richardson, Jim Mahan, Vic Charboneau and actress, Sandra Dee.

April 24: lovely Allison Twiss-O'Neill, the personable Joy Spinelli, Mary Ellen Morris, Charlie Cronis, Chris Denuene, the wondrous Joe Moccia, the handsome Carl Jenkins and singer, Barbra Streisand.

April 25: Cassie & Jane Picone, Kathy Hymoff, Patricia MacDonald, Manami Shishido, the stately Tom Hambleton and actor, Al Pacino.

April 26: Jeanette Roderick, Linda Bellofatto, Mary Sanborn, Betty Gooding, Jeff Goodell and Marcus Aurelius, Roman emperor.

April 27: Lynne White, Bob Alexander and also born on this day, Ulysses S. Grant, general and 18th US president.

April 28: Brian Keohan, Kavita Kumari, Lorraine O'Keefe, Maral Gunduz, Karen Rogers, Matt Hatfield, Sofia Caloggero, and the vibrant actress, Ann-Margret.

April 29: Lovely Barbara McDonald, sweet Kathy Famulari, Patricia Morad, Kevin Calnan, Mark Coakley, Frank Cardile, Charlie Randolph, and comedienne Carol Burnett.

April 30: Michele Kirkman, Linda Lehman, Alisa DeDominicis, Effie Schmidt, Jeff Pelley, Henry Brett, Bob Doyle, the illustrious Mark Pillsbury. Lest we forget, on this day in 1789, George Washington became the first president of the US. Yes, on April 30!

(Continued on next page.)



## Nahant's Movie Star!

"Stiffs" a new film, shot in and around Boston, has been receiving beaucoup press! The film features the illustrious Danny Aiello, who plays the role of Frank Tramontana, a man who works in the funeral parlor industry. "Stiffs," a comedy, is directed by Frank Ciota and it was written by his brother Joe Ciota, who resides in Nahant, on Maple Avenue. The Ciota brothers are Lynn natives. "Stiffs" is their third major motion picture.

"Stiffs" includes a moving scene of Danny Aiello leading a Conga line to the rhythm and music of the Gypsy Kings. So there is Danny leading the Conga line with the attractive Robyn Waters, a native of Nahant, behind him, with her hands on his hips. From what we heard, Robyn is a scene stealer! She looked sexy and gorgeous! Of course, Aiello was delighted to have her holding on to him, as they danced and danced.

Robyn Waters who made her film debut in "Stiffs," is looking forward to appearing in more films, doing TV commercials and modeling. Her husband Paul and son Kyle are highly supportive of her ambitions. Yes, Robyn is my daughter.

Show business is the only business where you can get up in the world, without having to get up in the morning.

## Nahant Women Who Ought To Be In Pictures!

Nahant's noted Screenwriter Joe Ciota, says, in his next film he will try to include Nahant women. Nahant women who are potential stars: Linda Jenkins, Linda Kane, Anne O'Brien, Sheila Hambleton, Linda Hall, Deborah Waters, Marie Pasinski, Madeline Tanen, Lissa Keane, Maura Devereaux, Librarian, Carole Brophy, Mary Ann Lermond, Michele Kirkman, Lisa Torchiana, Mary Mackey, Nancy Antrim, Meredith Salt, Julie Tarmy, Julie Cadigan, Paulette Marie, Judi Marie Moccia, Marie Muzzioli, Beverly English, Lisa Perella, Maureen Ward, Polly Bradley, Angela Lowell, Susan Arzillo, Deborah Cashman, Paula Devereaux, Arlene Connor.

Jane Lombard, Cynthia Pierce, Sarah Riley, Annie Rooney, Susan Moleti, Kerry Gordinas, Pam Motley, Dorothy Vitale, Rosalie Ryder, Ellen Klink, Joanna Reardon, Gayle Poulin, Martha Keller, Barbara Lombard-Anguilo, Ruth Brownell, Barbara D'Amico, Noel Spinney-Costin, Linda DeBenedetto, Janet Dolan, Barbara Mackey, Gail Guiney, Karen Canty, Florence McDonough, Tracy Simpson, Lynne Spencer, Gertrud Joyce, Paula Smith, Marcia Gaudet, Darlene Conigliaro, Maria Welsh, Patricia O'Shaughnessy, Joy Pechinsky-Spinelli, Molly Conlin, Bonnie Blydell, Peg Hanagan, Nancy Risch, Harriet Steeves, Donna Lee Hanlon, Marion Capano, Mary Irene Dickenson, Marguerite Rizzo, Donna Foti-Scovell, Allison Twiss-O'Neill, Mary Dill, Gina McCoy and Peggy Silva.

## Nahant Ancestries

One more time! Nahanters with Irish ancestries represent 32% of the town's population of 3,648. Nahanters with Italian ancestries represent 15.8% of the population. The Nahanters with English ancestries represent 15.7% of the population. Nahanters with German ancestries represent 9.9% of the population. Nahanters with Greek ancestries represent 6.1% of the population and Nahanters with French ancestries represent 4.6% of the population.

As you can readily note, Nahant is dominated by the Irish, Italians and the English. What's more, 96.5% of the population is white, non-Hispanic. Nahant Hispanics represent but 1.1% of the population. And two or more races represent 0.8% of the population. A decade or so ago, the most active ethnic group was the Nahant Italian American Society.

## Recommended Reading!

Howie Carr of the Boston Herald has written an arresting book, "The Brothers Bulger: How They Terrorized and Corrupted Boston for a Quarter Century." Howie reveals, in the book, how his life was threatened, and more. As they say, it's juicy reading.

Ah, Howie Carr, who celebrated his 54th birthday on January 17. He surely has come a long way from Portland, Maine, his birthplace. Howie was raised in Portland and in Deerfield, Massachusetts, where he attended Deerfield Academy. From Deerfield, off to North Carolina, to attend the University of North Carolina's School of Journalism.

The illustrious Howie Carr spent two years as a reporter and columnist at the Winston-Salem Journal, 1974-76. Next? Off to Boston in 1978, where he landed a job at The Boston Herald, as a general assignment reporter.

I met Howie Carr when I was authoring a weekly column for The Boston Herald. At that time, Howie was just beginning to enjoy notoriety as a political columnist. The rest is history.

## Native Nahanter Robyn Barisano-Waters and actor Danny Aiello, star of "Stiffs."

Robyn Waters who made her film debut in "Stiffs," is looking forward to appearing in more films, doing TV commercials and modeling.



Judi Moccia

[judi.moccia@coldwellbanker.com](mailto:judi.moccia@coldwellbanker.com)



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# Summer In Nahant



A collaboration of old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us.



*This summer home was built in 1871 for Dr. Richard M. Hodges by J. T. Wilson at the corner of Pond Street and Nahant Road. Wilson was a well-known builder who served Nahant in many capacities, including Selectman and Town Moderator (1876-1906). The Hodges family typified the values of many of the summer colony, with several generations cherishing their summer home, graced by fine old furnishings. Today pieces from the Hodges parlor are featured in the exhibit, Nahant on the Rocks, in the section called "Making Calls: a Cottage Parlor."*



*Town Hall Building Committee, 1911-1912; L to R: Ellerton James, Samuel Hammond, Lothrop Motley, Judge Southwick, W.T. Hodges, Senator Lodge.*

## Nahant Man Gets Appraiser Appointment

Winthrop T. Hodges of Nahant, has been named by Senators Henry Cabot Lodge and W. Murray Crane as the successor of John Linsee Snelling of Newton, who resigned Tuesday from the office as United States Appraiser. The latter's resignation, which was received at Washington Tuesday by Assistant Secretary Reynolds of the Treasury Department, will go into effect Sept. 1. Senators Lodge and Crane were aware of Mr. Snelling's intention before his formal letter reached the Washington authorities, and it was they who at once recommended the Nahant man as his successor. Winthrop T. Hodges is now chief examiner of machinery at the Boston appraisers' stores in Boston, and is well-qualified to assume the responsibilities of so important a position as the one in which he has been recommended by Lodge and Crane to succeed.

The Washington departmental officials regard the office as a very important one, because of the appraiser's duties in classifying merchandise and fixing valuations. A salary of \$4,000 is attached to the position. Mr. Snelling who has been appraiser since Jan. 30, 1904, says in his letter to Mr. Reynolds that his only reason for retiring from office is his desire to enter private business. He states that he has formed a connection with a cotton commission house and wishes to start work in the early fall on account of certain market conditions. There has been no friction between Snelling and the officials at Washington.

Winthrop T. Hodges was born in Boston 36 years ago. He was graduated from Harvard University in 1889. (Newspaper article, August 1, 1906)

*Hodges men in early 1930s:*

- W. Donnison*
- Hodges, Sr.*
- W. Donnison*
- Hodges, Jr.*
- Winthrop T. Hodges.*
- Gift of W. D. Hodges, Jr.*
- 6-25-2003.*



This wonderful old photo shows Helen G. Hodges, dressed in the proper yachting costume of the day, sailing her dory "Jolanthe" off Clark's Point. A skillful skipper, Mrs. Hodges won many awards over the years. One of them, a cup inscribed with her name and "First Prize, Nahant Dory Club, Ladies Race, September 3, 1904," is a cherished item in the Nahant Historical Society collection.

## SOURCES

**All text and photos provided by the Nahant Historical Society.**

**For more information and pictures, come to the Nahant Historical Society at the Nahant Community Center, on Valley Road, right here in Nahant! Don't get lost!**



Helen Gordon Hodges

# Winthrop T. Hodges

*Scholar • Statesman • Sailor*



Winthrop Taylor Hodges

## Winthrop Taylor Hodges's Journal of his trip on the bark "Sarah" leaving Boston Harbor on July 2, 1887

At seven o'clock in the evening of July 2, 1887, the bark, "Sarah," bound for the Azores and Madeira islands, started down Boston harbor in tow of the "Wm. Sprague." Besides the regular passengers were many friends who intended to return on the tug. At about quarter past eight, the Sprague left us off Boston light amid cheers for "good voyage," "Captain Hale," etc. About this time, the vessel began to pitch a little and several passengers went below. As the swell increased, I began to fear that I should be affected, but as I enjoyed it rather than otherwise, I had courage enough to light a cigar. At about quarter after eleven, I turned in, leaving the vessel sailing at the rate of about six knots before a fair wind. A crowd of Portuguese were jabbering just outside my window all night and this, together with the cackling of hens, prevented me from sleeping very soundly. At half past seven Sunday morning, I dressed and went out to find the vessel under all plain sail, running before a very light wind. Although not feeling sick, I did not dare trust myself to eat breakfast so ate some crackers in my stateroom. Most everyone is sick and as the steward came around and asked each, in turn, if he would not like some baked beans, or fried eggs, every one in hearing immediately rushed to the rail. I am very much surprised at myself for not feeling sick having only felt sick for about ten minutes. I am expecting to be sick later, however. It is now about noon and the mate is working a latitude. The captain has been superintending the stowage of trunks all the morning. There is scarcely steerage way and a long ground swell.

I have eaten a good dinner consisting principally of plumduff and feel better in consequence. It is now four o'clock and I have waked up from an hour nap to find it still a flat calm. The crew is bending the mainsail.

It is now half past six and there has been a thick fog for half an hour. A breeze has sprung up and we are going about three knots an hour. I have been up forward at the heel of the bowsprit and the motion is pretty heavily felt there. It is about eight o'clock and I am going to bed, as it is so wet and unpleasant.



Monday morning the fourth inst I woke up at quarter of seven having slept soundly all night. There is a thick fog and a long roll on. The captain says we are on the northern edge of George's bank. I ate breakfast this morning at the table and about fifteen were there. The captain is the biggest eater I ever saw and is never without a cigar in his mouth. Some gulls

and mother Carr's chickens are following us. At breakfast time a strong breeze was blowing, but it is now dying out. It is now twelve o'clock and I have just been sick. There is a very light breeze, but what there is of it is fair. One of the crew has been pumping for three quarters of an hour, so I guess the vessel is pretty leaky. There was quite an excitement a short time ago by hearing a whistle out in the fog. The captain and mate were shouting out orders. The wheel was shifted and in about ten minutes we could just hear the whistle off in the distance. We have a horn blowing every minute. I am beginning to get my sea legs on and can now walk the deck pretty straight. I ate a good supper and went to bed at eight o'clock it was so wet and cold...to be continued at the Nahant Historical Society. (The "Sarah" was built by Thomson, Stockton, ME, in 1882 - the owner was E.A. Adams, Captain was L.B. Hale in 1882 through 1897. Information found by Barbara Hodges from Mystic Seaport Web on January 26, 2006.)



Calantha Sears and Don Hodges admire the model ship donated by Don Hodges.

**The Nahant Historical Society  
cordially invites you to our Annual Meeting  
Sunday afternoon, April 9, 2006 at 2:00 p.m.  
Serenity Room, Nahant Community Center  
41 Valley Road  
Nahant, Massachusetts**

**An illustrated presentation by  
Courtney Ellis Peckham,  
Curator of the Essex Historical Society and  
Shipbuilding Museum:  
"Three Centuries of Essex Shipbuilding and  
its Place in American History"**

**Learn about Nahant's part.**

**Enjoy our new exhibit about the ship model  
"The Bark Sarah and her Maker"  
Hodges Reference Room**

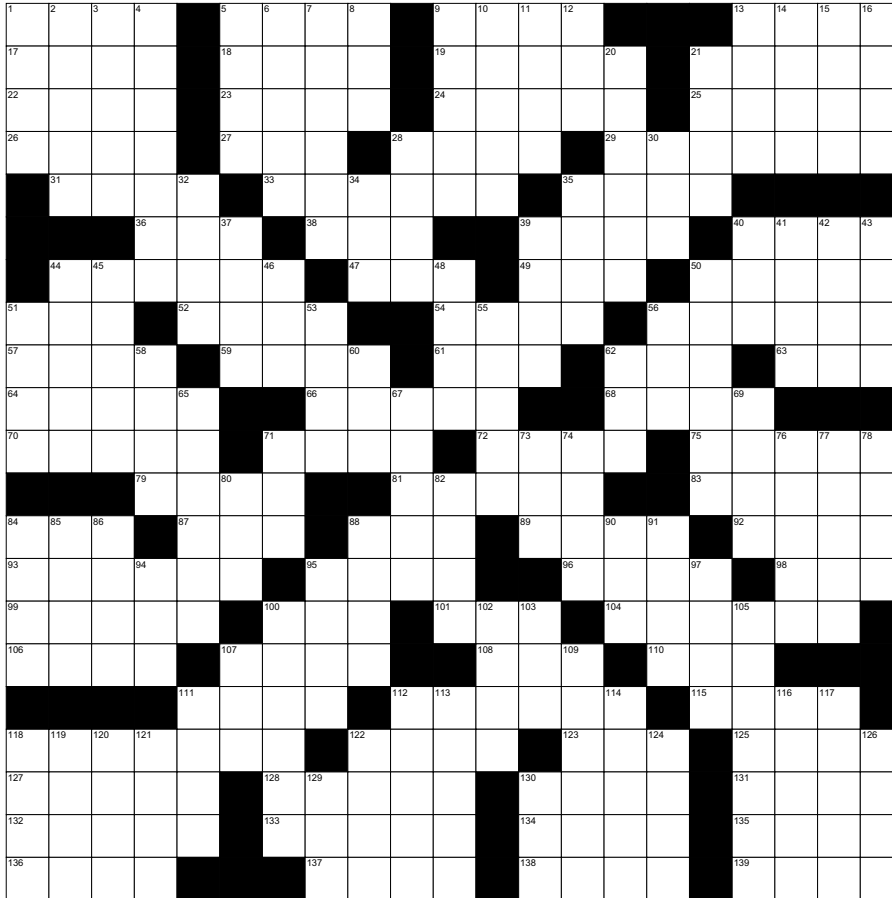
Members' guests and the public are welcome.  
As parking is limited at the Community Center, shuttle van service  
will be available from St. Thomas Aquinas Church parking lot at  
248 Nahant Road between 1:30 p.m. to 4:30 p.m.  
Light refreshments will be served.



**If you have something you would  
like to share on this page, please  
contact the author:  
Summer In Nahant  
c/o Bumper Gooding  
PO Box 5, Nahant, MA 01908  
Or email: sumnerkimball@aol.com**

# NAHANT PUZZLE PAGE

## "Man's Best Friend" by Rick Kennedy



**ACROSS**

- 1 Rice wine
- 5 Ruth familiarly
- 9 Writer Bombeck
- 13 Sacre \_\_\_\_!
- 17 Move a boat by pole
- 18 Crazyed
- 19 Nest noise
- 21 Oozes
- 22 Length x width
- 23 Belief
- 24 Numbers game
- 25 Roof overhang
- 26 Lofty
- 27 Pie type
- 28 Need
- 29 **Rat or Fox**
- 31 Type of knot
- 33 Elocute
- 35 **Great** \_\_\_\_
- 36 Aspire
- 38 \_\_\_\_ **Tin Tin**
- 39 Ruminant
- 40 Otherwise

- 44 Party of 5?
- 47 Wanted poster term
- 49 Tree
- 50 Audibly
- 51 Owned
- 52 Part of UAE
- 54 **Doggy playground**
- 56 Famous blues man
- 57 Ceases
- 59 **When repeated, a Chinese dog**
- 61 Heavens
- 62 **One of LBJ's beagles**
- 63 Compass pt.
- 64 Trigger straps?
- 66 Vietnamese capital
- 68 Shaking fit
- 70 Cote sound
- 71 Impel
- 72 Make a salad?
- 75 Inquire into

- 79 V.P.'s boss
- 81 Dried seaweed
- 83 Broken
- 84 Expression of discovery
- 87 Language suffix
- 88 Bus. bigwig
- 89 Misprint
- 92 Heroic tale
- 93 Six lines in a verse
- 95 **Hungarian** \_\_\_\_
- 96 Italian bread?
- 98 Whir
- 99 **Scooby Snack, e.g.**
- 100 Spiritedness
- 101 Acid
- 104 \_\_\_\_ **Shepherd**
- 106 Org.
- 107 Deprivation
- 108 Help
- 110 Red or Black
- 111 **Dick and Jane's dog**
- 112 Failures
- 115 National capital

- 118 Hang
- 122 \_\_\_\_ **Tzu**
- 123 Imitate
- 125 **Doggy quarry?**
- 127 Part of a Dickens title (2 wds.)
- 128 Endemic
- 130 Samoan capital
- 131 Inactive
- 132 **American** \_\_\_\_ **Spaniel**
- 133 Clean the slate?
- 134 Allows
- 135 **Doggy bane**
- 136 Big Apple stadium
- 137 Nail
- 138 Shaping tool
- 139 Boston or Staghorn

**DOWN**

- 1 Quarrel
- 2 Halos
- 3 Bell stroke
- 4 **Greyhound type**

- 5 Healing substance
- 6 French love
- 7 \_\_\_\_ **Collie**
- 8 Stretch to make do
- 9 Acclaim
- 10 European river
- 11 Baseball glove
- 12 Creative work
- 13 **Karelian** \_\_\_\_ **Dog**
- 14 Israel's son
- 15 Fencing sword
- 16 Cold War participant
- 20 Chemical salt
- 21 Withered
- 28 Half a blink?
- 30 Vane dir.
- 32 Pocket bread
- 34 Langley org.
- 35 Twilight
- 37 Artist Chagall
- 39 \_\_\_\_ Magdalene
- 40 Wapiti
- 41 Clark's Lane
- 42 Phoenix team

- 43 Rim
- 44 Discussion group
- 45 **Martin Crane's terrier**
- 46 Morse code dash
- 48 **With 112 D, Tibetan dog**
- 50 Hurried
- 51 Seasoning
- 53 Danish physicist
- 55 **National dog of Japan**
- 56 **Doggy trick?**
- 58 Sugar \_\_\_\_ peas
- 60 "\_\_\_\_ **the Dog**" (1997 movie)
- 62 Owns
- 65 Avenue
- 67 Stairway post
- 69 Pitchers' stats.
- 71 Wield
- 73 Fall mo.
- 74 **Terrier type**
- 76 Poker variation
- 77 Started
- 78 Cheese made backwards?
- 80 Winter time in MA?
- 82 Churn
- 84 **Classic movie dog**
- 85 Possessive pronoun
- 86 X and Y, e.g.
- 88 Glasses
- 90 **Old Chinese dog breed**
- 91 Mined metals
- 94 **Half a Coonhound?**
- 95 Bug
- 97 Dunking cookie
- 100 **Miniature or Toy**
- 102 Obi
- 103 Mold
- 105 **Old English** \_\_\_\_
- 107 Dispenser of TLC
- 109 Cloaked
- 111 Oracle
- 112 **See 48 Down**
- 113 Lubricated
- 114 **German** \_\_\_\_
- 116 Scoop
- 117 Cargo vessel
- 118 Wood cutting tools
- 119 Beehive State
- 120 Satiated
- 121 Entreaty
- 122 Blemish
- 124 Alleviate
- 126 Gaunt
- 129 Globe
- 130 Wing

## Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Here are the latest subscribers thru March 15th. If you find that you are not on this list, or any of the previous lists, and did send in a subscription, please let me know (donna@nahant.com) and I will update the list in the April issue. If you wish to remain anonymous, please indicate so with your subscription gift.

Many "Thanks!" are extended to Franco and Rose Macera, Henry Dunn, Sara Grimm, Charlotte Grimm, Isabelle Maddock, Frances Casey, Patti Aswad, Lillie Johnson, Cherry Fitch, Dale Cullinan, Jesse and Laura Erlich.

The master mailing list has been updated for the APRIL issue. Subscribers will have their name, or family name, printed on the address label. If you have subscribed and did not receive your personal issue, please let me know. Just drop a note in the Harbor Review box at the Equitable Bank on Nahant Road, or mail it to the Harbor Review, POB 88, Nahant, MA 01908, or send an email to donna@nahant.com. Many THANKS!

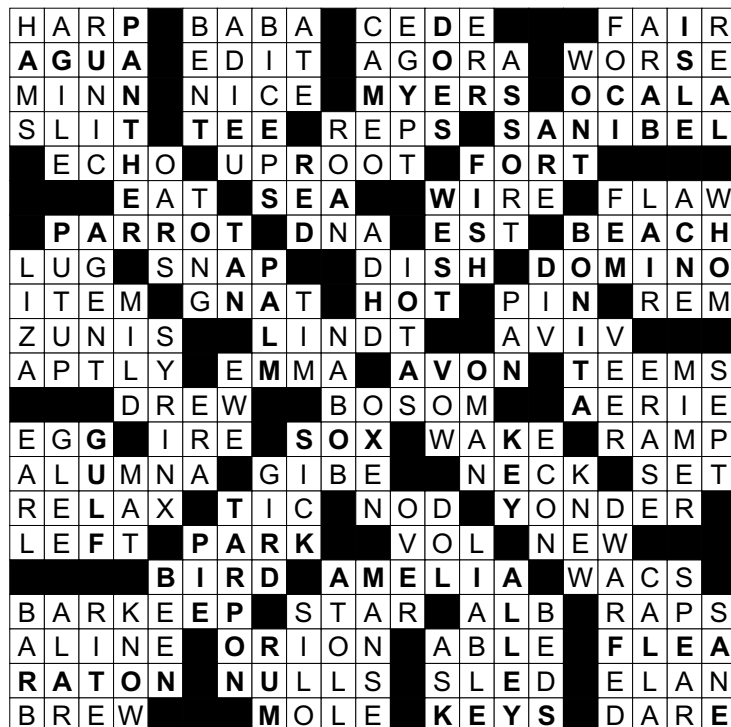
The MAY issue will be delivered by the Nahant Cub Scouts, Troop 50. They will be seeking subscriptions so they can earn funds for their activities. See page one for more details. Please welcome the scouts when they come to the door during the last week of April. Many thanks in advance for all who help by subscribing to the "little paper."

The www.nahant.com website is still being updated. In particular, the Nahant Business Community page will be updated to include emails and web site information of the consistent advertisers in the newspaper. Regular advertisers in the Nahant Harbor Review who have not submitted their updated web site / email information, please send the information by email to donna@nahant.com before APRIL 15th. Thank you very much for your support. Without advertisers and voluntary subscribers there would be no Nahant Harbor Review!

### MARCH 2006 PUZZLE WINNER

There was no winner of the March puzzle. Complete the puzzle and enter the contest for April. You, too, can win FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at Seaside Breakfast.

### This One's for the Snowbirds! by Rick Kennedy



## Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

### DEADLINE INFORMATION for MAY 2006

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.

SATURDAY, APRIL 15th • 5:00 P.M.

Mail Date: Wednesday, APRIL 26th

### STAFF

Owner/Editor:	Donna Lee Hanlon	592-4148
Sales Director:	Suzanne Hamill	592-1263
Assistant:	Mary Lowe	
Proofreader:	Harriet Steeves	

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, Donna Lee Hanlon, Owner, Editor & Publisher.

Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

Anonymously submitted articles and / or letters, 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 **fax**, (781) 581-0158, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop-off box** at the **Equitable Cooperative Bank** on Nahant Road.

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.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation.

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**Help Support Your Community Newspaper**

Many thanks to those of you who had opportunity to send in a subscription last month. The "Thank You!" list is on page 17.

If you haven't already done so, there is still time to renew your voluntary subscription to the Nahant Harbor Review, or to begin a new subscription, for the year 2006. Although the Nahant Harbor Review is FREE to all Nahanters, your voluntary subscription check for \$15 will help defray the cost of mailing to your door. Send name(s), mailing address(es) and \$15 for each subscription of 12 monthly issues, beginning with the January 2006 issue, to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Or, save a stamp! Drop an envelope with your subscription info and check in the black box on the Teller's counter in Equitable Bank on Nahant Road.

**Nahant Community Classified Ads Page**

Advertise your yard sales, moving sales, car and boat sales, apartment rentals, personal messages, birth announcements, memoriams, holiday and birthday greetings in the MAY 2006 issue of the Nahant Harbor Review!

Fill out the form below, cut out and mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.....OR..... Save a stamp! Take the envelope to the Equitable Cooperative Bank on Nahant Road and drop it in the black box on the Teller's counter. Payment must be included with the form and made payable to Seaside Business Services.

Photos will be returned if accompanied with a self-addressed, stamped envelope.

**Deadline for the MAY issue is SATURDAY, APRIL 15th.**

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Photo Enclosed? \_\_\_\_\_

Ad Size: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Print Message (or attach to form): \_\_\_\_\_

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**Price List**

One column wide by	
1" box	\$12.00*
1.5" box	\$18.00*
2" box	\$24.00
2-1/2" box	\$30.00
3" box	\$36.00
Two columns wide by	
1" box	\$24.00*
1.5" box	\$36.00*
2" box	\$48.00

\*Text Only

For more info., call Suzanne at 781-592-1263.

# Community Calendar • APRIL 2006

To have your event listed on the Nahant Community Calendar, please mail note, letter or postcard to: Community Calendar, Nahant Harbor Review, PO Box 88, Nahant, MA 01908 or email: [donna@nahant.com](mailto:donna@nahant.com)

## APRIL

SUN	2		Daylight Saving Time Begins
SUN	2	10:30A	Communion Worship Service and Sunday School at NVC
WED	5	3:00P	David Polansky's Family Cabaret at the Library.
FRI	7	8:00A	Carter Smith at Breakfast at NVC.
SAT	8	7:00P	Periwinkle Preschool Spring Fling. Till midnight.
SUN	9	10:30A	Palm Sunday Worship Service and Sunday School at NVC
SUN	9	2:00P	Historical Society Annual Meeting. Nahant Community Center. Serenity Room. Ellis Peckham speaker.
SUN	16	10:30A	Easter Sunday Worship Service / Sunday School at NVC
TUE	11	10:30A	Woman's Club meeting. Becky Richardson's home.
TUE	11	7:30P	Youth Soccer meeting at K of C.
WED	12	NOON	Girls Inc. Luncheon at Danversport Yacht Club.
WED	12	Sundown	Passover begins at sundown.
THU	13		Passover
FR	14		Good Friday
SAT	15	Midnight	Winter Parking Ban ends.
SAT	22	8:30A	Birding Field Trip. FMI call Linda P. at 781-581-1114.
SAT	22		Earth Day
SAT	22	9:00A	Birding Field Trip with Linda Pivacek. 781-581-1114
SUN	23	10:30A	Sunday Worship Service and Sunday School at NVC
SUN	23	3:00P	Tom Sheehan at the Library.
WED	25	7:00P	Dr. Patrick Ewanchuk, N.E. Salt Marsh at Northeastern
THU	27	Noon	Garden Club Arbor Day meeting at NVC.
FRI	28		Arbor Day
SAT	29	8:00A	Town Meeting & Election Day. Polls open till 8:00 p.m.
SUN	30	10:30A	Sunday Worship Service and Sunday School at NVC

## MAY

MON	1		Library Book Sale begins during regular hours.
FRI	5	5:00P	Deadline for Scouts Subscription Drive Fundraiser
SAT	6		Little League Opening Day.
SUN	7		Library Book Sale ends during regular hours.
SUN	7	4:00P	Photo Exhibit, Gary Stanley, Fish House, Swampscott. Till 8:00 p.m. Wine and cheese served.
SUN	14		Mother's Day Breakfast by the Lions at the Country Club
SAT	20	9:00A	Spring Plant Sale at Nahant Life-Saving Station.
SAT	20		Lions Golf Tournament
SAT	27	9:00A	Nahant Arts Celebration at the Nahant Community Center.

School Committee meetings are held on the 2nd and 4th Tuesdays of each month. Meetings start at 7:00 p.m. and are held at the Town Hall.  
School Council Meetings are held on the 3rd Tuesday of each month. Meetings start at 6:30 p.m. and are held at the Johnson School.

**Starting in 2007, the United States will have new dates for Daylight Saving Time:** Daylight Saving Time will begin on the second Sunday in March (2007), at 2:00 a.m., local time. We will return to standard time on the first Sunday in November (2007), at 2:00 a.m., local time.

NHT and HOOMPA Stickers are available FREE at the Nahant Cleaners. Compliments of Rob Scanlan.

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).

The **American Legion** meets on the first Tuesday of every month, at 7:00 p.m., at the American Legion Hall, 5 Coolidge Road, in Nahant.

**Public Library Hours**  
**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.  
**781-581-0306**

## EMERGENCY MANAGEMENT

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

## In Remembrance of John Osbahr

1925-2006

by a devoted friend

He lies quietly in repose, folded hands at rest  
Hands that held his mother's finger as she held  
him at her breast  
Hands that guided brother and sister in the  
absence of a Dad  
Always finding good in people, no dwelling on  
the bad  
Hands that held a woman, beginning a new life  
The same two hands that manned a gun, during  
war and strife  
Hands that held his children tenderly in his arms  
The ever-protecting father, keeping them from  
harm  
His work here now is over, a job well done  
A new Journey started, another adventure  
begun

Got a story, poem, or photo to share with  
your neighbors? Email it to  
[donna@nahant.com](mailto:donna@nahant.com), or mail to Editor,  
PO Box 88, Nahant, MA 01908.

## Nahant Village Church

Join us for Worship  
Service & Sunday  
School on Sundays  
at 10:30 a.m.



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