



# 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.*

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14th Birthday of the Nahant Harbor Review

MARCH 2007

## Nahant's Carter Smith Exhibits at Fuller Craft Museum



Carter Smith, Shibori Fabric Installation, January 20 thru May 6, 2007, Fuller Craft Museum. See story on page

### Rep. Steve Walsh's Office Hours

State Representative Steve Walsh will be holding office hours, at the Nahant Town Hall, on Friday, March 30th, from 9:00 to 11:00 a.m. Representative Walsh hopes that his constituents will stop by at that time to discuss issues of concern, or just to say hello.

As always, if a Nahant resident has a matter to discuss with the Representative and is unable to attend the office hours, feel free to call Representative Walsh at his State House office at anytime at 617-722-2017, or email him at Rep.StevenWalsh@hou.state.ma.us.

For more information on the office hours, or to set up a meeting during that time, please call Representative Walsh, or Lainey Titus, at 617-722-2017.

## Open Space Committee Sponsors Conservation Restriction Workshop on March 6th

The Nahant Open Space Committee will be holding a workshop on Conservation Restrictions, on Tuesday, March 6th, at 7:30 p.m., at Town Hall. This is an opportunity for landowners, Town officials and others to learn about an important tool for preserving the natural resources, open space and scenic value of our Town. We hope you can join us, especially, if you are seeking ways to protect land that you love, or are concerned about the rapidly-changing landscape of Nahant.

Workshop speakers will include: Charles Wyman, Land Protection Specialist, Mass. Audubon Society; David Santomenna, Director of Land Conservation, Essex County Greenbelt Association and Douglas Muir, Atty., specialist in conservation restriction strategies, Garrity, Levin & Muir.

Recent federal tax law changes make 2007 a particularly good year in which to donate a Conservation Restriction. If you have thought about preserving your land from development, now may be a good time to act. We hope that you will join us, to hear more about this option, on Tuesday, March 6th at Town Hall.

Doors open at 7:00 p.m. The presentation will begin at 7:30 p.m.

## Annual Town Meeting and Election Day is Saturday, April 28th

The Annual Town Meeting and Election will be held on Saturday, April 28th. Nomination Papers for elected officials are available in the Town Clerk's office at the Nahant Town Hall. Prospective candidates may pick up papers during regular office hours. Papers, completely filled out with 32 signatures, must be returned to the Town Clerk no later than Monday, March 12th at 4:00 p.m.

**WHAT'S GOING ON AT THE BAYSIDE?**  
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### Winter Parking Ban

Winter parking ban for all residents is in effect through April 1, 2007, from midnight to 6:00 a.m.: no on-street parking is allowed. Residents may apply, in person, for an on-street parking waiver at the Nahant Police Station. The fee is \$30 and is non-refundable, should the police disallow the waiver.

All cars must be removed from the street during snow emergencies, including those with a waiver, or cars will be ticketed and towed.

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## Blues Night will be Red Hot

March 10th will be the hottest night of the year, at least at the Nahant Country Club.

On Saturday, the 10th, Blues Night returns. This year's band will be bigger and harder-working than ever, with members of Mojo Slim, the ACME Blues Band and special surprise guests.

It all starts at 8:00 p.m. and goes until midnight. Tickets will be available at the door and will be \$10 for Country Club members and \$15 for non-members.

Come and dance, drink and have fun with your neighbors. You'll even be helping a good cause; it's a benefit for the Johnson School PTO. Blues Night is always one of Nahant's most popular events. So don't miss it.

Submitted by John Welsh

## Nahant Woman's Club News

The Nahant Woman's Club will meet at the Nahant Public Library, on March 13th, at 10:30 a.m., for coffee and sweets. Library Director, Dan deStefano, will give a talk on Agassiz, the world-famous 19th-century naturalist and zoologist, entitled, "New-World Science, Old-World Belief." Agassiz and his wife, Elizabeth Cary Agassiz, summered for many years on Cary Street in Nahant. Dr. Agassiz did a great deal of research from the shores and waters of Nahant.

In addition, the Radcliffe Women of Nahant (many of whom are members of the Woman's Club), will give a brief presentation on Mrs. Agassiz, the first president of Radcliffe College, who is known as "the Woman Who Got Women Into Harvard." The timing seems perfect for this presentation, now that Harvard has appointed its first female president, Drew Gilpin Faust, current Dean of the Radcliffe Institute for Advanced Study.

This year marks the 100th anniversary of the death of Elizabeth Cary Agassiz and the 200th anniversary of the birth of Louis Agassiz.

Non-members who are interested in attending this event, may call Marrit Hastings at 581-5691, or email: calhast@hotmail.com, or Linda Jenkins at 581-0660, or email: nahantenterprises@hotmail.com.

## Rob Scanlan, CMS/MMS/ACMS

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## Breakfast at the Seaside from 6:30 to 11:00 AM

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## Happy St. Paddy's Day!

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## 2nd Annual Beach Clean-Up and T-Shirt Slogan Contest

The beach season is right around the corner, so plans are in the works for the second annual beach clean-up, sponsored by the Nahant Woman's Club and the Town of Nahant. The clean-up will take place on Saturday, June 9th, so save the date! Plan on bringing your family and friends, young and old, to help clean up your favorite beach. There will be a free lunch at the end. Students can earn community service credit hours.

Participate in the Slogan Contest for this year's Beach Clean-Up T-shirts. Anyone living in Nahant is eligible to participate; but to be considered, entries must be received by Marrit Hastings, 42 Nahant Road (calhast@hotmail.com), no later than April 30th. Richard Nagle submitted last year's winning slogan and T-shirt design "Hooked on Clean Beaches."

We cordially invite individuals, Town committees and community organizations to pitch in, to help remove tons of trash from our beaches, as was done last year. Financial sponsors are being sought, to help defray expenses.

We are still "hooked on clean beaches" and look forward to your active participation and support, in making the second clean-up an even greater success. Stay tuned for further details, in future editions of the Nahant Harbor Review, or call Linda Jenkins at 581-0660, or Marrit Hastings at 581-5691 to learn more.

Mark your calendars for June 9th!

## A Celebration of one of Nahant's Treasures: the Nahant Harbor Review

Donna Lee Hanlon, founder, owner and Editor of the Nahant Harbor Review, will be the speaker at the Friday, March 2nd breakfast at the Nahant Village Church. The Nahant Harbor Review is celebrating its 13th anniversary and it is cause for celebration. Please join us to honor Donna and thank her for all that she has done and continues to do for the Nahant community.

The free breakfast start at 8:00 a.m. with the presentation to follow at 8:30. For more information, call Cal, or Marrit Hastings at 581-5691 (calhast@hotmail.com).

Submitted by Marrit Hastings.

## Gliding Through the Winter at Lynn Connery Rink

Ice Skating Classes are offered for children and adults ages 4 ½ and up. Whether you are a beginner skater, or know how to skate but want to have fun, improve skills and learn something new, this class is the one for you. The learn-to-skate programs are for boys, girls and adults who wear either figure, or hockey skates.

At the Lynn Connery Rink, on Sheppard St., off the Lynnway, classes are held on Sundays at 1:40 p.m. Instructors are professional and patient!

Lace up your skates for the "glide" of your life.

For more information on these classes, or those held at 3 other rink locations call: (781) 890-8480, or register online at [www.baystateskatingschool.org](http://www.baystateskatingschool.org)

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## April Fool's Day Concert at Nahant Public Library

The Friends of the Nahant Public Library will celebrate spring with a special concert, featuring Violinist Gerry Mordis and Pianist Marina Gendel, on April Fools' Day, Sunday, April 1st, at the Ellingwood Chapel, at 7:00 p.m.

Mordis and Gendel have offered concerts in previous years, usually during Hallowe'en. This year's change of season gives the musicians a chance to showcase more of their repertoire and an opportunity to display their great humor.

Mordis, a resident of Nahant, has played with the Boston Pops Orchestra, the Boston Ballet and the Opera Company of Boston. Gendel is a pianist at the Boston Ballet. Both musicians are well-known in greater Boston.

As with all concerts given by the Nahant Public Library, there will be no charge for admission, and all are welcome.

## The Female Pavarotti: Soprano Ruth Harcovitz

Come one, come all to the Nahant Town Hall on Tuesday, March 13th, at 1:00 p.m., to hear a very special singer. Ruth Harcovitz, a graduate of the New England Conservatory, is an opera singer. She studied in Europe at the Vienna Academy of Music. Upon her return to the United States, she was engaged by the Santa Fe Opera, the Opera Company of Boston and Opera New England.

Ice Cream and cake will be served in the Tiffany Room.

This program is sponsored by the Nahant Cultural Council, a local agency of the Massachusetts Cultural Council.

## SWIM Meeting Notices - Everyone is Invited

SWIM Earth Day Planning Committee - Monday, March 12th, 7:00 p.m., at Town Hall - A planning session for May 5th, "Earth Day Fiesta on the Beach." Please come help!

Mark Cullinan, Nahant Town Administrator, will talk to SWIM members, Nahant citizens and friends about the work of the Metropolitan Beaches Commission and what it means for our Causeway, Long Beach, at SWIM's March meeting, to be held on Monday, March 26, at 7:00 p.m., at Town Hall. Mark will also tell us about other work Nahant is doing to help protect the environment.

Earth Day Fiesta on the Beach - Saturday, May 5, 11:00 a.m. to 4:00 p.m., Coast Guard / Nahant Life-Saving Station and Short Beach. Fun for kids and adults, activities, music, food and merriment. Sponsored by SWIM. For more information, see Julie Arnold's article and call her at 781-592-4514.

## Nahant Garden Club

The Nahant Garden club will start its 2007 season at the Nahant Village Church, at Noon, on Thursday, March 22nd. Mary Jane English will be our Hostess. Our Guest speaker, Suzanne Mahler, will present a slide program, "Perennial Color," illustrating perennial flower gardens and their colors throughout the seasons.

Suzanne is past President of the New England Daylily Society. She grows more than 100 named varieties of hosta and more than 600 varieties of daylilies. Mahler Gardens is designated a National Display Garden, for the American Daylily Society and is open to the public, dawn to dusk, during the month of July. She writes a weekly gardening column, "Green Thumbs Up," for the South Shore Mariner newspapers. These are just a few of her accomplishments. What a great way to begin our new year, with spring just around the corner. (I hope)

Mark the date: From March 17th through March 25th, the Massachusetts Horticultural Society Spring Flower Show will be held at the Bayside Expo in Boston. This is a wonderful sight to take in, to learn about new plantings and to see a judged Flower Show. Our own Marie Ford has entered and won many times. Hope you can make it.

Submitted by Carmella L. Cormier, Publicity Chairman

## Homes Wanted

Home(s) are sought in Nahant, for two AKC-registered Bearded Collies. Four-year Dior, male, and sister, Oletta, are house- and leash-trained, affectionate, love runs on Doggie Beach and grooming. Three other dogs from the same Bearded family are On Island, so playdates can be arranged.

Call Kathryn, 781-595-5054, for an introduction to the owner/breeder, who's had to close her kennel and find homes for her Beardies.

## Basic Coastal Navigation

Learn Basic Coastal Navigation; This 7-lesson, 8-week course will start on Tuesday, March 27th, and will meet on Tuesday evenings from 7:00 to 9:00 p.m., through May 29th, 2007, at the Marblehead High School. Registration will be held at 6:45 p.m., on March 27th, prior to the beginning of the first class.

This class is sponsored by the USCG Auxiliary's Marblehead Flotilla, who are trained and certified instructors. This course provides recreational boaters with basic knowledge of coastal navigation; the cost is \$90 for text and charts. The USCG Auxiliary, the civilian group of the United States Coast Guard, is a public service organization, dedicated to boating safety and education.

Learn how to navigate. For more information on this class, or for membership, please call 781-599-7444, or visit <http://a0130403.uscgaux.info/>

Submitted by Bob Cusack

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## Lenten Study at the Nahant Village Church

During Lent - the 40 days before Easter - members and friends of the Nahant Village Church will gather on the Wednesday evenings in March, for Soup Supper at 6:30 p.m. and for a study of basic "Questions of Faith," from 7:00 to 8:00 p.m., in Swansburg Hall, at the Nahant Village Church on Cliff Street.

The study will include a discussion of the following questions: "Who is Jesus?"; "What's the use of the Bible?"; "Who's got the truth?"; "How do we right the wrong?"; and "What gives you faith?"

The first half-hour of each study will include a video, featuring leading Protestant, Jewish and Roman Catholic clergy, as well as psychotherapists, Old Testament scholars, evangelists, preachers and sociologists. The second half-hour will be devoted to discussion and sharing of our own understandings.

For more information, or to sign-up for Supper and/or the Study, please call Rev. Larry Titus at 781-581-1202, or e-mail him at pastor@nahantvillagechurch.org

## A Gospel and Jazz Brunch

On Saturday, March 10th, from 11:00 a.m. to 3:30 p.m., the Follow Hymn Music Ministries will hold their fourth annual Gospel and Jazz Brunch, featuring the soulful sounds of The Herman Johnson Quartet and Fred Williams, saxophonist extraordinaire, with a special appearance by the Kipp Academy Lynn Children's Chorus, the Follow Hymn Interfaith Choir and Tony Gallo, a jazz, R&B and pop singer of the male "saloon singer" class at Angelica's Restaurant, on Route 114 in Middleton, MA.

The Herman Johnson Quartet performs frequently in the Boston area at Slade's, Bob, the Chef's and Ryles. Fred Williams played saxophone with Jack Benny, is well known on Basin Street and has a national reputation for jazz and big band sounds. Tony Gallo performs regularly at Ryles Jazz Club, in Cambridge, and The Acton Jazz Café.

The Follow Hymn Music Ministries is committed to promoting cultural enrichment, spiritual uplifting, multicultural education and community experience utilizing gospel, spiritual and inspirational music. It is also committed to using the power of music through song, movement and spoken word, as a tool to bridge cultural gaps and provide greater understanding and awareness of all people. The Follow Hymn Interfaith Choir is comprised of men and women from a diverse set of religions and ethnicities, that join together in song. Members come from Lynn, Swampscott, Marblehead, Topsfield, Salem and other North Shore Communities.

The cost for the brunch is \$40 per person. For information and tickets, please call Virginia Makkers, at 781-321-2052, or Doreen Murray at 781-953-1849.

Submitted by Alvah Parker, 781-598-0388

## Marian Court College to Give \$4,000 in Scholarships to Essay Contest Winners

Marian Court College, in Swampscott, will be hosting an essay-writing contest and awarding over \$4,000 in scholarships to four winners. The Essay Scholarship Challenge will take place at an open house on Saturday, March 3rd, 2007, at Marian Court College, 35 Little's Point Road, in Swampscott, between the hours of 10:00 a.m. - 1:00 p.m.

Anyone who has already applied, or who fills out an application at this event, (there is no application fee) to start college at Marian Court, in the day division, in September 2007, is eligible to participate in the challenge. A choice of two topics will be announced and participants will be given 30 minutes to write their essays. The essays will later be evaluated by a panel of faculty and the winning essays will be selected.

The first-, second-, third- and fourth-place winners will receive a \$2,000, \$1,000, \$750 and \$500 scholarships, respectively.

"We are always interested in finding creative ways to supplement need-based financial aid, to help make college even more affordable to our students," said Laurie White, Dean of Academic and Student Affairs. "The Essay Challenge gives us a chance to offer students additional financial assistance."

As part of the financial-aid workshop, financial-aid specialists will be on hand, to help students tackle the sometimes tricky issues surrounding financial aid. "If students would like to bring their own and their parents' completed federal taxes for 2006, or even estimates, we will help them complete the FAFSA (Free Application for Federal Student Aid)," said Melissa Foye, Director of Financial Aid. "Students will also be able to fill out forms for Marian Court-sponsored financial aid."

To register for the event, students can call 781-309-5240, or email the admissions office, at info@mariancourt.edu.

## Red Hot: LynnArts Annual Fundraiser Auction and Wine-Tasting

LynnArts hosts its annual fundraiser, a RED HOT Auction and Wine-Tasting, on Saturday, March 10th, from 7:00 to 10:00 p.m. The benefit supports art, artists and cultural programming in Greater Lynn. More than 60 artists have donated original art for auction (See last paragraph for a partial list by town.) Nearly 100 businesses from Boston, the North Shore and beyond, have given items and services. Live music performed by Julio Bare. Passed hors d'oeuvres.

Proceeds help LynnArts provide no- or low-cost classes, community activities, studio space and exhibition and performance opportunities. Preview art for auction in the Willow Community Gallery at LynnArts and online at [www.lynnarts.org](http://www.lynnarts.org).

RED HOT is sponsored by Willow Laboratories and St. Jean's Credit Union. Tickets are \$35 or \$25 for members. Call 781-598-5244. LynnArts is located at 25 Exchange Street in Lynn.

Contributing artists by city/town include: From Lynn: Donna Baldassari, Jeff Fioravanti, Dominick Takis, Robert Farris, Margaret Mekalian, Raymond Gilbert and Jocelyn Almy Testa. From Nahant: Corey Corcoran and Norman Laliberte. From Swampscott: Marilyn Cloran, Richard Cloran and Robin Samiljan. From Salem: Sara Ashodian. From Marblehead: Kirsten Bassion, Dick Buckley, Pat Flaherty, Michael Haley and Susan Kauder. From Beverly: Marcia Hermann, Alicia Hansen, Mia Nehme and Maureen Quinquis. From Peabody: Yetti Frenkel. From Winthrop: Beverly Brody Barisano and Frank Costantino.

Submitted by Steve Negron, Director, Lynn Arts

## March at LynnArts

Through March 2: Catch the last days of Works on Paper, an exhibition of photos, drawings, collages and paintings by over 30 artists, on display through March 2nd.

You have only a couple of days to get in an early-bird bid for LynnArts annual RED HOT Auction. The work for sale is on display in our Willow Community Gallery through March 2.

March 10- April 20: Art As Process, a show about art, in which the process of making it, is considered more important than the artwork produced. In the Time Warner Gallery. Metamorphosis: A Dick Buckley Retrospective, in the Willow Community Gallery. The Opening for both shows is Saturday, March 17th, from 2:00 to 4:00 p.m.

Registration forms are now available for vendor booths at the "Meet Me Downtown Festival of the Arts," to be held on Saturday, August 4th, from 11:00 a.m. to 4:00 p.m., in Lynn's Central Square. Forms can be downloaded from the LynnArts website: [www.lynnarts.org](http://www.lynnarts.org). Submitted by Steve Negron, Director, Lynn Arts

## Results of Library Survey

When one conducts a survey, the expectation is that those who will reply either like what you are doing, or hate it. To couch this in more mathematical terms, the surveyor will be more likely to hear from either end of the Gaussian curve, but not the middle. That means that most people will not answer a survey at all.

The returns of the Nahant Public Library's survey, regarding services to children, follow this predictable pattern. We received only nine returns, of 2,200 forms distributed. One of these returns answered only one of the survey questions, and so was useless for the Library's purpose. The remaining eight offered suggestions within the context of the survey questions and so, provided a useful, if small, degree of input. Eight returns of 2,200 is not statistically significant, unless you are one of the eight, but some cooperation is better than none!

All respondents agreed that they like weekly story hours in the morning, but lacked consensus as to which morning. All respondents are residents of Nahant and five of eight did not want children to sign-in for story hours. As one might expect, suggestions as to the kind of programs we might offer varied greatly, leading us to believe that a variety of programs for children is the best course. Thank you to those who responded.

Submitted by Daniel A. deStefano, Library Director

## K of C Steps to the Plate for Nahant Little League

The Nahant Knights of Columbus presented a check to Joe Marini, Director of the Nahant Little League, to be used for its upcoming season. The donation was made from the T-Boy LeBlanc Charity Fund, which supports Nahant Youth groups and activities.

In addition, the Nahant Knights will be sponsoring a Little League team for the 2007 season.

The Nahant Knights holds its Council meetings the first Wednesday of every month, at 8:00 p.m. Grand Knight, Scott Greives, encourages all members to participate in the monthly meetings.

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Submitted by Daniel A. deStefano, Library Director



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## Eat Every Four Hours to Lose Weight

Submitted by Sallee Slagle, Director, Dance Dimensions

We were often taught that you shouldn't eat between meals. Well, research is telling us, now, that those long hours between meals may be making it more difficult for us to lose weight. Metabolism will slow down if we don't eat often enough. If your body is without food for four hours, it begins to suppress calorie-burning, to conserve energy, until the next meal. So it now seems that snacking can help us lose weight, if we do it wisely. We want to keep our metabolisms high, so we are burning more calories all the time. Remember, that as we age, our metabolisms naturally slow down, at a rate of about 5-10%, every 10 years, which could mean a gain of 5 pounds each decade, if we are not mindful.

Okay, so you should add healthy snacks to fill in the long gaps between meals. Snacking can help keep your blood sugar levels from dipping too low. When these levels drop, we feel tired, distracted and crave foods that are often unhealthy. Even if you are dieting, you should plan snacks, as part of your daily food plan. Keep the cravings from luring you off your diet and keep the calorie-burning high, all through the day. Everytime you eat, your metabolism will increase, as it takes energy (burns calories) to digest food.

Lets look at healthy snack choices. Donut vs. apple. Muffin vs. yogurt. These choices may seem obvious, but even "healthy" snacks are deceiving. Power bars are often more like a glorified and well-marketed candy bar. Avoid refined sugar and flour type snacks, as they are empty calories. Look for whole grain, or better still, snacks are a perfect time to increase your daily fruit and vegetable servings. A piece of fruit may also be sweet, but is a source of vitamins, anti-oxidants, minerals and healthy fiber. If you find fruits just don't handle the hunger pangs, add a small amount of protein, like a handful of almonds, peanut butter on apple slices, carrot sticks with humus, celery filled with low-fat cream cheese. Try yogurt sprinkled with a handful of granola. Check labels. There are many "healthy" snacks available, but read the labels and watch for added sugars, corn syrup, fructose, etc. Better to add your own sweetness with fruit, or even a little honey, which also has many healthy benefits.

Sugary drinks are also added calories, without added nutrition. Diet drinks have questionable chemical substitutes. Water, plain or sparkling, is still your best choice. Avoid the sweetened coffee drinks, too! The calories are often higher than you think. Caffeine and sugar can both be addictive and leave you craving more.

Keep snack calories between 100-200 calories and only 2 to 3 times a day, ie. mid-morning, mid afternoon, and evening. If you are active, the extra 400-600 calories are easily burned; if you are sedentary, try to keep snack calories lower, say 300-400 daily. Prepare, or keep in stock, your healthy choices to avoid slipping up with unhealthy choices, when healthy alternatives are not available. Watch out for mindless grazing. Don't leave the larger bag open and reach in. Take out only the amount you intend to eat and put the rest away!

If snacking between meals is so important to keeping your metabolism running high, then definitely, do not skip meals! The most important meal of the day is breakfast. It is proven that those who eat breakfast have a higher-than-average metabolism, compared with those who don't.

So don't skip any meals and use healthy snacks to keep the fuel burning throughout the day. When food seems scarce, the body conserves and burns calories more slowly. So make healthy choices and keep burning those calories all day long.

## Letter to the Editor

My family and I thank the Nahant Lions Club, for honoring my husband, Bob, with a Melvin Jones Fellowship. Bob was a member and Secretary-Treasurer of the Nahant Lions Club for nearly 27 years. His loyalty to the Club, Nahant and District 33-N projects over the years, brought him much pleasure and fulfillment. At this first anniversary of his death, we are still meeting folks who have good memories of him, which we all share. His happiness in Lionism has transferred to his granddaughter Aimée and myself, who are members of the Shoe City Lions Club of Lynn, which I was instrumental in chartering, following my long membership in the Wyoma Lioness Club. Once again, we thank all Lions for giving Bob this most prestigious award, to honor his membership in the Nahant Lions Club.

—Virginia, Jeff, Aimée and Aodhán Meuse



## Q & A with NSPT: Tennis Advice

*Q. I am a 68-year old tennis player and have played three times a week for many years. Do you have any suggestions to keep me from becoming injured, as I get older?*

A. Your question is excellent. All ages and levels of tennis players are susceptible to injuries. Some common tennis injuries are tennis elbow (lateral epicondylitis), Achilles tendon tears, or ruptures, ankle sprains, back injuries and plantar fasciitis.

Some basic advice to avoid injuries such as these and others are as follows:

Warm-up and stretch adequately before and after playing. Warming-up is important, as you don't want to use, or stretch, cold muscles. You can warm up by walking for 5-10 minutes, or jogging in place for a few minutes and then stretching slowly and gently. It is a good idea to have an individual stretch program set up for you by a tennis pro, a physical therapist, or a personal trainer. They will know what specific muscles are important to stretch for the game of tennis and for your needs. Don't forget to also cool down and stretch after the game.

Always wear supportive, well-fitting tennis shoes. Be sure you wear the correct shoes for any sport. The right shoe will help you avoid ankle sprains and plantar fasciitis (an overuse injury of the bottom surface of your foot). Replace your shoes frequently, before they wear out or lose their cushioning.

Drink plenty of water before, during and after you play. Drinking a sensible amount of water will help avoid stiffness and cramps. (Bring a liter bottle and drink as much as your body seems to need.) Dehydration can result in hospitalization.

Take a tennis lesson. Tennis elbow is an overuse injury that happens frequently to people who do not play tennis. According to the American Academy of Orthopaedic Surgeons (AAOS), it can happen in any age group and affects about half of the people playing racket sports. It generally starts slowly, often as a burning pain on the outside of the elbow. It affects the tendons that attach to the muscles that lift up the wrist and hand. Seek medical help early, if your elbow pain persists. A tennis instructor can help you decide which racket is the right one for you and whether you are using your racket correctly. The AAOS recommends doing gradual stretching for the wrist, starting backhand swings from your shoulder and avoiding placing your thumb behind the racket grip. Keeping your arm bent during forehand and service shots will help to transfer the force to your biceps and shoulder.

Use proper body mechanics when playing. The AAOS also offers some helpful tips on body mechanics. They recommend landing on a flat foot, rather than on the ball of your foot, in order to avoid injuring the Achilles tendon. Avoid arching your back excessively when serving, or doing overhead shots. Instead, bend your knees and raise your heels so that your upper body weight is evenly balanced over your heels. While playing, keep knees flexed to anticipate movement. Let the ball go, if it is out of reach (don't lunge for it).

Try to avoid playing on hard courts such as cement or asphalt. Too hard a surface can cause lower back and Achilles tendon injuries. If playing on clay, or grass, make sure the court is properly maintained. The surface on which you stand, walk, run, or play sports, is very important.

More and more people are staying active longer and leading more healthy lives with improved mobility and balance. Keeping the above suggestions in mind, will help you avoid injury. If you do get hurt, see your physician and discuss whether a physical therapy consult is in order.

Please feel free to submit questions to us at any time about musculoskeletal problems. Put them in writing and either leave them at the Council on Aging front desk, or mail them (or drop them off) to us at NSPT, c/o Fawn Anderson, 1 Widger Road, Marblehead, MA, 01945.

## Sinus Problems?

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Submitted by Tabatha Kempton, Esthetician.

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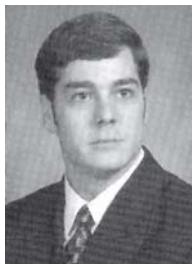
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## Save It Before You Lose It!

By William G. Letourneau



Most people, at one time in their lives, have lost something important to them. With the growth of technology stronger than ever, we find ourselves storing digital data, with less and less care. People take for granted the fact, that their computer's hard drive (where the data is stored) could fail at any time. The end result is losing your photos, music, stored email and any other important files, forever.

There are several simple solutions implemented, ensuring that your data remains obtainable. First, you need to know how to save your files to a location, other than the default. Secondly, you need a separate, internal or external, storage medium, to save

your files to.

Although you may have a new computer and think the hard drive will never fail, you should definitely consider a data-backup system. The small amount of money you spend on such a system will protect your valuable data indefinitely. You never really know how valuable your data is, until it is lost forever. Back it up while you still can!

## A Nahant Memory from a High School Basketball Star: Philip "Sleepy" Gallagher

The current "Memories of Mid-20th Century Nahant" project was originally generated from an idea sent to the Nahant Historical Society, late last summer, by Gene Kroner, a former resident, now living in Weston. Gene remains a Nahanter in spirit, remembering especially wonderful summer days, while growing up here. Anne Coté, who is a board member and curatorial volunteer, took on the Memories project with zest. She knew that wonderful stories, from that time, would appeal to Harbor Review readers. All the "Memories" articles that you see in the Nahant Harbor Review are because of her hard work in contacting many people, who are sending in their delightful reminiscences.

Brr! It is cold outside. Let's warm up and get going. Send in your memories, too, by mailing them, via surface mail, to Nahant Historical Society, 41 Valley Road, Nahant, MA 01908. You can also email them to [info@nahanthistory.org](mailto:info@nahanthistory.org). We also encourage photographs, or other memorabilia. Arrangements can be made to copy and return originals to you. For inspiration, see the following memories from Philip "Sleepy" Gallagher, who has lived in Boca Raton, Florida, ever since he graduated from English High School. He returns to Nahant every summer:

"One of my favorite memories was "Pool Hopping," with Fred Lessor, Bill Hurd, Pat O'Connor, Jon Knudsen, Jack Ward and Jack Bradley. Several of these friends graduated from Nahant in 1951. One of the pools was the Cary Street Club. I loved Nahant for the ocean, and the waves hitting the rocks at Forty Steps Beach area. I'll always remember the 20-inch guns going off in WWII, shaking the land. The convoys were leaving Boston on the way to England, in the 40's, when I was very young."

Submitted by Anne Deluca Coté, Chairman, Memories of the Mid 20th Century Project, Nahant Historical Society

## Summer

Written by Meral Gunduz For Summer K. Young  
Born on Valentine's Day 2004

Out of the four seasons I'd like to know why;  
It's Summer I greet with a joyful cry.

Spring and Fall are great but wet;  
Frost in the Winter is what I dread.

Summer is sunshine, summer is fun;  
With many long days of hours in the sun.

Now that I know which one I like best;  
I'll relish Summer and pickle the rest.

Note: Summer is the 3-year old sister of twins  
Maggie and Ivy Young.

## In Kosovo She Felt Herself Mother

She is a Nahanter—Doctor Jennifer Keller  
A Dartmouth Medical School graduate.

On April, 01 she left for Pristina's Hospital, Kosovo  
Helping to rebuild the war-torn medical establishment  
Surprisingly, a few hours before traveling to Kosovo  
She was told by her doctor that she was pregnant.  
After five years of marriage—the first baby!  
Emotions. Exciting. Tears of joy...

Her husband's voice sounded enthusiastic over the  
phone.

For all that her doctor advised not to take this trip  
But Jenn, a wonderful American girl, didn't change her  
plans

Her husband and she could talk and think this whole thing  
Through in the car on the three hour drive to the airport.

By the day she left for Kosovo  
She knew she was more committed than ever  
To becoming a mom.

In Pristina she felt the need to be closer to home  
Three weeks into her trip—morning sickness started  
But working in the ob/gyn clinic  
She was suddenly fascinated

From the pre-natal visits to the delivery of the placenta.  
Kosovo is having a "baby boom" after the war  
A rain of tears for the war's dead

Is replaced with babies' crying in the obstetrical ward.  
Doctor Keller works so fast...babies are being born  
More quickly than they can be caught by midwives.  
(She came from another world—as in the Indian  
Iroquois mythology:

"A pregnant woman fell from the sky  
To multiply the human beings on Earth.")

Midnight. Jennifer is listening to the babies' hearts  
inside their mothers

It seems as if these beatings

Keep time with her baby's own...

In Kosovo she gave birth to herself as a mother  
Becoming one herself

She is looking forward to telling her daughter how  
She spent the first six weeks of their lives together  
In Kosovo...Blessing all the children.

—ROZI THEOHARI

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## Useless Information

by Ray Barron

### MARCH BIRTHDAY BABIES

Time to wish a happy birthday to your dearest friends and nosey neighbors, who are celebrating their birthdays in March.

Our March 1st birthday kids: Mike Mitchell, Tim Maguire and the politically connected James Marsh. Also born on this day, bandleader Glenn Miller and singer Dinah Shore.

March 2 birthdays: Claire Brownlie-Cox, Jean Ghazi, Cary Wolinsky, Diane Palombo, Matt Donahue and Jon Bon Jovi, rock singer.

March 3: Susan Bonner, Penelope Ross, Christine Stevens, Wendy Churchill, Cathy Cardile, Paul Smith and James Sanborn.

March 4: Adrienne DeStefano, Whilhemina Kettell, Nancy Keen, Eleanor Goodman, Nicole Doucette, Celia Cornish, Carol Crawford, Ed Riley and Antonio Vivaldi, Italian composer.

March 5 birthdays: Bernice Canty, Peggy Jeddry, Eleanor LeBlanc, Carole Keller, Alex Eaton, Ken Gavin, Jacob Musman and on this date, the term "iron curtain" was first used, by Winston Churchill in a speech.

Our March 6 birthday babies: The serene Georgia Peregilitza, former Nahanter, harpsichord great, Don Angle, Jim Doran and on this date in 1930, Clarence Birdseye's first frozen foods went on sale in Springfield, Massachusetts.

March 7 birthdays: Sweet Angela Lowell, Claire's lover Arthur Collins, Tom Cypher, Charlie Butera, Ian Potts, the award-winning chef Peter Davis and Maurice Ravel, French composer.

March 8: Kevin Costin, Warren Edwards, Scott Watson and Cyd Charisse, film actress and dancer.

March 9 birthdays: Amy Klee, Lisa Perella, Madeline Long, Colleen Trentsch, Tom Levangia, Tom Peterson and on this date, Russian dog, Laika, was launched into space aboard Sputnik 9.

March 10: Ruth Titus, Kathy Lique, Joe Bertorelli, Joe Migliaccio and also celebrating a birthday on this day is Prince Edward, youngest son of Queen Elizabeth II.

March 11 birthdays: Marie Reenstierna, Maureen Burke, Joyce Gaudet and Mackenzie Hall.

March 12 birthday kids: The great Bob Risch, fearless Billy Waters, Bill Rubbico, Bryon Smith, Helena Moreno and also wish a happy birthday to singers Liza Minnelli and James Taylor.

March 13: Charlotte Dracousis, lovely Nancy Gallo, Amy Hill, Doris Nelson, Mary Dick, Art Ross and the late distinguished Dr. Charles Schepens.

March 14 birthdays: Dot Hartigan, Chris Mostone, Steverino Arzillo, physicist Albert Einstein, film actors Michael Caine and Billy Crystal.

March 15 birthday gift openers: Lovely Arlene Connor, Jennifer Baker, Brenda Thompson and Loredana Barletta.

March 16: Barbara Caloggero, Pauline Mahoney, Sophia Hyde, Paula Devereaux, Karen Hubert, Pete Hemenway, Chris Connolly, Bob Myers, and comedy film actor, Jerry Lewis.

March 17, Saint Patrick's Day birthdays: David Legon, Sharon Provencher, Marianne Riley, Ida Nannini,

lovely Victoria Capano, Barbara Lally, Mary Ioven and singer, Nat "King" Cole.

March 18 birthday cake eaters: Angela Bonin, Betsy Taylor, Wendy Johnson, Shari O'Brien, Jeremy Lowe and Anders VonAschwege.

March 19: The flower power Marie Ford, Ann Marie Passinisi, Patricia Adams, Cathy Cafaso, Pam Cooley, Patricia Roche, Tony Sacco and actress Glenn Close.

March 20: Jean Kirkman, Christine Gandolfo, Betty Hall, Charlie Buisset and actors Spike Lee, William Hurt and Holly Hunter.

March 21 birthdays: Patricia O'Shaughnessy, Jennifer Baldini, Jennifer Montague, Paul Catoggio, Nick Nash, Andre Ponton and also born on this day, composer Johann Sebastian Bach. For the record, anyone needing to calm down, ought to listen to Johann Sebastian Bach's "Goldberg Variation." They are said to have been composed to help a Count fall asleep. Which reminds me, Prokofiev's Seventh Symphony calls out to listeners to overcome pain and move on to new happiness.

March 22: Happy birthday, Andrew Murphy!

March 23: Lovely Julia Kavanagh and Jennifer Sweeney

March 24 birthdays: Clayton Purdy, Dot Auchmoody, Todd Wilson, David Riley and Maya Moon Lique. Also celebrating a gala birthday on March 24, my wondrous daughter Robyn Waters.

March 25: Patricia Whiting, Mary Gavin, Mark Reenstierna, Pete Brown, Barrett Senk and singers Aretha Franklin and Elton John.

March 26 birthday cake eaters: Elizabeth Lowell, Dot Pass, Patricia Hatzis, Eden Milroy, Carol Finkenaur, Tim O'Keefe, Billy Ostermiller and actors

### March Birthdays

Alan Arkin, Leonard Nimoy, James Caan, singer Diana Ross and a dear friend, writer Erica Jong.

March 27 birthdays: Michelle Kourkoulis, Erin Sweeney, Michelle Abisso, Vin Lopez, Paul Cairra, Scott Livingston, the noted former State Trooper Captain and educator, Tim Moran and actress Gloria Swanson, jazz singer Sarah Vaughan.

March 28 birthdays, Carol Sanphy, Cathy Letourneau, Suzy Gorham, Robyn Gaynor, Jane Comito, Eva Cardile, Susan Gilbert, Terri Crosby, Dick Cadigan and Raphael, Italian painter.

March 29: Sean Dolan and Nancy Antrim.

On March 30, wish a happy birthday to Jeanne Fiore, Brian Perry, Adam Walker, actor Warren Beatty and guitarist Eric Clapton.

March 31st birthday kids, Betty Murfitt, Amy Monagle, Julie Morris, Debora Caloggero, Fred Taylor, Joe Mellen, Paul Tobin, Ozgur Simsek, and former vice president Albert Gore.

Did we forget to mention your birthday? Please let me know.

### Spring In Nahant

Cal Hastings thinks spring is the season when you can rely very little upon the weather, and even less upon the weather man. Cal's sweet wife, Marrit, says, "In the spring, a young man's fancy lightly turns from thoughts of work."

The attractive educator, Mary Dill, of Cary Street, says, "Spring is the silly season, when men plant grass in order to slave in the summer, keeping it cut. As for her husband, Dan Dill, "Spring is the glorious season when the grass grows along the roadside and hides the discarded beer cans.

Once again, Sheila Hambleton reminds us, "Spring is the time of year when the weather seldom gets together with the season."

Well, as Bill Vaughan once said, "No one objects to March coming in like a lion. It's the hanging around like a polar bear that's depressing."

Perhaps the only individual in Nahant who will miss the winter season is Jim Devereaux, who enjoys skiing.

### Miscellaneous Information

History buff, Kerry Gordinas of Spring Road wants you to be aware, in the Middle Ages, Italians were the first to use a fork, the first to wash their hands before a meal and one of the first to prepare food, using the freshest of ingredients.

### Useless information

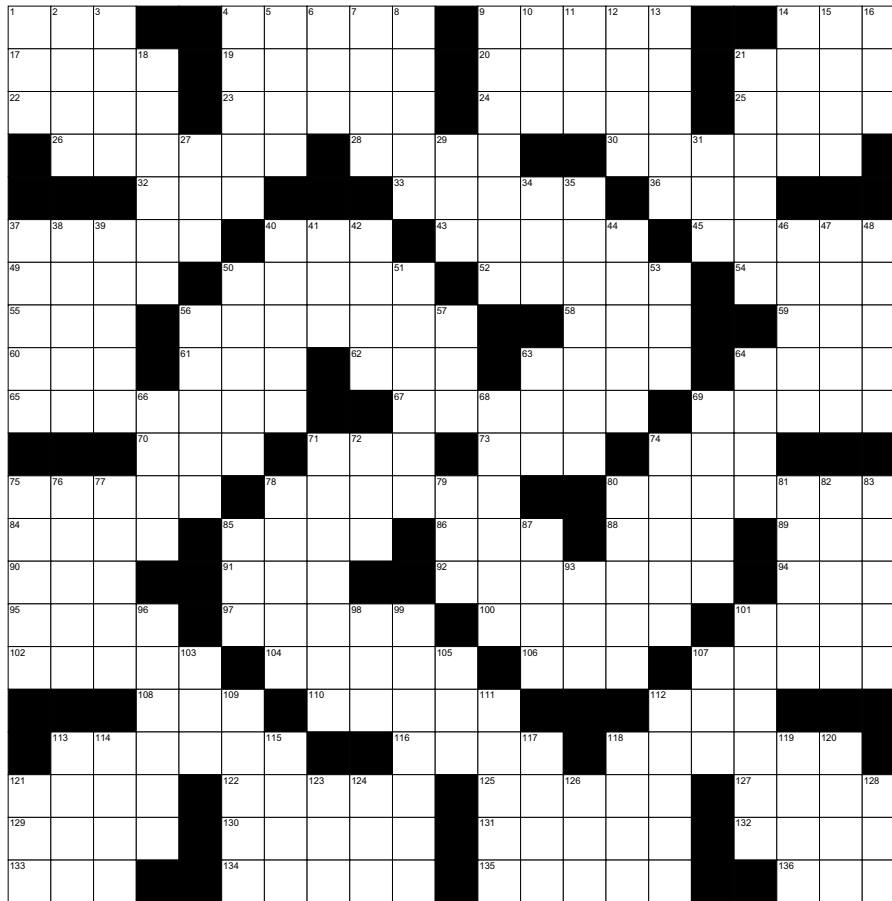
In November 1908, the Superior Hotel in Iron Mountain, Montana, became the first hotel to have Gideon Bibles placed in all its rooms, by the Gideons. The Gideons were an organization for Christian business travelers, founded in 1899, by Samuel Eugene Hill. By 1975, the Gideons had placed more than 10 million Bibles in hotels, hospitals and other institutions around the world.

Please patronize the advertisers of the Nahant Harbor Review. Thank you.

# NAHANT PUZZLE PAGE

## The Ides Have It

by Rick Kennedy



- 71 Pronoun
- 72 "Bullet"
- 74 *Egotism*
- 75 Louse
- 76 *Steer*
- 77 Resource
- 78 Executing
- 79 ET craft
- 80 Hurts
- 81 *One-\_\_ contest*
- 82 Corny
- 83 A lucky number
- 85 Pressure unit
- 87 Object
- 93 Title of respect
- 96 Specialty
- 98 Luau dish
- 99 Frog predecessor
- 101 Surroundings
- 103 Crimson
- 105 Ball holder
- 107 Pen brand
- 109 Birthmark
- 111 Cow catcher
- 112 Sponsorship
- 113 Shallow area
- 114 Assist a felon
- 115 Plate
- 117 Debate
- 118 Prank
- 119 Adorn
- 120 Women's magazine
- 121 Youth grp.
- 123 Dynamic \_\_
- 124 Serving of corn
- 126 Regret
- 128 Droop

**ACROSS**

- 1 Taxi
- 4 Midwestern city
- 9 Former pitcher Upshaw
- 14 Limb
- 17 Cut open
- 19 Wealthy man
- 20 Exciting
- 21 Copenhagen citizen
- 22 *Ocean movement*
- 23 Japanese dish
- 24 Ancient
- 25 *Travel by horse*
- 26 Tall herb
- 28 Smell
- 30 Performers
- 32 Grain
- 33 *Down source*
- 36 Squeeze
- 37 Alarming
- 40 Pouch
- 43 Bodies of water
- 45 Does' husbands
- 49 Flip
- 50 \_\_\_ room
- 52 Tilts
- 54 Royalty
- 55 Formerly Clay
- 56 Night sky quality
- 58 Oodles
- 59 Randy's partner
- 60 \_\_\_ Squad
- 61 Filbert, e.g.
- 62 Hubbub
- 63 Law office
- 64 Family \_\_\_
- 65 *Chair*
- 67 Sign up
- 69 Ala \_\_\_
- 70 Poem
- 71 Owns
- 73 Big Blue
- 74 Doctoral deg.
- 75 Open
- 78 Pronouncement
- 80 Padres
- 84 Boots wearer?
- 85 Apple or pear
- 86 Hoover's org.
- 88 Rescue
- 89 Anger
- 90 Towel word
- 91 Bro's sib
- 92 *Off the plate?*
- 94 Sec.
- 95 *The same*
- 97 Awkward
- 100 Net
- 101 Allot (with "out")
- 102 Restrain
- 104 Brag
- 106 Mr.'s wife
- 107 *Delaware Senator*
- 108 X
- 110 *Cuban leader*
- 112 Feel sick
- 113 *Looted*
- 116 Green vegetables
- 118 *Make a choice*
- 121 She played Lillith
- 122 \_\_\_ tape
- 125 Parsley unit
- 127 Snaky fish
- 129 Clairvoyant
- 130 Regular
- 131 \_\_\_ Arabia
- 132 Ca. University
- 133 Furthest back

**DOWN**

- 134 Beach
- 135 Sandwich cookies
- 136 Cask
- 31 Vat
- 34 Stretch to make do
- 35 Practical approach
- 37 Impress
- 38 Tone
- 39 *Lines for the audience*
- 40 Listing
- 41 Shortened (abbr.)
- 42 RC, e.g.
- 44 Drink
- 46 Supply food
- 47 Sauer dish?
- 48 *Skid*
- 50 Musical composition
- 51 *Broadest*
- 53 Short-term memory
- 56 *Derogatory*
- 57 Large weight unit
- 63 Tell a lie
- 64 Vanish
- 66 Drenches
- 68 Border
- 69 *Scold*
- 1 St. Paul time
- 2 Arabic letter
- 3 *Stay*
- 4 Beginning
- 5 Mangle
- 6 Muscle grp.
- 7 Snack treat
- 8 *Tolerate*
- 9 Harmonic
- 10 Elver
- 11 Bounder
- 12 *Whim*
- 13 Type of mob
- 14 Den
- 15 Aborts
- 16 "To the right!"
- 18 Pavarotti, et al
- 21 Windsock
- 27 Congressional vote
- 29 Fat

**Thank you to Nahant Harbor Review  
Voluntary Subscribers 2007**

Thank you for all the cards and letters of encouragement that you continue to send in with your subscriptions. Many "Thanks!" are extended to these voluntary subscribers who sent in \$15 for a voluntary subscription for the year 2007 through February 15th: Margaret Antrim, Doris Barrett, John Benson, Joanne Bryanos, Maureen Edison, Shirley Fessenden, John and Nora Gergely, Maral Gunduz, Cathleen A. Hartmann, Patricia Johnson, Jim and Laura Konowitz, Melissa Kasper (gift of the Konowitz), Nahant Knights of Columbus, Mary K. O'Connor, Margaret M. Piccola, Dolores Scanlan, Bob and Harriet Steeves, Robert A. Steeves, Donald Steeves, Donald Huston, Penny Billias, Bill and Nancy Kinley, (gifts from subscriptions from the Steeves), James and Emlen Wheeler.

Thank you all very much. Your support helps keep the Review coming to your home by mail. Winter is the toughest time of year.

Now is the time to consider giving a gift subscription to an out-of-town friend or family member, or renewing your voluntary subscription to the Nahant Harbor Review. Please consider how important this little newspaper is to you and this community and become a voluntary subscriber.

Thanks again for all your support, Nahant!

**FEBRUARY 2007 PUZZLE WINNER**

Harriet Steeves, of Fox Hill Road, was the winner of last month's puzzle contest. She has won "breakfast for two" at Seaside Breakfast on Nahant Road. You, too, can win breakfast for two at Seaside Breakfast. It is easy to enter. 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 info, see Chris, before 11:00 a.m., at Seaside Breakfast.

**Thinking About Lincoln  
by Rick Kennedy**

C	S	A		O	R	A	L	B		T	R	E	S	S		A	I	S		
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R	A	N	T		O	R	A	N	G		M	E	A	D	E		R	A	G	U
I	R	K			N	I	C	K	S		A	D	D	E	R		N	O	D	

**Nahant Harbor Review**

PO Box 88 • Nahant, MA 01908 USA

**DEADLINE INFORMATION for  
APRIL 2007**

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
THURSDAY, MARCH 15th • 5:00 P.M.  
Mail Date: Wednesday, MARCH 28th.

**Staff & Contributors**

Owner/Editor:	Donna Lee Hanlon	781-592-4148
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Sales Director:	Suzanne Hamill	781-592-1263
A/R Manager:	Barbara Thistle	781-592-4148
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The Nahant Harbor Review, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148. Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher.

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

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 **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.

Help support Nahant's ONLY community newspaper. Become a voluntary subscriber today! Send \$15 per subscription with mailing address to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Thank you.

**Got something to share** with your neighbors and friends? Jot it down and put it in an envelope and drop it off at the Nahant Harbor Review Box at the Equitable Cooperative Bank. As space allows, it will be published. If you want photos back, please send a SASE with them.



# Community Calendar • MARCH 2007

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

**GOT THE WINTER BLUES...Visit Spring in Boston**

**March 17th thru 25th: Spring Flower Show at Bayside Expo.**

**WINTER PARKING BAN IN EFFECT UNTIL APRIL 1, 2007**

**MARCH**

FRI	2	8:00A	FREE Breakfast at Village Church: Donna Hanlon
SAT	3	10:00A	Open House and Essay Writing Contest at Marian Court College, Swampscott, FMI 781-309-5240
SUN	4	10:30A	Worship Service & Sunday School, Village Church
TUE	6	7:30P	Conservation Restriction Workshop, Town Hall
WED	7	6:30P	Lenten Study Soup Supper & Discussion, Village Church
SAT	10	8:00P	5th Annual Blues Night, Nahant Country Club
SAT	10	11:00A	Gospel and Jazz Brunch at Angelica's Restaurant on Rte 114 in Middleton. Till 3:30 p.m. FMI 781-321-2052
SAT	10	7:00P	RED HOT Auction & Wine-Tasting at LynnArts, Lynn
SUN	11	10:30A	Worship Service & Sunday School, Village Church
MON	12	7:00P	SWIM planning session for EARTH DAY (5/5/07)
TUE	13	10:30A	Woman's Club meeting at Nahant Public Library
TUE	13	1:00P	Soprano Ruth Harcovitz at Town Hall
WED	14	6:30P	Lenten Study Soup Supper & Discussion, Village Church
THU	15	5:00P	DEADLINE April issue Nahant Harbor Review
SAT	17	2:00P	Opening of Exhibits, Art as Process and Metamorphosis at LynnArts. FMI 781-598-5244
SUN	18	10:30A	Worship Service & Sunday School, Village Church
WED	21	6:30P	Lenten Study Soup Supper & Discussion, Village Church
THU	22	Noon	Garden Club meeting at Village Church
SUN	25	10:30A	Worship Service & Sunday School, Village Church
TUE	27	6:45P	Registration & 1st class of Basic Coastal Navigation Course at Marblehead High School
WED	28	6:30P	Lenten Study Soup Supper & Discussion, Village Church
FRI	30	9:00A	State Rep. Office Hours at Town Hall, till 11:00A

**APRIL**

SUN	1	7:00P	Concert at Ellingwood Chapel in Greenlawn Cemetery
SAT	28		Town Meeting & Election Day
MON	30		Beach Clean-up T-Shirt Slogan Contest Deadline

**RECYCLING SCHEDULE 2006-2007**

March 9th • March 23rd • April 6th • April 20th • May 4th • May 18th  
June 1st • June 15th • June 29th

**SCHOOL ORGANIZATIONS MEETING DATES**

School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.  
School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.  
PTO • first Monday • 7:00 p.m. • 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 Roberts 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.  
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2:00 to 5:00 p.m.  
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**Nahant Village Church**

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Worship Service &  
Sunday School  
at 10:30 a.m.**



**EMERGENCY  
MANAGEMENT**

Visit the [Emergency Management page](http://www.nahant.org/) 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 Town of Nahant's website:  
<http://www.nahant.org/services/ems.shtml>  
From there you can access the Emergency Management page and print out a Preparedness Guide.



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