

# 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

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MARCH 2005

## New Years' Day Swim



Brrr! High noon, January 1, 2005, a cold day at Short Beach. Nahant's Chris Whitlock and daughter, pipes and drum. Photo submitted by Stacey Kasper. For more photos of the New Year's Day Dip 2005 by the Nahant Sea Serpents see page 13.

## Prepare Now for Town Meeting & Election Day Saturday, April 30th

Town Clerk Harriet Steeves requests that all candidates for public office must submit nominations papers before the March 12th, 2005 deadline, which is on a Saturday, for inclusion on the ballot.

The Nahant Harbor Review invites all candidates for public office to submit articles and a photo for publication in the April 2005 issue. Photos will be returned if accompanied by a SASE (self addressed, stamped envelope). Deadline for submission is March 15th, 2005.

## PARKING BAN IN EFFECT

The winter Parking Ban is in effect from December 1, 2004 until April 15, 2005. No overnight parking is allowed. Ticketing and towing will be strictly enforced, especially during snow emergencies when towing will be in full effect.

## Let's Talk A Bit About Your Library Building

by Daniel A. deStefano, Head Librarian

Soon, glorious Spring will soak the land, and the ornamental cherry trees along the elevation of the Library building facing Nahant Road will blossom in a furious display of pinks. This inspiring sight is one that we should ensure for future generations to appreciate, but it will take more than the mere planting of trees to do that.

With the blessing of the Library Trustees, the Friends of the Nahant Public Library have started a Building Fund to secure the future of Nahant's superb architectural gem, the library building that we love.

Why?

Let's start by looking at some numbers: 1895, 883, 20, 5, 3, and 22,000. In 1895, the Town of Nahant (population, 883 souls) opened a new Public Library, for twenty hours a week, over five days, with a staff of three people: a Head Librarian, a part-time Librarian's Assistant and a Janitor. The building was designed to hold 22,000 books.

In 2005, the Town's (pop. 3600) Public Library operates forty-three hours weekly, over seven days, with a staff of ten: a Head Librarian, a Children's Librarian, one full-time and three part-time Librarian's Assistants, three Pages and one part-time Janitor. The building holds 71,000 books.

Here's one more number: 200. As late as 1925, the Library added about 200 books each year to its collection; in 2005, we added about 2,000.

Today, people, mostly residents of the Town, enter the Library for the same two purposes that caused the Town to join the Free Public Library Movement in 1872: education and entertainment, the cause of an enlightened populace, who creates a truly democratic society.

These people don't request only books and periodicals, however, for the world has greatly changed. They ask for access to the internet, for audio and video tapes, for CDs and DVDs, for photocopies and computer searches of digitized databases — they want to do the searches themselves — and they want more books and magazines.

Uh-oh, reality check (as we moderns say)! Where's the shelf space for all these new books, magazines, tapes, and disks? Where are the computer stations? What do you mean, the computer's down today, because it's too hot?

Let's start again: In 1895, the architectural firm of Ball and Dabney, of Boston, helped the Town of Nahant to open a new Library Building, a glory of contemporary technology and beauty: the first electrified building in Town, it also has stained-glass windows, light fixtures (from Shreve, Crump, and Low) and furniture designed to evoke and celebrate the history of the book and literature, using the materials of wood, glass, metal, and stone.

(Continued on page 19.)

*Here's your copy of ...*

**Nahant Harbor Review**

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## Daffodil Days in Nahant 2005

It's that time of the year again. As spring approaches, the first flower of spring will give hope and color to the last months of winter. This year, once more, Jayne, the youngest of the Spinelli siblings, will lead the daffodil sales for the American Cancer Society in Nahant. This will be her 3rd year heading the program for Nahant.

Gilberte started the sales while at Swampscott High School and, a graduate of Mass Art and the Columbia VA Hospital Facial Prosthetics Program, now resides in New York City, working for the University of Columbia.

When she left for college, Frances, a graduate of RPI, who is now attending the University of Delaware for graduate school, took over the annual sales.

After Frances, Frank, who recently transferred to the University of Hawaii from UNH, took over.

Jayne is now a sophomore at Swampscott High School and would like to top \$5,000 in sales again this year.

You can order a bouquet of 10 daffodils for \$7, a vase to hold 10 daffodils for \$7, and \$20 for a gift of hope, which consists of a bouquet and a vase delivered to a cancer patient, or survivor, in this area. Also, if you would just like to give money, donations are accepted.

Deliveries will be made the week of March 21st but money for flowers is due upon order. You can order flowers and donate up to March 20th although the deadline is February 26th. Please call 781-581-0773 to order, or mail payment and orders to 95 Fox Hill Road, here in Nahant, care of Jayne Spinelli.

Thank you for your help in the fight against cancer!

## Nahant Lions Roar Toward Spring

The Nahant Lions are proud to announce that the recipient of the 2005 Charles Schepens Lifetime Achievement Award is Nahant's own Robert (Bob) Steeves. Bob has been a Lion for some 46 years, as has Dr. Schepens. Bob is a recipient of the prestigious Melvin Jones Fellowship and has dedicated himself to community service, a primary mission of any Lion.

The Schepens Award is given annually to a District 33N Lion who has demonstrated a long-term commitment to the ideals of Lionism. Please join us on Wednesday, April 6, 2005 at the Nahant Country Club to celebrate the achievements of both Bob Steeves and Dr. Charles Schepens. Social hour begins at 6:30 p.m., with dinner being served at 7:30 p.m. The event is \$25 per person and may be paid at the door. To confirm a reservation, please call Secretary Steve Switzer at 781-599-8702.

In other news, we are pleased to report that the Texas Hold 'em Tournament was a resounding success. Eighty four players competed for cash prizes and the Lions raised \$4600.00 for Lions Charities. This represents a fantastic achievement for our club and we thank all who participated in the game and all of the volunteers who made this event fun and successful. We also thank the Nahant Country Club, the best clubhouse on the East Coast, for providing a high quality-venue and fabulous service.

We are also happy to announce that the three top prize winners were Nahanters:

- 1st Prize – Mickey Long
- 2nd Prize – Greg Hawko
- 3rd Prize - Frank Botta

Congratulations and thank you, all of Nahant, for your continued support of Lions Club activities.

## Girls Inc. of Lynn Upcoming Special Events

Girls Incorporated of Lynn will be having its first Nahant fundraiser on Thursday, March 10th, at the Tides Restaurant, from 6:00 to 9:00 p.m. We will have great raffles and hope many of you will come for a good dinner and learn a bit about us.

Proceeds from the evening will benefit Odyssey, our middle-school program for girls, ages 12-15.

Please join us on Wednesday, April 6th, at noon, for our 17th annual Celebration Luncheon at the Danversport Yacht Club. Each spring, we honor women of achievement and present scholarships to our teen Girl Heroes. Tickets are \$50 each and reservations may be made by calling Marsha Billias at 781-592-9744 ext. 258, or visit us on the web: [www.girlsinclynn.org](http://www.girlsinclynn.org).

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## Nahant Council on Aging News

by Carmella L. Cormier

**Adult Watercolor Class:** An introduction to watercolors for beginners and intermediates will be held in the Tiffany Room at the Nahant Town Hall, beginning on April 20th, Wednesday morning, from 9:15 to 11:15 a.m. One plain air class will be included in the eight week course.

Instructor, Deborah Gates, has taught art enrichment drawing and painting to elementary and middle school students and watercolors to seniors. Gates, a member of the Swampscott Arts Association, exhibits her paintings in local art shows, including the Marblehead Festival of Arts and the Gallery at Grosvenor Park in Salem.

Classes are offered without fees, but registration is required. Call the Tiffany Room for more information. Classes are informal, offering basic techniques to capture the wonder of watercolors.

Dr. Wayne McCullough, Podiatrist, will be at the Council on Aging (COA) on March 28, at 10:30 a.m. Insurance accepted or \$25 per visit. Call for an appointment.

Margie Berkowitch has been quilting for seventeen years. She is a member of the Hammersmith Quilt Guild of Saugus. For the past ten years, she has been teaching at the Saugus Senior Center and the last four years at the Nahant Senior Center. Lessons are given at Nahant every Tuesday morning, from 9:00 to 11:00 a.m., for a very nominal fee of \$5 per week.

Update on Trips: We have availability on the following:

Saturday, May 14th, 2:00 p.m., "BOSTON POPS," Keith Lockhart conducting, "ROCKAPPELLA." More than 30 years of top 40 hits. FUN FOR ALL!!!

Discounted tickets, and motor coach transportation, \$50 per person — last date to purchase tickets is March 20th.

Saturday, June 11th, 4:00 p.m., "MOUSETRAP," Stoneham Theatre. Agatha Christie's Mystery has had performances in London for over 50 years. Discounted tickets and transportation \$27 per person. (June 4th SOLD OUT.) Last date to purchase tickets for June 11th, is April 30th.

Call COA member at 781-581-1969

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## Nahant Woman's Club News March Meeting

"Exotic Islands Around the World" will be explored at the Nahant Woman's Club meeting on Tuesday, March 8th, at 7 p.m. at the Nahant Village Church in Swansburg Hall. The speaker will be Douglas Payne, retired principal in the United Kingdom and former State Director of Adult Education for Tasmania, an island off the coast of Australia. Douglas Payne is the father of Wendy Payne, a member of the Executive Board of the Nahant Woman's Club. He will lead the tour of islands, starting with Brunei (Borneo) and traveling to some islands off the beaten track, as well as some more familiar ones.

Hostesses at the meeting will be Edie Richardson and Debbie O'Shea. Maria Welsh will give the invocation. Dessert and coffee will be served.

### Reserve Now! North Shore Music Theatre Tour!

A backstage tour of the North Shore Music Theatre (NSMT) is featured as the April 12th Nahant Woman's Club annual meeting and lunch. This is an exciting 45-minute tour of stage, backstage and shed, as NSMT prepares to open the show "Thoroughly Modern Millie." Lunch will be at Overtures Restaurant and Bar. Members are asked to make reservations for the April event no later than March 7th, by calling Marrit Hastings at 781-591-5691, or calhast@hotmail.com.

### Service to the Community and Beyond

The Nahant Woman's Club does more than just have meetings and socialize, though the key to its successful 110-year history is indeed joyful fellowship. It is a service organization and Woman's Club members enjoy giving back to the community. During the year 2004, Woman's Club members volunteered a total of 8,274 hours of community service.

The Nahant Woman's Club and the Nahant Planning Board cosponsored the annual Perambulation Day, a walk around the Nahant, to keep the paths, rights-of-way and the perimeter path open, for all to enjoy.

The Woman's Club awarded its 2004 annual \$1,000 scholarship to Garon Clements, now a student at Worcester Polytechnic Institute.

### Other Nahant Woman's Club Projects for 2004

\* Collected and donated hats, mittens, scarves and other warm clothing, worth an estimated \$960, for distribution at the Salem Hospital and Salvation Army. Of these, 29 were handknit by Woman's Club members.

\* Gave \$170 to the Salvation Army/Lynn Item Santa Fund for needy children.

\* Completed and sent three more blankets to the Linus project, for distribution to children in the hospital.

\* Collected and mailed eight boxes of toiletries and food, worth an estimated \$620, for our Military serving in Iraq.

\* Gathered and delivered good business clothing to women just entering the work force in Portland, Maine.

\* Donated to the Nahant Life Saving Station Restoration fund, the Heifer Project, the Essex County Greenbelt Association, the Massachusetts Audubon Society and the American Heart Association.

\* Raised funds for scholarships and other causes, by selling Nahant notepaper, memo pads, spoons, Christmas ornaments, etc., at Town Meeting, Election Day and the Holiday Craft Sale at Town Hall.

### Last Chance to Get a Bailey's Hill Gazebo Vest or Jacket

A major project for the past two years has been raising funds for the reconstruction of the Bailey's Hill Gazebo, so it can once again be safely used for band concerts, plays, and other recreational activities. A few cozy fleece vests and jackets, bearing the Bailey's Hill Gazebo name and logo, are still available. All proceeds will go to the Gazebo Fund. For information, call Marrit Hastings at 781-581-5691.

The Nahant Woman's Club has raised a total of \$8,000 for the Gazebo fund. The 2003 Kitchen Tour brought in \$3,500, which was given to the Town of Nahant for this purpose. At first it was thought that the Gazebo could be repaired, but after professional assessment, it became clear that the Gazebo would have to be rebuilt. As of December, 2004, an additional \$4,500 had been raised. In addition to the sale of fleece items, fundraising efforts included participation in the Flea Market at Bailey's Hill and a raffle of \$500 worth of Scratch Card tickets.

## Beat the Mid-Winter Blues at Blues Night

The night of Saturday, March 12th, is your chance to forget about heating oil bills, snow shovels and ice dams, for a few hours. Head for the Nahant Country Club and dance your blues and blahs away at the fourth annual Blues Night.

Presented by the members of the Nahant Country Club, Blues Night is a fundraiser for the Johnson School PTO. Country Club president, Chris Whitlock, has put together an all-star band, featuring many of your soulful Nahant neighbors and members of Mojo Slim and the Austin Tornadoes. They'll be playing all your rhythm and blues favorites.

Doors open at 8:00 p.m., and tickets are just \$20 per person, available at the door or from Patty Toomajian, 596-2727, or John Welsh, 581-2015. Help the Johnson School PTO, while you help yourself to some great music.

The Nahant Country Club provides its members with tennis, platform tennis and social events all year 'round. Anyone can join for a nominal fee.

For membership information, call Carol Hanson at 581-1271.

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## Around Town

### Invitation to Learn About Heart Health

“Heart Health” will be the topic of a presentation to be given by John Santos, M.D., a cardiologist, at Salem Hospital at the March 4th breakfast of the Nahant Village Church Men’s Group. BOTH MEN AND WOMEN ARE INVITED and feel free to bring a friend. The free breakfast is served at 7:00 a.m., with the presentation to begin at 7:30 a.m. To ensure an adequate food supply, please RSVP to Cal or Marrit Hastings at 781-591-5691 or calhast@hotmail.com.

### Not Quite Ready for Prime Time

Due to a conflict in our publishing schedule, the 150th Commemorative Book will not be available in April as hoped. As soon as we have a release date, we will shout from the highest hills and print the information in our favorite newspaper, The Harbor Review. We apologize for the delay, but we believe you will understand when you see the end product. Thank you for your understanding. The 150th Commemorative Book Committee”

### NVC Fundraiser

Once again the Tides has generously offered us a fundraising and fellowship opportunity on Monday, March 21. From 6:00 to 9:00 p.m., the NVC will receive 10 percent of all food sold. Come one, come all, and enjoy an early spring warm-up.

### Garden Club News

The Nahant Garden Club will have its first meeting of 2005 on March 31st. “Welcome Back” to our members and guests will be held at the Nahant Village Church, at noon. Marrit Hastings is the Hostess.

The guest speaker will be Mr. Frederick L. Rice. He will present a slide program entitled “Doorways and Containers”. He is a well-known photographer, artist, garden designer and lecturer. His garden has been featured in three national magazines and in the “Country Garden Planner”.

The Massachusetts Horticulture Society will hold its annual Spring Flower Show March 11-20th, at the Expo Center, Boston.

### Bonjour!

Spring is fast approaching! Do you dream about “le printemps à Paris,” strolling the Bordeaux region for wine tasting, or exploring the Provence’s lavender fields, but can’t find the time to go?

Come to the Nahant School of Refrigerator Door Art and enjoy some French lessons that will give you a taste of travel, while staying in New England!

Adult classes run for 6 weeks, on Wednesday nights, from 6:00 to 8:00 p.m. (and we ended our last session with a wonderful meal...).

Or give your children some exposure to French, with the Children classes that could be held on Saturday morning, if we get enough students.

Call Carol Hanson for more details at 781-599-2222, or Quitterie Copeland at 781-596-8563.

Classes will start the first week of March. A Bientôt!

### Return of Story Hours

Beginning Wednesday, March 2nd, the Nahant Public Library will resume hosting story hours at 10:30 a.m. for toddlers and infants.

Jill Mattina, the Children’s Librarian is taking family leave and Librarian’s Assistant, Allison Twiss-O’Neill, has kindly consented to stand-in as her substitute.

Allison, whose background is musical, is well-known to people in Nahant, both as a talented singer and for her job as a Librarian’s Assistant.

The Library invites any parent who likes to read to children, to lead her/his own story hour, or to participate in the one already scheduled.

The Library charges no fees for its programs.

## Around Town

### NLSS Chocolates

Thanks to all Nahanter's who purchased Nahant Life Saving Station Private Label Chocolates some, molded in the form of the Town's signature building, for Valentine's Day. The candy was sold out before the February 14th holiday, but a new batch will be available before Easter. The specially molded chocolates, designed by Roz Puleo, were custom-made by Harbor Sweets of Salem.

The LSS molded candies can be purchased in a 12-piece bag for \$9.95. They are also available in sugar-free bags.

here are also boxed, mixed assortments of Harbor Sweets which feature the "Life Saving Candy" on sale for \$11.95 (12 pieces), \$19.95(24 pieces) and \$26.95 (36 pieces). A portion of the proceeds will benefit the NLSS Restoration Fund.

To ensure availability, candy should be ordered in advance via the Town of Nahant Website <http://www.nahant.org>— or by calling Roz Puleo at 781-581- or Mary Magner at 781-581-1272.

### Have A Heart

If you missed the February 26th party at the Nahant Country Club, and wanted to help, donations will be gratefully accepted until March 15. Make checks payable to: HAVE A HEART and mail to, PO BOX 132, Nahant, MA 01908

Watch this paper for a final report in April.

### We Need You!

Make someone feel special! Seeking compassionate women or men to give an hour of their time, once a week, to visit patients at the Jesmond Nursing Home. So many have been suffering, separated from society, family and friends. Please give this your consideration.

"In giving we receive." God bless you. Please call Lillian Carr at 781-592-0547.

### My Brother's Table

Please join the friends of My Brother's Table at their Annual Spring Auction, Suncay, March 13th, beginning at 4:00 p.m., at Temple Beth El, 55 Atlantic Avenue in Swampscott.

Bid on items from an Italian Villa Vacation to Sports Memorabilia. Complimentary refreshments and beverages will be served. A \$10 donation is requested.

Proceeds to benefit My Brother's Table, Making Big Meals and Small Miracles for 22 years.

For more information, please call Mary at 781-595-3224, or email: [mary@mybrotherstable.org](mailto:mary@mybrotherstable.org)

### NVC Sunday School

It's never too late to join! All children are invited to attend Sunday School at the Nahant Village Church (NVC), which meets Sunday's at 10:30 a.m. If you would like more information, please call Chris Alexander at 781-592-4675.

### Good news! Nahant Thicket Linda Pivacek, Open Space Committee

The Mass Audubon Thicket will soon be getting some much needed attention. A good friend and fellow birder, Ted Raymond, has done some moving and shaking at Mass Audubon and the result is that plans are being developed to make the Thicket more user friendly.

Ted, several Mass Audubon representatives and myself did a walkabout at the thicket, listing what the property needs to welcome visitors and still preserve the Thicket as a wildlife sanctuary. Most likely there will be better signage, a more defined parking area, two clearly marked entrances, better access at those entrances, another boardwalk and a bridge over the ditch.

Ted and I started clearing the trail to prepare the specs for the project this week. Hopefully the work will begin in earnest in March. I will be looking for volunteers for trail work, so get the work gloves ready! One reward is that you will get to see and hear the first Red-winged Blackbirds of the spring. How can you beat that?

### LynnArts Opportunity

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Saturday, March 5th  
10AM - 2PM

A one-day workshop with Justin Petty of the North Shore Caribbean Association at LynnArts, 25 Exchange St., Lynn. All ages welcome! \$20 advance registration. For more information, visit [www.lynnarts.org](http://www.lynnarts.org), or call 781-598-5244.

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## News and Notes from the School Department

by Cecilia M. Di Bella, Ed. D., Superintendent

Welcome to the long and hopeful month of March. As we turn the calendar on another February, we celebrate the longer days and milder temperatures. But don't uncover the boat, or store those snow shovels just yet!

March is a very busy month for towns and schools. On the school side, we begin planning for next school year. In late March, Johnson School staff will conduct free pre-school screenings for children, between the ages of 2 1/2 and 4 1/2 years old. Parents who may have concerns about their child's development in the areas of language, cognition, social and behavioral skills, fine or gross motor skills and/or self-care skills, should call

Dr. Jo-Anne Testaverde, Director of Student Services/Special Education, to arrange an appointment. Screenings are scheduled between the hours of 9:00 a.m. and 2:00 p.m. For concerns about a child under the age of 2 1/2, please call Early Intervention at 1-800-454-2727, for more information.

Our sixth-graders at the Johnson School begin their transition to Swampscott in March, too. Parents are invited to the Changing Program, on March 1st, at 7:00 p.m., at the Johnson School. Sixth-graders are invited to Fun Night, at the Middle School, from 6:00 to 9:00 p.m., on Friday, March 18th. Later in the spring, there will be more serious contacts with the faculty and

administration of the Middle School.

Our PTO has planned several great fundraisers for March. The Winter Carnival will be on Saturday, March 5th from 9:00 a.m. to 1:00 p.m., at the Johnson School. There are lots of games and the always-popular "cake walk." Drop by the school to join the fun or simply for dessert! The PTO is also sponsoring Blues Night at the Nahant Country Club, on Saturday, March 12th. For more information call Patty Toomajian at 596-2727, or Sherri McDermott at 598-9385.

Finances are on everyone's mind this month. On Monday, February 28th, I will present the School Department's proposed budget for fiscal and school year 2005-2006 to the Finance Committee. At a recent meeting with superintendents, Governor Romney outlined his education agenda for next year that emphasized more mandated testing and stronger accountability measures, but little new money. In fact, initial word from Beacon Hill suggests that any increases in Chapter 70 local aid to municipalities will concentrate on the economically needy cities and towns in the Commonwealth, or those that demonstrate substantial enrollment growth. Since Nahant does not fall under either of these categories, it will again be a challenge to develop a budget that continues to provide all Nahant students, kindergarten to grade 12, with the educational resources and services, to prepare them for these new requirements.

The FY '06 budget is also the first under the new agreement with Swampscott. It includes a change in the way the tuition rate for each student is calculated. Let me explain. Every year the Massachusetts Department of Education (DOE) certifies a per-pupil expenditure rate for each school system. This amount is based on student and financial data, submitted by school districts in a

lengthy and comprehensive state report, aptly called the "End of the Year Report." The DOE compiles the data and develops a per-pupil rate, according to distinct programs, including regular education, special education, or vocational education programs. For example, in a school system with vocational education programs, all the costs associated with the program, such as teacher, administrator and support staff salaries, materials and supplies and so forth, are compiled and divided by the number of students in the program, to determine the per-pupil rate. The same process is used to set regular and special education rates. In addition to these distinct program rates, the DOE publishes another, more comprehensive tuition rate, called "the integrated rate," that proportionally combines the costs for all programs in the school system. As you may guess, the integrated rate is higher than the regular rate, since it includes specialized programs and services offered to special, or vocational education, students.

For Swampscott, the integrated rate includes special education and regular education costs, since the system does not offer any vocational education programs. For example, using the per-pupil rates for next school year, Swampscott's regular day rate is \$6,694. while the integrated rate is \$9,811. Under the previous contract with Swampscott, the tuition rate for each Nahant student was based on seventy-five per cent (75 %) of the integrated rate, which amounts to \$7,358 for each Nahant student, .75 x \$9,811. The new contract uses the regular day rate, a more appropriate rate for our students, since they do not receive special education services and are in regular education programs, to determine our tuition to Swampscott. Even under the new rate of one hundred per cent of the regular day rate, the tuition per student is

lower than it would have been at the old contract rate of seventy-five per cent of the integrated rate. Moreover, as Swampscott's enrollment continues to increase, it is likely that the per-pupil rate will either stabilize, or decrease slightly, while special education costs continue to increase. For example, in 2002 the special education per-pupil rate was \$14,701, while in 2004 it was \$25,735.

In anticipation of this year's increase in Swampscott tuition costs, our challenge has been to develop savings in other areas of the budget, while maintaining programs and services. A major decrease in special education costs and the reduction of one teacher, due to a substantially smaller kindergarten class for the fall, has provided significant savings, to offset a major portion of the increase in tuition. Dr. Littlefield, Dr. Testaverde and I have developed a budget that maintains the level of services and academic support, to allow us to continue with mandated special education services, continue our curriculum goals across all grades. With the delay in the Johnson School renovation project, the operating budget also must include sufficient funds for building and equipment maintenance for emergency repairs.

The budget season is far from over. As it moves forward, I am confident that the School Department will present a responsible, reasonable and fair budget, that not only falls in line with the three percent increases projected for other Town departments, but also provides all Nahant students K-12 with the programs, services and resources they need, to fulfill the requirements of Educational Reform and No Child Left Behind.

I close this month with a reminder to Johnson School parents about the two early release days on March 9th and 30th.

Happy Spring, everyone!



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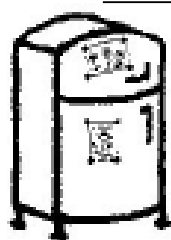


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## Cabin Fever Heightens Creativity

by Carol Hanson

Well, I don't have any actual scientific studies to back up my theory, but I know that I am the most creative when I can actually sit down and create art. With all the snow and school cancellations, I can imagine the cabin fever setting in and parents wondering what to do with the kids and all their energy. Teens and adults also just have the urge to do something. Call me and set up a one-time art class for any age group! It will give you a chance to release some of that pent up energy in a creative way, in a very inspirational environment! I can run a class that starts as early as 8:00 a.m., Monday thru Friday and classes can run till 8:00 p.m., in one to three hour blocks. Saturday hours are available, too. The number at The School of Refrigerator Door Art is 781-599-2222.

The spring session runs for 7 weeks and began

the week of Feb. 28. I am offering classes for Adults and Teens in Basic Drawing, Acrylic Painting, Stained Glass, Sea Glass Mosaic, Jewelry Making, Sewing and Paper-making.

There are a few classes and workshops being offered by other instructors, too! Donna Hanlon of this publication and of Donna's Treasures offers a Jewelry workshop for beaders. Quitterie Copeland is running a 6-week French class for beginners and those who want to brush up a bit on high school French. Ellen Epstein of Marblehead and Hawaii is offering a very spiritually creative women's workshop on Sat. March 19th, and Erin Adams is offering photography classes for children and adults.

I am putting together a workshop in the use of Precious Metal Clay, to be led by an artist from Salem

also! Call for scheduling and to sign up for these classes.

I teach an "Arrangement of the Month" class in floral design, held the first Monday night of each month and the participants can't wait for the next class! No experience is needed and all tools are supplied with materials included in the fee. A few classes now could help you decide which cutting flowers to include in your summer gardens. It is not necessary to sign up for all 12 classes, you can come as time allows, but I need a head count by the Friday before class.

Children's classes are held mornings and after school and run for one and a half to two hours each.

The Wednesday afternoon teen painting class has been working really hard and coming up with some amazing art! We are preparing for an exhibit

of their work to be displayed during our kick off for our children's summer art program, called "C.A.M.P. Camp" for creative arts, movement and play! This program will be offered in one or two day sessions and will run for 6 weeks. Space will be limited and due to the great amount of interest already surfacing, early registration by phone, e-mail or in-person is highly recommended!

The knitting group that uses the space on Tuesday nights, has been growing recently and it makes me so happy to see women of all ages getting together to share stories and skills while creating beautiful handmade items. Sue Caccivio's program, "Knitting for Angels," has been the benefactor of many pieces that were created by these ladies. Sue has yarn that has been donated to

support this worthwhile cause that sends handmade blankets, hats, mittens, booties and sweaters to children in orphanages in Russia and Belarus. A recent shipment also went to Afghanistan. If you can't make it to the school on Tuesday nights, but would like to knit at home, please call me and I will arrange to have materials brought to you and finished work picked up. It is such a heartwarming mission and I commend Sue for all her very fruitful efforts!!

As always, the public is invited and encouraged to come down to the Community Center at the former Valley Road School and check out the studio and art work by Carol Hanson and her students. There are comfy couches and lots of art and reference books to look through, or get some feedback on something you're working on.

## Helping Students Learn How to Learn

submitted by Peggy Etzel

Not-for-profit ResearchILD will host the 2nd Annual Benefit for Children with Learning Difficulties, on Thursday, April 7th, at the Renaissance Bedford Hotel, in Bedford. This special evening will begin with a reception and silent auction at 6:00 p.m., followed by dinner and an inspiring roster of speakers from 7:00 to 9:30 p.m.

A panel of students will share their stories about their struggles with learning and attention difficulties, vividly demonstrating how ResearchILD strategies have changed their lives. The keynote presentation will be delivered by the co-author of "Raising Resilient Children: Fostering Strength, Hope and Optimism in Your Child," by Dr. Robert Brooks.

Over the past five years, ResearchILD, (The Research Institute for Learning and Development) has progressed toward its goal of creating pathways to success for all learners, creating a revolution in learning, by developing new tools and strategies to help students of all ages, who struggle with attention and learning difficulties. These exciting solutions have markedly improved both classroom and test performance of students.

April's fundraising event will enable ResearchILD to expand the development of new, cutting-edge techniques, to make these strategies accessible to students, parents and educators. In addition, individual students will benefit from the increased availability of scholarship support for educational services.

ResearchILD is reaching out to the greater Boston community, for their support as, they forge ahead with new initiatives to help students, as they struggle with attention and learning difficulties. ResearchILD Benefit sponsorships are available, at a variety of levels, for interested corporations, or individuals who would like to further the efforts of ResearchILD. Gifts, or services may also be donated to the silent auction.

Tickets for this festive and informative event are limited and can be purchased in advance, for \$85 per person. Specially-discounted tickets are available, for \$65 per person for teachers, who will also have the opportunity to earn Professional Development Points (PDP's) by attending the event. To purchase tickets, or for more information, please call ResearchILD at 781-861-3711 or email Elizabeth Cameron at RILD@ildlex.org.



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## Poker Night Fundraiser for Periwinkle

Are you a poker playah?? Poker is hot these days, as anyone who's watched ESPN knows, so why not join us for a game? Sit next to your neighbor, have some fun and maybe even win some big money, all for a great cause: to support Periwinkle Preschool.

Our Texas Hold 'Em tournament will take place at the Knight's of Columbus on Saturday, May 21st, at 6:30 p.m. The entry fee (donation) is \$100.00 per person; we are looking for 60-70 people maximum, please pre-register, to guarantee a seat.

This will be a Nahant resident (or friends of) only tournament, will not be advertised outside of Town. You must be at least 21 years of age to play.

To pre-register, please call Christine Kendall or Doug Frauenholz at 595-4142.

## Periwinkle's Annual Spring Fling

Sick of winter? Then please join us in celebrating spring, for Periwinkle Preschool's annual fundraiser, Saturday, April 2, at 8:00 p.m. This year's "Spring Fling" will be held at the Knight's of Columbus on Range Road in Nahant. For only \$10, the night will include dancing, food, raffle prizes, a huge silent auction, and, of course, lots of camaraderie, all to benefit Nahant's only preschool. If interested in purchasing a ticket, making a donation, or if you would like to donate an item to our silent auction, please call Christine Kendall at 595-4142 or Erin DiGrande at 593-0526. We appreciate your support!

## Marine Science Lecture: LNG Pipelines in Massachusetts Bay

Northeastern University, the Marine Science Center at East Point, is holding an evening lecture on Tuesday, March 22nd, beginning with light refreshments at 6:30 p.m. At 7:00 p.m., guest speaker, Phil Colarusso, of the U.S. Environmental Protection Agency will talk about the impact of natural gas pipelines built through Massachusetts Bay. Phil has been working closely with this project and will highlight some impacts the pipelines can have on the marine environment.

This lecture is roughly an hour long and is free to the public. The Marine Science Center is wheelchair accessible.

For more information, call Tracy Hajduk, at 781-581-7370 ext 321, or email t.hajduk@neu.edu.

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## Nationwide ACT Test is April 9th for College-Bound Students

### Registration Deadline is March 4th

submitted by Ken Gullette, Director, ACT Media Relations

College-bound high school students can take the ACT Assessment on April 9, 2005, the next nationwide test date. The registration postmark deadline is March 4th. Late registration postmark deadline is March 18th, (an additional fee is required for late registration).

The ACT Assessment now contains an optional Writing Test. Some colleges will require writing scores from students entering college in the fall of 2006. Students should check the admissions requirements of colleges they are considering, before deciding whether to register for the ACT with or without the Writing Test. The cost is \$28 without and \$42 with the Writing Test.

Students can receive registration information from their high school guidance counselors, or they can register on ACT's website at [www.actstudent.org](http://www.actstudent.org). The website also features test tips, practice tests, and a database for students, to find out if a prospective college requires a writing score.

ACT scores are accepted by virtually all colleges and universities in the nation, including all Ivy League schools. Scores are used, along with a student's high school GPA, high school courses taken, extracurricular activities and other information, to help determine if a student is academically ready for college-level coursework.

ACT encourages eleventh graders to examine their ACT scores for academic weaknesses and take more challenging courses, or receive extra help, to grow stronger in important academic areas. The ACT Assessment includes four tests; English, reading, math and science. Students who opt to take the Writing Test, will add 30 minutes to the 3-hour normal testing time.

## Tea Time at Johnson School

submitted by Kathryn Kougias

The Johnson School second-grade students, of Mrs. P. McSweeney and Mrs. B. MacIsaac, continued a long-standing tradition, by hosting a Valentine Tea, on Tuesday, February 8, 2005. The second-graders each invited his or her special guest, for an afternoon of song, conversation and delectable treats. In honor of their guests, the students were all decked out in their "Sunday best." The students' hard work in preparation of the event was obvious in every detail. Each second-grader presented a heart-felt, personal Valentine's message, filled with expressions of gratitude and appreciation, which was complemented by outstanding artwork. Favorites, such as "You Can Call Me Sweetheart," and "Mail Myself to You," were performed by the students, under the direction of Ms. S. Petrov. Although the weather that day was cloudy and cold, warm sentiments, happy smiles and glistening eyes, created a burst of sunshine on this special February afternoon.



Jason Dignan and Sergeant Tom Gallery sharing a cup of tea and friendship.



## Parent Toddler Play Group at Nahant Community Center

submitted by Tess McGinn & Carolyn Osbahr

The Nahant Community Center, on Valley Road, has provided space for a play group, for children 5 years old and younger, during the winter months (January through March). The play group meets in the basement, 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. No registration is required and the room is available on a drop-in basis for a fee of \$2 per family, per visit. Infant and preschool toys and books are available.

The play group was organized by Nahant parents, who wanted to have a comfortable and safe space to take their children, for unstructured fun during the winter, when outdoor play is not always practical. It is also a great way to get to know other parents and caregivers, so please stop by with your children and enjoy this great program. The entrance is through the back of the building.



## Parent Support Group

submitted by Tina Priftakis

A parent support group is being offered to families in Nahant and Swampscott. This group is open to parents and caregivers, who are concerned about their child's progress in school. Progress is meant to include success, in both academic and social/emotional development. The group will meet on Tuesdays, between the hours of 6:30 to 8:00 p.m. at 23 Railroad Ave., Suite #1, in Swampscott.

The group will begin on Tuesday, March 29th and will end on Tuesday, May 3rd. There is no fee for attending, but space is limited. If interested, please call Tina Beaulieu, Clinical Mental Health Counselor, at (781)-592-9555.

## Making History at LynnArts with Debra Crosby

Explore the history of Lynn, using theater and art. Students, grades 5 through 9, will develop skills in observation, improvisation, art, writing and presentation. Beginning Tuesday, March 1st, from 3:00 p.m. to 4:00 p.m. and continuing every Tuesday for 10 weeks.

There is no cost to participate in this program, thanks to The Essex National Heritage Commission.

Debra Crosby is an educator and professional storyteller.

Call LynnArts at (781) 598-5244 to register and for more information visit [www.lynnarts.org](http://www.lynnarts.org)



## Community Center Offers Much to Townies

by Carol Hanson

The Nahant Community Center is a hub of activity in town these days and we want to get the word out even further. The building, which is the former Valley Road School, was built in 1903 as the first high school in town. It was rededicated as the Nahant Community Center in June of 2003, 100 years later. The occasion was celebrated with an "olde tyme" festival and even the heavy rains couldn't dampen the excitement of visitors and presenters alike.

The building now houses The Nahant Historical Society, The Council on Aging, a studio and portrait photographer, an art school and gallery and a few other small businesses. There is some community space as well. On the basement level, the new Multi-Purpose room has been hosting Boy and Girl Scout groups, as well as a parent/toddler group, that meets most mornings during the colder months, from 9:00 a.m. until around 1:00 p.m. This large, bright room is easily accessible through the handicap entrance on the ground level in the rear of the building and has approximately 600 sq. feet of space that is available for rent for one-time functions. This is the perfect setting for events that include children.

The Serenity Room, on the second floor, is an open auditorium with a small stage, that has been host to several events, both public and private. Luncheons, a birthday party for an octogenarian, a showing of the movie from the Soap Box Derby event have all run flawlessly in this great space. The original hardwood floors really shine with the reflections of the south-facing windows, where one can look out over the Town Wharf and Tudor Beach. Please call Carol Hanson for information on rental of either of these spaces, or with general questions about the building and it's uses.

We are putting together a version of Nahant Arts to be held in and on the grounds of the Center (weather permitting), for the Saturday of Memorial Day weekend. Table space will be available for rent by local artisans and community groups wishing to display their wares or tout their services. Volunteers are needed to help make sure this event is well run. Those interested in volunteering, or renting space, are asked to call Carol Hanson at 781-581-1271 or 781-599-2222.

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## Bone Health

by Sallee Slagle, Director, Dance Dimensions

The current statistics state that one out of every two women, and one out of every eight men, will be subject to a bone fracture caused by osteoporosis, or thinning of the bones. This is now a major health issue for both young and old. Recent research points out that lifestyles prior to age 50 influence bone health, strength and density into mature life. Exercise has been proven to increase bone even during our

formative years. The test used to determine bone strength measures Bone Mineral Density (BMD). There are also other factors that influence how effective exercise will be to increase BMD including age, hormones, as well as the type of exercise.

In order to gain bone mass you must place unordinary stress on that bone by increasing the workload of the surrounding muscles. Activities you do

routinely even if difficult may not build bone mass but does play a role in maintaining it. To increase bone you must overload the bone beyond its usual threshold. To load the hip and thigh bones you could use running or jumping. Even a series of stairs could work depending on what level you need to increase to be unordinary for you.

Research shows that an increase in BMD attained as adults through exercise or activities will likely be lost if the activity is stopped. Studies that observed BMD gained by children and adolescents still in their growth stages have indicated that this gain may be retained into adulthood even after stopping the activity. So our children activities should include those which challenge their bodies and create new bone density. It could help with bone density later in adult life.

Don't let this discourage you if you need to gain BMD later in life though. Postmenopausal women are at the most at risk of bone loss due to the decline in estrogen levels. Weight bearing exercise is most important to this group to maintain BMD. Gains can be made at ALL ages. Initial gain will be most noticeable but steady gain will continue after a new loading activity has become more routine until

the body has achieved the density necessary to compensate for the activity. The higher the impact the greater the gain. Walking, cycling and swimming although very valuable for cardiovascular and overall fitness, may not overload the bone significantly enough to increase BMD due to the lower impact.

Another key issue in bone density is calcium. Calcium is vital to bones as well as other functions including muscles, the heart and nerves. At least 70% of the population, young and old alike, do not get the daily requirement of calcium. There are things that may negatively impact your calcium levels. Consuming soft drinks may mean excessive phosphorous which could interfere with your body using calcium correctly. Caffeine also causes temporary calcium loss. Excessive alcohol (more than 1 drink/day women or 2 drinks/day men) may compromise bone health not to mention increase the risk of falling.

Dieting can mean less dairy products and lowered calcium intake. Be sure to supplement this change. The popular high protein diets can increase calcium loss from the body. Moderate protein intake is best, about 50-100 grams per day depending on body type and exercise levels. The

best weight loss plan is a combination of modifying your diet and increasing your exercise but don't forget to include a look at the nutritional content and be sure you are including enough calcium sources. If not, supplement. The Food and Nutrition Board, National Academy of Sciences gives these references for calcium intake:

Age Group: MG/DAY  
 Children 1-3 yrs: 500  
 Children 4-8 yrs: 800  
 Children 9-18 yrs: 1300  
 Adults 19-50 yrs: 1000  
 Adults 51 + yrs: 1200

Bone density is part of your overall health but as we get older we want to maintain or increase BMD to help prevent osteoarthritis and related fractures. Studies have shown little reduction in this type of injury between those who exercise and those who don't. This may be attributed to the fact that being more active while increasing BMD may also increase the possibility of falling. So all exercise and fitness should include balance training, muscular strength, postural/core stabilization and flexibility too.

Exercise and activity should never be finite but a part of our lives from childhood and through our golden years. Certainly it will make our golden years even brighter.



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## Soup Walk in Sudbury

by David A. Bagley

The Walk 'n Mass Volkspport Club welcomes walkers to its traditional Soup Walk in Sudbury, on Saturday, March 19th. After the walk, take the "chill out of your bones" with a cup of hot soup.

The walk route consists of two five-kilometer (3.1 mile) loops. Each loop passes through suburban neighborhoods on paved walkways. The route includes South Sudbury, Framingham and Wayland. The trail may pass through conservation land, depending on the weather.

The walk begins at St. Anselm Parish Center, 100 Landham Road, Sudbury, starting at 9:30 a.m. Both loops are rated easy, suitable for baby strollers, but not for wheelchairs. Pets are welcome, but must be leashed.

Volksporting events promote fun, fitness and fellowship by provided walking and other non-competitive sporting events free to the public. Volksporting also sponsors an achievement awards program. For more information, call 978-443-4857 or email [betfoley@ix.netcom.com](mailto:betfoley@ix.netcom.com)

## Carl Smith, 76



Professor Carl Smith died Sunday, January 23, 2005, at Massachusetts General Hospital in Boston of renal failure.

Born in St. Louis, July 22, 1928, he grew up in Highland, Ill. Mr. Smith served in Korea with the U. S. Army. He later married his high school sweetheart, Jean Beth, in 1948. They settled in Denver where he worked as a public school teacher while completing his bachelor's and master's degrees at the University of Denver. He received a Phi Beta Kappa key in 1953. In 1959, he and his family moved to Nahant so that he could pursue doctoral studies at Harvard University.

Professor Smith was a long-time psychology professor at Salem State College, where he created the Day Care Training Institute. He was greatly influenced by the works of Sigmund Freud and Jean Piaget. Later, as he became interested in epistemology, the writings and friendship of Willard Van Orman Quine also influenced him.

He was also interested in filmmaking and completed the documentary, "Transitions." In 1973, he financed a film crew to record the longest solar eclipse of the century in Africa. His last sabbatical was spent lecturing in Oxford. He loved to travel and meet people all over the world.



In addition to his wife, he is survived by three children, Carl Jr. of Swampscott, Bradford Smith of West Bath, Maine and Melissa Baker of California; five grandchildren, Amanda, Grant, Colby, Elliott and Clark; and a great grandson, Payton.

## Country Club "Don't Cook Friday" a Hit! by Carol Hanson

The turnout at last month's "Don't Cook Friday" was a great sign that members and non-members are looking for an event just like this one. We hosted a casual dinner in the beautiful knotty pine bar for folks to come by and have a light meal with friends. There were about 70 people, who agreed that they would rather not have had to cook on that particular Friday and instead, enjoyed the delicious chili prepared by Chef Bob along with a few appetizers and some pot luck deserts brought in by members.

We are planning to run a few of these each year, as a way for members to have a chance to enjoy the use of the building and of each other's company, as well as allowing a time to welcome non-members in, to see what we're all about. Membership is only \$25 per year for individuals and \$50 per year for families including children under the age of 21. The annual dinner, prepared and served by Peter Dawson and his staff in the Country Club kitchen, is worth that alone but membership also allows discounts in admission to club sponsored social events such as the upcoming Blues Night on March 12, and the Visions of Nahant art show in November. The Club also offers tennis and platform tennis.

Membership applications are available throughout the year. Please call Carol Hanson at 781-581-1271 to have one sent to you. New members bring new ideas and new energy to the club. The Nahant Country Club was the social club of my parents and their friends. New energy, along with the knowledge from current members, of what great things were offered in the past, can help build the Club back up as "the" place to be...at least a few times a year!

## Yours in Good Health: Ice or Heat?

In most cases ice should be used, especially following an injury or fall. The purpose of using ice or cryotherapy is to control bleeding and limit the swelling. If inflammation persists, it can inhibit healing and prolong the recovery time of the injured tissue. As a general rule, ice should be applied for 10 minutes on smaller areas (neck, elbow, wrist, ankle), 15 minutes on medium sized areas (mid back, shoulder, knee), and 20 minutes on larger areas (low back, pelvis, thigh). The ice should be placed in a towel and should be approximately 55 degrees F upon contact with the skin. The ice should be applied a minimum of two times per day and a maximum of every hour. Repeated application is typically most effective.

The application of heat on an acute injury can exacerbate an injury by increasing the swelling and bleeding of the injured tissue. The heat may initially feel soothing; however, following the application the area typically feels worse for the above mentioned reasons. Heat may be useful in decreasing stiffness associated with muscle spasms, osteoarthritis and soothing achy muscles in people with Fibromyalgia.

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Dr. Keith Briggs is available for speaking engagements on Arthritis, Fibromyalgia and sports related injuries. If you have any questions or would like to schedule a lecture or workshop, please feel free to contact Dr. Keith A. Briggs of Briggs Chiropractic Office, P.C. located at 320 Central Street in Saugus, MA at 781-233-4122.

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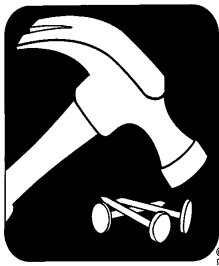


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**New Year's Day  
2005  
Nahant Sea  
Serpents**

**Photos by William  
O'Connor**



**One-Pitch Hanson Benefit  
Tournament Planning in Works**  
by Carol Hanson

The committee of the annual softball tournament, to benefit native Nahanter Gary "Earl" Hanson and his family, is thrilled at the outpouring of offers of raffle items and general help, that has been received already! Hanson, who was diagnosed 11 years ago with ALS, or Lou Gehrig's disease, has amazed doctors and family members with his ability to keep on going with this tragic disease. However, it is only through the continued support of this community, and the loving care from his wife Cindi and daughter Mariah, that his quality of life is as high as it is!

The tournament is open to any adult players and will take place on Saturday, July 2, 2005. Raffle prizes, donations and volunteers are welcomed and greatly appreciated. We will meet again at 7:00 p.m. on the 19th of March at 17 Harbor View Road. Please call Carol Hanson at 781-581-1271 for more information.

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**Irish Food & Culture in Massachusetts**

submitted by Mike Quinlin, Boston Irish Tourism Association

The Boston Irish Tourism Association (BITA) is issuing an *Irish Food and Culture Guide*, to promote the culinary and cultural riches of the Massachusetts Irish this St. Patrick's Day.

The 32-page, full-color Guide includes articles about Irish cuisine, recipes, pubs and restaurants and special events occurring in Massachusetts, from March through August 2005.

Topping this year's schedule is Ireland's master chef Ciaran Gantly, who is coming to Boston from March 11-17, to work with local chefs to create a distinctly Irish menu at the Omni Parker House, Hotel Commonwealth, M. J. O'Connor's Pub, the Boston Harbor Hotel and the Fairmont Copley Hotel. Chef Gantly will also teach a culinary class at Boston University's School of Hospitality Administration and will do a demonstration at the popular New England Flower Show.

Cookbook author Margaret Johnson, whose latest book is *Irish Puddings, Tarts, Crumbles and Fools* (Chronicle Books), is appearing at the Fairmont Copley Plaza, the weekend of March 19-20, where she will participate in the hotel's Celebrity Chef series, as well as functions by the Eire Society and the American Institute of Wine and Cheese. Originally from Newburyport, Johnson has been at the forefront of promoting the new Irish cuisine in the United States.

The *Irish Food & Culture Guide* is being distributed for free in hotels, gift shops, pubs and cultural venues throughout Massachusetts, at the tourist kiosks on Boston Common and the Prudential Center and along the rest stops on the Massachusetts Turnpike.

Formed in 2000, BITA promotes the state's Irish cultural activities and hospitality amenities year-round to visitors and residents alike. It has over 90 members, including hotels, pubs and restaurants, gift shops, concert venues, cultural groups and travel and tourism agencies.

For full details of Irish events taking place in Massachusetts, in March and throughout the year, please visit [www.IrishMassachusetts.com](http://www.IrishMassachusetts.com)



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## Useless Information

by Ray Barron

### Back to Vernon Street?

Is it time to release the 85-year-old jailed Gennaro "Jerry" Anguilo of Vernon Street? Anguilo, who was sentenced to a total of 45 years' imprisonment, has spent nearly 21 years behind bars for his life and times as a racketeer. Anguilo, who is in frail health, is holed up at Fort Devens, readily admits he was involved in gambling ventures. Anguilo finished several classes in prison, including a class covering the Life of Leonardo da Vinci, the history of World War I, Indian History and classes on Art and Literature.

Jerry Anguilo has created lyrics to the song "Just a Gigolo," which goes: "I'm just a racketeer, that's all I ever hear, people know the game I'm playing. When they lay me to rest, with a lily on my chest. The gang will go on without me."

### Vernon Street's Top \$\$\$ Homes

Six out of 10 homes on Vernon Street are valued in the millions! Leading them all, is the Marie Germaine Schepens home, valued at \$2,504,300. Second highest is the J.J. Anguilo, Lombard BA, Anguilo GJ home, valued at \$2,389,900. The third highest is the Maxwell Hall, Francis Hall home, valued at \$1,970,800. Fourth highest is the Edward Johnson home, valued at \$1,646,900. Fifth highest is the Elinor Fay Garfield home, valued at \$1,320,600. The John and Eleanor Lowell home is valued at \$1,096,900.

To think, the homes and land on Vernon Street, Nahant, are valued at the

total of \$14,774,700! The street qualifies as "Millionaires' Row!" Ah, Vernon Street, the home of the Lowells and the Anguilos.

### A Lot of Loot!

Wow! A lot of land located at 6 Cary Street was purchased from Herbert J. George Motley and Eleanor Richardson, by Allan D. and Paula Bethune for \$2 million. Repeat, \$2 million!

### Religiously Speaking

Frank Cusack, of Nahant Road, who once considered becoming a monk, wants to know if we Americans are highly religious. Very. 90% of us believe in God, 81% in heaven, 78% in angels, 70% in hell and 70% in the devil. What's more, most people pray regularly.

It has been said, the only people who never quarrel about religion are the people who haven't any.

Time for some words from the gracious Mother Superior Jody LaFace, of Nahant Road, says, "Most of man's troubles come from the fact he has too much time on his hands and not enough on his knees." Amen.

### Is English Becoming 2nd Language In Nahant?

FYI, about three-fourths of all English that is spoken worldwide is used as a second language, not a first. In China alone, more than 300 million people are studying English, which is more than the number of Americans who speak it. Gee, we heard English is now becoming the second language at Nahant's Town Wharf. Calm down! Not so!

### MARCH BIRTHDAY BABIES

Our March 1st birthday kiddies: The popular James "Pudgy" Kasper, Mike Mitchell, Julianne Ferguson, Tim Maguire and the politically-connected Jamie Marsh. Also born on this day, bandleader Glenn Miller and singer Dinah Shore.

March 2 birthdays: The alluring Robin Glasman, Jean Ghazi, Cary Wolinsky, Diane Palombo, Matt Donahue, Gailanne Reeh and Jon Bon Jovi, rock singer.

March 3: Susan Bonner, Penelope Ross, Christine Stevens, Cathy Cardile, Paul Smith and Alexander Graham Bell.

Our March 4 birthdays: Lovely Maggie Murray, Adrienne deStefano, Elan Davidesco, Whilhemina Kettell, Nancy Keen, Eleanor Goodman, Nicole Doucette, Celia Cornish, Carol Crawford, Ed Riley and Antonio Vivaldi, Italian composer.

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

Our March 6 birthday babies: Georgia Perepelitza, 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, the award winning chef Peter Davis, personable Ian Potts and Maurice Ravel, French composer.

March 8: Dolores Perry, Kevin Costin, Anne Marie Passanisi, Warren Edwards, Scott Watson and Cyd Charisse, film actress and dancer.

March 9 birthdays: Amy Klee, lovely Lisa Perella, Madeline Long,

Colleen Trentsch, Tom Levangia and on this date, Russian dog, Laika, was launched into space aboard Sputnik 9.

March 10: Ruth Titus, Kathy Lique, Jackie Walleth, Joe Berterelli 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 Sam Donaldson, TV newwsman.

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

Our March 13 birthday kiddies: Charlotte Dracousis, lovely Nancy Gallo, Amy Hill, Doris Nelson, Mary Dick, Art Ross, the distinguished Dr. Charles Schepens and Neil Sedaka, singer and songwriter.

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

March 15 birthday gift openers: Lovely Alice Deary, Arlene Connor, Brenda Thompson and Mike Love, pop singer, member of the Beach Boys.

March 16: The personable Rick Kennedy, Yizette Colon, Barbara Caloggero, Pauline Mahoney, Sophia Hyde, Paula Devereau, Pete Hemenway, Chris Connolly, Bob Myers and comedy film actor Jerry Lewis.

March 17, Saint Patrick's Day birthdays: The marvelous Marrit Nauta-Hastings, Bob Tavares, Sharon Provencher, the illustrious Tom Costin, Marianne Riley, Ida Nannini, lovely Victoria Capano, Barbara Capodilupo, Mary Ioven and singer Nat "King" Cole.

March 18 birthday cake-eaters: Jennifer

Sullivan, Angela Bonin, Betsy Taylor, Wendy Johnson, Shari Locantore, Jeremy Lowe and actor Matt Dillon.

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: gracious Jean Kirkman, Betty Hall, Charlie Buisset, handsome Wayne Gaulzetti, and actors Spike Lee, William Hurt and Holly Hunter.

March 21 birthdays: Ireland's gift to Nahant, the lovely Patricia O'Shaughnessy, Jennifer Montague, Rory Thornton, 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.

March 22: William Shatner, Canadian-born US actor who played Captain Kirk in the Star Trek TV series and films.

March 23 birthday babies: Scott Doyle, Nancy Lyman and Paula Taylor.

March 24 : Mayfred Mahoney, Dot Auchmood, Todd Wilson and David Riley. Also celebrating a gala birthday on March 24, my wondrous daughter Robyn, a Townie.

March 25 birthday candle-blowers: Mary Gavin, Mark Reenstierner, Pete Brown, singers, Aretha Franklin and Elton John.

March 26 birthday cake-eaters: Dot Pass, Patricia Hatzis, Eden Milroy, Carol Finkenaur, Tim O'Keefe, Billy Ostermiller and actors Alan Arkin, Leonard Nimoy, James Caan, singer Diana Ross and an old friend, writer Erica Jong.

March 27 birthdays: Justin Fucile, Michelle Kourkoulis, Erin Sweeney, Michelle Abisso, Mike

(Continued on next page.)

**Useless Information**

(Continued from page 12.)

Baldini, Vin Lopez, Paul Caira, Scott Livingston, the noted former State Trooper Captain and educator, Tim Moran and actress Gloria Swanson and jazz singer Sarah Vaughan.

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

March 29 birthday cake-eaters: Sean Dolan, Nancy Antrim and David Taylor. Also born on this date, John Tyler, 10th US president.

On March 30, wish a happy birthday to Jeanne Fiore, Brian Perry, Mike O'Shea and singer Frankie Laine, actor Warren Beatty and guitarist Eric Clapton.

March 31: Lovely Laurie Giardella, Yasmene Dawson, Betty Murfitt, Amy Monagle, Julie Morris, Debora Caloggero, Fred Taylor, Joe Mellen, Paul Tobin and former Vice President Albert Gore. Also born on March 31, actress Shirley Jones and musician Herb Alpert.

Believe it was one of Nahant's gallant firefighters who said, "The woman who puts the right number of candles on her birthday cake is playing with fire."

**Gina, The Real McCoy!**

Things you didn't know about your captivating neighbor, the "Sex Goddess," Gina McCoy, who lives in a stately home on Nahant Road. Yes, Gina proudly refers to herself as a "Sex Goddess."

Well, the spirited Gina was born Gina George in Lynn. Both sides of her family were from Peloponisos (Pelops Isle), Greece, where they were mostly journalists, news commentators and "People of the Sea."

What we did learn about Gina, she is a woman

who wants to be able to follow her own path and seeks neither to be dependent on others. Perhaps this began when she was a child. Her mother left their home in Lynn when Gina was one-year-old, to attend the American Academy of Dramatic Arts in Manhattan. In brief, her mommy became a Broadway and Shakespearean actress. As to be expected, Gina would become involved in the world of show business as an actress. Gina, who attended private schools in Manhattan had a taste of acting at a young age. What's more, the ambitious young Gina went on to write plays, dancing professionally and she also found time to learn how to play the piano, violin, cello and woodwinds. Whew!

Gee, we should also mention Gina, who is always hungry for knowledge, studied classic Greek, and ancient and modern history for 12 years. The brilliant Greek-American also ventured into journalism and created many articles regarding the Balkans, Soviet Union and Near and Far East. We also learned Gina is a successful entrepreneur, who invested in restaurants and real estate. She is truly a wondrous woman!

While traveling with the "Sex Goddess," show, as a dancer, and appearing in Pittsburgh, she met her distinguished husband, trumpeter, Bob McCoy, a graduate of West Virginia University who majored in music performance and music education. His accomplishments as a musician, educator, music conductor, etc., are well documented.

Well, as we stated earlier, Gina McCoy is the "real McCoy!" What you see, is what you get! An interesting attractive, creative and compassionate woman. Time for some baklava.

**Nahant Needs A Rumpologist**

A Miami TV psychic is drawing huge audiences by

"reading" people's buttocks. Professor Jose Miranda, who calls himself a "rumpologist," uses bamboo sticks and crystals, specially imported from the Orient, to trace every line, curvature and dimples of his clients' posteriors. "The left cheek is the cheek of the future," Miranda explains. "The right cheek is the cheek of the present. Your love life, your money, your career, everything is there." Needless to say, a "rumpologist" would prosper here in Nahant. Don't ask me why!

**Nahant's Dedicated Nurses**

Last count, Nahant is the home of 49 nurses! Yes, we have an abundance of nurses! Who are Nahant's dedicated nurses? Gail Woodhead, Maryanne Cassidy, Priscilla Parish, Linda Bellofatto, Lisa Magarance, Helen Brownlie, Mary Dick, Geraldine Walton, Maryanne Quinlan, Kim Yannetty, Janet Flaherty, Randy Gray, Mary Donovan, Jill Capobianco, Kristen Ross, Mary Smith, Deborah Savage, Ruth Titus, Janet Spear, Colleen Quinn, Barbara Mellen, Anna Marie Manzano, Rita O'Donnell, Veronica Cooke, Heidi Schwalbe, Catherine Domingue, Joanne Sullivan, Gretchen Szczechowicz, Patricia Toomajian, Lisa Torchiana, Robyn Howard, Jeannette White, Molly Conlin, Ellen Antrim, Janet Taylor, Linda Read, Andrea Gaulzetti, Michele Kirkman, Jeanne Kirouac, Alice Deary, Karen Hawko, Christine Fulchino, Margaret Mahoney, Mary Merlino, Margaret Meagher and Deborah Murphy. Please note, some of the nurses listed are retired.

Cal Hastings, of Nahant Road, says, "A woman must nurse something, even if it's only a grievance."

Cal's attractive and brilliant wife, Marrit, says, "A nurse always checks the patient's pulses, and sometimes their impulses."

**More Hip-Swinging Nahanters!**

Last month we reported it was rumored Marilyn Monroe developed her hip-swinging strut by shaving off part of one high heel, so her walk would be uneven. We also listed some of Nahant's gorgeous hip-swinging women. Well, here are more of them! Annette Merlino-Rogers, Helen Brownlie, Angela Bonin, Beverley Dawson, Darleen Terminello, Pamela Morse, Allison Twiss-O'Neill, Martha Keller, Angela Lowell, Laurel LaLiberte, Anna Manzano, Loreen Wallach, Marguerite Rizzo, Sara Riley, Julie Tarmy, Roz Puleo, Carol Hanson, Judy Steriti, Beverly English, Marie Muzzioli, Noel Spinney-Costin, Maura Costin-Scalise, Marrit Hastings, Linda Lehman, Christine Howard, Kathy Famulari, Cay Cusack, Cynthia Mantzoukas, Pamela Oesterlin, Laurie Meagher, Cynthia Costin, Mary Cullinan, Jeanne Kirouac, Nancy Gallo, Paula Smith, Mary Jane English, Marie Meyer, Joan Kavanagh, Claire Collins, Daisy Arena, Ellen Klink, Elizabeth Desmond, Suzanne Bailey, Marie Pasinski, Anne O'Brien, Judith Walsh, Jean Hosker, Jeanne Adamo, Mary Barletta, Susan Edwards, Betsy Wachtel, Rose Tirrell, Maureen Ward and Paula Devereaux. Calm

down! I'm pulling your leg. Oops.

Reminder, Spring begins, on Palm Sunday, March 20. Believe it was Joe Muzzioli who said, "Spring is the silly season, when men plant grass in order to slave in the summer, keeping it cut."

According to the radiant Sheila Hambleton, of Kenney Avenue, "Another of life's ironies, is to have house cleaning, gardening and spring fever, all come at the same time."

**Happy 20th Anniversary! Drs. Roger & Marie Pasinski**

The distinguished physicians, Roger and his stunning wife, Marie, of Swallow Cave Road, celebrated their 20th wedding anniversary in the romantic city of Paris. Yes, they celebrated with some champagne. Looking into Marie's captivating eyes, Roger said, "A' votre sante'!" Smiling, she responded, "Same to you." Be assured, Roger is not an amoureux transi.

**Nahanter's Opinions**

Sheila Hambleton, of Kenney Avenue, says, "A woman never knows what she really wants until she finds out what her husband can't afford."

Joanna Reardon, of Nautical Lane, says, "Man is a strange animal: when he gets what he wanted, he wonders why he wanted it."



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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.

## J. T. Wilson Comes to Nahant



Lori and Kevin,

I remember having mentioned this rendering of your house and couldn't find it until now.

It apparently is from an invitation to my folks from Harriet Zimmerman who lived there in the '40s. The Zimmerman's were M/M, had three sons, the father an engineer at the GE. We used to play there as kids and remember well a dumb-waiter that went from the first floor to the third and to us, then, it was kinda spooky but we had a lot of fun. It was a big house and always full of kids running every which way.

Anyway, the rendering is yours.

Take care,

Paul Caira

SOURCE: Rendering of 80 Spring Road: Originally built, owned and home of J.T. Wilson. Gift (2004) from Paul Caira to Kevin and Lori Nugent, current owners of 80 Spring Road.

*“An able, upright and fearless public servant. A high-minded, public-spirited citizen ... A friend to truth, of soul sincere, In action faithful and in honor clear, Who broke no promise, served no private end: Who gained no title and who lost no friend.”*



Joseph T. Wilson came to Nahant in March 1868, to work for the Tudors, and because of his exceptional service in Nahant town offices, needs correspondingly exceptional mention. He was born in Kittery, Maine, in 1836, and at the age of nine lost his father and was at once obliged to go to work. There was no compulsory schooling in those days, and Wilson was “bound out” to a farmer.

Later he went on various fishing vessels, and this was also hard work, so that his entire boyhood was a part of many years' struggle for a footing in life. As he grew up he was of large stature and great strength, the strong man of the town, until finally he injured himself, and for several years, in the 60s, was somewhat out of condition. In his teens he learned the cabinet maker's trade, working in Beverly and Boston, and finally returning to Kittery, where he set up in business as a building contractor.

During this period he had studied by himself as well as he could, and finally taught school several seasons. School was then open only in the winters and did not interfere with the other occupations by which he was struggling upward. Then, with a foothold, came the Civil War, in which he could not participate, and its resulting rapid rise in prices brought him face to face with ruin. Fending off, he left Kittery and landed in Nahant because of the job with the Tudors that he found there. But before the end of 1868 he again started building, and in succeeding years did a majority of the building on Nahant and a larger amount out of town.

In 1869 Wilson fell from the Schlesinger House on Prospect Street and was picked up not expected to live, and with his chest crushed. His great constitution saved him, but while he was in the midst of this trouble the heavy September gale of 1869 blew down the Schlesinger House, which he was then building.

In 1870 he was elected to the school committee and served until 1897, and was chairman for most of the time. In 1871 he was elected to the library committee, later becoming library trustee, and served until 1897. In 1876 he was elected selectman, serving until 1906, and was chairman for twenty-eight years. He was appointed trial justice in 1876, and held that position until his death in 1914 in his seventy-ninth year. He was moderator at sixty-eight town meetings. This means that he was elected by the people of Nahant for well over a hundred times to various town offices, and his retirement in every instance was voluntary and due to advancing years. The quarter century ending in 1900 saw this one man with very exceptional authority in the town of Nahant, and standing like a rock in his position, but, after all, only holding his place because the people voted for him and had confidence in him.

In 1915 a bronze tablet was erected to his memory in the Town Hall, which, after recounting his various services, contains these lines by Senator Lodge:

“An able, upright and fearless public servant. A high-minded, public-spirited citizen.” Then follows this quotation: “A friend to truth, of soul sincere, In action faithful and in honor clear, Who broke no promise, served no private end: Who gained no title and who lost no friend.”

TEXT SOURCE: *Some Annals of Nahant*. Fred A. Wilson. 1928. *Son of Joseph T. Wilson*.





J. T. Wilson, 1836-1914

# Joseph T. Wilson

*Elected by the People of Nahant over 100 times.*



Sophia Wilson, 1846-920

## Judge Wilson's Great Moment

The President's party passed the morning quietly. About one-thirty it began to rain heavily and the crowd gathered around the public library where Roosevelt was to speak broke out a sea of umbrellas. About two o'clock the skies suddenly cleared and the sun came out. The cavalry trotted over to the estate ready to escort the President to the library. A little before three, not quite half an hour late, the Presidential party arrived. Belfied's battery thundered out a salute of twent-one guns and Judge Wilson's great moment was about to begin.

Curtis Guild Jr., led the Nahant members of Post 5, Grand Army of the Republic, onto the platform. Immediately behind them came the President. The crowd broke out into thunderous applause and after three ringing cheers, he was seated. Someone then called for three cheers for Selectman Wilson, "Whereupon the President lifted his hat, smiled his famous smile, and led the cheers." It was a moment Selectman Wilson was to remember all his life.

Judge Wilson introduced the President, who made a short and patriotic speech on self-government. There was a roar of applause and then everybody rushed to get foot positions to watch the procession leave for Lynn. The escort reformed, the dignitaries clambered into their carriages, and off they went for Lynn. The road once again was thronged with spectators who cheered and cheered. Soon the visitors began to stream away over the causeway and Nahant's half-day of glory and noise faded away.



*Photo Upper Right: President Theodore Roosevelt speaking in front of Nahant Public Library, 1902.*  
*SOURCE: Nahant Historical Society.*

*Center Right: President Theodore Roosevelt addresses Nahanters during a visit in 1902. His good friend, host and mentor, Nahant's own Senator Henry Cabot Lodge (seated in the front row, second from right) gives close attention to the President's message.*  
*SOURCE: Nahant Historical Society collection.*

*Bottom Right: President Theodore Roosevelt addresses Nahanters during a visit in 1902.*  
*SOURCE: Nahant Historical Society collection.*



**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](mailto:sumnerkimball@aol.com)

## Walsh Named Vice-Chairman of Public Health

submitted by Lainey Titus, Office of State Representative  
Steven M. Walsh

State Representative Steven M. Walsh (D-Lynn) was recently appointed to the position of Vice-Chairman of the House Committee on Public Health. He will also be serving as a rank-and-file member of the Committee on Election Laws and the Committee on Tourism, Arts & Cultural Development.

“I am thrilled Speaker DiMasi has asked me to serve in a leadership position on the Committee on Public Health. There are few things more crucial in this time than solving the crisis in health care facing our Commonwealth,” Walsh said. “This will be a great opportunity to continue to work with the OxyContin Commission, as well as finding innovative solutions to expanding access to health care to everyone at an affordable price.”

Walsh was tapped last year, by then Speaker Finneran, to lead a committee to study the OxyContin epidemic facing our young people. The group is expected to file a report in June, which will include recommendations on changing regulations, increased oversight on prescriptions and increased education.

Upon taking office in January, the new Speaker of the House, Salvatore DiMasi, appointed a task force to study the General Court’s internal structure and recommend reforms. Part of the recommendation included dividing the former Committee on Health Care into three separate committees. The three newly-created committees are the Committee on Mental Health and Substance Abuse, the Committee on Health Care Financing and the Committee on Public Health, of which Walsh is the Vice-Chairman.

The newly formed Public Health committee will focus on the preventative side of health care, as opposed to only responding to the needs of the already infirm.

The Committee on Tourism, Arts & Cultural Development is also a newly-formed committee. It was created to address legislative options, to stimulate tourism and cultural development, to promote those areas of economic activity. As the Executive Director of LynnArts, Inc for eight years, Walsh will be able to bring his experience with cultural development and the arts to the committee proceedings. He noted, “Lynn has been a leader in cultural development in Massachusetts and this new committee will work to create new jobs and attract people to both our state and our city.”

In addition, Walsh will be serving on the Election Laws Committee, which heard bills relating to campaign finance, voter registration and the election process, during the last legislative session. Walsh acknowledged the challenges that lie ahead in the coming year, but said “I am looking forward to them.”

## What Defines Large-, Mid-, and Small-Cap Stocks?

submitted by Kevin Manning, Financial Advisor

When considering individual stocks for your portfolio, a company’s size is one of the key ways of categorizing potential investments. Generally, companies issuing common stock fall into one of three size groups: large-cap, mid-cap or small-cap, based on the total stock market value of the company that underlies the stock. This is commonly referred to as “market capitalization.”

Large-cap stocks usually refer to companies with total market capitalization of more than \$5 billion. Large-cap companies tend to be well-established, well-known household names and are likely to be stocks listed on the Dow Jones Industrial Average and the S&P 500 stock indexes.

Mid-cap stocks typically refer to companies with market capitalizations of between \$1.5 billion and \$5 billion. Mid-cap companies tend to be those that are beginning to mature but are still in the growing stages.

The small-cap designation is usually assigned to companies with market capitalizations of less than \$1.5 billion. Small-cap stocks usually represent new businesses and young companies that are often still in their start-up phases.

Investments in the common stock of small and mid-sized companies may provide the potential for greater growth opportunities but generally involve greater risks than those typically associated with the common stock of larger companies, because smaller companies may have limited product lines, markets or financial resources, among other things. Of course, these categories may overlap and the designations should be used only as general guidelines on the size and status of companies that have issued stock. Your financial advisor can help you determine which combination of stocks is suitable for you, based on your particular circumstances, individual financial situation and investment goals. If you would like to learn more, please call me at 978-739-9612.

*This article is published for general informational purposes and is not an offer or solicitation to sell or buy any securities or commodities. Any particular investment should be analyzed based on its terms and risks as they relate to your specific circumstances and objectives.*

## Three Ways to Diversify Your Portfolio

submitted by Kevin Manning, Financial  
Advisor

Diversification is an investment strategy that helps you avoid putting all your eggs in one basket. When you allocate your investment dollars among many investments, you potentially reduce the risk of a single investment and help to optimize your overall return, given your risk tolerance. There are a number of ways you can diversify, when deciding which stocks are best suited for you. Consider the following possibilities.

Diversify among industry sectors. A sector is an area of the economy, composed of industries that have certain characteristics in common. All industries in a given sector typically tend to react similarly to trends in the overall economy. In general, you should include stocks from a number of sectors, but dedicate a greater dollar amount to the sectors that are currently in favor.

Diversify by risk level. There are many categories of stocks with different degrees of volatility. A well-diversified portfolio may include stocks from a number of risk levels, since lower-risk stocks are likely to offer greater portfolio stability and higher-risk stocks tend to provide higher potential rewards. As you near retirement age, you may wish to adjust your portfolio to reduce risk. Of course, your risk tolerance will vary with your individual situation.

Diversify globally. Foreign stock markets provide an extra degree of diversification, which has been shown to reduce portfolio volatility and enhance returns over time. Keep in mind that past performance does not guarantee future results and overseas investments are subject to certain risks beyond those applying to domestic investments, such as political, market, economic and currency exchange risks.

In the end, the specific way you choose to diversify your portfolio will depend upon your individual investment objectives and risk tolerance. Your Financial Advisor can help you determine which methods are best for your own individual financial situation.

If you would like to learn more, please call Kevin Manning at 978-739-9612.

*This article is published for general informational purposes and is not an offer or solicitation to sell or buy any securities or commodities. Any particular investment should be analyzed, based on its terms and risks as they relate to your circumstances and objectives.*

## Got Something to Share with the Nahant Community?

Send your letters to the editor, memoriams, birth announcements, articles, poems, photos and short stories by mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.

Or, SAVE A STAMP! Send by **e-mail** to, **donna@nahant.com**, or place in the **DROP-BOX** on the **Teller’s Counter** inside the **Equitable Cooperative Bank**, on Nahant Road. Photos will be returned, if accompanied with a Self-Addressed, Stamped Envelope.  
Thank you.

## New Hampshire Nurse Speaks Out in Support of Federal Medical Malpractice Legislation

submitted by Gretchen Wright, Association  
of Women's Health, Obstetric and  
Neonatal Nurses

Jean Dudley, a staff nurse at Beverly Hospital, in Beverly, Massachusetts spoke yesterday at a Washington, DC news conference, in support of federal legislation "to improve patient access to health care services and provide improved medical care by reducing the excessive burden the liability system places on the health care delivery system." Dudley was invited to speak at the news conference by Senator Judd Gregg (R-NH), a sponsor of the legislation.

The Help Efficient, Accessible, Lo-Cost Timely Healthcare Act of 2005, (HEALTH Act of 2005), introduced by Senator Judd Gregg (R-NH), would put a three-year statute of limitations on bringing a health care law suit, cap non-economic damages at \$250,000 and create a sliding scale on attorneys' fees. The legislation has been introduced to help curb the skyrocketing costs of malpractice insurance. Senators Gregg and John Ensign (R-NV) also spoke at the news conference.

Dudley, a resident of Newbury, New Hampshire, spoke in favor of the legislation, from her perspective as a nurse who was named in a lawsuit filed against an obstetrician:

"The profession of nursing is in a critical stage, as the nation's nursing shortage is crippling our healthcare system's ability to deliver quality health care. What many do not realize is that there are 66,000 men and women waiting to get into nursing programs — while there are too few nursing faculties to meet the need. I am presently in school, obtaining a Master's degree, in hopes of teaching. Because of having been named in a lawsuit, I am unable to obtain private malpractice coverage, required by many schools of nursing in order to teach.

The emotional toll on nurses who are involved in lawsuits, whether or not they have done anything wrong, is immense. We need liability reform that promotes patients' rights, while protecting health care providers."

Dudley is also a member of the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN), an association representing 22,000 nurses in the United States, Canada and abroad. AWHONN supports the HEALTH Act of 2005.

### About AWHONN

A leader among the nation's nursing associations, the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) serves and represents more than 22,000 health care professionals in the U.S., Canada and abroad.

AWHONN members are committed to delivering superior health care to women and newborns in hospitals, in home health and ambulatory care settings. AWHONN members' rich diversity of skills and experience make AWHONN the voice for women's health and neonatal nursing.

In 2004, AWHONN received an Award of Excellence from the American Society of Association Executives, for its Promoting Health Among Hispanic Women program.

## Senator Thomas M. McGee Announces New Committee Assignments for the Upcoming Legislative Session

submitted by Elana F. Amaral, Legislative Director,  
Office of Senator Thomas M. McGee

Senator Thomas M. McGee announced today his appointment by Senate President Travaglini as Chairman of the Labor and Workforce Development Committee.

"I am honored to be named Chairman of the Committee on Labor and Workforce Development", said Senator Thomas M. McGee. "In this new role, I look forward to working on issues important to working families, such as increasing workers' skills, advancing families to self-sufficiency and promoting job creation and economic growth throughout the Commonwealth," stated Senator McGee.

McGee was also appointed as Vice-Chairman of the Children and Families Committee.

"By creating this new committee, the Legislature has reaffirmed its commitment to taking care of the children in our state and ensuring that the most needy have access to quality healthcare, educational opportunities and adequate childcare," stated McGee.

As Senate Chair of the Children's Caucus during the last legislative session, McGee led the charge in securing several priority initiatives, including the creation of the Early Education and Care Board, the Teen Pregnancy Prevention Programs, the Children's Medical Security Plan, among many others.

In addition, McGee was also appointed to the Committees on Community Development and Small Business, Judiciary, Transportation, and Veterans and Federal Affairs. "I am very excited to continue my work on the Transportation Committee," said Senator McGee. "In the last legislative session, working with the Transportation Committee and Co-chairing the North East Caucus, we were able to accomplish many great things for the North Shore. We implemented a toll discount program for the residents of the North Shore and came one step further to bringing the Blue Line to Lynn. We were able to secure \$246.5 million in the transportation bond, for the expansion of the Blue Line to Lynn. As a member of the Committees on Development and Small Business and Transportation, I am looking forward to further exploring solutions to existing commuter barriers, that will help bring about growth opportunities to the North Shore area, both in terms of job creation and infrastructure improvements."

The Criminal Justice Committee, of which McGee was chair, during the previous legislative session, was merged with the Judiciary Committee.

"As Chair of the Criminal Justice Committee, we were able to protect federal transportation funds, while strengthening our drunk-driving laws, establish an online sex-offender registry, insure pre-registration of sex offenders prior to their release and establish a statewide DNA database, including all felons," said Senator McGee. "I look forward to continuing on these and other important issues as a member of the Judiciary Committee." said McGee.

## Library Building Fund Needs Support

(Continued from page 1.)

This building, the architects told the Town, should be good for fifty years; after 1945, it will be too small, and need a major revision. Great! responded the Town, Let's build it! So they did.

As we all know, that major revision never took place. The only thing that really changed was the needs of the people.

In 2005, the Library is (a sad truth) about to fail to meet all of these needs, for we only can meet some of them now. And the needs will grow.

It's time to plan carefully and thoroughly. It's time to recognize that the Public Library serves generations, as well as individuals. It's time to assess needs and meet them.

That's what the new Building Fund is all about: meeting your needs, for you are the residents of Nahant, you are the Library Trustees, the Friends of the Library, the patrons of the Library, the voters and the taxpayers.

The Friends of the Library and the Library Trustees have taken the first step into the Future by establishing a Building Fund, all contributions to which are tax deductible.

Those computers, DVDs, and books all need a house, so that you and your children, and their children will have them. Right now, we have a house, but, just like your house, it needs to be kept up, even improved.

There's more to any house than the front yard with the blossoming trees. Inside are the most important part of all: the people, those who visit and those who serve them. Come and visit us now, and in the Future!

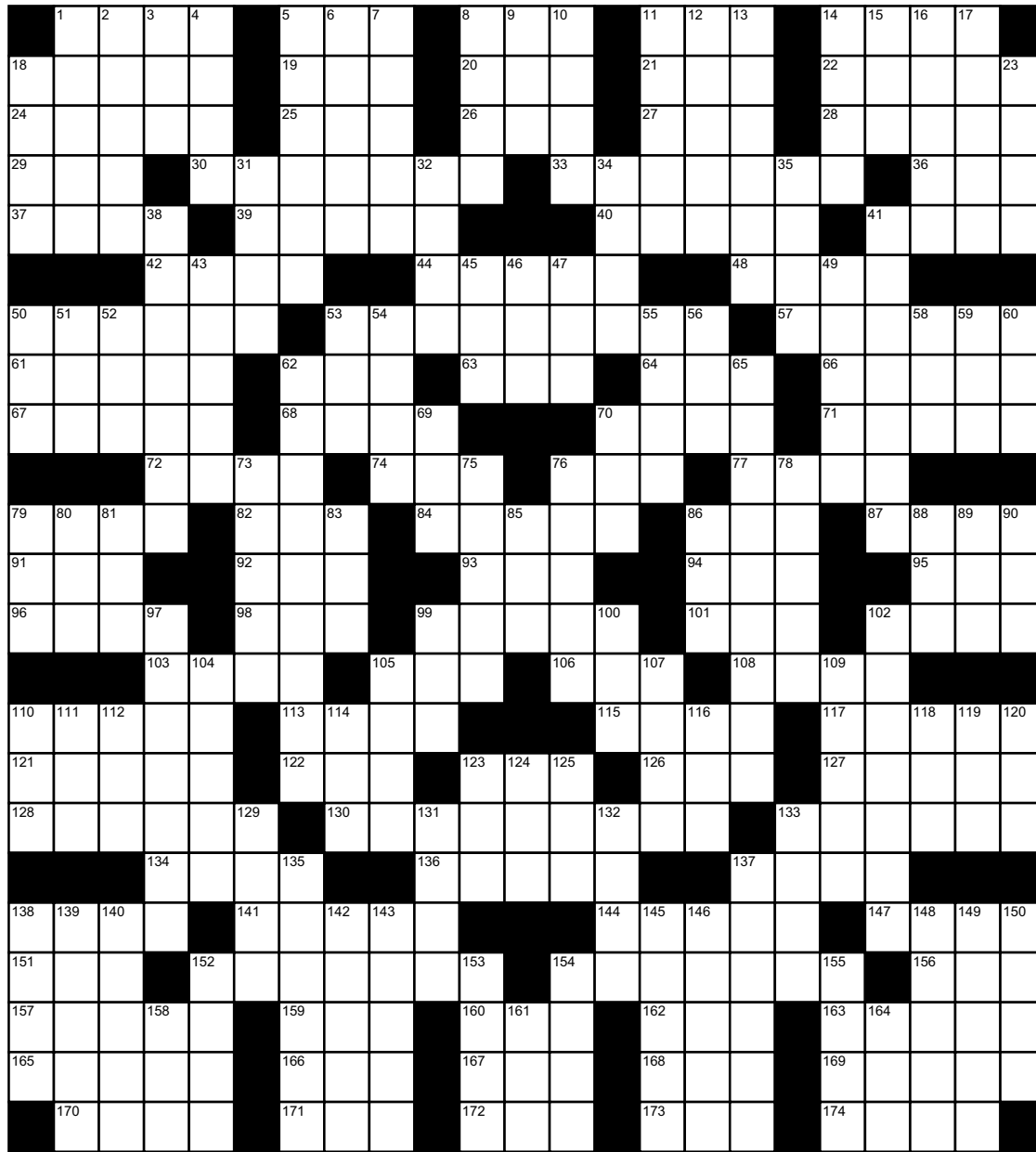
# NAHANT PUZZLE PAGE

## Erin Go Braugh!

by Rick Kennedy

**ACROSS**

- 1 The alphabet
- 5 Pat lightly
- 8 Crony
- 11 Dined
- 14 **Make an Irish sweater**
- 18 Eskimo relative
- 19 Bullfight cheer
- 20 **Limerick to Wexford dir.**
- 21 Possess
- 22 Ancient river valley
- 24 **Irish county**
- 25 Lubricate
- 26 Precedes an alias
- 27 Free of
- 28 Ma's instrument
- 29 Decade
- 30 Leave
- 33 **Patron Saint of Ireland**
- 36 **Leprechaun, e.g.**
- 37 Prig
- 39 Vistas
- 40 Military tribute
- 41 Notion
- 42 Economics (abbr)
- 44 Extravagant parties
- 48 Recedes
- 50 Animal oil
- 53 **Ross Castle locale**
- 57 Montana capital
- 61 Rapid
- 62 Transgression
- 63 Not max
- 64 Lab animal
- 66 Maritime
- 67 Fold
- 68 Poetic "has"
- 70 Carved Polynesian pendant
- 71 Unskillful
- 72 Heroic tale
- 74 Turkey
- 76 That girl
- 77 Pool
- 79 Convene
- 82 Flightless bird
- 84 Orange flower
- 86 United Parcel Service
- 87 Cut
- 91 Lawman
- 92 Goof
- 93 Tint
- 94 **Irish \_\_\_\_**
- 95 To be in debt
- 96 Tiny insect
- 98 Male offspring
- 99 **Michael Collins e.g.**
- 101 Noah's boat
- 102 Brake
- 103 Oil cartel (abbr.)



- 105 Damage
- 106 Directory (abbr.)
- 108 Retired persons assoc. (abbr.)
- 110 Sound of a sneeze
- 113 Part of the "KKK"
- 115 Worker
- 117 **Ballybunion clubs?**
- 121 **Yeats et al.**
- 122 Allege
- 123 Lic. practical nurse
- 126 Some
- 127 Movie on tape
- 128 Rufous-sided bird
- 130 **Famous crystal**
- 133 Begins again
- 134 **My lovely wife**
- 136 Spools
- 137 Grime
- 138 Hairless
- 141 Spokes
- 144 Legitimate
- 147 Exchange
- 151 ET vehicle
- 152 **Imported Irish sheep**
- 154 TV Western

- 156 Formerly Clay
  - 157 Sheer, triangular scarf
  - 159 Really cool (sl.)
  - 160 Hoopla
  - 162 Madagascar franc (abbr.)
  - 163 Radioactive gas
  - 165 Unhealthy
  - 166 Single
  - 167 Charged particle
  - 168 Moray
  - 169 Broker
  - 170 Otherwise
  - 171 Bee product
  - 172 MGM's Lion
  - 173 Shad eggs
  - 174 Connection
- DOWN**
- 1 Green Mountain Boy
  - 2 Bingo-like game
  - 3 Mutt
  - 4 **Famous Irish dish**
  - 5 **Musical Irish**

- town**
- 6 Comparable
- 7 Underneath
- 8 **Bog fuel**
- 9 Beg
- 10 Jump
- 11 Main artery
- 12 Rotate
- 13 Salad green
- 14 Boot a ball
- 15 **Wicklow to Dublin dir.**
- 16 Left out of gear
- 17 Net-like cloth
- 18 Doings
- 23 Divan
- 31 Declare openly
- 32 Defunct football league
- 34 Association (abbr.)
- 35 **Titanic's last port**
- 38 **N. Ireland capital**
- 41 **Aran \_\_\_\_**
- 43 Terra \_\_\_\_ (type of clay)
- 45 Shade tree
- 46 Randy's skating partner

- 47 White-tailed sea eagle
- 49 African country
- 50 Cooking meas.
- 51 Punching tool
- 52 Tell a tall tale
- 53 Killed in action
- 54 Institution (abbr.)
- 55 Pennsylvania port
- 56 Himalayan beast
- 58 Adam's wife
- 59 Doze
- 60 Ctrl \_\_\_\_ Delete
- 62 **Ireland's lucky clovers**
- 65 **It's a long way**
- 69 **"\_\_\_\_ of the morning"**
- 70 Scriptural your
- 73 Water birds
- 75 **Cliffs of \_\_\_\_**
- 76 Scoot
- 78 Japanese city
- 79 Microgram (abbr)
- 80 Long time
- 81 Environ. protection agency (abbr)
- 83 Vase

- 85 **Irish tavern**
- 86 North American nation
- 88 Negative
- 89 The other half of Jima
- 90 High-school club
- 97 Cogged
- 99 Fled
- 100 Topper
- 102 Dashes
- 104 Pretender
- 105 Tropical bird
- 107 172 A sound
- 109 **Shannon or Liffey**
- 110 Inclined
- 111 Dove's cry
- 112 Chop
- 114 Rule
- 116 Last
- 118 Lyric poem
- 119 Unworn
- 120 Distress call
- 123 Downwind
- 124 Before (prefix)
- 125 Football assoc.
- 129 **Irish for "Ireland"**
- 131 Three
- 132 National capital
- 133 Cracker brand
- 135 Constrict
- 137 **Peninsula in Co. Kerry**
- 138 Shine
- 139 Ablaze
- 140 Indigenous
- 142 Artemis
- 143 Alphabetical listing
- 145 Guess correctly
- 146 Gem carved in relief
- 148 Played in shallow water
- 149 Isolated
- 150 **Serving of Guinness**
- 152 Donkey/horse hybrid
- 153 Tack
- 154 **Irish rocker**
- 155 **Irish sweater type**
- 158 Towel word
- 161 Buck's mate
- 164 Gone by

## Where in the World is HOOMPA?

Last month, we added a new column, just for fun, called “Where in the world is HOOPMA? Nahanters were invited to submit a photo of their travels with their HOOMPA sticker. Nahanters were asked of the origin and meaning of HOOMPA, and we received three responses.

Dawn Savino writes “My uncle, William Savino, who now lives in Florida, but grew up in Nahant back when that phrase was popular. My cousins and I (in our 30’s), remembered the phrase, remembered yelling it out at times, but had NO idea where it came from, but here’s my uncle’s information: ‘As far as the word HOOMPA goes, there was a town worker named, Duddy Tombino, now Duddy was an old man when I was a kid, that was in the 50’s, you know how that works, if you’re in your teens a thirty-year-old, is old. Anyways, the story is, Duddy was in charge of the young kids that were hired for the summer. Now you have to remember you have a dedicated lifer in charge of a few wild and crazy kids and he would tell them you have to “hoomp” ( meaning break your hump) while you’re here working for the summer. Kids being kids, they liked him for being him and busted his balls by giving him a HOOMPA in return. After that, when the first race was run (and I don’t the purpose or the cause of why the race was run) they called it the HOOMPA race (I believe it was the HOOMPA 500). I don’t know if it is still being run.”

And, HOOMPA origin as submitted by D.K.Y.: “The origin of HOOMPA was local slang for total disrespect. Visit Aqua Velva’s Hoomba site: [www2.primushot.com/~tlevangi/](http://www2.primushot.com/~tlevangi/). Follow the directions there and one will find the meaning of this slang. Well, not completely. For that you will have to speak with Tim Levangi or Neil Doran and ask them about it. It should be said with a silent h...long on the ooo’s and aaa’s.”

And from one who wishes to remain anonymous: “I heard HOOMPA was the sound that Duddy made when he cleared his throat.”

Well, there you have it! So when traveling, get out the camera and take a picture of your HOOMPA sign in front of some identifiable landmark and send it in to this paper, care of HOOMPA. Where will your HOOMPA go?

## Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

### DEADLINE INFORMATION for APRIL 2005

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
**TUESDAY, MARCH 15th • 5:00 P.M.**  
Mail Date: MARCH 29th

### STAFF

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

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### “I Want To Go Where It’s Warm!” Solution - February 2005 by Rick Kennedy (a “Parrothead”)

Solution:

F	I	N	S			S	P	A		S	O	N			S	C	A	R			
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N	E	O	N				U	T	E		T	R	Y			P	E	E	L		

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**Nahant Community Ad Page**  
 Advertise your yard sales, moving sales, car and boat sales, apartment rentals, personal messages, birth announcements, memoriams, holiday and birthday greetings in the **APRIL 2005 issue of the Nahant Harbor Review!**

Fill out the form below and make your check payable to Seaside Business Services 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.  
 Photos will be returned if accompanied with a self-addressed, stamped envelope. The deadline for the APRIL issue is MARCH 15th.

Name: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Photo Enclosed? \_\_\_\_\_  
 Ad Size: \_\_\_\_\_  
 Amount enclosed: \_\_\_\_\_  
 Print Message (or attach to form): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

Price List	
One column wide by	
1" box	\$10.00*
1.5" box	\$15.00*
2" box	\$20.00
2-1/2" box	\$25.00
3" box	\$30.00
Two columns wide by	
1" box	\$20.00*
1.5" box	\$30.00*
2" box	\$40.00
*Text Only	

# Community Calendar • MARCH 2005

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

Winter Parking Ban: December 1, 2004 until April 15, 2005. No overnight parking is allowed. Ticketing and towing will be strictly enforced, especially during snow emergencies when towing will be in full effect.

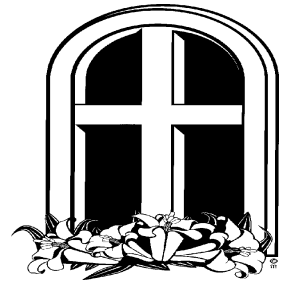
WED	2	10:30A	Story Hour at Nahant Library
WED	2	6:00P	French Night at School of Refrigerator Door Art.
FRI	4		Dance Dimensions Children's Social Begins.
FRI	4	7:30A	Nahant Village Church Men's Group breakfast.
SAT	5	9:00A	Winter Carnival. Johnson School. Till 1:00 p.m.
SUN	6	10:30A	Worship Service & Sunday School, Village Church
TUES	8	7:00P	Nahant Woman's Club Meeting. Nahant Village Church
WED	9	6:00P	French Night at School of Refrigerator Door Art.
THU	10	6:00P	Girls Inc. Fundraiser at Tides Restaurant.
SAT	12		Deadline for submitting nomination papers for public office for Town Elections on April 30th.
SAT	12	8:00P	Blues Night at the Nahant Country Club. 581-1271
SUN	13	10:30A	Worship Service & Sunday School, Village Church
SUN	13	4:00P	MBT's Annual Spring Auction. FMI 781-595-3224
WED	16	6:00P	French Night at School of Refrigerator Door Art.
THU	17		ST PATRICK'S DAY
SUN	20		SPRING BEGINS
SUN	20	10:30A	PALM SUNDAY Worship Service & Sunday School, Village Church
MON	21		DAFFODILS DELIVERED THIS WEEK
TUE	22	6:30P	Lecture at Marine Science Lab. FMI 581-7370 ext 321
WED	23	6:00P	French Night at School of Refrigerator Door Art.
THU	24		MAUNDAY THURSDAY
FRI	25		GOOD FRIDAY
SUN	27	5:20A	SUNRISE SERVICE on bluff on ocean-side of Nahant Rd before East Point entrance. Continental breakfast at Village Church after service.
SUN	27	10:30A	EASTER Worship Service & Sunday School, Village Church
MON	28	10:30A	Dr. Wayne McCullough, Podiatrist, at Tiffany Room
TUES	29	6:30P	Parent Support Group. Swampscott. 781-592-9555
WED	30	6:00P	French Night at School of Refrigerator Door Art.
THU	31	noon	Garden Club Meeting at Village Church.
<b>APRIL</b>			
SAT	2	8:00P	Periwinkles Spring Fling. FMI / Tickets 595-4142
SUN	3		DAYLIGHT SAVING TIME BEGINS
WED	6	noon	17th Annual Girls Inc. Celebration Luncheon at Danversport Yacht Club.
WED	6	6:30P	Nahant Lions Award Dinner at the Nahant Country Club
TUES	12		Woman's Club Meeting. North Shore Music Theater.
WED	20	9:15A	Watercolor with Deb Gates at Tiffany Room
SAT	30	9:00A	New England Gem & Mineral Show. Topsfield Fairgrounds. Till 5:00 p.m.
<b>MAY</b>			
SUN	1	10:00A	New England Gem & Mineral Show. Topsfield Fairgrounds. Till 4:00 p.m.
SAT	21	6:30P	Texas Hold 'Em Tourny at Knights of Columbus. Pre-register at 595-4142
SAT	30	9:00a	NEW ENGLAND GEM & MINERAL SHOW Topsfield Fairgrounds

## Reminder: MARCH 4TH

Dance Dimensions Children's Social Dance  
For boys & girls, ages 9-12, Friday eves starting  
March 4th at the Nahant Community Center.  
Advance registration is required.  
For registration please call Sallee Slagle, Dance  
Dimensions at 781-599-1476.

## Nahant Village Church

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



### AA Meetings

Tuesdays and Thursdays: Alcoholics Anonymous meets at 7:15 a.m. St Thomas Aquinas Church basement on Nahant Road.

Fridays: Alcoholics Anonymous meets at 7:30 a.m. Nahant Village Church Library on Cliff Street.

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.

### Singing Lessons

Donald Wilkinson, baritone  
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**Breakfast at the Seaside**  
from 6:30 to 11:00 AM

149 Nahant Road • Nahant • 581-9994

**Happy St. Patrick's Day & Easter!**

**ENTER PUZZLE CONTEST TO WIN  
FREE Breakfast for TWO**

See Chris for details!  
Chris & Crew by the Sea!

# GREAT FUN FOR THE ENTIRE FAMILY

Children under 12 always admitted FREE  
New England Gem and Mineral Show  
at the Topsfield Fairgrounds.  
FREE Parking! Clip Coupon and Save!

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## GEM & MINERAL SHOW

CRYSTALS • GEMS • EXHIBITS • GEM IDENTIFICATION • FOSSILS • MINERALS • JEWELRY

Saturday, APRIL 30, 2005 • 9 am - 5 pm  
Sunday, MAY 1, 2005 • 10 pm - 4 pm

TOPSFIELD FAIRGROUNDS  
ROUTE 1 NORTH, TOPSFIELD, MASS.

Directions to Topsfield Fairgrounds  
Coolidge Hall & Trade Building

From South: Interstate 95 North, Exit 50 to Rt. 1 North. Go two miles. Fairgrounds is on the right.  
From North: 95 South, Exit 53 to Rt. 97. Go to Rt. 1, going thru Topsfield. Take a right at the lights at Rt. 1. Go 1/4 mile. Fairgrounds is on the left.  
Enter at Rivergate Entrance

GENERAL ADMISSION \$4.00 PER PERSON  
With this ad, \$3.00 (2 discount admissions only)  
Senior Citizens \$3.00 — Children under 12 FREE

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Visit our website: [www.nahant.com/nsrmc/](http://www.nahant.com/nsrmc/)

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## Oliva Cleaning Service

Happy St. Patrick's Day & Easter!



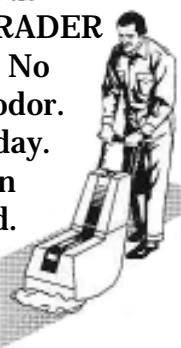
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## Got Something to Share with the Nahant Community?

Send your letters to the editor, memoriams, birth announcements, articles, poems, photos and short stories by mail to:

Nahant Harbor Review  
PO Box 88  
Nahant, MA 01908.

Or, SAVE A STAMP!

Send by e-mail to [donna@nahant.com](mailto:donna@nahant.com), or place in the DROP-BOX on the Teller's Counter inside the Equitable Cooperative Bank, on Nahant Road.

Photos will be returned, if accompanied with a Self-Addressed, Stamped Envelope.  
Thank you.



We buy & sell  
antiques.

Store Hours:  
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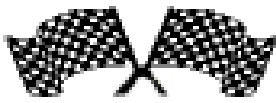
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