

# Opinion

## LETTERS

## MY VIEW

SEND YOUR VIEWS AND LETTERS TO THE EDITOR: [DON@NANTUCKETINDEPENDENT.COM](mailto:DON@NANTUCKETINDEPENDENT.COM)

### SHOOTING RANGE DISTURBS PEACE

#### To the editor:

I am a year-round resident of Wigwam Road. I have owned my property since 1992 and have been walking my dogs, mountain biking, going to the beach and generally enjoying the serenity of the Madaquecham area since the mid-70s.

I don't mind (much) the fall hunting season when our peaceful neighborhood has a lot of orange-colored visitors. I even supported the winter deer season as a method of controlling the deer and the deer tick population.

I own a shotgun and have an FID card. I grew up hunting pheasant, duck and geese. I support responsible hunting. During the various hunting seasons, however, there is only the occasional shot — not the continuous barrage that I believe would be the result of the proposed shooting range.

I do not support a rifle, pistol and skeet-shooting range anywhere within earshot of my property. I do not support the idea anywhere on Nantucket. I think it is an inappropriate land use for the Nantucket of today. A shooting range is noisy and would negatively impact the general quality of life.

I hate the thought that there could be a potential 20 rifles and pistols and another five shotguns blasting away at whatever time they might be allowed to fire. The sound of one semi-automatic pistol is disturbing enough.

For years, I have found the occasional pistol and rifle firing (generally on Sunday mornings) that has occurred on the "unofficial" range to be annoying. I will be out on the deck with my morning coffee,

or walking the dog down to the end of Russell's Way to get my paper or heading down to the beach and the rapid "pop, pop, pop" of a handgun definitely destroys my serenity. I cannot help but wonder if a stray round might come my way.

When the wind blows right I can hear it all the way down at the beach — let alone in my house or yard. The fact that my neighbors and I haven't called the police much seems to be being used as an argument by the proponents of the range to say they should be allowed to set up a gun club. I would argue that there is a world of difference between what has been unofficially nodded and winked at and the shooting range they are proposing.

I found proponent Terry Sutherburg's comments in his letter in support of the range about opponent and seasonal Wigwam Road resident Dan Saevitz not being "considered a resident of the island" and his reference that "20-plus members of the Wigwam group live here a few weeks a year, with a couple of exceptions" to be offensive and incorrect.

There have been 15 or so year-round residents out here for quite a few years, along with their pets, off-island guests, family members and visiting island friends. (I don't imagine I will get too many takers when I invite a friend to take a walk by the ol' shootin' range!)

My seasonal neighbors come here at all times of the year. Certainly more in the summer than the winter but they are universally glad to get here to our little piece of the rock and put the stresses of life on the mainland behind them. Their appreciation for Nantucket is tremendous.

Seasonal residents are a hugely important part of our island life and I find it disturbing when they are belittled. Each one of those seasonal residents brings friends and families to enjoy the beauty of Nantucket — and, by the way, support the local economy.

The constitutional right to keep and bear arms can be argued ad infinitum but I do not believe our Constitution gives anyone the right to disturb the peace of Madaquecham Valley. Isn't there a shooting range on the Vineyard?

— Marshall Thompson

### LESSONS FOR LIFE

By Rev. Jennifer Brooks

Nantucket Unitarian Universalist Church

*This is the second column in a series. The information here is from the nonprofit research organization HeartMath® ([www.heartmath.com](http://www.heartmath.com)). Research on trauma and the heart is the basis of stress reduction techniques taught in Dr. Robert Macy's trauma response certification course in psychological first aid (a course recognized by the International Red Cross). The specific source of the "Notice and Ease" technique described below is the book "Transforming Anxiety" by Doc Childre and Deborah Rozman (2006).*

There is a Buddhist teaching, "Create a heart of boundless love for all the world." In one type of Buddhist meditation practice, students are taught to recall with appreciation the faces of those they love, and then to extend the feeling of appreciation to others they know, and finally to stretch that appreciation outward to all sentient beings.

Maybe it's no surprise that Western science has found "appreciation" to be the basis of very effective self-calming techniques. Like most other stress-reduction practices vetted by HeartMath®, appreciation practice increases heart rhythm coherence, reduces blood pressure, and enhances the immune system. But more than the other practices, this one makes people feel especially good.

HeartMath® calls the exercise "Heart Lock-In," a name I don't find appealing or even descriptive. I think of it as "Heart Appreciation."

**Step 1.** Focus attention on the heart and feel your breath flowing through it ("heart breathing").

**Step 2.** Think of your heart with appreciation. It may help to recall someone you particularly care about, or anything you especially appreciate, and (for several slow breaths) turn those feelings of appreciation toward your heart.

**Step 3.** Gently send the feeling of appreciation toward yourself, your loved ones, and all others in the world.

The research on this practice tells us that it's even more effective with soothing music, and best if done at least 15 minutes a day. But like any "practice," the key is to do it, and not worry too much about whether you've done it perfectly or for enough time. Even five minutes of heart appreciation is soothing and strengthening, and you don't have to close your eyes.

One of the reasons I like this exercise is that it's similar to one the Dalai Lama practices. He spends hours in meditation each day, most of it beaming feelings of appreciation toward his enemies. Imagine. For any of us familiar with the teaching "love your enemies," the heart appreciation exercise is a good way to start doing exactly that.

But here's a warning: it's easier to direct feelings of appreciation toward others if you first do a thorough job on your own heart. Consider adding a gentle dose of forgiveness, too.

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The Island's locally owned weekly source for news, business and the arts

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Editor & Publisher

**DANIEL W. DRAKE**  
Associate Publisher

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News

PETER A. SUTTERS JR.  
News

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Off-island subscription rates are \$45.00 for 12 months or \$35.00 for nine months by Standard Mail (No forwarding or change of address service available); \$25.00 for full-time students. First class mailing to U.S. subscribers off-island is \$100.00 per year. Back issues (subject to availability) are \$5.00 to cover postage and handling.

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## GREY MATTER by James Cennamo

### My take on this year's Academy Awards ...as if my opinion mattered!

First off, I detest Hollywood and all that it stands for. I find it incredibly pompous and narcissistic. It's a community filled with back slappers and "hand" kisses



The best films come from abroad anyway! ..But as I watched, I started to enjoy it!..only because I agreed with their picks!



Out of all the 'Brother Director Teams', I like the Coen brothers best. Glad they won. The shorter one seemed aloof, I think he shares my opinion. (see panel one)



So after years of boycotting the Oscars, I was pleasantly surprised. And to really be a part of it, I made "catty" remarks: Tilda Swinton's dress was simply horrible!!



Cennamo