



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.

Volume 15 Issue 2

FEBRUARY 2008

Rob Scanlan Decides Not to Run



Over the past three months, I have had the opportunity to speak with many residents here in Nahant, regarding my run for Selectman and was overwhelmed with the support expressed by everyone. After much consideration, regrettably, I will not run for Selectman this year.

One of the main reasons behind this decision, was made while attending Mass at Saint Thomas and seeing all the families and residents, who would depend on my 100% commitment as Selectman, for their well-being and financial concerns as taxpayers and residents of our community. Given my responsibility to my clients and the United States Marine Surveyors, I do not believe that I could commit that 100%, that would be required in order to run successfully.

I would like to thank everyone who expressed support and I remain grateful to all of you.

— Rob Scanlan, CMS/MMS/ACMS

They Took The Plunge!



Here are three brave sould, Carol Sanphy, Maureen Sanphy and David Yench, right after the plunge at the New Year's Day Swim 2008, at Short Beach. Photo submitted by Stacey Kasper.

The 30th Anniversary of the
GREAT BLIZZARD OF '78
is February 6th & 7th, 2008.

Faith's Gift at the Country Club on February 9th

By Yasmene Dawson

It was a year ago November, when tragedy struck our family. Eight-year-old, Faith Suzanne Tilk, woke up in the middle of the night, complaining of a tummy ache. Realizing it was more than just that, her mom took her to the hospital and within 72-hours Faith passed away, without any explanation. Over a year later, we are still not sure what exactly happened to our little Faith.

My family lives in London, Ontario, as Canada is our original homeland. I am proud to be an American citizen, but it's difficult to be so far from family, especially during times of tragedy. Every summer for the past few years, Faith came to Nahant with her parents, Steve and Nancy and two older brothers, Cole (13) and Garrett (12). They loved swimming on Short Beach and fishing near the wharf. We loved having them here.

This past summer was difficult, as it was the first visit our family made, missing Faith. I was also missing a flower girl for my wedding here in Nahant. It was devastating. Being seven months pregnant when Faith passed, I was unable to attend her funeral in London, Ontario, but vowed that my son would always know who Faith was and what was important to her.

Faith was a fireball. She wore lipgloss and played soccer, among the many other fabulous things that beautiful little girls do. It is essential for our family to find ways to pay tribute to Faith's too-short life.

The first Faith's Gift was held in London, Ontario and raised \$64,000 for the Faith Foundation, a fund that her parents started in Faith's name to raise money for underprivileged children, childrens' museums, art, music, mentoring, after-school and sports programs, just to name a few.

We are hosting Faith's Gift, here at the Nahant Country Club, on February 9th, at 7:00 p.m. Faith's Gift is a "pink tie" reception honoring life and love. We are keeping in the spirit of Valentine's Day, so bring your loved ones and wear pink!

There will be fantastic raffle prizes, music, dancing, appetizers and a silent auction. We have decided to give local Girls Inc., 25% of the proceeds. Tickets are \$25. Calling ahead is preferred, but we will also welcome last-minute guests, at the door.

Losing a family member, especially a child is...well, there are really no words that can capture the sadness and sense of loss the family and community suffer. We are determined to keep Faith's spirit alive, through helping other children and we are asking for your support. Please join us on Feb. 9th, to bring lasting memory to a very special life. It will be a wonderful time. We hope to see you there!

For tickets, please call Yasmene (Faith's cousin), at (781) 581-0515, or email sales@nahantcountryclub.com.



Tuesday, February 5th, 2008

**Presidential Preference Primary
at Nahant Town Hall**

Polls will be open from 7:00 a.m. to 8:00 p.m.

Hearty Thanks!

I just want to thank Nahant DPW worker, Marty Lucantonio (9), for picking up all the Christmas trees and trash around Town. Good job 9!

Submitted by Paul Wilson

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Nahant Public Library Begins Wireless Service

Users of wifi laptops may now use their computers in the Nahant Public Library.

"We began the service in December," said Library Director Daniel deStefano. "The Library Trustees want to modernize the Library's services and bring in new users. While we do not offer computers to the public, we can accommodate wifi users. A couple of people have used the service and were pleased that they could gain access to the internet."

Those who wish to take advantage of the Library's wifi will need to enter the WEP key number into their machines. The staff at the circulation desk will be glad to release the WEP key to those who request it. The Library's wifi router is secured, so that the service will not function without this key.

C O A Notebook by Diane Desmond

Taking center stage at the Council on Aging, in February, are two educational and informative programs. We wrote last month of the Fall Prevention Program that is now in full swing. We are very FORTUNATE to have received this important grant from GLSS for this purpose. It is our hope to keep our seniors safe from injuries resulting from falls at home and sometimes long rehabilitations. One of our senior friends at the Center recently fell and broke her foot. Please call us today and sign up for your in-home evaluation, at 781-581-7557. See accompanying article "Before You Fall, Call the Nahant Fall Prevention Program."

We are planning a tour at CVS in Winthrop. The tour will involve information concerning OTC Remedies (over the counter), generic drugs, vitamins, supplements, prescription drugs, drug interaction and health plans prescription provisions. This tour is free, but the bus seating is limited. Please let us know if you can join us.

COA is actively pursuing a Senior Exercise Program. However, to have this program, we must have seniors who wish to attend. It is very important that we have a list of those interested, to ascertain if this program is viable. Again, please call us at the above number, to sign up for this new program, so that we may plan for you.

You are always invited to lunch at the Tiffany Room, Monday through Friday, at 11:30 a.m., or join us for a cup of coffee. And remember, Call Before You Fall!

Call Before You Fall!

The Nahant Council on Aging has received a grant from Greater Lynn Senior Services, for the purpose of helping Nahant Seniors prevent falls in their homes.

Since home falls are often such devastating and disabling events for seniors, this program is designed to identify and correct some of the conditions which may lead to falls. A free, confidential in-home evaluation will be performed by an All Care Nurse. These nurses are experienced in home safety evaluations for fall prevention. Their services are often used by people who are returning home, after a hospitalization. The Nahant Council on Aging is hoping that Seniors (age 60+) will take advantage of this program, to identify problems before they experience a fall.

To take part in this program, just call the Council on Aging at 781-581-7557 and tell them that you would like to sign up for a Fall Prevention Evaluation. Your name and phone number will be forwarded to VNA All Care and they will call you to schedule a visit. Once the evaluation is complete, VNA All Care will provide you with a written report and recommendations, to improve your home safety.

CALL BEFORE YOU FALL!

Tudor Beach New Year's Plunge

Sixteen hardy souls braved the coldest temperatures, that I can remember, to take the annual dip. We were fortunate to have a small bonfire and some warm libations to take the chill away, after the plunge. To cap it off, Chris Whitlock stopped by with his bagpipes and played a couple songs. I have the pictures posted on my website: livinginnahant.com.

I would also like to thank you for publishing the article in January's Harbor Review from Coldwell Banker Residential Brokerage, that announced my certification as a Certified Home Marketing Specialist. Being new to the real estate business, I appreciate the exposure this article afforded me.

Submitted by Ted McCarthy

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Travel India with the Foukals at NVC February 1st Free Breakfast

Late last year, Peter and Elisabeth Foukal made a three-week trip to India. Peter will share his impressions and some photographs of this trip, at the February 1st breakfast, at the Nahant Village Church. The free breakfast starts at 8:00 a.m., with the presentation to follow at 8:30. All are welcome. Please join us for an informative talk and a great breakfast. Feel free to bring one, or more, friends.

Potluck Supper at NVC January 31st

There will be a potluck supper on Thursday, January 31st, in Swansburg Hall, at the Nahant Village Church, on Cliff Street. Dinner will be served around 6:30ish and will consist of whatever you bring. Please bring your best covered dish, a dessert, or just your appetite (there is always plenty of food). Coffee, plates and plasticware will be provided.

Entertainment will also be provided by you, in the form of the lively game of Balderdash. Now don't you worry if you don't know how to play Balderdash. It is real easy to learn and a whole lot of fun.

Join us and our friends from St. Thomas Aquinas for an evening of favorite foods, tons of laughter and community fellowship. All are welcome!

Ash Wednesday and Lent

Instead of "giving up something for Lent," take up something spiritual. Members and friends of the Nahant Village Church invite you to join with them, for a Lenten spiritual journey, beginning Ash Wednesday, February 6th, at 7:00 p.m., in the Chapel of the Nahant Village Church. Then join with us for the six Sundays of Lent, at 10:30 a.m., as we continue our journey to Easter, March 23rd. For more information, call Rev. Dr. Larry Titus, at 339-221-0676.

Equal Exchange Fair Trade Coffee, Tea and Chocolate

The Nahant Village Church is now serving Equal Exchange Fair Trade coffee for Sunday coffee hour and at other church fellowship events. Fair Trade products provide a way to help small farmers and their families have a better way of life, as we have a better cup of coffee. Equal Exchange coffee, tea, chocolate and cocoa are available for sale at the church, for all who would like to enjoy a great cup of coffee and make a difference in the lives of small, family coffee-growers and the environment. We offer several blends of organic regular and decaf ground drip. For more information, call Rev. Dr. Larry Titus at 339-221-0676.

History of Nahant Village Church DVD On Sale

For those who love Nahant, a new 40-minute DVD, commissioned by The Nahant Village Church, is a history of the Nahant Village Church and other Nahant churches, including St. Thomas Aquinas Catholic Church. Included on the DVD are pictures of the old church bell and the historic weathervane in the Garth, scenes from early photographs and postcards of Nahant, stories about the wedding of a son of Franklin Delano Roosevelt in 1938, background on NVC's architect and connection with Harvard Memorial Hall, information on the Hook and Hastings organ, interior art work, pew subscriptions by famous New England families, including Lowell, Agassiz, Lodge, etc.

The history is narrated by Calantha Sears and includes a section by Norma Poole about the stained glass windows and the old Village Church on Nahant Road.

The DVD is available for \$15, directly from the church (781-581-1202), or on eBay, Seller name NVC-01908.

David Polansky Concert at the Nahant Library by Rita Stepanova, Children's Librarian

Nahant Public Library, located at 15 Pleasant Street, in the Town of Nahant, will present David Polansky's Concert of Original Music, on Wednesday, February 13th, at 3:30 p.m. David Polansky's songs have won numerous awards, including the Artists' Foundation Fellowship, Sheet Music Magazine Grand Prize and Music City Song Festival. His Animal Alphabet Songs were spotlighted on Morning Edition, on National Public Radio. Nahant Public Library is grateful to the Friends of the Library, for funding the program. Children with parents are welcome. Admission is free.

**Happy Birthday,
RON!**

February 5th
All my love,
Donna Lee

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Nahant Woman's Club News

"Lies in a Field of Color" Talk by Dan deStefano

by Polly Bradley

Nahant Library Director, Dan deStefano, will talk about art and artists, painting and perception, at the Nahant Woman's Club meeting, on Tuesday, February 12th, at 10:30 a.m. at the Library.

"I'll talk about how to look at a painting and some of the tricks artists use to tell a story, or to tell a lie on canvas, or on paper," deStefano says. "It will be more on perception and color than on technique." DeStefano will use examples from the library's collection of over 100 works of art, especially works by John Eric Peterson. DeStefano, himself an artist, has also painted a couple of water colors to illustrate his points.

Hostesses will be Margaret Piccola and Maria Welsh. The invocation will be given by Carolyn Jundzilo-Comer. The meeting will also feature a raffle for an original painting by Jundzilo-Comer, who is a well-known Nahant artist. Those not members of the Woman's Club (including men) are welcome to purchase raffle tickets. Raffle tickets are \$5 each and can be purchased in advance from Marrit Hastings, 781-581-5691. The raffle benefits the Nahant Woman's Club Scholarship Fund.

The Library owns one of Jundzilo-Comer's paintings (definitely NOT being raffled off.) "It's of rocks and roses at East Point. Lovely color," deStefano says. "You can smell the ocean in it."

Dan deStefano is married to Nahant native, Robin Roland deStefano, whose roots go back to the beginning of European settlement of Nahant. Dan, who grew up in Medford, has lived in Nahant for 32 years. Their daughter, Kathy, recently received her captain's license and has accepted a position at a resort, in the Netherlands Antilles.

Dan's grandparents were all immigrants from Italy. His paternal grandfather was an artist and church painter in Italy, but in America earned a living painting signs, as did his son, Dan's father, also an artist. Dan has the family artistic ability and likes most to paint seascapes and landscapes in watercolor and colored pencil. He has donated paintings to be auctioned off for town groups and charity events and is author and illustrator of the book, "Did you see that one, Henry? Some wildflowers of Nahant."

He is a graduate of Boston State College, now a part of the University of Massachusetts, with a biology major and minors in chemistry and education. He has been Director of the Nahant Public Library since 1990.

The Nahant Woman's Club Board announces that a change in the Woman's Club bylaws regarding annual dues, will be introduced at the February meeting, to be voted on by the membership at the Annual Meeting, on April 9th.

Memorial Fund Seeks Honorees for In Memory Day

The Vietnam Veterans Memorial Fund is seeking individuals to honor during its annual In Memory Day ceremony, at the Vietnam Veterans Memorial this spring.

What is In Memory Day? It is a way to honor the thousands of individuals who died as a result of their service in Vietnam, but who do not meet the government requirements to have their names added to the Vietnam Veterans Memorial. Currently, more than 1,600 individuals are listed on the In Memory Honor Roll.

Friends and family members who would like to honor a loved one must submit an application and supporting documentation to the Memorial Fund by Feb. 1st. Information and an application can be found on the Memorial Fund Web site: <http://www.vvmf.org>. The annual In Memory Day ceremony will be held on April 21st, at the Vietnam Veterans Memorial. The Vietnam Veterans Memorial Fund meets the BBB Wise Giving Alliance's Standards for Charity Accountability.

Submitted by Lisa Gough, Director of Communications, www.vvmf.org

Marine Science Center Lecture Series

Consequences of Biodiversity Loss for Marine Ecosystems, will be presented by Dr. Matthew Bracken, Assistant Professor of Biology, Northeastern University, on Tuesday, February 12th.

The earth is currently experiencing what are arguably the most rapid and pervasive species extinctions in its history. How do these biodiversity changes affect marine ecosystems? A growing body of evidence suggests that because of the unique roles that species play, changes in diversity can dramatically influence key processes in ecosystems. In order to maintain viable marine ecosystems, we therefore need to pay particular attention to the causes and consequences of changes in biodiversity.

Light refreshments served at 6:30 p.m. The lecture begins at 7:00 p.m., and is roughly an hour long. The Marine Science Center is wheelchair accessible and located at 430 Nahant Road. For more information, call Tracy Hajduk, 781-581-7370 ext 321, or email t.hajduk@neu.edu

My Life, My Health Workshops for Adults Who Are Living with Persistent Health Conditions

By Susan Brown, R.N.

Trained leaders will be offering two different sessions of a 6-week program, proven to help adults of any age, who are living with the challenges of one, or more, persistent health conditions. "My Life, My Health," the chronic disease self-management workshop, developed and tested by researchers at Stanford University Medical Center, utilizes highly-interactive sessions, to help build participants' confidence in their ability to manage their health and maintain active, fulfilling lives.

Susan Brown, R.N., the Community Education Nurse at Greater Lynn Senior Services, who has led sessions of the program in the past and recently trained 11 new leaders, says chronic illnesses aren't easily categorized and include conditions as diverse as arthritis and diabetes.

"Without putting too much of a label on it, a chronic disease can best be described as a condition that can only be medically managed, not cured," she explains.

Symptoms vary, but can include chronic pain, limited mobility, decreased energy, and frustration with those limitations. Almost always, symptoms have a negative impact on your social life and daily activities.

Two new classes are forming., one in February, the other in March. In February, Ocean Shores, 50 The Lynnway in Lynn, will host "My Life, My Health" on Thursday afternoons, beginning February 7th, from 2:00 until 4:30 p.m. The class will continue for 6 weeks.

In March, another session will be held on Tuesday afternoons, from 1:00 until 3:30 p.m., at the Lynn Senior Center, 8 Silsbee Street. An information session for the March program will be held on Tuesday, February 12, from 1:00 until 2:00 p.m. at the Lynn Senior Center.

One recent study showed that "My Life, My Health" participants were able to increase exercise, were better able to manage symptoms, reported an improved ability to communicate with physicians, and generally felt better, experiencing less fatigue, distress, disability and fewer limitations on social and work activities. Participants were also reported to spend fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations.

The program is designed to enhance existing medical treatments and disease-specific education, not replace them, and it has proven to be especially helpful to people living with one or more persistent health conditions, as it teaches the strategies necessary to coordinate the multiple skills needed to manage their health.

For more information about the program, or to register, call Susan Brown at 781-586-8568.

Parent Child Play Group at Community Center

Submitted by Carolyn Osbahr

The Parent Child Play Group, for children 5 years old and younger, continues in the multi-purpose room, at the Nahant Community Center, on Valley Road. The general hours for the play group are Monday through Friday, from 9:00 a.m. to noon and Tuesday through Friday, from 2:00 to 4:00 p.m. Please check the room schedule online at www.nahantpreservationtrust.org/calendar, for additional availability.

Pre-registration is not required and the room is available on a drop-in basis, for a fee of \$2 per family, per visit. Baby and preschool toys and books are available. New play mats have recently been purchased and are available for children to sit on while playing.

If you are interested in a great place to play on cold and rainy days, please stop by soon, with your children and enjoy this great room. The entrance is in the basement, at the back of the building and parents are required to sign in, each time they attend.

If you would like more information, or have your name added to a play group email list to be informed when parents plan on meeting in the room with their children, please send an email to ctosbahr@comcast.net.



Valentine's Day is February 14th



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Keep on Track

By Sallee Slagle, Director, Dance Dimensions

Many of us are trying to create a healthier lifestyle, this new year, by deciding to lose weight, quit smoking, or get in shape. If you started in January, then you may find motivation is still strong, but many of us may already be feeling our motivation waning. You may need help to stick with your plan and achieve your goal.

Dieting is often a mindset, as well as a plan. We all eat for different reasons, for pleasure, habit, comfort, stress-busting, boredom and all too often, not because we are hungry! Finding out and understanding our habits, why and when we reach for food, snacks and drinks, can help us untangle the web of food cravings we have created. Keep a journal of all food and drink for a week, when, what, why. Note anything that triggered your eating, like a stressful meeting, or an emotional confrontation. After a week, review the journal and see if there are any patterns and decide to make changes.

Eating on a schedule can really help keep a diet on track. Don't skip any meals. To lose weight you should eat more than 3 meals a day, as this keeps your metabolism working. Add 2-3 snacks and eat smaller meals, to lose weight. Always eat in the morning, within an hour of rising. Eat a mid-morning snack, if lunch seems too far away. Make it a healthy choice, maybe fruit, or whole grain toast with tea. Lunch well and on time. Mid-afternoon snacks of low fat (and low sugar) carbohydrates can help keep your mood up and curb appetite for dinner. Pretzels, popcorn and granola are good. Try not to eat too late and watch your portion sizes.

So make a daily schedule for your meals and plan ahead for healthy snacks. Some of us eat far too little and can't understand why we don't lose weight. Your body adapts to slow your metabolism, if you eat too little. A slow metabolism defeats your weight loss goals, as you will burn fewer calories. So even though you are eating less, you will often struggle to lose weight. Eat more often with healthy choices and your metabolism should continue to burn calories. Also, you won't feel hungry, or deprived.

To quit smoking may be equally difficult, for some of the same reasons. Discovering why you smoke and what triggers it may help. Is it pleasure, comfort, stress-busting, boredom, or just a habit? Keeping a journal like above, noting when, where and why you smoke, may help you to discover the links you have with the times you smoke. Maybe everytime you are on the phone, in the car, or talking with a friend, you light up. These are habits that you need to separate from smoking, to successfully quit. So try the patch, or gum, to help overcome the urges and use the help available. There are many online sites which offer help and advice.

Give your plan a personal mission statement. Include what you want to do and why. Be honest. You don't have to share this with anyone, but keep it available for yourself. Reread, or review, anytime you need a boost. You can add specific target dates, as this can help motivate you, too. But you must recognize that a missed target is not the end of the mission! Set a new target. Recognize that even one day of not smoking is a healthier day and contributes to a healthier lifestyle and a future when you will achieve your mission and not smoke everyday!

Okay, we all know the health benefits of exercise. I recently read an article on the 25 major health benefits. So many conditions can be controlled, lessened, or even prevented, with regular exercise, or activity. The list includes emotional conditions like depression, stress and mood, as well as physical conditions like arthritis, cancer and heart disease. Sometimes these words don't have a lot of impact. We know exercise can prevent illness, or depression. This is an absence of something, a "non-experience." Even though, logically, we understand it and analytically agree, without the experience of it we may not give it the weight and importance it truly deserves.

Okay, so get moving and experience the benefit! If you are trying to accomplish weight loss, or quit smoking, or just want to be happier in your life and more pleasant to others, get more active. Try a sport. Go dancing. Walking is a super stress reducer. It helps keep joints limber and can help cut out food, or cigarette, cravings. Try taking a 5-10 minute walk, each time you get a desire to abort your mission.

Replace these thoughts with another healthy activity, or distraction. Read your mission, look at your goal. Try a new approach to the same goal. Join others to help you get back on track. Be creative and find your own ways to stay on track. Keep seeing your future as bright with your mission accomplished!

News from the Johnson School

By Joseph F. Lisi, Ed.D, Superintendent of Schools

Principal Search Concluded: Diane Mulcahy, Assistant Principal at the Welch Elementary School in Peabody, has been selected to fill the position of Johnson School Principal. Mrs. Mulcahy served as reading teacher, Assistant Principal and Acting Principal at the Welch Elementary School in Peabody, since 2005. Prior to that she taught at the Horace Mann Laboratory School in Salem, for 18 years. A resident of Newburyport, Mrs. Mulcahy received a Bachelor's Degree in Elementary Education from Boston University, a Master's Degree in Early Childhood Education and a Certificate of Advanced Graduate Study in Educational Leadership, from Salem State College.

A good fit for the Johnson School, Diane has served as a member of the School Council and oversaw the writing of the School Improvement Plan. She also has had experience preparing a school budget, hiring staff and assessing and analyzing MCAS data. These experiences, her background at the Horace Mann Laboratory School and her work as interim Principal, will serve her well, as she begins her duties at the Johnson School, on January 28th.

Geography Bee: The Johnson School is proud to be participating in the National Geography Bee, sponsored by the National Geographic Society. The school-wide program was organized and directed by Mr. David Brady, assisted by Mrs. Dianne Dunion. Every student in grades 4, 5 and 6 had the opportunity to take part in 7 rounds of questioning, within each homeroom. Two winners and one alternate were determined for each classroom. The two finalists from each class, then joined together in our cafeteria, to compete in the school-wide challenge on January 9th.

While the questioning was rigorous, and at times quite grueling, all of the contestants did themselves proud. After several rounds, our school's winner was declared. Ryan McDermott, of Mrs. Shanahan's 5th-grade homeroom, prevailed and Joe Silva, of Mrs. Tibbo's 6th-grade homeroom, placed as our alternate. Ryan won an impressive medal from the National Geographic Society and he now will take a written test, competing with other school-wide winners from across the Commonwealth of Massachusetts. The top 100 scorers on this test will move on to the next level of competition. The winner of that competition will then go to Washington, DC, to represent Massachusetts in the national contest.

All of the contestants received certificates of merit and appreciation for their efforts. The contestants included: Grade 4: Mr. Brady's class, J. P. Reiling, Casey Walton and alternate Ryan Cole. Grade 5: Ms. Page's class, Trent Gallagher, Alyssa Mateo and alternate Ray Rosa. Grade 5: Mrs. Shanahan's class, Jamie Dunleavey, Ryan McDermott and alternate Steven Albright. Grade 6: Mrs. Dunion's class, Kenny Li, Eddie Peterson and alternate Melissa Gavin. Grade 6: Mrs. Tibbo's class, Liam Kenneally, Joe Silva and alternate Evan Scourtas. Thank you very much, Mr. Brady and Mrs. Dunion, for coordinating this program. Good luck Ryan McDermott!

Spelling Bee: Qualifying matches will be taking place in grades 4, 5, and 6 classrooms, over the next few weeks. Two winners and one alternate will be decided for each homeroom.

The winner of the Johnson School competition will represent Nahant in regional competition, on Friday, March 14th, at Lynn English High School, along with 36 other local schools. The winner goes on to Washington, DC, for national level competition.

LynnARTS February Vacation Week Arts Program

Submitted by Cynthia Woo, LynnArts

During the February School Vacation Week (19th-22nd), LynnArts will offer four days of visual and performing arts workshops, for children ages 7 to 11, designed to encourage creative thinking and artistic exploration, while promoting self-confidence.

Students may participate in the morning visual arts workshop, the afternoon performing arts workshop, or both. The day-long program includes supervised lunch and break periods. All supplies are included, though day-long students must bring their own lunch and snacks. The afternoon program includes a field trip to the Lynn Museum.

The cost to attend a Day-Long Visual and Performing Arts Program, from 9:00 a.m. to 3:00 p.m., is \$125. To attend the Morning Visual Arts ONLY, 9:00 to 11:45 a.m., is \$65 and the cost for Afternoon Performing Arts ONLY, 12:15 to 3:00 p.m., is \$65.

Registration must be made in advance by February 6th. Scholarships are available. Call us to request an application at 781-598-5244

VALENTINE'S DAY

Lonesome.
Near the window I stay
Alone with my headache
While I watch snowflakes.
All at once in the silent road
An old couple of friends appear
Walking on snow noiselessly.

When suddenly
The old boy stops short,
And pulls out a red rose.

With nobility
He gives it to the old woman
She embraces him

They stay connected this way
Longer than ever,
Without moving
Just like a monument.

.....
The wind dies away
The snowdrops become
White flowers
And the curious Sun,
From behind a black cloud winks
Sending them a cone of heavenly light
Sprinkling the world with

Love's magic
Capturing me, no longer lonely
Absorbed in love's symphony.

— ROZI THEOHARI

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The Galleries at LynnArts

Submitted by Susan Halter, LynnArts

Works on Paper, Time Warner Gallery, February 2nd thru March 10. Opening: Saturday, February 2nd, 2:00 to 4:00 p.m.

Please join us for the opening of LynnArts annual Works on Paper show. This show highlights artists from throughout the Greater Boston area and presents images range from photography to collage and from abstract to representational. Come in from the cold and warm up with some wonderful art and good company

The juror for this year's exhibition is Bryan McFarlane. Mr. McFarlane is an associate professor of painting and drawing at the University of Massachusetts, Dartmouth. He has been a visiting artist at over 35 universities and museums throughout the United States, Europe, Latin America and the Caribbean, including The Museum of Fine Arts, Boston, The Institute of Contemporary Art, Boston, The Rose Art Museum, The Museum of the National Center of African American Artists, The Dusable Museum, Harvard University, Cambridge, Tufts University, The School of the Museum of Fine Arts, The Federal University of Bahia, Brazil, The Pont Aven School of Contemporary Art, France, The Edna Manly College, Jamaica, The National Gallery of Jamaica, The Loma Linda Medical School, California and the Commonwealth Institute, London.

McFarlane has exhibited at the Boston Museum of Fine Arts: The Rose Art Museum at Brandies University, Massachusetts College of Art, The Institute of Contemporary Art, Boston, The National Gallery of Jamaica, Canzares Gallery Brazil, the Museum of The National Center of African American Artists; The George Adams Gallery, New York City, The Brenda Taylor Gallery in New York City, and the Commonwealth Institute London.

He is currently represented by the Naga Gallery of Boston and the Mutual Gallery in Kingston, Jamaica. A graduate of the Edna Manly College of Art, McFarlane received his MFA at the Massachusetts College of Art.

McFarlane has received numerous awards, including a 2004 nomination for the Joan Mitchell Foundation, 1991, The Louis Comfort and Tiffany Foundation, 1977, Purchase Award from the National Gallery of Jamaica.

In 1987, he was commissioned by Miller Brewing Company/Phillip Morris to paint portraits of 12 leading African-American Journalists, which were reproduced in the Gallery of Greats calendar. McFarlane has works in collections including the Federal Reserve Bank in Boston, the Museum of the National Center of African-American Artists. The DeSable Museum in Chicago, the National Gallery of Jamaica, Kingston and The Bank of Jamaica. His work is also represented in collections nationally and internationally.

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Walk This Way for Comfort and Health

By Marc Dufour LPTA, ROA and Jacquelyn Connolly LPTA, cFO

In the year 2008, it may be considered fairly common knowledge, that walking, yup, just plain walking, can help keep muscles toned, a heart healthy and bones strong. Sounds simple enough, right? Not necessarily. If you stop and think about it, many of us can probably think of at least one person who has a difficult time walking for one reason, or another. Difficulty in ambulation can take many forms. Walking may be limited because of feet that tire easily and then begin to ache, if we don't comply and rest. Finding shoes that fit, are comfortable and look halfway decent, is a more common problem than many of us realize. Some people lose mobility gradually, thinking a foot, or ankle problem will go away on its own. Oftentimes pain in the heel, arch, or ball of the foot, becomes an unwelcome companion that we learn to live with. We may find that our balance seems a little off. The errands, or trips, become shorter, because of pain. Everyday tasks start to become strategically planned in order to avoid pain. A vicious circle ensues and eventually, our endurance for activity may be affected, due to tender feet. Does any of this sound familiar? We may be able to help you overcome limitations that have affected your lifestyle.

Barefoot Orthotics is a recently-formed business here in Nahant. We bring a combined expertise in the field of custom-molded orthotics. We offer education, comfort and in many situations, a near certain improvement in mobility. We strive to help people understand the mechanics of the foot and ankle, as it relates to the rest of the body in motion. Painful feet follow all walks of life, from athletes to elderly and can become a bothersome a frustrating distraction. Our goal is to help those who want to get moving, get going. If you like to walk, jog, stroll, or do anything else that requires standing on your feet, but are limited by foot problems, you may benefit from a free consultation.

Why let sore feet prevent you from walking that extra half-mile, or mile, or walking the beach with your special someone. Barefoot Orthotics may be the first step to retrieving the comfort and stability you deserve.

Here are a few testimonials:

"As a United States Marine Surveyor, I inspect sea trial yachts and ships throughout New England. This requires me to climb ladders, access hatches and spend considerable time on all deck surfaces. Two orthopedic surgeons wanted to operate immediately on my heel spurs, but thanks to Marc, the orthotic inserts relieved the heel spur pain without the surgery. Marc fitted and designed custom orthotics for my deck shoes and my dress shoes." Rob Scanlan, CMS/MMS/ACMS, Master Marine Surveyor

"I have had pain in my feet and ankles for most of my life and thought it was just the way things would always be. I did exercises and wore store-bought orthotics and had some relief. I was referred to Barefoot Orthotics and the pair of inserts that Marc made (in under an hour) have made such a difference, that it is hard to believe. I am able to walk for an hour without any discomfort, during or after the walk. Now I walk along the ocean each day for an hour. Marc followed up with calls and offers of adjustments, which were not needed. Marc offered expertise, immediacy and attentiveness that are rare in today's world. In addition, the cost of the orthotics was less than a third of what I had found through other sources." Terry Landon

Marian Court College to Host Winter Art Show in Mercy Center Gallery

Marian Court College, 35 Little's Point Road in Swampscott, will host the Swampscott Arts Association's Winter Show, in Mercy Center Gallery. The show will open with a reception on Sunday, February 3rd, from 2:00 to 4:00 p.m. During the reception, complimentary refreshments will be served, works of art will be judged and awarded prizes. Admission is free and accessible. The exhibit runs through March 7th and may be viewed, Mondays thru Thursdays, from 10:00 a.m. to 7:00 p.m.

The Swampscott Arts Association seeks to foster and encourage the arts and has been active on the North Shore for over thirty years. The association includes over one hundred members, many of whom are well-known on the North Shore and nationally.

Also coming up, we will host a free performance of George Washington Himself, performed by actor George Moore, at Marian Court, on Thursday evening, February 7th, at 7:30 p.m. For more information about this event, call Marian Court College at 781-595-6768.

For additional information and directions to the oceanfront campus, please call Marian Court College at 781-595-6768, or visit our web site at www.mariancourt.edu.

Submitted by Nicole Goguen, Director of Publicity, Marian Court College.

Massage Varies From Practitioner to Practitioner

by Susan Cadigan, LMT, NCTMB

When I was in school, training to become a massage therapist, there were about 16 students in my class. We had to learn the techniques taught and apply them in the same pattern learned to each other. Every person giving the massage had a different “feel” to his or her session. We were all participants in the same school, same teacher and same techniques, yet every practitioner had a different “feel”, a different quality of touch.

Some reasons this may be is to have, or not have, the ability, not just to be able, but to do and put forth the energy to give 100%. Presence to be grounded and focused completely for you. Compassion to feel not only with the heart, but also with hands and mind. Experience, not just doing, but having experienced. Energy, able to transfer calm, or invigorate the spirit. Intuition, somehow just knowing.

These qualities describe a well-rounded and capable massage therapist. What makes a massage therapist a “cut above,” is the ability to maintain an open and aware mind, to view you and your situation as an individual and adjust, or tailor, the treatment to your present needs.

If you are seeking massage therapy, it is important to realize that every massage therapist is unique in his, or her, application of techniques and skill.

If you have been disappointed by a massage treatment in the past, it is worth trying another massage therapist, until you find the practitioner that you can communicate with (who will listen and hear you) and who will work to accomplish your needs and goals of the session. After all, a successful session should help you relax, breathe and feel better.

More On Deep Tissue Massage: Deep tissue massage involves similar techniques of Swedish massage, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain. Some other techniques involved in a deep tissue session will be cross-fiber friction, trigger point and myofascial release. During a deep tissue massage, your therapist may use fingertips, hands, knuckles, elbows and forearms. Of course this is all after the areas have been prepared by a thorough warming of the area to be massaged.

Essential to a successful treatment in deep tissue massage is client feedback. The client needs to communicate the level of tolerance to the treatment and will also be asked by the therapist for more information.

Before a deep tissue treatment, it is important to be well hydrated. Being hydrated helps the tissue/muscle fibers to be flexible and ready for the deeper massage, which helps to prevent injury to the tissue and shortens recovery time. It is just as important to drink extra water after a treatment, for a day or two, to help the body eliminate the metabolic waste from the tissue that has been stirred up by the deeper work. Deep tissue massage is often used for athletes who are experiencing chronic pain from a previous injury and for those with repetitive motion injuries (snow shoveling, waitressing, computer use, cycling, etc.). Deep tissue massage helps increase the blood flow in muscles that are under used, or tied up in knots and helps break down scar tissue and promote a better range of motion. It is important to realize that deep tissue massage is not recommended for all people and there are precautions involved.

Thank you for your interest in Nahant Therapeutic Massage.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She is the proprietor of Nahant Therapeutic Massage, at Dr. Deborah Feinbloom's Healing and Chiropractic offices at Nahant Natural Healing; 41 Valley Road (The Community Center). Ms. Cadigan is also employed with Partner's and provides deep tissue massage and therapeutic massage at North Shore Medical Union/ Salem Hospitals. Ms. Cadigan can be reached at 617-240-4252 or e-mailed at momentsofpeace@comcast.net.

Mass Theatrica to Present Love Songs February 9th

Mass Theatrica will present Love Songs, on Saturday, February 9th, at 7:00 p.m., at LynnArts, in the Neal Rantoul Vault Theatre, located at 25 Exchange Street, in Lynn.

This concert will offer favorite love songs and duets, from opera and operetta standards to musical theater classics. Featured artists include vocalists Megan Beltran, Erin Conley, Laurel Dantas, Karen Fanale, Rebecca Hains, Tyler Hains, Gregory Hanson, Karen Lennox, Christopher McIntyre, Antanas Meilus, Angeliki Theoharis, Thomas Weber and Sharon Lee, piano.

General admission is \$15, \$13 for seniors and students and \$8 for children 12 and under. There is a parking lot behind LynnArts, as well as free on-street parking. LynnArts is wheelchair accessible. For more information, please call 508-757-8515, or email us at masstheatrica@yahoo.com, or visit our website: www.masstheatrica.org

Submitted by Meredith Lavine, Executive Director

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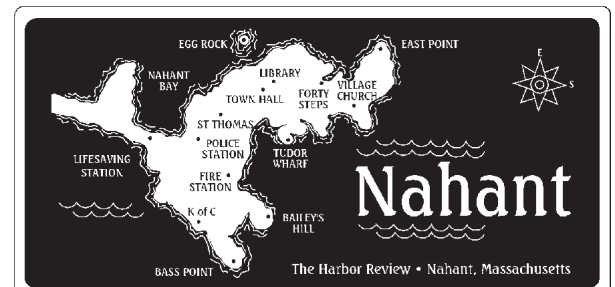
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Submitted By Duddie & Ponsie Tudor "The Ice King Twins"

A Tudor Family Valentine

Many of our avid column followers continue to voice their captivation with the historic tales of Dad, (Frederic Tudor) and his twin sons, Duddie and Ponsie, myself the provocative Ophelia Payne, my son Jon Bleu and my lover Lucky Pierre, along with Fandango, the magnificent rooster etc., etc., etc., but what about Mom?

In 1834, Frederic Tudor (by then fifty years old) courted and married an Italian aristocrats daughter named Euphenia Fenno, a girl of nineteen (she really was only nineteen).

As many aristocratic girls of the era, Euphenia wintered and was schooled in Rome along with sum-mering in Tuscany, where she became a highly-acclaimed equestrienne. In 1829, her family moved to

America and settled in upstate New York. That is where Dad, in November 1833, met the lovely Euphenia and her family, on a business trip for the Tudor Cocktail Ice Co. Dad became immediately smitten for the first time in his life.

Upon his return to the family homestead, at 280 Nahant Road (now The Nahant Country Club), Dad put his courtship into gear. The engraved invitation went out to the Fenno family, to visit Nahant Tudor Estate, for the second week in February 1834.

Dad really put on the dog for the arrival. He purchased a baroque "Cinderella-style" carriage, drawn by, what else, the Mulooster, to pick up her family and drive them in

style across the causeway, to the family compound. The carriage approached the property, went up to and by the front of the house, then entered the red carriage house to the rear. Upon entering, Mom noticed a magnificent stallion in the main viewing stall and asked whom it belonged to. Dad replied, "It is for you, a magnificent creature for a magnificent creature, but he needs a name."

Mom's immediate choice was the "Italian Stallion," but out of respect for Dad, named that magnificent steed "Bigga Shotta." A grand, whirlwind courtship happened that week. Every evening, after dinner with the Fenno family and the house regulars, poets Henry Wadsworth Longfellow and Oliver Wendell Holmes, Dad would have the stallion saddled up for the lovely Euphenia, while his prized Mulooster was readied for himself and the two would romantically discover Nahant together.

On the evening of February 14th, (Valentines

Day), Dad lined up Longfellow and Holmes to take Mr. And Mrs. Fenno to Boston, while Dad had plans of his own.

After her parents left for Boston with the boys, Dad escorted the lovely Euphenia to the carriage house, to visit "Bigga Shotta." Upon entering, he directed her to a stairway that led to the loft above. At the top step, the lovely Euphenia was speechless. Dad had transformed the hayloft into a formal candlelit dining room with hundreds of fresh exotic flowers, shipped in by his good friend, the Crown Prince of Martinique. On that candlelit Valentine's Day evening, Dad asked for her hand and the rest is history.

Here is a family photo of Mom taken on one of the many glorious summer days they spent at Dad's prized Maolis Gardens (note Egg Rock with lighthouse in back round).

Today, the carriage house is the stately home of Mr. /

Mrs. John Lombard and the address is (of course) on "Fenno Way."

SPECIAL NOTE:

Visits to our homestead by Dad's hard-cider-drinking pals, poets Longfellow and Holmes, significantly ramped up after he married the young and lovely Euphenia, especially when Dad was away on business. Hey! What are friends for?

Submitted by Ophelia Payne Tudor, C.E.O.

Tudor Cocktail Ice Company

This column is a fictional satire and is contributed each month by Nahant resident, Frank Cardile and friends.



Let's Green Up Nahant!

A forum for sharing environmental innovations and ideas that can lead to a healthier earth.

Marine Science Center Lighting Change

If you have driven by East Point recently, you may have noticed that there is significantly less light pollution. You can see the sky and the neighborhood. The four, 400-watt security lights have been removed from the telephone poles and replaced by a single street light, by the front gate. The new light uses 80% less energy. Although there are security lights on the laboratory building itself, they are not intrusive beyond a few yards from the building. We hope that you find that this is a welcome improvement. I certainly do.

Submitted by Gwil (Gwilym) Jones, Director, Marine Science Center, Northeastern University

Easy Energy Saving Tip

Your fuel costs. Pollution. Our country's dependence on foreign oil. The vehicle you choose to drive and how you drive it affect all of these issues. To minimize these effects, here is one easy way to improve your vehicle's fuel efficiency

Don't waste precious fuel idling your engine. That gets you 0 miles per gallon. The best way to warm up a vehicle is to drive it. Today's vehicles require no more than 30 seconds of idling on winter days. Anything more simply wastes fuel and increases emissions.

Watch for more tips next month.

Senate Approves Bill to Put Greenhouse Gas Emissions Agreement in the Law Books

Initiative reduces global warming pollution from large power plants

Senator Thomas M. McGee (D-Lynn), announced that the Senate approved legislation that would secure the Commonwealth's current and future participation in the Regional Greenhouse Gas Initiative (RGGI), by making the cooperative program law. Governor Deval Patrick signed the RGGI agreement last January, entering Massachusetts into a nine-state coalition plan, starting in 2009, to reduce carbon dioxide emissions from larger power plants in the New England and Mid-Atlantic region.



"I have been in favor of RGGI for years and was very pleased when Governor Patrick made it one of his first actions, when he took office," Senate President Therese Murray (D-Plymouth) said. "This legislation would secure the Commonwealth's involvement in the RGGI program no matter who occupies the Corner Office."

Under RGGI, participating states will stabilize carbon dioxide emissions at current levels, from 2009 to 2015, and then proceed with a 10 percent reduction by 2019.

Senator McGee added, "This legislation shows the commitment that Massachusetts has, to protecting the environment, by reducing carbon dioxide emissions. The

Regional Greenhouse Gas Initiative is a great program and I am pleased that both the Governor and the Legislature have taken on this important issue. This sets a positive example for the entire country."

"This legislation further supports Governor Patrick's decision to sign onto RGGI by solidifying changes into statute," said Senator Pamela Resor (D-Acton), who sponsored the bill. "Passing this legislation is a firm assurance to the energy sector, that Massachusetts has a long-term commitment to reducing carbon emissions, therefore encouraging a more stable and predictable environment for the industry to adapt and evolve to changes."

The RGGI agreement establishes a carbon dioxide "cap and trade" program, to reduce carbon dioxide emissions. This is the nation's first regional "cap and trade" system for greenhouse gas emissions and an important model for other states in the development of national climate-change policy.

The "cap and trade" model sets a limit on total emissions from certain power plants and requires those power plants to hold "allowances" to cover their emissions. An allowance is the right to release one ton of carbon dioxide. Emissions allowed under the cap will be divided into individual permits and allocated, by each state, to the power plants.

Power plants without enough allowances to cover emissions, can either reduce their greenhouse gases, or purchase allowances from other power plants, that have successfully reduced their emissions and hold excess allowances.

All sales will be completed through a regional market auction. Proceeds will be deposited into the RGGI Auction Trust Fund. Allowance auctions will be conducted by an independent entity, assigned by the DEP and the Executive Office of Environmental Affairs.

The auction fund will be used to protect municipalities whose property tax receipts might be reduced because of RGGI. It will also be used to promote energy-efficiency and conservation and to promote renewable energy technologies.

Submitted by Brendan Crighton

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North Shore Arc Mardi Gras February 8th

The North Shore Arc is hosting a Benefit for ArcWorks, an arts initiative, for artists with disabilities. The benefit, a Mardi Gras-themed dance party, will take place on Friday, February 8th, from 7:30 to 10:30 p.m., at the Old Town Hall in Derby Square, in Salem.

All partygoers will enjoy lively entertainment with the musical talents of The Squeezebox Stompers, featuring Cajun, Zydeco and New Orleans Jazz music. There will also be a guest performance by local country artist, Paula Morin. A cash bar is available and refreshments will be served.

Tickets are \$15 per person. To purchase tickets, or for more information on the North Shore Arc, Arc Works Benefit, please call Suzanne Ryan, at (978) 624-2318.



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Let's Get Moving

By Judi Moccia

If you are thinking about putting your home on the market in the spring, you should pretty much have your list of things-to-do started. The spring market is just around the corner and the good news is, some of the people who did not purchase a home here last year, are still looking in Nahant. They have done their homework, looked around a lot and have held back, I think, because of the constant media coverage on the unstable housing market. Now, they still have to move and are going to buy and maybe this spring and summer will be a better year for everybody, especially for some of our sellers. I know it has not been easy.

There are plenty of low cost ways to help you freshen up your home a bit. Sometimes, a little painting, getting rid of the clutter so that the rooms look bigger and keeping the front entrance of your home open and inviting, will always make a good first impression. Fresh flowers are always a nice touch, especially if they are from your own garden.

I believe that the appeal of Nahant has kept buyers interested throughout the winter. Our town has so much more to offer than most. Thanks to our Police and Fire Department, we have a very safe town. We have the best beaches, great schools, two churches, a public library, a bank, a lovely golf course, great tennis courts, a Memorial Day Parade, our own Fireworks, a Soap Box Derby Race and a Christmas Parade, not to mention our own community newspaper. Our DPW keeps our roads plowed all the time and our public grounds are kept up beautifully. We have many great local businesses, our own post office, dry cleaner, convenience stores and hair salon. We also have our own Dunkin Donuts Cafe, the Tides restaurant and the "best pizza in the world," at Captain Seaside.

These are some of the things that make Nahant so special. Having a local broker work for you, who is knowledgeable about our town and of the precious things that are important to our community, makes a difference.

So, whether you are selling, or buying, now is the time to get moving.

P.S. Nahant was recently featured in Coastal Living and Boston Magazine.

Judi Moccia is a resident of Nahant and an agent for Coldwell Banker Commerce. She specializes in working with buyers and sellers for Nahant properties. For more information, please call Judi at 781-799-7777.

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Conservation Restriction on Wharf Street Property Registered by the State

The Nahant Open Space Committee is thrilled that Henry Hall and Elizabeth Hall O'Donnell have placed a conservation restriction on the unbuilt portion of their property, which will protect it in perpetuity from development. Massachusetts Audubon Society, owner of the nearby Nahant Thicket, holds the restriction, which the Board of Selectmen approved in December and which the State has now registered.

By this generous act, undertaken in honor of their parents, who cherished their garden and the wild land beyond it, Henry and Liz have also added a significant piece to the mosaic of protected public and private open spaces in Nahant. These provide habitat for wildlife and in this case, maintain crucial wetland, while giving townspeople the benefits of lower density and green views. The importance of such protected spaces is hard to exaggerate, in a small and increasingly built-up town. We appreciate and applaud the time, effort and expense that went into producing this outcome. We hope that Liz and Henry's example will inspire others to consider the possibility of protection for their land.

Submitted by the Nahant Open Space Committee

Nahant Little League Try-outs

Nahant Little League try-outs will be held on Sunday, February 10th, from noon to 3:00 p.m., at the Lynn Tech Field House. Specific ages and times will be posted on the nahantll.org website.

Submitted by Sherri McDermott

LynnArts' Central Square Coffeehouse

The LynnArts Central Square Coffeehouse & Open Mic, takes place on Sunday, February 17th, from 6:00 to 9:00 p.m., at LynnArts, 25 Exchange St., Central Square, Lynn. Music starts at 6:00 with a set by host band Northern Edge, followed by the open mic performers. Admission is \$5.00 to the general public and is free to performers who sign up for the open mike.

The Central Square Coffeehouse & Open Mike is sponsored by LynnArts, Inc. and is funded in part by a grant from the Massachusetts Cultural Council. The Coffeehouse is hosted by members of Northern Edge, a folk-country-bluegrass-acoustic pop and blues band, featuring Dave Simmons on guitar and bass, Laura Babineau on guitar and flute and Kirsten Manville on guitar and percussion.

The Central Square Coffeehouse is held the third Sunday of every month, in the Neil Rantoul Vault Theatre at LynnArts. Coffee, tea and snacks are available for purchase throughout the evening.

LynnArts, Inc. is easily accessible by public transportation. Wheelchair access at the lower rear entrance is available with prior notice. LynnArts, Inc. is a private non-profit arts organization located in Lynn's Central Square at 25 Exchange Street. The building houses two large and airy gallery spaces as well as a black-box rehearsal/performance space and several artist studios. The LynnArts office welcomes queries regarding artist exhibition proposals, membership, teaching opportunities, and rental of office and studio space. For more information please call Susan Halter at 781-598-5244.

Christine Lazzaro's Recipes

There are some phenomenal cooks here in our lovely little town. And, if you love to cook the way we do, you're always looking for new and fun recipes. I have two that I'll share that have become favorites over the "Patriot's Season."

Christine's Chicken Wings

2 pounds chicken wings

1 cup Italian Dressing

Oregano

Fresh-grated Parmegiano Reggiano cheese

Preheat oven 350 degrees. Rinse chicken wings and pat dry. Remove tips and discard; separate each wing at the joint into two pieces. Marinate in the Italian dressing for a couple of hours to a day. Place on a cookie sheet sprayed with Pam. Sprinkle with oregano and then with the fresh cheese. Bake until golden brown, about 40 minutes.

Crispy Fish

1 lb. haddock (or any white fish)

1 egg

1 Tbsp milk

1 bag Sour Cream & Onion Potato Chips, crushed

3 Tbsp butter, melted

Paprika

Preheat oven 350 degrees. Cut the fish into bite size pieces. Mix together the egg and milk and dip the pieces into the egg mixture. Roll the pieces in the crushed chips. Place on a cookie sheet sprayed with Pam. Drizzle each piece with a little butter and sprinkle with paprika. Bake for 15-18 minutes, or until golden brown.

Serve with home made tartar sauce. (Mix mayonnaise with chopped sweet pickle mix and finely chopped onion.)

Enjoying Your Roses

By Maria Migliaccio-Eddows, Seaside Florist

When you think Valentine's Day, you generally think of roses and since roses on Valentine's Day can cost between \$75-\$100, you want to do what you can to make them last. If you follow these simple directions, you should be able to get the most out of your flowers.

Cut flowers are alive. Though cut from their roots, they continue the natural process of blooming, maturing, fading and dying, all of this at a faster rate, or slower rate, depending on their care. When flowers die too soon, it's usually because the lowest cells in the stem get clogged with micro-organisms, organic matter, or air bubbles. The temperature of the water can also influence the process. Cool water slows down the process and warm water speeds up the process. Here are a few tips to help keep the blooms fresher, longer. A glass, or ceramic, container is the best choice for displaying your cut flowers. It is always best to clean out your vase with a bit of bleach and warm water.

Most flower shops should provide you with a package of flower food with your cut flowers. Read the directions carefully and mix with the proper amount of water, which will give you the right PH levels and anti-microbial agents, to make your flowers live longer. Fill the container with room temperature water, or cool water, when making the solution. Warm water has air bubbles that can clog the stems. Home remedies of sugar water, aspirin and soft drinks can do more harm than good.

In preparing the stems, it is best to remove all foliage that will be below the water line. Submerged leaves may contribute to the growth of bacteria in the water.

Before placing the flowers in the prepared water, you are going to need to cut at least 1 to 2 inches off the bottom of the stems. This will cut away any part of the stem that has become dried out, or blocked by micro-organisms, or air bubbles, allowing clear flow to the petals of the flowers.

If the water in your vase should become cloudy, or develop a scum line, take your flowers out and clean your vase again, with a small amount of bleach and start the process over. Always top off the vase with a solution of water and flower food. This should keep your water clean and clear over the life of your flowers.

These same steps can be applied to all types of fresh cut bouquets, not just roses. Enjoy your flowers and Happy Valentine's Day!!

Seaside Florist, Inc. is owned and operated by Maria Migliaccio-Eddows and her, husband Michael, and is located at 95 Lynnway (Rte. 1A), just one block from the Nahant rotary.

Truly Jorg's Bakery Classes Begin in February

If you like our bakery, then you'll love our classes. Truly Jorg's Bakery, on Route 1 North, in Saugus, is offering cooking classes to the masses.

Starting this winter and continuing into the spring, Truly Jorg's Bakery will offer an array of classes, from the basics in cake decorating, to up-scale hors d'oeuvres and classic dishes. Learn from the best and impress your friends and relatives, at your next event. Classes begin February 20th and run through May 8th. These classes also include children's workshops, with hands-on cookie and cupcake production. For more information, call 781-231-5888.

Look for Truly Jorg's Bakery on the Food Network, February 10th, as we go for the gold, competing in the Food Network Challenge "Chocolate Landmarks." Wish us luck!

Truly Jorg's Bakery and Catering is located at 124 D Broadway (Route 1 North), in Saugus. Visit us online at www.Trulyjorgs.com

Urban Elements Home Décor Opens in Lynn

Urban Elements offers a nice selection of Asian and Indian antique cabinets, trunks and stools, imported from all over the world. Handmade vases and small home accents made from reclaimed teak, renewable bamboo and mango woods, are among the many unusual items occupying the showroom. Designer throw pillows by famous brands such as Amenity and Inhabit, round out the eclectic selection. Customers feel a sense of relaxation and enjoy the atmosphere filled with subtle, yet unique aromas, from an exclusive collection of Esteban scented, ceramic stones from Paris, natural and hand-processed incense and the finest quality candles, soaps and body butters by Pacifica.

Urban Elements is proud to offer the North Shore a new shopping experience that is sure to become a favorite place to shop locally. Over the next month we will be stocked with Stonewall Kitchen gourmet specialty food items, as well as many new items for the home. For more information, please call 781-59-URBAN

Urban Elements Home Décor is located at 187 Oxford St., next door to the popular Downtown Bistro & Wine Bar.



Useless Information by Ray Barron

The Origin of Valentine Day

Saint Valentine, Roman martyr priest is honored on February 14th. The customs connected with him in English-speaking countries are probably a survival from a period when a pagan festival associated with love occurred about February 14. He is now popularly considered the Patron of lovers and the helper of those unhappily in love. The lovers' greeting cards sent on this day (and parodies of them) are called valentines for him.

Rudolph Valentino, of Short Beach, thinks Valentine's Day originated in Nahant, because Nahant's serenity inspires lovers.

Nahant's Sweethearts

Some women who would probably appreciate receiving a Valentine from you: Angela Lowell, Lissa Keane, Maura Devereaux, Peggy Silva, Sheila Hambleton, Peggy Barile, Marie Pasinski, Karen Barisano, Lisa Scourtas, Anna Manzano, Nancy Gallo, Peg Hanagan, Cynthia Pierce, Mary Messina, Mary Pisano, Denise DeCarlo, Claire Collins, Elizabeth Osbahr, Susan Dineen, Joyce Gaudet, Susan Tracy, Annie Rooney, Pam Motley, Dorothy Hagoort, Nancy Wilson, Mary Magner, Dorothy Vitale, Barbara Lombard, Maureen Palangi, Cynthia Mantzoukas, Ellen Klink, Diane Mason, Linda Maccario, Mary Irene Dickenson, Joanna Reardon, Gayle Poulin, Martha Keller, Barbara Lombard, Ruth Brownell, Barbara D'Amico, Gina McCoy, Mary Dill, Janet Dolan, Courtney Dolan, Barbara Mackey, Gail Guiney, Karen Canty, Florence McDonough, Mary Davinis, Maria Glavas, Tracy Simpson, Lynne Spencer, Gertrud Joyce, Paula Smith, Marcia Gaudet, Darlene Conigliaro, Maria Welsh, Joy Pechinsky-Spinelli, Molly Conlin, Bonnie Blydell, Linda Jenkins, Carolyn Manley, Angela Bonin, Kerry Gordinas, Nancy Smith, Allison Twiss-O'Neill, Robin deStefano, Susan Pillsbury, Janet Malatesta, Margaret Dragon, Marguerite Rizzo, Sara Riley, Suzanne Tarlov, Darlene Terminello, Madeline Tanen, Elizabeth Steriti, Jeanne Adamo, Emily Potts, Diane Desmond, Paula Devereaux, Susan Arzillo, Loreen And Rose Tirrell, Mary and Melanie Barletta, Suzanne Bailey, Judith Walsh, Nancy Risch, Harriet Steeves, Donna Lee Hanlon, Bonnie Jane Lombard, Mary Medeiros- Donahue, Marion Capano, Andrea and Mary Gaulzetti and Mary Irene Dickenson. Gee, we do hope Nahant's "Sweethearts" will send me a Valentine.

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FEBRUARY BIRTHDAYS

February 1: Captivating Judy VanLoon, Richard Koehler, David Dunn, Michelle Doherty and Danny Desmond. Also born on February 1st, Clark Gable, film actor and Princess Stephanie, of Monaco.

February 2: Personable Mark Lucantonio, Alma Smith, Mary Davinis, Michael Golosovker, Lorraine Doran, Colorado's gift to Nahant, Sarah Sullivan and the spirited and alluring Erin Kennedy. Other notables born on February 2nd, Farrah Fawcett, Tom Smothers and jazz great, Stan Getz.

February 3: Carol Szczawinski, Minervena Nobrega and Barbara Demakis will be opening birthday gifts.

February 4: Ron Petrucci, Joyce Griffin, Gail Woodhead and Ernie Priftakis. Also born on February 4, Charles Lindbergh, Vice-president Dan Quayle and rock singer, Alice Cooper.

February 5: wish a happy birthday to our publisher's loving husband, Ron Hanlon, Kathy Alexander, Mary Swaine, Dan Collins and Jonathan Paula. Other notables born on this date, Red Buttons, comedian, Adlai Stevenson, presidential candidate and Bob Marley, Jamaican reggae singer.

February 6: Edith Kenneally who is Gaelic & Garlic, Kelly King, the alluring Phyllis Crifo, Jaclyn Davis and such other notables as Ronald Reagan, 40th US president, Zsa Zsa Gabor and former news anchor, Tom Brokaw, of NBC-TV.

February 7: Ruth Carter, Sheila Barry, Mary Cullinan, Suzie Hamill, Elizabeth Maroney, Leo Moleti, John Quinn and John VanMaanen. Also born on February 7th, baseball great, Babe Ruth, country singer, Garth Brooks and novelist, Charles Dickens.

February 8: Sweet Mary Davinis, Suzanne Heidebrecht, and Bob Piccola. Others born on February 8, actors Jack Lemmon, James Dean and Nick Nolte.

February 9: the noted designer and sculptor Reno Pisano, Jim Konowitz, Kyle Kelley and Cathy Duffy, who will still be the same young age.

Others born on February 9, actor Ronald Coleman, Kathryn Grayson, actress and singer, Carole King, singer, songwriter and film actress, Mia Farrow.

February 10: Lovely Courtney Dolan, Michael Scalise, Olivia Crupi, Leonarde Desilets, Deborah Locke, Nahant's Mister Hospitality, Peter Dawson, Bill Crawford and handsome Carmen Barile.

February 11: A joyous day for Mary Evos, Sean Kaplan, Eleanor Collins and the stunning Beverley Dawson. On this date, in 1858, Bernadette Soubirous, a peasant girl, allegedly had a vision of the Virgin Mary in a grotto in Lourdes, France. Gee, it was on this date I left home to join the U.S. Army.

February 12: The alluring Nancy Caggiano, Gene LeBlanc, Phil Joyce, George Wright and Justin Roy. Barbara Sweeney and Mary Nagle are also celebrating their birthdays on that day.

February 13: Lovely Peggy Barile, Tom Quinn, Jerry Fox, Dave Johnson, Teresa Simpson, Antonio and Leone Barletta.

February 14, Valentine's Day, birthdays: Kathy Kavanagh, Fred Ahern, Mary Brumm, Dr. Clement Trempe and Christopher Sholes, inventor of the typewriter in 1819.

February 15: Suzie Brubacher, Lewis Moody and English actress, Jane Seymour.

February 16: Janet Kelly, Jeff Baldini and John

McEnroe, the tennis player.

February 17: Lovely Eva Murphy, Bonnie Budryk, adorable Jeannie Buckley and Ken Carpenter. Also celebrating a birthday on that day is Yassir Arafat, Palestinian leader.

February 18: Nahant's "Gardening Angel" Adam Hatfield, Francis Fallon, Dr. Cathy Silva, Melinda Kershaw, Susan Alessi, lovely Joanne Sullivan, and such other notables as actors John Travolta and Matt Dillon.

February 19: Gee, as far as I know, we do not have any Nahanters born on this date. Some notables born on this date, bandleader Stan Kenton, actor Lee Marvin and Margaux Hemingway.

February 20: Tess Munro, Geraldine Walton, Charlie Langevain, Paul Gaudet and the handsome Dick Manzano. On this date in 1985, contraceptives went on sale, in the Irish Republic, for the first time.

February 21: Charming Mary Barletta, Jeff Clark, Susan Hargraves, Moira Crowley and singer, Nina Simone.

Washington's Birthday, February 22: Alicia Quinn, Kathy Chiklis, the warm-hearted Janet McIlveen and actress, Drew Barrymore.

February 23: Charlie Riley III, Bob McCaney, Dave Winer, Joe Lamando, Mike Mahoney, personable Thom Donahue and actor, Peter Fonda.

February 24: Lovely Ellen Klink and Amy Tsokanis.

February 25: Drop off birthday gifts to Greg Mazman, Margaret Moyer, Morgan Reiner and Elaine Caira.

February 26: Lovely Anna Dragon, Caroline Costin, the pious Richard Kirouac, Natalie Lueth-Peterson and country singer, Johnny Cash.

Continued on next page.

February Birthdays, continued

February 27: Tim Donegan, actress Elizabeth Taylor and Chelsea Clinton, daughter of President and Senator Hillary Clinton.

February 28: John Mahoney, and my old friend Dick Bailey, Michael Petrillo, Leanice Devens and Peggy Tobin. Also born on this date, Rene Antoine de Reaumur, French scientist and inventor of a thermometer scale.

Happy birthday to all of you!

For the record, the most widely-sung song in the English-speaking world is "Happy Birthday to You," which was adapted from "Good Morning to You!" by Mildred J. and Patty S. Hill.

One More Tme! Nahanter's Thoughts About Love

Cal Hastings of Nahant Road, says, "When a man is in love for the first time, he thinks he invented it." Cal's attractive and brilliant wife, Marrit, says, "Falling in love is awfully simple, but falling out is simply awful."

Cal's neighbor, Henry Hanagan, says, "Love at first sight saves a lot of time and money." Henry's alluring wife Peg, asks, "If love is blind, how can there be love at first sight?"

The electrifying Ed Poulin, of Irving Way, says, "People fall in love, but they have to climb out." Ed's stunning wife, Gayle, says, "Half the fun of being in love is the worry of it." Gayle Poulin's adorable mother, Annie Rooney, says, "A girl can always tell when she's in love and usually does."

Nahant By-The-Numbers

We have no shortage of lawyers in Nahant! To date, there is a total of 41 lawyers living in Nahant. Remember, the only people who enjoy hearing your troubles are lawyers and they're paid for it.

Ah, teachers! The world seldom notices who the teachers are: but civilization depends on what they do and what they say. There are 98 teachers/educators in Nahant! We certainly are not a town of dummies! There are 9 educators who reside on Summer Street. Of course, they have a lot of street smarts. Oops.

Is there a doctor in the house? Yes! We have, at last count, 28 physicians living in Nahant. We also have 42 caring nurses here in our town. We also have living in Nahant two psychologists and one hypnotist.

Emerald Road is perhaps, one of the only streets in Nahant, housing individuals with diversified occupations, such as, a carpenter, wine sales agent, court reporter, fisherman, electrician, brick mason, UPS driver, flight attendant, DPW worker, florist, postal clerk, computer technician, musician, machinist, psychologist and a nurse.

Nahant Road is "Retiree's Road! There are 106 individuals living on Nahant Road listed as retirees.

Comfortably settled in on Sea Breeze Lane properties are 170 individuals! Yes, the Franchi complex is Nahant's liveliest area. We heard Joe Klink, who resides at 18C, is the unofficial Mayor of Sea Breeze Lane. Sea Breeze Lane is also the home of Nahant's distinguished Calantha Sears and Nahant's loveable couple, Tom and Dorothy Johnson.

Which reminds me, the only people who really listen to an argument are the neighbors.

A Nahant Story

By Ed McCarthy, Westwood

In the 1870's, Westwood was known as "West Dedham, or the "West Parish" of Dedham. Just to further confuse me, old-time residents also referred to it as the "Third Parish." Anyways, when the Dedham Water Company sold the rights to West Dedham's Buckmaster Pond to Norwood, local residents were incensed. They used the pond for swimming, boating, and other recreation. The Baptist church even used one of the coves for baptisms.

Residents refused to use any water provided by Dedham, relying on their own wells. Some homes had pipes made from hollowed pine logs, with cloth stretched over the ends, to keep out the 'mosquito wigglers'. Additionally, sewers were determined to be needed in the late 1890's in Dedham center and taxes were raised to pay for these improvements.

West Dedham residents resented the tax increases for work that will never benefit them and strongly begin to feel their interests are not being represented by the distant Town of Dedham. The last straw, was the purchase of a new steam fire engine and a new station to house it, in 1894. More taxes were again needed. West Dedham realized they had plenty of horses for their local engines, but not enough local water for steam, to keep the engine going. The thing probably couldn't get over the rocks to get here anyways.

Residents decide to secede from Dedham. The idea of separating from Dedham drew wide support. The legislature was petitioned to make West Dedham a separate town named "Nahatan," after a local Indian chief. The representative from newly-formed Nahant objected, concerned about the similarity of names and potential confusion. Constable Issac Carter suggested the name "Westwood" as geographically fitting and the motion was granted.

SO, if it weren't for Nahant and its representative at the time, Westwood would have a different name and we'd all be receiving each others' packages by mistake.

1954 Little League Team

I came across this Little League Team that grew out of the initial beginning of the league in 1953. Thought you might like it for the Nahant Harbor Review. I did hear from some others, now men, that were in the other team pictures you published. I really enjoy receiving the Review and the last issue with the Relay Yard and bandstand, etc. I am old enough to remember concerts there and the street cars swinging around the store. I think this paper adds real value to the town, including a wealth of information for the citizens. Keep up the good work.

— Nip Lewis



Nahant LL Red Sox Team 1954

Front Row LtoR: David Giarla, Billy Hickey, Jim Dragon, Carl Macerelli, Eddie Peterson, Paul Jutras, Cy Gaudet, Dick Vitale.

Rear Row: L to R: Nip Lewis, Mgr., Bob Giarla, Bill Baldwin, Jack Jutras, Charls Applin, Alan DeLany, Ed Peterson Coach



Summer In Nahant

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



Nahant Follies Returns To Benefit Nahant's Churches

Calling all volunteers and willing participants! In keeping with native Nahanters' 120-year-old tradition of fundraising, the Nahant Harbor Review is planning a gala fundraising event, to raise money for fuel and other related necessities, for the Nahant Village and St. Thomas Aquinas churches.

Plans are being made for a two-day spring event, featuring two presentations of Nahant Follies 2008, a community talent show, combined with a Silent Auction, Raffles, Baked Goods & Tasty Treats Tent and other fun-filled, fundraising features.

This "Fuel for the Churches" fundraising event is scheduled for Memorial Day Weekend, Saturday, May 24th and Sunday, May 25th and will be held at the Nahant Town Hall.

The first organizational meeting is scheduled to be held at the Nahant Town Hall, in the downstairs meeting room, on Sunday, February 24th, at 3:00 p.m.

Everyone is welcome to attend! The more, the merrier, as they say. Come with your fun-filled, creative thoughts, money-making ideas, positive input and willing spirit. Sign-up sheets will be available for people to volunteer for many positions from leaders to runners, program ad sellers to telemarketers, ticket sellers to stage hands, cooks, bakers and candy-makers to comedians, singers, performers and musicians. There is a job for just about everyone. I strongly encourage everyone to consider doing just one little thing to help. I guarantee that you will have a fun time, working together and socializing with your friends and neighbors and giving a little bit of your community spirit to a most worthy cause.

Maureen Edison has graciously consented to direct Nahant Follies 2008. Ms. Edison was the producer and director of Nahant Follies II, which was held in May 1994. Nahant Follies II was held for the benefit of the St. Thomas Aquinas and Nahant Village churches and was tremendously successful. At that time, the Nahant community raised \$625 for each church. This time, we will set our goal a bit higher: we will strive to raise at least \$1,000 for each church, over the weekend.

There will be two auditions scheduled for the Nahant Follies Community Talent Show, during April. The location, dates and times will be announced in the March issue of the Nahant Harbor Review.

Performers from Nahant Follies II were a group from the Apollo Club, Jack Ellis aka the Singing Sergeant, Laura D'Amico, Joey Scapicchio, Julia Kavanaugh, Elizabeth Peterson, Richie Nobrega, Jill Bradley, Laurel Bradley, Gia Spina, Amanda Murphy, Donna Lee Hanlon, Allison Twiss-O'Neill, Rhiannon Barreda, Jacki Barreda, Shea Mavros, Leah Canali, Lindsey Baker, Phil Joyce, Luke and Dave Conlin, Mark Edison and Maureen Edison.

The Nahant Club

To raise money for the new club, a theatrical was presented at the Town Hall, at the end of August 1888. The cast of fourteen Nahanters included Henry Cabot Lodge's children, fifteen-year-old George playing a constable and sixteen-year-old Constance playing "Lady Blanche." No squatters there! The play, *The Queensbury Fete*, or *Who's Your Friend*, was performed on two evenings to the admiring summer residents and their friends. Even thirty-three-year-old Percival, then noted for his books on Japan and not into the astronomy work which was to win him greater fame (including the sighting of what he fancied and believed until his death were "canals" on Mars), had time to take part in the comedy.

The Lynn papers burred about the costly stage props employed in the play... "such china, such brocades, such costly lace." The reporters raved on about the elaborate costumes both on stage and off. "Full dress will be worn at the performances and as parties are already being formed at Beverly, Manchester, etc., to attend, it is anticipated that the audience will be almost as well worth seeing as the actors." A goodly amount of money was raised to fund the club. It was obvious: Who's your friend—your rich summer neighbor!

SOURCE: Nahant on the Rocks. Stanley C. Paterson & Carl G. Seaburg. 1991.

Post Card Junkies Unite!

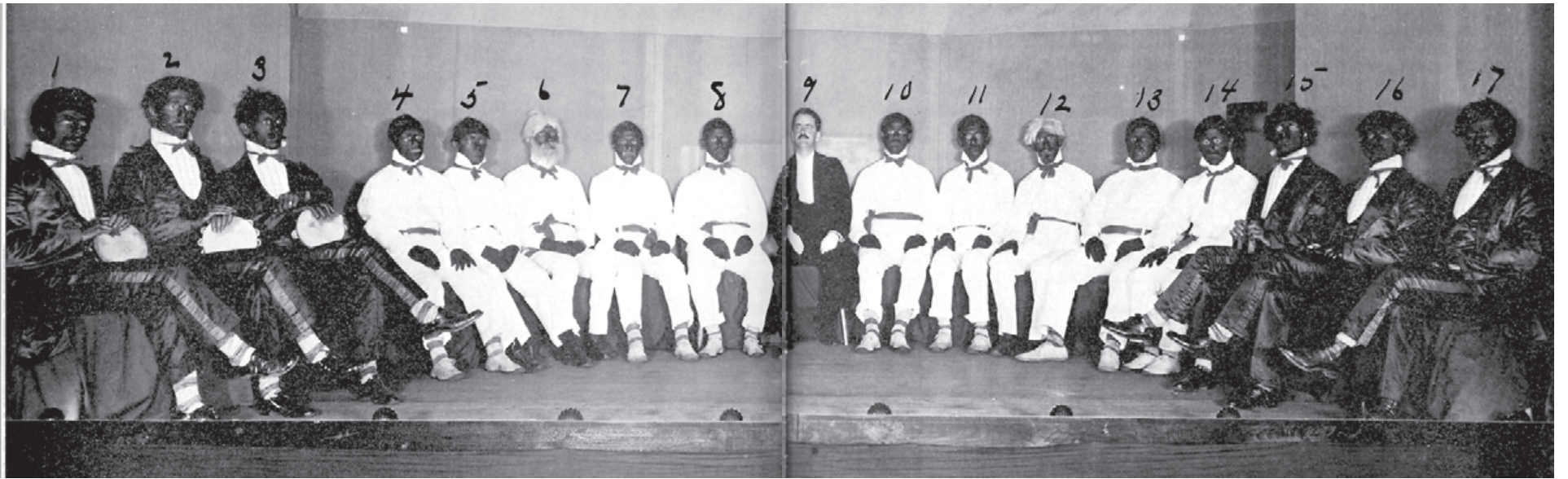
We will be scanning and digitizing post cards during the summer months, at the Nahant Community Center. We urge everyone to continuing searching, accessing and bringing their rare and unique, Nahant post cards, to us for scanning. Ask everyone, friends, relatives, parents and neighbors, who may have an interest in our Town's post card history.



These post cards are from the author's collection and represent some of the rarest and unique post cards in his collection.

Town Hall Theatricals

Aristocratic and Townie Minstrel Shows

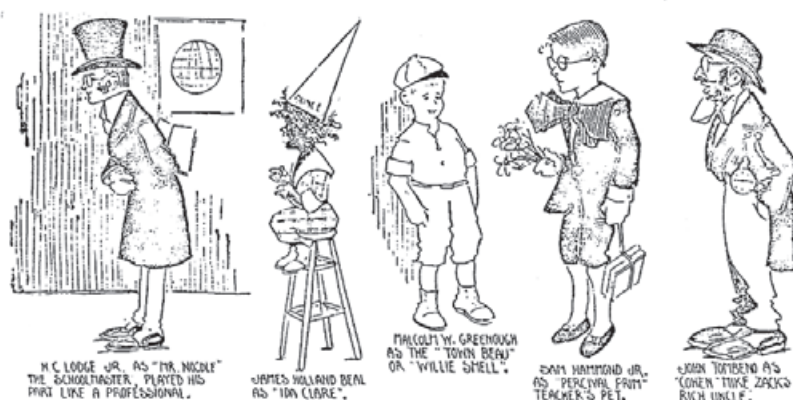


While Mass might have been said in the Relay House Theater, town theatricals were relegated to Town Hall. Nahant has a long history of amateur theatricals. During the Civil War, the summer people put on tableaux to raise funds for the war effort and later for charity. The Nahant Club was financed in this manner. By War World I, the minstrel show was a popular entertainment. At this, John Tombino excelled. He was one of the chief soloist at St. Thomas during Clara Larkin's early years as organist. In spite of his apparently retiring personality, he was born a comedian and in demand for town theatricals.

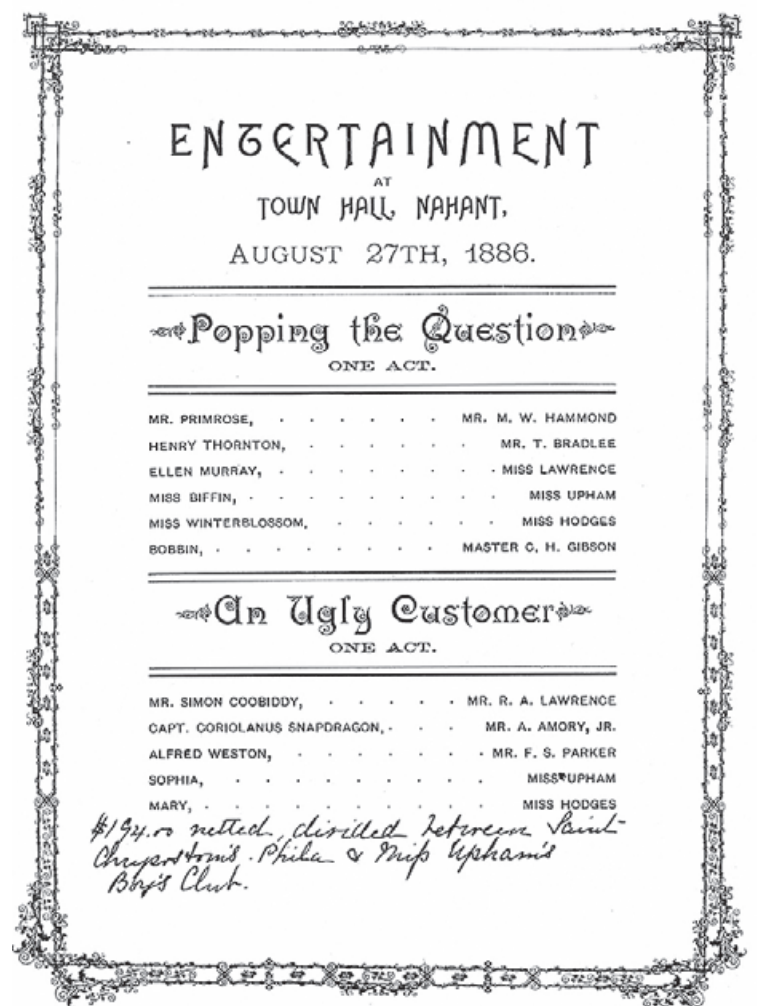
"With an appreciate audience which filled every seat in the new Town Hall," the John W. Chester class for young men, at the Nahant Congregational Church, held their first minstrel show in August, 1914. The dark-faced circle of 22 lads and lassies, flanked on either end by duos of white-attired end-men, began the opening chorus as the curtain parted. The chorus was barely over when John Tombino entered the back of the hall "in the make up of a wandering Jew." John "wandered" to the circle and did his "Glide Gazotsky" impression of the famous song and dance man, Lew Fields. "A scream of laughter resulted." The hit of the evening was the "mad dog scare," wherein the cast produced a "riot" that was, "suggested in the manner in which the Nahant Police chased a poor dog around the streets." The street car employees, Mrs. Curtis' suffragettes and the lines of people waiting for the Boston boat, also came in for their share of satire.

Tombino was again, the star of the next minstrel show, three years later, this time performed by "some of the bluest bloods in the summer colony." Young Henry Cabot Lodge, Jr. was Mr. Noodle, the schoolmaster and "played his part like a professional." Sam Hammond, the fourth, was "Percival Prim," the teacher's pet. John Tombino was an end-man, in his Jewish character, "Cohen." "He was easily the feature of the show." John "executed a little dance that was a marvel, considering the fact that he still hobbles on crutches." The previous May, John had a bad accident while riding a motorcycle that he had borrowed from Arthur Johnson's son.

As usual there were "many funny jibes from the end-men" on town personalities, between the songs and dances. Dan Finnerty, Barney Carahar and the Town clock bell were the butt of jokes. The bell had been "silenced after 9 o'clock on the account of the summer residents." Later, the younger element in the audience entered into the spirit of the evening and "kidded the artists along, during the rendition of their numbers, by presenting them with bouquets of cabbages, lettuce and lemons."



BLUE BLOOD MINSTREL SHOW, AUGUST 31, 1917. NAHANT HISTORICAL SOCIETY



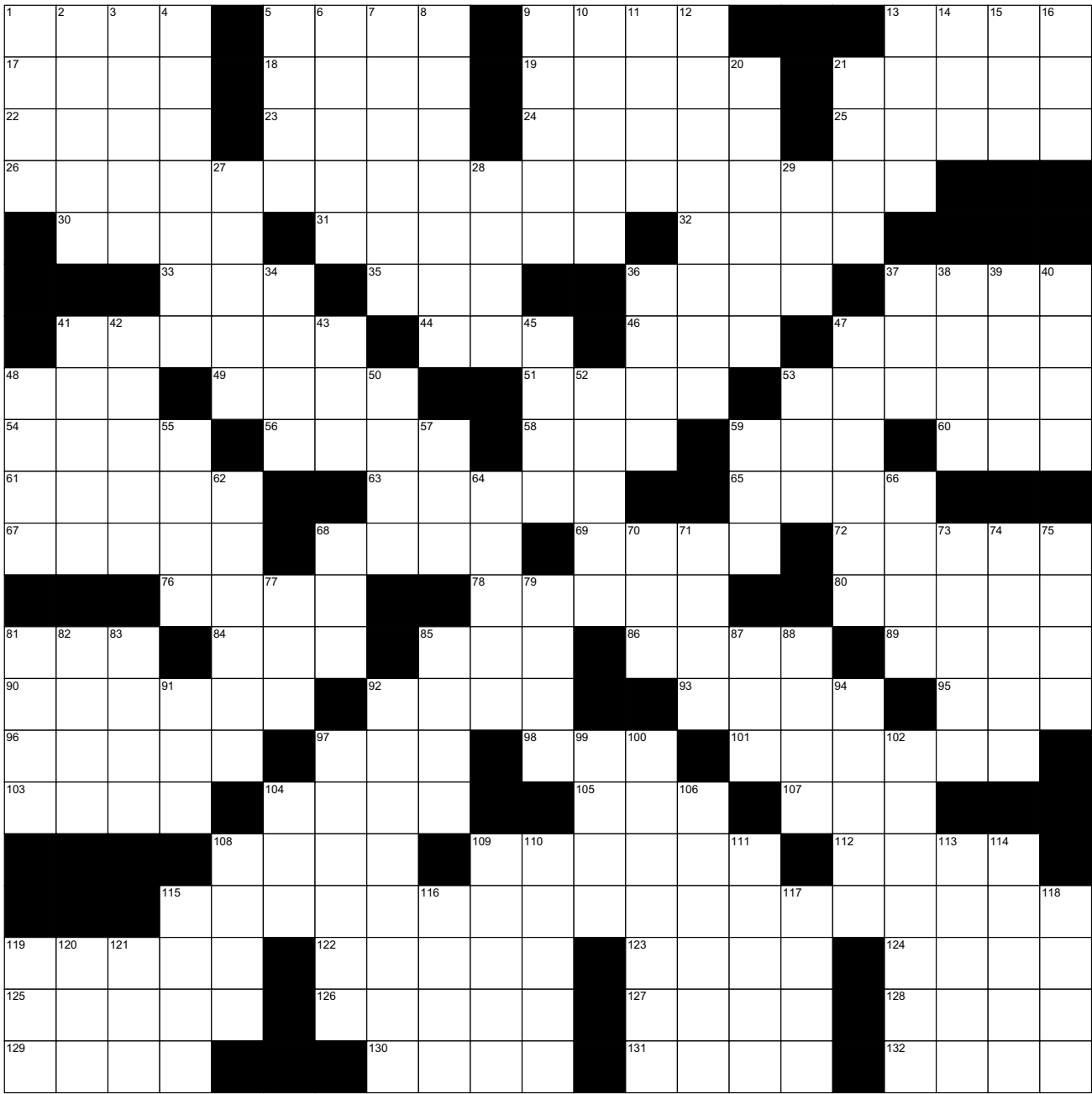
NAHANT HISTORICAL SOCIETY



If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at harold@steamtrapconsultants.com

NAHANT PUZZLE PAGE

Circular Logic
by Rick Kennedy



- maybe
71 Group
73 1997 Madonna movie
74 Relating to the ear
75 Mule ____
77 Fuss
79 ____ Minor
81 Departed
82 European capital
83 Approve
85 Quote
87 Martini ingredient
88 Perceives
91 Possessive pronoun
92 Pertaining to coats of arms
94 Japanese dish
97 Rope
99 Tropical root
100 Gravestone writing
102 Go back in
104 Hovel
106 Anatomical channel
108 Again
109 Started
110 Representative
111 Length measure
113 Philippine dish
114 West Indies dance
115 Secondhand
116 Abhor
117 Frost
118 Try out
119 Poisonous snake
120 River (Spanish)
121 Lodge

ACROSS

- 1 Drains energy
5 Homeless child
9 Scent
13 Russian ruler
17 Women's magazine
18 Toward
19 Pet name
21 Well done!
22 Samoan capital
23 Nova
24 Tropical fruit
25 Got angry
26 Start of an Evan Esar quote
30 Not in port
31 "____ Night"
32 Rampage
33 Logan abbr.
35 Corp. big wheel
36 Knife
37 Org.
41 Part of a sum
44 African antelope
46 Compose

- 47 Skip church?
48 Pair
49 Over
51 Slipped
53 Hostility
54 Revise
56 Not any
58 ____ Tropez
59 Elderly
60 Spots
61 End
63 Jolly
65 ____ a fuse
67 Part 2 of quote
68 Tempo
69 Needle case
72 Part 3 of quote
76 Harvest
78 Chisel
80 Theatrical production
81 John of England
84 Naval off.
85 Mongrel dog
86 Farm animals
89 Exhaust
90 ____ Pie

- 92 Slugs
93 Binds
95 Sticky substance
96 Low shoes
97 Rent
98 Snacked
101 Relating to the brain
103 Children's love
104 Fabled loser
105 Able
107 Yellowknife to Winnipeg dir.
108 Nimbus
109 Soft metallic element
112 Improve
115 End of quote
119 Mutiny
122 Saying
123 Motor vehicle
124 Large volume
125 Tendon
126 Moon of Saturn
127 Guilty or not
128 Recedes
129 Body of water

- 130 Penny
131 Frau's husband
132 Source

DOWN

- 1 Chair
2 Greek letter
3 Thickness layers
4 Kelp
5 Shrewd
6 Pays to play
7 Slanted font
8 Part of a horse
9 Heart, e.g.
10 Suspect
11 ____ Office
12 Regressed
13 Ocean Spray drink starter
14 Zig's partner
15 Hail!
16 Pole
20 Degree's alternative
21 Rascal
27 Loathed

- 28 Sign gas
29 Crowd
34 In a while
36 Rotate
37 "The Greatest"
38 Body of an organism
39 Tater
40 Costner character
41 Sound
42 Executing
43 Genetic material
45 Former map initials
47 Make beloved
48 Graceful
50 Writer Bombeck
52 Crust
53 Every
55 Level
57 Still
59 Kimono sash
62 Vapors
64 Repudiate
66 Sharpen
68 Dashboard indic.
70 15% - 20%,

Is Personal Service A Thing of the Past?

Submitted by Joe Bukowski

As Bob Dylan once chimed, “The times, they are a-changin’.”

It used to be, you’d pass a TV repair shop, or appliance store, every few blocks in the average American city. With the advent of the mega discount stores and the introduction of very inexpensive home electronics, the Mom and Pop corner TV shop has faded away.

Today, you can purchase online and order over the phone and thus, save quite a bit of money. But lost in the shuffle for savings is the personal contact with knowledgeable, caring salespeople, who will go the extra mile to keep your business.

One of the last of the breed, Richard Covert’s TV, is hanging in there by emphasizing personal service. In business since 1969, Richard Covert’s has expanded its service department to include high-end audio repair and regular stereo service, as well as TV repair service.

Richard Covert’s offers the top brands like Sony, Panasonic, Toshiba, Sharp and appliances from GE, Frigidaire and Whirlpool. Unlike most stores, Covert’s TV will remove and dispose of discontinued appliances, while delivering the new. This service is free.

Richard Covert’s TV sells the latest LCD and HDTVs and is competitively priced with the big stores. Currently, there are 20 different LCDs, HDTVs and big screens on display. We are conveniently located in Wyoma Square, at 334 Broadway, Lynn and can be reached at 781-599-4500. The store is open at 9 a.m., Monday thru Saturday.

If you have any questions on boating electronics, or electronics in general, I’d be happy to answer them. Send your questions to hifiservice27@yahoo.com

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION

March 2008

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

FRIDAY, FEBRUARY 15th • 5:00 P.M.

Home Delivery: Sat & Sun, FEB 23rd & 24th

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|---------------------|-------------------------|--------------|
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The Nahant Harbor Review, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148.

Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher.

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

Anonymously submitted articles and / or letters, unsigned or lacking author contact information, will not be published. Exception: although not a regular practice, a writer’s identity may be withheld, by request, at the sole descretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop box** at the **Equitable Cooperative Bank** on Nahant Road. For ad rates and dates, call Suzanne Hamill, Sales Director, 781-592-1263.

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

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

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Thank you.

Got something to share...

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

Gone But Soon Forgotten

By Rick Kennedy

Nancy Wilson was the winner of last month’s puzzle contest. She has won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside’s Restaurant, on Nahant Road and then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.

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The Body Politic

Submitted by Paul Morse

As we, the people, find ourselves hurtling into an ever-intensifying political season, I am reminded of the words of Tip O'Neill, who said, "All politics is local." One example of how that might translate to our little town, might be the story I am about to tell. It is by no means an exercise as to how to conduct a political campaign, but rather a study in that thin line between fame and infamy and never knowing where support may come from.

As happens in a somewhat cyclical manner in Nahant, or probably any small town, the School Committee had become the epicenter of the town's political discourse in the mid-1990's. With the advent of the Education Reform Law, the town government and the schools were at odds for funding. Between money and personnel issues, there was enough fodder for a blunderbuss of contempt and a rift was being torn though the fabric of the town. In the midst of this came an election and in that election, up for grabs, were two seats on the School Committee. I was an incumbent, running for re-election and my friend Rob Tibbo was running with me. After a hard-fought campaign through the winter, the last Saturday in April had finally come and with it Town Meeting and the elections.

In an attempt to get some visibility from the electorate of the town, as they drove to Town Meeting, I had borrowed my friend Eddy's Snap-On tool truck, as a sort of mobile billboard. In that the truck was large and square, Eddy had strategically parked it about half-way between the post office and Summer Street, facing west, heading out of town. Eddy was good enough to put it there early in the morning, before the polls opened. Rob and I got there soon after and plastered it with our campaign signs.

It was turning out to be a beautiful spring day and if you had to spend a day standing out in front of Town Hall, pressing flesh and trying to garner votes, this was certainly not a bad day to do it.

While the outcome of the election was still in question, it was becoming apparent that a warming spring sun would be rising in the east and setting in the west. Well, as the day wore on into the late afternoon and our feet began to fall asleep, from standing with our signs, I noticed the reporter from the Lynn Item, with a woman who was well-known as a member of the opposing campaign, standing up by Eddy's truck pointing in a somewhat agitated state. The woman also had a camera and was taking pictures through the windshield of the Snap-On van. Curious, but not willing to give up my spot in front of Town Hall, I casually observed what was happening from my spot. Having had a few conversations with that reporter as an incumbent and past Chairman of the School Committee, I had come to know him as a fair person. Eventually the reporter came down and said that I'd better come up to the van to see what was causing the stir.

Rob and I trotted up. As we approached the van, the woman was saying things like "this is derogatory towards women" and there were questions of morality and decency. I was at a loss as to what, in the name of Larry Flynt, she was talking about. The answer came as we turned to the front of the van and realized that the contents of the cab that had been shrouded in shadow when the sun was in its' morning position was now bathed in sunlight as the sun was setting. The most, shall we say, "revealing" part of that contents was a Rigid Tool calendar behind the driver's seat of the van. While the agitated woman with the camera was not offended by the Rigid calendar girl's choice of power tools (a glittering, cordless drill with keyless half-inch chuck), she was offended by her lack of clothing!!! Apologies notwithstanding, neither Rob nor I had keys to the van, to remove said "work of art" and the once placid driver's cab was now bringing Nahant's metropolitan center ever closer to the Combat Zone...with our names plastered all over it! The newly-formed Nahant Decency League (members numbering one woman with a camera) was apoplectic and ready to paint Rob and me as pandering misanthropes, who only ran for School Committee because we had so much time on our hands, since the closing of the Golden Banana!

"Ya think Eddy would mind if I broke the window?" I asked myself, as we scurried about, trying to change our "calendar" girl to a "covered" girl. As luck would have it, hanging on the truck were two approximately four-foot by five-foot signs, that slipped nicely over each humongous glass panel of the van's windshield. Then, fitting the side windows with more signs, we were able to put the wraps on Little Miss Ample...I mean April. We returned to our posts, hoped for the best and prayed for a quick end to the day. I don't know if the heaps of apologies that we piled on her ever convinced the woman that this was a horrible mistake, but it did break up the last few hours of that campaign and thankfully the incident never made it to the papers.

Rob and I ended up winning the election. To this day, I can't tell you if that was the good news, or the bad news. What I can tell you is that weeks later, Rob told me he had a conversation with one of the saltier gents of the town about the election. As they talked about the results, this particular gent's comment was something like: "I don't know who the two knuckle heads were that were running for school committee, but I voted for Miss April!"

2008 Harbor Review Subscribers

Once again, my most heartfelt thanks to all of you who took pen in hand, wrote out a check and put a stamp to an envelope and braved the elements to subscribe and renew subscriptions, to the Nahant Harbor Review's Home Delivery and Out-of-Town Delivery services. Thank you! If your name is not on the list and you sent in a subscription, please let us know. Send an email, or drop a note in the Harbor Review box, on the Teller's Counter, at the Equitable Cooperative Bank, on Nahant Road. Or, call Suzanne Hamill, 781-592-1263, if I am not available.

Here are all your friends and neighbors who have subscribed for 2008, so far:

Frances Ahern, Robert & Christine Alexander, Joseph Balsama, Doris Barrett, The Benson Family, Larry & Polly Bradley and gift sub. to Randolph Bradley, Scott Bradley, and Cynthia Young, Anne & David Bromer, Rachael & Ted Brown, Judith Bryant, M/M Paul Caradonna, Kenneth Carangelo, Deborah & James Cashman, Malcolm Chamberlain, Nancy Cochran, The Collins Family, Alice Cort & Bruce Walker, Carmella & Robert Cormier, William & Carol Crawford, Dale & Michael Cullinan, Francis & Catherine Cusack (+2009), Josephine & Paul DiAmico, John & Susan Dineen, Charles Dean, Manuel & Maria Sousa, Carol & Thomas Doherty, Robert Donahue, Lorraine & Robert Doran, Mona Doss, Joyce Dragone and gift sub. Jeanette LeDonne, Susan Edwards, Patricia Emberley, Dr. Kathleen Edwards, Julia Ellassard, Kristina Etter, Mary and Constantino Evos, Clifford Flynn, Nancy & Karl Forsell, Carolyn Fowle, Bernadette Gaynor, Nora & John Gergely, Octavia Randolph & Jonathan Gilman, Michael Golding, Estelle Goodell, Michael Goyetche, Maria Glavas, Janice & S. Jeffery Hall, Margaret & Henry Hanagan, Cal & Marrit Hastings, Susan & Matthew Hendrickson, Patricia & James Hickey, Lisa Hiland, Cecelia & Robert Hill, James & Jean Hosker, H. Hollis Hunnewell, Donald Huston, Robert & Phyllis Irvine, Elizabeth & Edward Johnson, Dorothy & Thomas Johnson, Patricia Johnson, Mike Kairevich, John & Martha Keller, Carole Keller & James McCurdy, Gina & James Lang, Donnalee Leonardo, Marion C. Lester, Lea & Jeffrey Lewis, Robert Lewis, Dana Lewis, Jeffrey Lewis, Alan Lewis, Mayland P. Lewis, Jr., Joyce Loguercio, Madeline Long & Kathryn Famulari, Joan & Ralph Lowell, Vee & John Lynch, Kevin & Terri Maguire, Peter & Richard Malatesta, Cynthia Manning, Cynthia & William Mantzoukas, Anna Marie & Edwin Manzano, Marie Martin, Mrs. J. Richard Jackson, Elaine Mavros, Shea Mavros, Jean & Thomas Mazzaferro, Linda & John McCarthy, Mary Lou & Noel McGinn, Julian Middleton & Thomas Campbell, Mary Lou & George Mihovan, Herb & Terri Motley, Pamela Motley, Robert Munnelly, Michael Murray, Nahant Dory Club, Helen M. Niosi, Dawna & Mark Nocera, Antonina OConnor & Nancy Keen, Elizabeth Olson, Margaret Pelley, Norma Poole, Mary Ann Putnam, Tom & Elizabeth Quinn, Joanna Reardon, Wallace & Theresa Riddle, R. Phillip Russell & Allison Spinney, Rosalie & John Ryder, James & Karen Savino, Robert & Dolores Scanlan, Effie Schmidt, Paul & Nancy Sciaba, Robert Scigliano, Flora & Andrew Sigourney, Margaret & Robert Silva, Calantha Sears, Alma Smith, Jayne Solimine, Christine Sonis, Lynne Spencer, J. Karen Stanford, Frederick & Maria Stanley, Robert & Harriet Steeves (& gift subscriptions to Penny Billias, M/M William Kinley, M/M Robert Steeves, M/M Donald Steeves), Edward & Antonia Steriti, Vincent & Elizabeth Steriti, Ronald & Martha Strout, Paul Taylor, Julie & Les Tarmy, Ruth & Gerard Titus, Edward & Cecilia Ustaszewski, Mary Valeri, Video Production Services (Michael Billias), Mary Wachtel, David & Mary Walsh, James & Emlen Wheeler, Arthur & Mary Wilson, Nancy Whitman and Nancy Wilson.

**The Nahant Harbor Review is Nahant's
only source of community news.**

Community Calendar • FEBRUARY 2008

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

THIS JUST IN!!! CHECK YOUR CALENDAR NOW.

JAN. 31st, at 6:30 p.m., Come to the Pot Luck Supper at the Nahant Village Church. All are welcome for food, fun and Balderdash! Get out of the house!

| | | | |
|------|----|--------|--|
| FRI | 1 | 8:00A | Nahant Breakfast with the Foukals: Travels in India. |
| FRI | 1 | | DEADLINE for Honorees for In Memory Day (page 4.) |
| SUN | 3 | 10:30A | Worship Service and Sunday School, Village Church |
| SUN | 3 | 2:00P | Swampscott Arts Winter Show at Marian Court College |
| TUE | 5 | 7:00A | Presidential Primary. Polls open 7:00 a.m. to 8:00 p.m. |
| WED | 6 | | ASH WEDNESDAY |
| WED | 6 | 7:00P | Lenten Spiritual Journey, Chapel, Nahant Village Church |
| WED | 6 | | 30th Anniversary of the Great Blizzard of '78 |
| THU | 7 | 7:30P | Free performance of George Washington Himself by actor George Moore at Marian Court College |
| THU | 7 | 2:00P | My Life, My Health Workshop at Ocean Shores |
| FRI | 8 | 7:30P | NS ARC Mardi Gras at Old Town Hall, Derby Sq., Salem |
| SAT | 9 | 7:00P | Faith's Gift at the Nahant Country Club. Wear pink! |
| SAT | 9 | 7:00P | Mass Theatrica presents Love Songs, LynnArts |
| SUN | 10 | 10:30A | Lenten Worship Service & Sunday School, Village Church |
| SUN | 10 | Noon | Little League Try-outs, Lynn Tech Field House till 3:00PM |
| TUE | 12 | | Lincoln's Birthday |
| TUE | 12 | 10:30A | Woman's Club at the Nahant Library |
| TUES | 12 | 6:30P | Marine Science Center Lecture at Northeastern |
| WED | 13 | 3:30P | David Polansky Concert at the Nahant Library |
| THU | 14 | | VALENTINE'S DAY |
| FRI | 15 | 5:00P | DEADLINE FOR MARCH 2008 HARBOR REVIEW |
| SUN | 17 | 10:30A | Lenten Worship Service & Sunday School, Village Church |
| SUN | 17 | 6:00P | LynnArts Central Square Coffeehouse & Open Mic |
| MON | 18 | | President's Day |
| MON | 18 | | WINTER SCHOOL VACATION BEGINS |
| FRI | 22 | | Washington's Birthday |
| SAT | 23 | | HARBOR REVIEW HOME DELIVERY DAY |
| SUN | 24 | | HARBOR REVIEW HOME DELIVERY DAY |
| SUN | 24 | 10:30A | Lenten Worship Service & Sunday School, Village Church |
| SUN | 24 | 3:00P | Fuel for the Churches Fundraising Event Organizational Meeting, downstairs meeting room, at Nahant Town Hall |
| MON | 25 | | BACK TO SCHOOL - WINTER VACATION ENDS |

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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.

COA CALENDAR

Every Tuesday at the Community Center:

9:00 a.m. Quilting • 1:00 p.m. Cribbage, games, Puzzles, etc. • 7:00 p.m., Knit In

Every Wednesday at the Community Center: 9:20 a.m., Watercolor Painting

Meet every Wednesday at the Tiffany Room at 12:30 for Shopping Trip, or call for pickup, 781-581-7557.

Monday thru Friday: Lunch, Tiffany Room, 11:30 a.m.

Public Library Hours

Mon. thru Thurs. 10:00 a.m. to Noon. & 2:00 to 8:00 p.m.

Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.

Saturdays and Sundays: 2:00 to 5:00 p.m.

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SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.

School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.

PTO • first Monday • 7:00 p.m. • Johnson School

Nahant Village Church

Join us for Sunday
School and Worship
Service at 10:30 a.m.



EMERGENCY MANAGEMENT

Visit the **Emergency Management** page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website:

<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.



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