New Year’s Day Swim again!

It’s become one of Nahant’s strangest traditions. Every New Year’s Day at noon, Nahanters young and old, who are otherwise normal people, gather at the Coast Guard Station and run into the bracing waters of Short Beach. Believe it or not, it’s a lot of fun and there’s great spirit as everyone suffers together and then rushes home to warm up with a cup of tea, or perhaps something more fortifying. So join your neighbors, just prior to noon, for the mad dash for the sea, which happens precisely at noon, at the Coast Guard Station. Show the world the “stuff” of which Nahanters are made! (Remember, if you are a wee bit late, you will have missed the boat!)

Know Someone Who Wants to live in Nahant?

Small, one bedroom cottage for rent. Knotty pine walls and oak parquet floors. One large bedroom, w/ walk-in closet and walk-out large front deck. Kitchen with lots of cabinets, bathroom with tub / shower and lots of cabinets, washer / dryer, large open dining / living area, small back deck at rear entrance and small sun room at front entrance. Lots of storage space. Cottage sits above street level, with flight of stairs to living area and is in a sheltered area in a quiet neighborhood. Perfect for a single person or healthy, retired couple. Steps to shore for fishing, or swimming and a short walk to golf and restaurant, Bailey’s Hill Park and public transportation. Off-street parking.

Call 781-581-0648 or email donna@nahat.com.

ELECTION NOTICE
Tuesday, December 8th
Nahant Town Hall
8:00 a.m. to 8:00 p.m.

This is a SPECIAL PRIMARY ELECTION for the Office of the Senate vacated by the late Senator Ted Kennedy.

The Nahant Village Church Presents
GIFTS OF THE MAGI CHRISTMAS FAIR
December 5th from 9:00 a.m. to 3:00 p.m.

The holiday season is here! Who is ready, who has time? Well, ready or not, it is here! Time to gather your wits and search for all those special gifts to show your love and appreciation to your friends and family. So, come one, come all. Begin your Christmas shopping, and socializing, at the Nahant Village Church, on Saturday, December 5th, from 9:00 a.m. to 3:00 p.m. Come celebrate the Christmas season with your friends and neighbors. Year after year, more fun, fellowship and Christmas cheer, is crammed into the cozy confines of Swansburg Hall, than one can imagine. The elves suggest that fairgoers arrive early for the best bargains and first picks at the tables.

The Snack Bar will feature lobster rolls, fresh soup and sandwiches and other tasty delights. The very popular, Cookie Table, where you can fill a bag freshly-baked cookies of all kinds, for only $5, will be overflowing. The Silent Auction in the Chapel and the Raflles in the Companionway, offer chances to win many beautiful items and gift certificates. The Baked Goods and Prepared Foods table is groaning under the weight of the tasty holiday breads, cakes, pies and jars of homemade relishes, jellies, jams and hot fudge, not to mention sticky and sweet treats like baklava and haystacks. Give in to temptation. All Nahanters know that their fellow Nahanters are the BEST bakers and cooks on the North Shore, if not the known universe! The Greenery elves have been hard at work making bows and arranging greenery to grace your mantels, tables and doors. The Gifts and Crafts Table will offer an assortment of treasures, both ready-made and lovingly handcrafted by the dedicated Crafty elves. The jewelry table is sparkling and gleaming with lots of beautiful pins, earrings, necklaces and bracelets, at bargain prices, just waiting for you to find a special treasure. For book readers, the NVC Library is full of paperbacks and hard-cover books, for, basically, pennies.

If you would like to make a financial contribution, or other donation to the fair, please call Donna Lee Hanlon, this year’s Head Elf, at 781-581-0648, for more information. We thank the people of Nahant for their generous support in years past and we look forward to seeing you ALL again.

Nahant Lions Pancakes with Santa December 13th

Bring the whole family and enjoy Nahant’s other Holiday Tradition and enter the raffle for new child-size bicycle. Don’t miss out on the Nahant Lions Club’s annual Pancake Breakfast with Santa on December 13th, at the Nahant Country Club, from 9:00 a.m. to noon. Santa will be on hand for children of all ages – so bring your list for Santa!

“The price is right, $5 for adults and $3 for children. Seconds are included, for those with a hearty appetite,” said Mark Reenstierna, President, Nahant Lions Club.

“Juice, sausages, bacon and coffee, will be served, with all the pancakes you can eat.”

During the breakfast, the Lions will raffle off a new child-size bicycle. Raffle tickets will be sold at the door. This is a great time to enjoy a little holiday cheer with family and friends. Members of the Nahant Lions will be on hand, to cook and serve breakfast. “We look forward to seeing you there! If you have never attended, please introduce yourselves, we’d like to welcome you!” added Reenstierna.

Lions Mission Statement: To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding, through Lions clubs. For information about the Nahant Lions Club, visit: www.nahantlions.org

For more about Lions Clubs International, visit www.lionsclubs.org/EN/index.php

Submitted by Mark Reenstierna
Winter Parking Ban

The winter parking ban, for all residents, will be in effect from December 21st, 2009 through March 20th, 2010, from midnight to 6:00 a.m. No on-street parking will be allowed during this time.

Residents may apply, in person, for an on-street parking waiver at the Nahant police station. The fee is $30/waiver and is non-refundable, if the waiver is denied.

In the event of a snow emergency, all cars must be removed from the street, including those with a parking waiver, or they will be ticketed and towed at the owner’s expense.

Faith: A Mother’s Story Dec. 13th at Village Church

On Sunday, December 13th, at 2:00 p.m., at the Nahant Village Church, Faith: A Mother’s Story, will be presented. This powerful, one-woman play, written and performed by artist Olivia Woodford, is one of only two Boston area performances. The Nahant Village Church is most fortunate to sponsor this moving Advent play, which brings to life the events surrounding Mary and the birth of Christ. Ms. Woodford portrays the women who were close to Mary, as they learn the news that she is, while unmarried, carrying a child.

Come prepared to immerse yourself in the times and culture in which Jesus was born. As Jesus’ light comes into the world of darkness, you will experience the doubts, disbelief and joy of each of these women, as Mary’s hope and faith are renewed in God, herself and life.

This will be one of only two Boston area performances this advent season. Don’t miss this extraordinary play. A reception will be held, following the performance, to greet the artist, Ms. Woodford.

Admission is $10. For more information or to purchase tickets, please call Cal, or Marrit Hastings, 781-581-5691.

Christmas Party in Nahant

The Nahant Garden Club and Nahant Woman’s Club are holding a Christmas party on Thursday, December 17th, at 6:00 p.m., at the Knights of Columbus Hall and you are all invited.

Entertainment will be provided by the Jewel Tones, an exciting singing group from Marblehead. There will be a Greens Boutique full of Christmas decorations from paperwhites in holiday containers to centerpieces of all kinds, just right for your holiday decorating. Delicious, hearty food and desserts will be served.

The Woman’s Club will be selling Nahant postcards and note cards, as well as Nahant cocktail napkins.

This party is a Bring and Sing. In addition to enjoying the singing, everyone is asked to bring hats, mittens and scarves for needy infants, children and adults; unwrapped toys for Toys for Tots, infant to teens.

Contributions for the Item Santa Fund will also be collected. Make checks payable to the Daily Item Santa Fund. Mark your calendar now! Come and enjoy this festive holiday party.

14th Annual Holiday Light Parade Dec. 19th

December is here! Start planning your parties and celebrations!

The 14th Annual Holiday Light Parade is December 19th, this year. The Fundraiser at the Tides, is on December 12th, at 6:00 to 9:00 p.m. Hope to see you at both events. Cruise Tickets for 2, to Bermuda, are available now.

Raffle items for the fundraiser and donations are always appreciated. As usual, Toys for Tots will be collected at the Parade and all season, at the Fire Department.

IT’S COMING FAST!!!!!! SHOP, SHOP, SHOP, then relax and enjoy the season. Happy, Happy Holidays.

Nahant Christmas Tree Lightening

Start off your holiday celebration with the Nahant Christmas Tree Lighting, at 3:45 p.m., on Sunday, December 6th, at the Nahant Town Hall. Listen to the Girl Scouts sing Christmas Carols, followed by the tree lighting at 4:00 p.m.

All are welcome. Bring the kids. If you are new to the Nahant community this holiday season, come meet your neighbors and enjoy this annual event.
PTO Christmas Trees on Sale Nov. 29th

Once again, Christmas Trees and Wreaths will be sold in Nahant, at the Lowlands parking lot. All proceeds will go to the Johnson School PTO, which funds children’s field trips, as well as enrichment programs, for preschool through 6th grade.

The trees will be sold from November 29th, through December 13th, or until sold out. During that time, you can purchase trees Wednesdays through Fridays, 6:00 to 9:00 p.m., Saturdays, 9:00 a.m. to 9:00 p.m. and on Sundays, from 9:00 a.m. to 6:00 p.m.

The trees come from Nova Scotia and are always top-quality, beautiful trees. You can’t beat our prices, either, $35 for the 6 to 8’ trees and $40 for the 7 to 9’ trees.

We also will be selling 12” wreaths, with bows for $12 and without bows for $10. We have a great group of Johnson School parents that volunteer their time, to help with this fundraiser, which allows us to offer FREE delivery anywhere inside Nahant. Please remember that we order a limited number of trees every year and when they are gone, it ends, so don’t wait too long, to pick out yours!

Nahant Bass Point Neighbors Group

This group is for all community-related issues of the Nahant Bass Point Neighbors. Neighbors unite, or at least start talking to each other! Let’s discuss and share our opinions about everything, from snow removal, Bailey’s Hill Park info and events, parking, babysitting, yard / garage sales, tools exchange, children / pet questions, street and road issues, selling your house and much more.

To join this group, please visit http://groups.yahoo.com/group/NahantBassPoint and click on “Join this Group” button on the top right corner.

Magician Jim Rainho at the Nahant Public Library

Submitted by Rita Stepanova, Children’s Librarian

Nahant Public Library (781-581-0306), located at 15 Pleasant Street, in Nahant, invites the community to the amazing, interactive “Happy Holiday Magic Show,” with the famous Professional Award-winning International Magician, Jim Rainho, on Wednesday, December 16th, at 3:00 p.m. The Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

Happy Holidays to all!

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Q&A with North Shore Physical Therapy
TIPS ON OUTDOOR WINTER SAFETY
Submitted by Susan Finigan, NSPT

Please feel free to submit questions about musculoskeletal problems to us in writing, either at the Council on Aging front desk or send them to NSPT, 1 Widger Road, Marblehead, MA, 01945, c/o Nancy DeMuth.

Q. Last winter I slipped on black ice, falling and fracturing my wrist. Do you have any suggestions to make it safer for me to go out this winter?

A. Falling on the ice happens to people of all ages. There are several steps you can take to protect yourself from falling. Don’t go outside, even if it is only for a minute, wearing your slippers. As physical therapists, we often hear stories from people who hurt themselves going outside “just to get the newspaper,” not taking the time to put on appropriate shoe wear. It is easy to miss a very thin coating of ice, especially in the early morning.

Choosing a shoe, or boot, with good traction, is one of the best ways to protect yourself. Some shoes with large treads appear to offer good traction, but are actually fairly slippery. A light hiking boot may be better. There are several types of ice grippers, or traction devices, that can be purchased at sporting goods stores and catalogues. They fit easily over any shoe and decrease the risk of falling. If you use a cane or crutches, you can buy a device, with metal teeth, that fits easily on the end of the cane, or crutch, to provide more traction on ice.

Using a product, like sand, over the icy areas on your steps and driveway is important. Be sure to spread the sand liberally. You may want to keep some of it in the car, as well as by your door.

Good lighting is also key to outdoor safety. Be sure you have adequate outdoor lighting and carry a flashlight, when walking outside in the dark.

Finally, when walking where it may be slippery, be sure to focus ONLY on walking. Do not talk and walk at the same time, or search for keys in a purse or pocket. Attend only to walking. Walk with your feet slightly apart and keep the length of each step shorter than normal.

Taking these precautions will increase your safety in slippery winter conditions.

The Nahant Dory Club News

The Dory Club held its annual closing party and awards dinner on Saturday, October 24th, at the home of Ed and Suzanne Tarlov.

Commodore Dan McMackin presided over the awards ceremony and presented awards to Ed and Suzanne Tarlov and Rob Scanlon, in grateful appreciation for all their services to the Dory Club, over the years.

Both Mike Doran and Larry Connelly received The Sportsman’s Award for coming to the aid of a dismasted competitor, during the first race of the season.

Rex Antrim and Kevin Gregory received awards for outstanding service, as Town Class fleet Captain and as PHRF Fleet Captain, respectively.

The lifetime service award was presented to Harriett Steeves in recognition for a lifetime of service as a member of the Club. In 2009, she and her husband Bob were made Emeritus members.

For their efforts in support of the Nahant Sailing Program, Karen Falat and Peter Foukal were recognized, for their years of service as Directors of the Nahant Sailing Program.

A special Nahant Dory Club lifetime achievement award for extraordinary contribution in the Sport of Sailing, was presented to Jeff Hall. Jeff, in the words of Commodore McMackin, fosters the next generation of Nahant Sailors, with his unselfish and ongoing work. For decades, Jeff has tended to the ongoing maintenance of the rigging, sails, hulls and equipment of the Nahant Sailing Program.

The Dory Club’s highest annual award, The Commodores Cup, was given to Kevin Gregory. In making the presentation to Kevin, Commodore McMackin noted Kevin’s “Hat Trick” of service. He serves as the Club’s Secretary, PHRF Fleet Captain and King of Clubs Regatta Chairman. Commodore McMackin noted Kevin’s continuing efforts to improve all aspects of the Club’s operation, whether it be sailing, or day-today operation. He continues the 115 year-long Dory Club’s tradition of developing sportsmanship, fellowship and sailing on the waters off Nahant. Kevin graciously accepted this honor and recognized the vigorous work of his wife, former Commodore, Patty Gregory.

Friends of the Library
Jewelry Raffle

Get that special someone a one of a kind hand-crafted necklace and earring set. The Friends of the Library are raffling off an exquisite, emerald and pearl necklace, designed and crafted by Allison Twiss-O’Neill. The necklace is of faceted emeralds and potato-shaped pearls. It is 18” long with an adjustable sterling silver chain, valued at $100. Tickets are $1.00 a piece, 6 for $5.00. Come to the library and see the necklace set in the display case. The proceeds will be used to fund library programs for children in the spring.

Submitted by Robin deStefano

Happy Holidays!

The Nahant Harbor Review is the only newspaper dedicated to building the spirit of community in the Town of Nahant, MA, USA. Please support our efforts by subscribing, or advertising. Thank you.
**Tower School Admission Open House**
Submitted by Jennifer Burke, 781-631-5800

Tower School in Marblehead, will be hosting an Open House, on Wednesday, December 9th, from 9:00 to 11:00 a.m. Parents and students entering pre-kindergarten through grade eight, are welcome.

During the open house, visitors will be able to tour the school with current students, meet teachers and observe classes. It is a wonderful way to learn about the school. Head of School, Peter Philip, will give a brief presentation about the mission and culture of Tower and will be available to answer questions about the school. Admission Director, Elizabeth Parker, will give an overview of the admission and financial aid process.

Tower School is an independent school for students in pre-kindergarten through grade eight. Along with a challenging academic curriculum, students have ample time in their schedule to take studio art, woodworking, music and physical education classes. Tower offers Spanish, beginning in second grade. The elements of respect and honesty are woven into the culture of the school and are an integral part of the program. Tower students live in a number of communities on the North Shore, including Marblehead, Swampscott, Salem, Reading, Wakefield, Peabody, Revere, Lynn, Nahant and Danvers. Transportation is available for students in Nahant, Lynn and Swampscott.

For more information, please call Tower, at 781-631-5800, or visit www.towerschool.org.

**Custom Auto**

**Wishing You and Yours a Happy, Safe and Wonderful Holiday Season!**

Enjoy this holiday season. Sit back, relax and savor every moment. Create memories instead of stress! Don’t wait until the last minute to shop the stores, with everyone else; don’t wait in those long lines for gifts to your loved ones - make this year’s gift-giving simple. Give them the gift of warmth this year with a Custom Auto Installations Remote Starter!!

Custom Auto is offering Gift Certificates for Remote Starters, this holiday season! Our prices start at only $199! Give us a call, to discuss and we will be more than happy to guide you to the most perfect gift this holiday season!

Custom Auto would like to thank you for your support this year. Call us to book your Free Diagnosis. Mention our ad in the Nahant Harbor Review and automatically receive 10% off any repair, or maintenance service, for the entire month of December!

Thank you for your support and we look forward to hearing from you soon. We are conveniently located on Route 1 South, in Peabody. For more information, give us a call at (978) 536-9400 and check us out online at www.customautoinstallations.com.

Best wishes for a fabulous holiday season from all of us at Custom Auto!

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**Help the Library. Take the survey.**

Inserted in this issue of the Review, you’ll find a survey we’d like you to fill out.

It’s your chance to be a part of the library’s future. We’re in the early stages of planning an addition and / or renovation, and we want to know what everyone in town would like in a new, improved library. A big, bright children’s room? Better lighting in the stacks? Book clubs?

Please let us know by filling out the survey and dropping it in one of the drop boxes at the library, Captain’s Seaside, or Equitable Bank in Nahant.

Thanks!

—Submitted by The Library Planning Committee

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**Nahant Vanity Plate**

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or email donna@nahant.com.
Nahant Realtor Helps Bring Italian Cooking to the North Shore

Nahant resident and realtor, Liz Carlson, was on location for the recent filming of Ciao Italia, the longest-running cooking show in the United States. Mary Ann Esposito, host and chef of the celebrated cooking show, has recently returned from filming episodes in Italy, where she met the Marblehead Neck homeowner. It was in there, that the idea to bring a bit of Italy to the North Shore was hatched. The homeowner was invited to assist Mary Ann with her on-air preparations, in his own home.

“The expansive, contemporary gourmet kitchen, combined with breathtaking ocean views, made this an ideal home for Mary Ann to create one of her superb Italian meals. It was a marvelous feast for the senses,” said Liz Carlson, sales associate for Coldwell Banker Residential Brokerage and representative for the property, currently on the market for $4.7m.

A media kit, prepared by Liz Carlson, was launched to cover this unique and exciting event. The show was taped on Wednesday, November 11th and will air in the summer of 2010.

Photo at right: from left to right, Nahant Resident/Realtor Liz Carlson, with homeowners, Mr. and Mrs. Lange. Chef Mary Ann Esposito in the front row.

Nahant’s Meg Pier’s Photography Quotation Books Now on Amazon.com

Just in time for the holiday season, Pearl Road resident, Meg Pier, has published four themed photography books, in which her images are captioned by motivational and thought-provoking quotes, from sages of the ages, ranging from Ovid to Oprah. The soft-cover books are now available on Amazon.com and range in price from $23.99 to $33.49.

The photographs featured in the books span every ecosystem: tropical islands, deserts, jungles, fjords, plains, glaciers, volcanic mountains and coastlines—including Nahant’s! The pictures depict settings that convey the beauty of the world we live in, and universal aspects of the human condition. Those quoted, represent a breadth of cultures and spiritual movements, and include insights from philosophers, political leaders, writers, comedians, musicians, poets, artists, and others, from the B.C. era to today.

“Visions for Faith,” is a 109-page book, that aims to foster a connection with a higher power, as a source of inspiration, comfort, solace, and serenity. “Visions for Becoming,” 83 pages, seeks to inspire one’s authentic self, and explores themes of individuality, growth, choice, self-discovery and acceptance. “Visions for Belonging,” 69 pages, focuses on what it means to feel part of something bigger than oneself, be it through friendship, or love relationships, community, the tapestry of life, or eternity of the soul. And, “Visions for the Journey,” 130 pages, is designed to smooth your path through life and features imagery and observations on new beginnings, unexpected turns in the road, joys and suffering, patience and progress.

Meg’s website, www.ViewfromthePier.com, offers a new image and quote daily, as well as monthly interviews with interesting people from around the world, a bank of photographs, a library of her published travel articles, and “movies” of her images set to music.
Brighten up the New Year with Color

At Raina’s Hair Color Cafe, we combine the highest-quality organic haircolor system, with the latest techniques in formulation and application, to achieve cutting-edge hair color fashion. Our passionate artists come from diverse backgrounds in education, are trained in the latest trends and are required to take continuous education classes in haircolor and design.

People like to gather and socialize, in both cafes and salons. Our cafe offers a warm cozy atmosphere in which to consult with our artists about your lifestyle, your desired haircolor and style and home maintenance. Your haircolor experience should be fun and free of anxiety.

We name our formulations after cafe items, because nothing is more inspiring than the colors of nature. Gorgeous chocolates, rich cherries, brilliant strawberry, milky vanilla, warm cinnamon, spicy nutmeg, or the depth and texture of a coffee bean. We hope this will help you visualize the haircolor you desire.

We’d also like to invite you to visit our location in Revere, at Raina’s Hair Design Studio and Aveda Day Spa, at 115 Broadway.

Come by for a complimentary consultation and hot beverage. Our Cafe hours in Swampscott are Sundays by appointment, Mondays, 10:00 to 3:00; Tuesdays by appointment, Wednesdays, Noon to 8:00; Thursdays, 10:00 to 8:00, Fridays Noon to 8:00 and Saturdays, 9:00 to 6:00.

Here's wishing you and yours a very joyful holiday season!

Temple Ner Tamid
Men’s Club Hosts Auction
by Michelle Harris, 617-417-3335

The Temple Ner Tamid Men’s Club will hold its annual auction on Saturday, December 5th, at 368 Lowell Street, in Peabody. The event will feature a silent auction from 6:15 to 7:30 p.m.; dinner from 6:30 to 7:30 p.m.; and a live auction at 7:45 p.m., along with dessert and coffee. Admission is $10. This event funds the Men’s Club scholarship program for high school seniors applying to college, as well as ongoing temple needs. The public is invited to attend the auction and tickets may be purchased at the door.

Items featured at the auction include restaurant gift certificates, Red Sox and Celtics tickets, overnight hotel stays, museum and movie passes and automotive services. Individuals and businesses are invited to submit donations of any kind, to auction co-chairs Harvey Cohen and Scott Feinstein, by email at auction@templenertamid.com, or by dropping items at the temple office, at 368 Lowell Street, in Peabody.

About Temple Ner Tamid

Temple Ner Tamid is a Jewish congregation, affiliated with the United Synagogue of Conservative Judaism, located north of Boston in Peabody, MA. The temple was founded in 1959 and recently celebrated its 50th year of enriching Jewish community life on the North Shore. Temple Ner Tamid’s membership consists of more than 300 Jewish and Interfaith families and singles, living in Peabody, Danvers, Lynnfield, Middleton, Salem and surrounding communities.

Nahant Resident Michelle Levasseur Receives State Police Award

Colonel Mark F. Delaney, Superintendent of the Massachusetts State Police, is pleased to announce that Michelle Levasseur has received the Commonwealth Performance Recognition Award for outstanding performance. Ms. Levasseur was honored during a ceremony held Friday morning November 13, 2009 at the Massachusetts State Police Headquarters in Framingham.

Ms. Michelle Levasseur is a Chemist II, who has been assigned to the criminalistics and DNA Unit, at the State Police Crime Lab for the past 5 years. Ms. Levasseur was a major participant in the establishment of the DNA Matrix System, which is a program that allows DNA analysts to process casework more efficiently and accurately. Implementation of this system was a major goal for the Crime Lab and will lead to a more streamlined case-management system.

Ms. Levasseur worked tirelessly with other law enforcement agencies and several district attorney’s offices, to accomplish this complex and significant achievement. While working on implementing the Matrix system, Ms. Levasseur continued to perform her regular duties in an exemplary manner. The Department is very fortunate to have an intelligent and dedicated employee, such as Ms. Levasseur.

Ms. Levasseur is a 1996 graduate from East Boston High School. She holds a Bachelor degree in Biology, from the University of Massachusetts in Boston, and a Master’s of Forensic Science, from National University, San Diego.

To advertise in this paper, email donna@nahant.com.

Happy Holidays
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Learn more about us by checking out our team, our customized formulas, our fall styling tips and our blog online.

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It’s July 2000. I am sitting on a paper sheet, in my doctor’s office in Beverly Hills, California and am anxiously looking at my watch. Doesn’t he know I’m busy?! Dr. Michael Soffer finally walks in and tells me that I had to quit smoking. “Funny,” I said. “My OB/GYN just said the very same thing a few days ago, but now just isn’t a good time for me.” I was responsible for six companies and was under a lot of pressure. He then suggested I see a hypnotist. “A who??” Having my consensual and highly-respected Doctor tell me to see a hypnotist, was like, well, “like so totally L.A.”...

I loved to smoke! You see, I was born, raised and educated in Switzerland. After age 12, it was illegal “not” to smoke. Nevertheless, I made the appointment (to get the Doc off my back) and smoked 4 cigarettes, on my way to Terrie Huberman’s office. I was nervous, guarded and more than dubious. Aren’t hypnotists voodoo-practicing, devil-worshiping vampires? Terrie opened her door, looking like a normal human being - go figure. She asked me a ton of questions about my smoking, relaxed me to the point where I felt like dozing off, and 3 hours later, I was a non-smoker.

Terrie recorded our session and gave me the tape, to take home. I listened to it every day, while falling asleep. That’s it. That’s all I had to do. It was so easy, but it didn’t make sense to me!

Why did I not go crazy? Why wasn’t I tense and driving everyone around me nuts? Well, let’s just wait and see, until that one big bad dramatic thing happens, that always threw me off the wagon in the past. And then it did - big bad dramatic divorce! And during the entire process, I never even thought about smoking.

I was so intrigued that I began looking into these “mind-over-matter” topics. The more I read, the more impressed I became. I dreamt about being a hypnotist one night and the next day, enrolled in the Cara Institute of Advanced Hypnosis.

So how does it work? When we repeatedly do something, a network of kindled nerve cells is created. These nerve cells are in a constant state of “firing,” ready to do that one thing, over and over again (smoking while drinking a cup of coffee, or grabbing a bag of chips, while watching TV). When we go into a deep state of relaxation, somewhere between Theta and Delta, those cells relax and calm down. A “communications” channel is established between the two sides of the brain and by using guided imagery, visualizations and positive suggestions, new nerve networks can be created. By repeatedly listening to the new suggestions, these newly-created cell networks begin firing more and more consistently, while the “old” networks start losing their firepower. That’s how we change a behavior, or a habit like smoking, overeating and overreacting, during stressful situations.

Being hypnotized does not mean you’ll have an out-of-body experience. You always remain in control. I cannot make you say, or do, anything you don’t want to.

Think you cannot be hypnotized? The only people that cannot be are the severely retarded and children under the age of 7.

I absolutely love what I do. There’s nothing better than to help someone quit smoking and see them, two weeks later, smelling great, skin glowing and eyes sparkling. Their breathing has already improved, they are back in control and feel free from the addiction. How about Robert, who smoked 3 packs of cigarettes a day, for 45 years, tried to stop countless times, and hasn’t had a cigarette since our first meeting, well over five years ago.

I get equally excited when an overweight person starts losing weight – easily and effortlessly. One of my clients called one day, saying: “Juliette, I just walked into a fudge shop and walked back out, realizing I didn’t want any! I’m not sure how this works and I don’t care – I’m just so happy!” This star of mine has lost 30 lbs, so far and 9 months later, just walked into a chocolate shop and walked back out, realizing he didn’t want a chocolate! This is truly mind-blowing!

Not everyone is heavy for the same reasons. Some don’t feel satisfied unless they’ve eaten three plates full of food. Others eat all day long, never allowing their stomachs to rest. Some have sugar addictions and others go nuts about salt. There’s emotional eating and irrational eating. Stress can be a causative factor for eating, or overeating. Thus, my weight-loss program is completely personalized, addressing each client’s specific needs. If you have a behavior, or habit, that you’d like to quit, or change, I want to help. It’s time to…THINK YOURSELF HEALTHY™ Call me, Juliette Guidara, for a free consultation! 781-593-4222

Juliette Giardia is a member of the National Guild of Hypnotists and adheres to a very strict code of conduct. She is a certified clinical hypnotist, as well as certified in Complementary Medical Hypnotism. She has written several articles, which have been published and was interviewed on a nationwide radio talk show. She is a frequent speaker about hypnotism to the public.

Hypnotism is approved by the American, Canadian and British Medical Associations. Recent scientific studies done at Harvard and Stanford Universities, involving PET (positron emission tomography) scans have proven the effectiveness of Hypnosis.

Think Yourself Healthy™
The Effectiveness of Hypnotherapy
By Juliette Guidara, Center of Thought
The Holidays Again
by Sallee Slagle, Dance Dimensions

Wow! The holidays are here again! Wasn’t it just New Year’s Eve! For many of us, the holidays bring additional commitments and we feel the stress and anxiety that goes along with it. Where is the joy of the season? It should be a spiritual time, a joyful time, a giving time. Here is a plan to enjoy more of your holidays.

First, take time now and review what you feel is important for the holidays to be special. Include all the events and things that need to be done, but most importantly, include the philosophy YOU believe makes the holidays so special. What are your favorite holiday activities? Pace out your plans, starting now. View extra commitments as a challenge and only take on ones that help you fulfill your philosophy. If you truly want to, say yes and enjoy the deeper meaning that event holds for you. Be willing to say no and not feel guilty.

Stress is all a matter of how you view something. It is a response to something. If we keep in mind our philosophy, it may bring an activity more into focus, as to the true reason behind it and make the task at hand more enjoyable. Don’t let the stress build. If you’re feeling so stressed and you don’t know which way to run, take a moment (even though you think you can’t spare one) and breathe. Deep breathing can clear your mind. Review your holiday philosophy and decide what’s next. Take on the challenge, not the stress of it all.

Aside from extra activities, we have an added challenge nutritionally. Many of us may over-indulge, especially as a release for our stress. This adds to our physical stress and mental well-being. Managing what you eat, over this time, can help keep your moods more festive and your stress levels more manageable. Sugar can influence our moods and our stress levels. There are always a lot of sweets around and I say to enjoy your favorite treats, but be sure to eat all the food groups. Too often we may fill up on a sweet treat and then skip a meal to make up for it. This only adds to the cravings and sugar high-lows we can experience. Be sure to get your 5 servings of fruits and vegetables, especially fresh and raw, whenever possible. The vitamins, minerals and other nutrients are most available raw. Cooking destroys many of these nutrients, so snack on a piece of fresh fruit, head for the veggies and dip and make a meal of a salad.

Eating small amounts of food more often, can help keep your blood-sugar levels even and help keep you from desperately craving that sugar lift. Small amounts of sweets are fine and a special part of the holidays. Enjoy them. Don’t feel guilty. If you ever indulge one day, just eat more nutrient rich foods the next day and relax.

High-fat sweets trigger endorphins, that make us feel good. This same chemical is released when exercising. Don’t let the sweets replace your exercise routine. The daily routine may go out the window, but keep in some exercise each day. Try to make it a separate activity, but when you can’t, park farther away, or choose the stairs, to help keep exercise, a part of everyday.

If you’re feeling the holiday stress, remember to take a moment (realize you can spare one) and breathe. Review your holiday philosophy and keep in mind the goal of truly enjoying this season. Here’s wishing you all a holiday season, with renewed spirit. Happy Holidays!

Engagement Announcement

Mr. and Mrs. Peter V. Foukal of Nahant, are pleased to announce the engagement of their daughter, Amalia Maika Foukal, to Mr. Anthony Thomas Massari, III, son of Mr and Mrs Anthony Massari, of Raleigh, NC.

Ms Foukal is a graduate of Swampscott High School. She received a Bachelor of Arts in Sociology frm the University of Vermont, in 2003.

She is currently studying for her Masters in Elementary Education, at Lesley University, while doing her practicum at Brookwood School, in Manchester, MA.

Mr. Massari is a graduate of Durham Academy and received his Bachelor of Arts in Anmerican History, from Tulane University. He is the co-founder of Boston Common Coffee Company. An August 2010 wedding is planned in Nahant.

Melting Knots and Nudging Snags
By Susan Cadigan, LMT, NCTMB, Nahant Therapeutic Massage

My back is telling me that winter is here. It is not a pleasant message. My neck argues with my shoulders and I feel as if I move like cold molasses, creeping down a jar. Stiff feet on a cold floor equal disharmony! The freezing temperatures and dry air seem to magnify the little aches and pains we harbor. The sources of discomfort aren’t as noticeable in warm weather, but the cold weather brings tension to our bodies and our knots rise up, feeling like they are turning into icebergs, hard points jutting up to the surface creating nagging pain. Using one of our protective layers, we apply; a sweater. I will try to simplify how myofascial pain and trigger points/knots may be formed, or how they can affect other areas. The warp and weft of the fabric will represent our tissue/fascia. The snag, or damage, will represent over use, injury, repetitive task-daily grind.

At one time, or another, we may have caught our sleeve, shoulder, or area of the fabric, on something creating a snag. This snag, over time just sits there becoming a nuisance and if not tended to soon enough, can start to affect the area beyond the point of the snag, by becoming too loose and the integrity of the garment is affected. By looking closely at the snag, you might notice the area beyond the snag is taut, tight and tension is binding the loose fabric to the area. If left to hang, or ignored, it often leads to further damage, with the garment becoming rather shabby, or not very functional. By searching out the less obvious, locating the farthest point of tension and gently guiding the fibers by gently nudging and pulling, little by little, the snag becomes smaller and may resolve the tension in the bound up area. The snag may actually settle in and not be so noticeable.

This is similar to tending to myofascial pain and dysfunction, with Trigger Point Therapy/Neuromuscular Therapy. The constricted area is located. The taut bands and fibers are tended to with knowing hands and fingers. The tissue is finely sifted, compressed and gently squeezed, to free the area from the root of the problem: the knots (“snags”) that bind and create pain and annoyance. When active trigger points/knots are located and deactivated, you may actually feel the sensation occurring temporarily in another area. For instance, deactivating a knot in upper shoulder (Trapezius) muscles, can throw the sensation into the neck, ear, or on the head. The sensation may be a tender one, but a wonderful relief when the knot is “untied” and the area flushed with gentle glides.

With warm and experienced hands, the “icebergs” can be melted. With patience, the snags and chronic pain are nudged away. Advanced muscular therapy/massage can help ward off the stiffness and heaviness of winter, as well as rejuvenate the spirit. If you would like to give the gift of comfort and warmth this holiday season, please call me at 617-240-4252, to make arrangements for a gift certificate.

Thank you for blessing me with your support and interest. I am honored by your trust and continue to be inspired to give you my best. I wish you to have a wonderful and safe holiday season.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She holds and advanced massage therapy diploma with many hours of experience and advanced certifications. Nahant Therapeutic Massage is located in the center of town at 41 Valley Road / the Nahant Community Center. Please call 617-240-4252 for more information or leave a message on the office phone: 781-780-3733. For more information please visit www.nahantmassage.com

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Rock the Rock For The Nahant Sailing Program

It’s December, a “Happy Holidays” to all the islanders, who call our little ocean rock of Nahant “home.” After the holiday season is over, our islanders tend to get into a bit of a funk, until spring. Well, to remedy that stretch of “cabin fever,” the Tudor Cocktail Ice Co. will, once again, put on that slightly over-the-top fundraiser, “Rock the Rock” which will be held at our family summah cottage, now the Nahant Country Club, on Saturday, February 6th, at 8:00 p.m. (doors open at 6:30 p.m.).

Our first attempt at a concert fundraiser was in the early 1800s, at our Hotel Tudor, which stood on the corner of Willow Road, and Winter Street, overlooking Tudor Beach.

Duddie and I wanted to offer a sailboat rental program, with instructors for our guests.

But, as usual, papa Frederic was too busy funding our spoiled-rotten sister, Ophelia Payne’s career, of flunking out of one European finishing school after another. When Duddie and I would ask for money, he went from Frederic Tudor, millionaire to “Freddie Fundzalow”.

So, to fund our hotel sailing program, we launched a concert fundraiser, headlined by those two headbangers, Oliver Wendell Holmes and Henry Wadsworth Longfellow, as they rocked out on dad’s homemade hard cider. It made enough Doe-Re-Me to purchase three sailboats for the hotel program.

Well, if it worked then, and it worked last year, for the Nahant Education Foundation, let’s do it again for our island kidz’ sailing program, down at Tudor Wharf. HEY, THEY NEED A COUPLE OF SAILBOATS!

“Hotel Tudor, Tudor Beach, Tudor Wharf, Tudor Family Summah Cottage…damn, we’re loaded…$$$$$”!!

$25 advance tickets will be available from sailing program members, Christine Lisico (978-790-5578), or Corinna Kersten (781-595-4901), $30 per person at the door. We are transforming that Tudor family homestead, A.K.A. the Nahant Country Club, into the Ol’ Boston Gahdin concert venue, leavin’ plenty of room for rock’in out. How about 2 kickin’ headline rock bands, appetizers, gifts and surprises? WHAT A DEAL!

To win free tickets to “Rock the Rock,” name all, or as many of the 16 pictured Nahant rock stars, as you can. Entry forms are at Kelley Greens and the Tides Restaurant. This event could take “over-the-top” to a new level.

HEY, HEY, HEY, WE HAVEN’T FORGOTTEN OUR TUDOR FAMILY CHRISTMAS CAROLE TRADITION ================

Marblehead Arts Annual Christmas Walk

The Marblehead Arts Association is pleased to announce the calendar of events for the Annual Christmas walk. On Thursday, Dec. 3rd, 5:00 to 8:00 p.m., Holiday Shopping Preview Party: The MAA will be joining local merchants in hosting the kick-off Holiday Shopping Preview Party.

Saturday, Dec. 5th, 10:00 to 5:00 p.m., Sunday, Dec. 6th, Noon to 5:00 p.m., Annual Artisans Craft Fair: One of a kind pieces including; Dawn Livigne’s of EOS Design’s jewelry; Iris Designs’ decoupage boxes and puzzles; Sandra Golbert’s fabric art; Katherine McKinnon “Daikyomo” jewelry made with healing stones; Leslie Fillmore’s knit hats, throws and baby blankets; Kim Wilkins’ ceramic wall hangings and ornaments and Jackie Norris’ Chaimnail Argentium jewelry.

Snowflake Ornament Workshop: Crafters of all ages are invited to make beautiful Czech glass snowflake ornaments in the ballroom. While simple to construct, these ornaments make spectacular window and tree decorations, as well as lovely gifts. Dawn Livigne will be providing free instruction. Materials fee only $5.00 per ornament.

Five Marblehead Garden Clubs Transform the King Hooper Mansion into a Winter Wonderland: For the fourth year, the MAA is pleased and honored to announce that Marblehead’s five garden clubs, including Cottage Gardeners, Arrangers, Marblehead Garden Club, Driftwood Garden Club and the Winter Garden Club, have elegantly decorated the mansion this year, in a “Winter Wonderland” theme.

Dec. 4th through 24th, December Member Art Exhibit: Affordable paintings, prints and photographs from our artist members, perfect for holiday giving. Unless otherwise noted, all events are free and open to the public.

Marblehead Arts Annual Christmas Walk hours: Dec. 3rd, 10:00 to 8:00 p.m., Dec. 4th, 10:00 to 5:00 p.m., Dec. 5th, 10:00 to 5:00 p.m., Dec. 6th, Noon to 5:00 p.m. For more information: 781-631-2608, info@marbleheadarts.org, www.marbleheadarts.org
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To place your restaurant’s ad on this page, please call donna at 781-592-4148 or email, donna@nahant.com.
Homebuyer Tax Credit Expanded and Extended
By Lisa Scourtas

Wow! Low interest rates, sensible prices and now this! On November 6th, after overwhelming votes for it in Congress, President Obama signed the Homebuyer Tax Credit into law. The original First-Time Homebuyer Tax Credit has been expanded and extended: 70% of American homeowners and millions of first-time homebuyers are now eligible. In case you have missed the window of opportunity, which ends November 30th, here is your second chance for first-time buyers. For those current homeowners who felt slighted, here’s your opportunity to benefit.

The original program had, indeed, brought much-needed activity to the entry-level-priced home market. For those sellers/move-up buyers, this new expansion should provide the same positive buzzle in the mid-to-upper priced properties. It’s a win-win!

$8,000 First-time Home Buyer Tax Credit at a Glance
The $8,000 tax credit is for first-time home buyers only. For the tax credit program, the IRS defines a first-time home buyer, as someone who has not owned a principal residence, during the three-year period prior to the purchase.

The tax credit does not have to be repaid.

The tax credit is equal to 10 percent of the home’s purchase price, up to a maximum of $8,000.

The tax credit applies only to homes priced at $800,000, or less.

The tax credit is equal to 10 percent of the home’s purchase price, up to a maximum of $8,000.

The tax credit now applies to sales occurring on, or after, January 1, 2009 and on, or before, April 30, 2010. However, in cases where a binding sales contract is signed by April 30, 2010, a home purchase completed by June 30, 2010, will qualify.

For homes purchased on, or after, January 1, 2009 and on, or before, November 6, 2009, the income limits are $75,000 for single taxpayers and $150,000 for married couples filing jointly.

For homes purchased after November 6, 2009 and on, or before, April 30, 2010, single taxpayers with incomes up to $125,000 and married couples with incomes up to $225,000, qualify for the full tax credit.

The $6,500 Move-Up / Repeat Home Buyer Tax Credit at a Glance
To be eligible to claim the tax credit, buyers must have owned and lived in their previous home for five consecutive years out of the last eight years.

The tax credit does not have to be repaid.

The tax credit is equal to 10 percent of the home’s purchase price, up to a maximum of $6,500.

The tax credit applies only to homes priced at $800,000, or less.

The tax credit is available for homes purchased after November 6, 2009 and on, or before, April 30, 2010. However, in cases where a binding sales contract is signed by April 30, 2010, the home purchase qualifies, provided it is completed by June 30, 2010.

Single taxpayers with incomes up to $125,000 and married couples with incomes up to $225,000, qualify for the full tax credit.

For more information, call or e-mail Your Friendly Neighborhood Realtor, Lisa Scourtas, 781-479-0908, shesellsseashore@verizon.net

A Christmas Haiku
I see red and green
and always think of Christmas.
even at the beach.
Every year, when the holidays roll around, I am faced with a dilemma: to travel, or not to travel. My family resides in all four corners of the world. I am never sure if I should hop on a plane and try and see everyone, for at least a day, or so.

However, with travel restrictions changing weekly and the increasing cost of baggage, what’s a girl to do?

Suddenly, it occurred to me that I do not have to leave the comfort of my home. Yes, traveling to see family is great, but I have a few friends who are in the same boat as I. Friends, whose relatives and family are not a stone’s throw away. Friends, who without a friend like me, may spend the holidays alone.

It took only a nano-second for me to remember a few friends of mine, that were looking to make alternative plans, since they could not travel out-of-state this year.

Why hadn’t I thought of this before? I have been so focused in past years, on booking travel arrangements and trying to get time off for the travel, that I failed to see the obvious answer, right in front of my eyes.

No more sleeping in the airport, after missing my connection in the mid-west. No more sleeping in the airport, after being snowed in. No more sleeping in the airport, after being snowed in. No more sleeping in the airport, period. I will stay here and be airport free.

In other words, there is a bigger picture for me. Yes, being with family is wonderful and a blessing in and of itself, but I had been forgetting about the people in my life, that were my family everyday. The friends that I call up, while sitting in traffic, the friends and a blessing in and of itself, but I had been forgetting about the people in my life, that

So, this holiday season, while its easy to book a ticket and hop on a train, plane, or in your car and drive. Remember, if you are brave enough to host your holiday soiree that I have an after-work-drink with. The friends that, like me, may not have their family, were my family everyday. The friends that I call up, while sitting in traffic, the friends

It took only a nano-second for me to remember a few friends of mine, that were looking to make alternative plans, since they could not travel out-of-state this year.

Why hadn’t I thought of this before? I have been so focused in past years, on booking travel arrangements and trying to get time off for the travel, that I failed to see the most obvious answer, right in front of my eyes.

No more sleeping in the airport, after missing my connection in the mid-west. No more sleeping in the airport, after being snowed in. No more sleeping in the airport, period. I will stay here and be airport free.

In other words, there is a bigger picture for me. Yes, being with family is wonderful and a blessing in and of itself, but I had been forgetting about the people in my life, that were my family everyday. The friends that I call up, while sitting in traffic, the friends

The friends that I call up, while sitting in traffic, the friends and a blessing in and of itself, but I had been forgetting about the people in my life, that

So, this holiday season, while its easy to book a ticket and hop on a train, plane, or in your car and drive. Remember, if you are brave enough to host your holiday soiree solo, you could very well make a very dear friend feel right at home.

**Children’s Theater Presents The Elves and the Shoemaker**

Get into the spirit of the season, with MLT’s Children’s Theater musical production of, “The Elves and the Shoemaker.” This delightful show, suitable for all ages, will be performed during Christmas Walk weekend, at Marblehead Little Theatre, located at 12 School Street, Marblehead.

Come see a cast of 22 local children including: J. Murphy Bachner, Julia Broman, Lucia Buerer, Sara Campbell, Benjamin Chapman, Caroline Craig, Gracie Curran, Eleanor Dever, Joseph Dever, Margaret Dever, Madison Elliott, Kaly Glavas, Kelly Golden, Madison Katz, Sam Katz, Harriet Langburd, Dylan Leveroni, Maxwell Lewis, Grace Orloff, Cameron Saltzman, Kate Settelmeyer and Meredith Wolinski.

Performances are Friday, December 4th, at 7:30 p.m., Saturday, December 5th at 1:00 p.m. and Sunday, December 6th, at 1:00 p.m. and 5:00 p.m. Tickets are $5. For tickets, call MLT at 781-631-9697.

**Donna’s Baked French Toast**

- 4 cups milk
- 1 dozen eggs
- 2 tsp vanilla
- Scramble milk, eggs and vanilla. Put aside.

- 1 loaf cinnamon raisin bread
- (You can use any kind of bread)
- 1 stick softened butter
- cinnamon

Preheat oven to 325 degrees.

Lightly butter the bottom of an 11” x 13” glass baking dish.

Lightly butter both sides of bread. Place a layer of buttered bread in the baking dish. Sprinkle with cinnamon. Pour egg mixture over bread till covered. Add another layer of buttered bread. Sprinkle with cinnamon. Pour remaining egg mixture over bread. Place in pre-heated over and bake for 45 minutes.

Check for doneness by inserting a clean knife in center of dish. If it comes out clean, your baked French toast is done. Otherwise, continue to bake until knife comes out clean.

**Remembering The Veterans**

The Veterans’ Day tribute on Friday, November 6th, featuring the 5th-and 6th-Grade Students of the Johnson School, was a stirring and memorable event! In short, the combined classes honored the men and women veterans of Nahant with patriotic songs and recitations. What’s more, the students created essays honoring the veterans. Add to this, their parents created a delicious luncheon for the veterans. It was a day to remember, especially for the World War II veterans, since many of them are passing away at the rate of a thousand a day. We have Peggy O'Leary-Silva to thank, for originating the annual tribute to veterans.

Another inspiring feature of the event was the noted Musicologist, Victor DalPozzal and his North Shore Songsters, performing a medley of songs.

Thanks to the children, and the Johnson School faculty, for honoring the men and women whose military service has kept our nation safe and strong, whose sacrifices have helped preserve the freedoms Americans enjoy today. Happy Holidays!
Nahant’s December Birthday Babies

December 1: Dianne Ward, Pastaky Fateme, Chris Rogers, Mary Maclone, Cathy Delaney, Errol Baker, George Richardson, the noted Massachusetts General Hospital cardiac surgeon, Dr. David Torchiana. Thanks to Dr. Torchiana, I became a member of the Zipper Society.

December 2: Patricia White, Ed McCarthy, Lauren Kondev, Lynn Vikeland, Katherine Tarlov, Bernadette Gaynor, Peggy Musmon, Helen Mayo, Paul Belliveau, Dylan Billias, Tom McDevitt, Francis Valentis, Charlie DiGrande, Bob Doe and actress, Julie Harris.

December 3: Bob Wilson, Martha Strout, Ed Locke, Mary Reiser.

December 4: Helen Brownlie, Kathy Canty, Bill Cwlini, Irvine Rus, Richard Faieita, Don Savino and Bob Gaudet celebrates his birthday at his Porthole Restaurant & Pub.

December 5: Margaret Meagher, Regina McArdle, Christine Lazzaro, Alexander Panos, John Hybl, Maurice Poulin, John Walton, Catherine Carr and Bob Frary.

December 6: Bernard Yadoff, Jennifer Gilday, Panamai B. Manadee, Mike Dunn, Tyler Devens, Jay Cronin, Don Sigourney and Cara Lyn Cadigan.

December 7: Jim Cunningham, Caitlin Saunders-White, Maryanne Lemond and Pete Flaherty.

December 8: Susan Kane, Joyce Maroney, Dave Brahim, Dave Parr, Lilian Pillsbury and Greg Klee. Also born on this date, John A. Volpe.


December 10: Virginia Fiske, Julie Tarmy, James Godwin, Gewnndy Khatsernov, Jersys Wabno, Pauline White, Brenda Davis, John Collins and Gordon Hall.

December 11: Brendon Hamilton, Alexa Davis, Alma Smith, Cornelius Foley, Chris Whitek, Ashley Doucette.

December 12: Sister Barbara Ann Molloy, Brian Palangi, Fred Hyde, David Potter, Linda Macone, Rose Tirrell, Michael Caira, Grace Murray, Johnny Scovell, Joel Durgin, Tim Barry, Doug Sherber, Timothy Goodwin, Tony Staffier, Caitlin O’Callaghan and Mike Manning. Other notables born on December 12.

December 13: Frank Sinatra, Connie Francis and Dionne Warwick.


December 14: Jean Ball, Amy Conley, Jim Dolan, Jr., Rich D’Orlando, John Gavi, David Moore, Ashley Palangi.

December 15: John Curtis, John Crowley, Joe Donovan, Tim Vonashwège.

December 16: Gerald Christopher, Elizabeth Cullinan, Jennifer December, Mike Goode, Henry Hall, Charlie Jessome, Kathy Mahoney, Bill Nelson, Melanie Opacki, Bob Roland, Mark Scaglione, Roxanne Schena, Wilma Voukydis.

December 17: Herb Bruce, Mary Crowley, Mary Jane English, Jesse Flynn, Nora Gergely, Jeff Hall, Alice Houlihan, Gene Howard, Alison O’Brien-Kievich, John Ragusa, December 18: James Christie, Judy Fitzgerald, Mary Ellen Alessi, Goodwin, Eric Koehler, Jason Mzontzukas, Mike McKe, George Milanopoulos, Anthony Scapicchio, Chris Turner.


December 20: Ken Carangelo, Peter Coakley, Braday Gadan, Leah Gomperts, Janice Hall, Joyce Loguercio, Kathy Mackin, William Morse, Maureen Sanphy, Betty Steriti.

December 21: Catherine Auer, Kate Bartholomew, Sarah Bolthrunis, Sally Donais.


Santa’s little helpers! Donna Hanlon, Diane Desmond, Annie Rooney, Carol Hays, Kathleen Hatfield, Donna Hayward, Lauren Hollingsworth, Mary Hosker, Jean Hosker, Christine Howard, Edith Hunnewell, Judith VanLoom, Emily Potts, Margaret Dragon, Katherine Irvine, Linda Jenkins, Christine Johnson-Liscio, Gertrud Joyce, Martha Keller, Laurel Laliberte, Bonnie Lamando, Linda Lehman, Jane Lombard, Diane Porco, Carol Wasserman, Mary Walsh, Allison Twiss-O’Neill, Sarita Valentisi, Rose and Loren Tirrell, Carol Szezawinski, Joy Spinelli, Julie Smith, Calantha Sears, Karen Barisanos, Robyn Waters, Barbara Sereda, Susan Snow, Marilyn Snyder, Maria Speridakaos, Helen Staffier, Antonette Spinucci and Angela Lowell. Gee, ladies, I feel cold! Help! Help! Help!
Toys and Goodies
by Rick Kennedy

ACROSS

1 Former Mideast inits.
4 Bugle tune
8 Invention of Nikola Tesla in 1895
13 Jersey, e.g.
18 Pot-au-feu
20 Business V.I.P.
21 Geologic period
22 Sacred text
23 First name in spydom
24 Director Wertmuller
25 Helps with the dishes
26 Swiftly
27 Toys invented by Edwin Binney and Harold Smith in 1903
30 Toy invented by Richard James in 1943
31 Ice house: Var.
32 Organism consisting of a fungus and an alga
33 Harden
34 Justice Dept. division
36 Meadow
37 Jewish month
38 Caps
43 Toys invented by Noah and Joseph McVicker in 1956
47 Alphabet trio
49 Goody invented by Frank Henry Fieer in 1906
51 Galley figure
52 McFlurry flavor
54 Served well?
56 Protein acid
57 Mideast bigwig
59 TV
61 Golf club part
62 PC key
64 Limb
65 Press
67 Weighed down
69 Losers, in a way
71 Invention of Arthur Wynne in 1913
73 "You wish!"
79 Brown ermine
80 Dirt spreader
84 Theist's subj.
85 C.I.O.'s partner
86 Jerry's uncle on "Seinfeld"
87 Yucatan native
90 Injure
91 The Capris' "There's ___ Out Tonight"
93 Annoyance
94 Cease
96 Kind of run
97 Goodies invented by Frank Epperson in 1905
100 Drain
103 Goody invented by Edwin Perkins in 1927
105 Half a fock, maybe
106 Pocket fiber
107 Season opener?
109 DDT banner
110 Best
111 Tales with a point
114 Man or Dogs, e.g.
117 Goody invented by German immigrants in the 1860s
121 Goodies invented by Ruth Graves Wakefield in 1930
125 Written material
126 Elevator button
127 Diva's number
128 Discharge
129 Having wings
130 Fencing move
131 Gold-coated
132 Shooter's equipment
133 Read carefully
134 Toys invented by Ole Kirk Christiansen in 1932
135 Reef dwellers
136 Cooking meas.

DOWN

1 "Semper Fi" org.
2 Pong maker
3 Lower the price of, maybe
4 State
5 Kind of skeleton
6 What you might tackle 70 Across with
7 Less available
8 Cover the gray again
9 Cook's garb
10 Bump off
11 Goodies invented in Italy in the 17th century
12 Popular Quaker cereal
13 Stable place
14 Southwest tribe
15 Persia, today
16 Pool accessory
17 Unnamed ones
19 Ambush
28 Surpass

Solvers' shouts
Balkan native
Crossing, of a sort
"Sting like ___"
Flop
Border
Nimble
Part of 8 Across
Hazes
Frost lines?
___ duck
Dry
"Majesty" (last track on "Abbey Road")
Goodies invented by Golden and Nephi Grigg in 1953
In recent days
Classical paintings
Pocket fiber
Unnamed ones
Pool accessory
State
"You wish!"
Do without
Trifled (with)
Organism consisting of Having wings
Wood-shaping tool
Annoyance
Swiftly
Drain
Border
Mideast bigwig
Business V.I.P.
Gut reaction?
Tide competitor
Bugle tune
Game invented by
Prescribed amounts
Frost lines?
Cease
Alphabet trio
Lower the price of,
DDT banner
McFlurry flavor
Home of Arches
Jersey, e.g.
Hang loosely
Losers, in a way
Kitten "mitten"
Sacred text
Stylish suit
Diva's number
Shooter's equipment
Peaks
C.I.O.'s partner
Kind of run
For fear that
Snookums
Nimble
Protein acid
Theist's subj.
Chitchat
Gold-coated
Big-budget films
Polynesian carving
Injure
Put a cap on
Cooking meas.
Pong maker
Dance bit
Tales with a point
Discharge
Limb
Tibetan beast
C.I.A. forerunner
Yucatán native
Man or Dogs, e.g.
December 25, e.g.
Brown ermine
Solvers' shouts
Dirt spreader
Less available
Served well?
Tied up
Sack
In recent days
Goody invented by
Geologic period
Helps with the dishes
Goodies invented by
Abound
___ duck
Elevator button
Weighed down
Season opener?
Meadow
Reef dwellers
Written material
What you might tackle
First name in spydom
Harden
Pot-au-feu
Weighed down
Season opener?
Meadow
Reef dwellers
Written material
What you might tackle
First name in spydom
Harden
Pot-au-feu
Weighed down
Season opener?
Meadow
Reef dwellers
Written material
What you might tackle
First name in spydom
Harden
Pot-au-feu
Weighed down
Season opener?
What’s In A Name
By Rick Kennedy

Last month’s winner was Charlie Koehler of Nahant Road. He 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, 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.

About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. The Nahant Harbor Review, 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.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation. Articles and / or letters, submitted anonymously, or unsigned, or lacking author contact information, will not be published. Exception: although not a regular practice, a writer’s identity may be withheld, by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: email, donna@nahant.com, or mail, Donna Lee Hanlon, Editor, Nahant Harbor Review, PO Box 88, Nahant, MA 01908, or to the Nahant Harbor Review Drop Box on the Teller’s Counter, at the Equitable Cooperative Bank on Nahant Road. For ad rates, discount programs and deadlines, call 781-592-4148.

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.

To advertise in this paper, email donna@nahant.com.

The Nahant Harbor Review is the only newspaper dedicated to building the spirit of community in the Town of Nahant, MA, USA. Please support our efforts by subscribing, or advertising. Thank you.

Nahant Harbor Review
PO Box 88 • Nahant, MA 01908 USA
donna@nahant.com • www.nahant.com

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JANUARY 2010

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

TUESDAY, December 15th • 5:00 P.M.
Home Delivery: Saturday, December 26th.

Staff, Volunteers & Contributors

Owner/Editor & Publisher: Donna Lee Hanlon 781-592-4148
A/R Manager: Barbara Thistle 781-592-4148
Proofreader: Harriet Steeves 781-581-0715
Birthday Greetings: Ray Barron 781-581-0809
The Puzzle Guy: Rick Kennedy 781-592-8616
Delivery Dist.: Donna Lee Hanlon 781-592-4148

Harbor Review Delivery Crew

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Papers for Home Delivery): 1,724
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Total Papers Distributed: 2,300*
*Every month, there are a few hundred more newspapers (printer’s over-run), which are distributed to stores and public places in Lynn and Swampscott.

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. Located on the Teller’s Counter, save the stamp. Pickup is daily. Submitted photos and other items will be returned, if accompanied with a Self-Addressed, Stamped-Envelope.
News From the Johnson School
By Diane D. Mulcahy, Principal

The Johnson School is beginning its second year of after-school activities. We have eight offerings this trimester and fifty students are participating in all eight activities. Several parents have volunteered to lead activities for the students. Mrs. Gene Hollenbach, Tennis; Mrs. Rebecca Flacke, Beginning German; Ms. Nancy Cochrane, Computer; Mrs. Andrea Alberti, Creative Problem Solving, Ms. Ann McNulty, All Rise, Mrs. Stacie Nardizzi, Yoga, Susan Beebe, Acrylic Painting and Mr. David Brady, Chess. There are quite a variety of choices this fall and the activities will continue until first week in December. The second trimester will begin shortly after the New Year.

A special thanks is extended to those who came forward, to lead one of the activities. The program is possible, because of their efforts. It’s not too early to start thinking about volunteering for the second trimester, we are always looking for parents to come forward to lead an after-school activity.

The highlight of the month was the Veterans’ Day Assembly and luncheon held on Friday, November 6th. The students had practiced their choral selections, poems and choral readings. Mr. DalPozzal and the North Shore Songsters added a wonderful dimension to the proceedings. The Assembly went off without a hitch and the Johnson School students certainly performed very well. Many Veterans attended the celebration. We are very appreciative of the parents, who decorated the cafeteria and provided the delicious lunch for our invited guests.

The Johnson School SPAC met on Thursday evening, November 5, 2009, to continue the work on the Strategic Plan. The Mission Statement and Core Values have been written in draft form. The committee is now working on the Vision Statement and Five-Year Plan. Committee members worked in small groups, focusing on one goal in the Vision Statement, to establish a timeline for that goal. Under the direction of Superintendent Dr. Philip Devaux, the sixteen-member committee is working productively to create the Strategic Plan. The next meeting is Thursday, December 3rd, in the Johnson School Library.

The Johnson School held elections on Friday, November 13th, for the Student Council. Students gave their election speeches on Thursday, November 12th, at an assembly for all students in grades 4-6. Election posters were decorating the cafeteria, as students campaigned for the votes of their classmates. The candidates for officers gave very-well-prepared speeches and the students had a great slate of candidates from which to choose. The Student Council Officers this year, are President, Olivia Cooke, Vice President, Corey Bleau, Secretary, Casey Carmody and Treasurer, Caroline Munnelly. The Representative from Sixth Grade is Liam Devereaux, Alternate, Cameron Rogers.

Mr. Brady’s Fifth Grade class representatives are Max Carbone and Tommy McDevitt. Olivia Hartford and Charles Ross are the Alternates. From Mrs. Tibbo’s Fifth Grade class, Devin Denham and Matt Fitzpatrick are the representatives and the Alternates are Julia Komerup and Anthony Troiani. Fourth Grade Representatives are Maddie Curtis and Tristan Reenstierna. The Alternates are Isaiah Bascen and Ben Hunt. Mrs. Jude Shanahan will be the Student Council Advisor for this year.

Support the Harbor Review. Tell our advertisers you saw their ad in the Nahant Harbor Review. Thank you!

NEF Supports $17,000 in Teacher Grants

Nahant Education Foundation (NEF) is pleased to announce that 12 teachers have received funding for new, innovative learning programs, for Johnson School students, for the 2009/2010 school year.

The grant program was created by NEF in March 2009, to encourage teachers, faculty, and staff, to develop programs that are comprehensive in nature (preschool through 6th grade) and support the core curriculum of the school – language, math, science, social studies and the arts. All grants are submitted to the school principal and superintendent first, for approval, then presented to NEF for funding. The school committee will then review the grants at the Nov. 22nd meeting, for final approval.

All of the Johnson School teacher grants, submitted last spring, as well as this fall, cover different focus areas, including literacy, science, art, math, nutrition, and our environment. Study Island, a web-based, interactive MCAS preparatory program, will be introduced to the Johnson School students in January, 2010.

There were quite a few teacher grant requests, that focused on expanding the Tufts Literacy Program, introduced by Diane Mulcahy, Principal, last year and funded by NEF. Some of the new programs have already begun this fall, and others will be integrated into the curriculum over the next few months. These include: Reading Closets in the classrooms, Handwriting and Literacy Bags for our preschoolers, Nutrition and Environmental Awareness (with gardening and composting), Poetry, Math, Book Clubs, and Science, with new science kits and a “living aquarium,” through the Woods Hole Oceanographic Institute. The kindergarten teachers will also be piloting a new math program, Investigations.

NEF is also continuing to support the after-school enrichment programs, which provide a wide variety of activities, to stimulate children’s minds, their artistic abilities, foreign language skills, and athletic abilities. This fall, the activities include: chess, acrylic painting, acting workshops, computer skills, German and much more. These enrichment programs are on a volunteer basis and we are always looking for community members to share their talents with our young children. If you are interested, please call Diane Mulcahy, at the school.

Nahant Education Foundation has some great fundraisers coming up this winter and spring, including another Comedy Night, so please stay tuned for more information in January’s Harbor Review, or check our website at www.nahantef.org.

Honor Students at St. John’s Prep

St. John’s Prep is proud to announce that 226 students were inducted into the Brother Benjamin Chapter of the National Honor Society on Thursday, October 21st, on the school campus. From Nahant, congratulations to Christopher Oesterlin, ’10 and Matthew Scalise ’11.

Founded in 1907, St. John’s is a Xaverian Brothers sponsored secondary school for young men. With a century-long tradition of excellence in academics, arts and athletics, St. John’s is recognized for a rigorous college preparatory curriculum that emphasizes academic achievement, spiritual development, leadership and commitment to Christian service. Located on a 175-acre campus in Danvers, Mass. St. John’s draws students from more than 80 communities.

Submitted by Denise DeChristoforo
Million Baby Crawl

The Alliance for a Healthy Tomorrow, partnering with Seventh Generation, has launched the Million Baby Crawl, a whimsical, virtual rally, in which cyber babies descend on Washington, D.C., to make a stink about all the toxic chemicals invading their bodies.

Go to www.millionbabycrawl.org to create your very own crawler, watch videos of babies pontificating atop soap-boxes and spread the word. The sponsors want to attract a million, or more, crawlers to dramatize the wide public support for overhauling the Toxic Substances Control Act (TSCA). Every crawler represents a virtual signature on a petition, which will be delivered to Washington, D.C. in January, 2010. Respond to this Crawl to Action! It promises to be a real bawl.

Safer Waters in Massachusetts (Nahant SWIM, Inc.) is a long-time member of the Alliance for a Healthy Tomorrow (AHT), a broad coalition in Massachusetts, working to pass laws and policies that prevent harm to our health from toxic chemicals. A top priority is to create a groundbreaking program in Massachusetts, to systematically replace toxic chemicals with safer alternatives, that are better for children, workers and the environment.

“We should be able to walk into a store and know that we’re buying the safest product available, or go to work and know that our workplace is as free from toxic chemicals as it can be,” said Elizabeth Saunders, of AHT. “But companies have not taken the initiative to make their products healthy, so now we need the state and federal government to take the way overdue step of requiring companies to use the safest available options.”

Polly Bradley, of SWIM, along with many AHT groups, testified in November, at a Massachusetts State House hearing of the Joint Committee on Environment, Natural Resources & Agriculture. She said, “As a member of Safer Waters in Massachusetts, I care about the ocean, which is where all these toxic chemicals end up, poisoning the ecology of the ocean and its creatures, after they have first poisoned the people. And as a grandmother, I care about my grandchildren and your children and grandchildren, who are much more susceptible to toxics than adults. I urge that the bill to require safer alternatives to toxic chemicals be given a favorable report and be passed this session. The bill has been slowly wending its way through these halls, since my three-year-old twin granddaughters were born. We mustn’t let another set of babies be without it.” Polly also planned to attend the Crawl to Action rally, held Wednesday, November 18th, at Burlington Mall’s Kids Play Area.

Now the Alliance is working on a national level. The Million Baby Crawl sponsors say, “We cannot stand, but we stand for something! Babies everywhere are crawling to Washington to say “no” to toxic chemicals found in our homes. Join the crawl and help Seventh Generation, maker of naturally safe and effective household products, demand toxic chemical policy reform from Congress.”

Dear Friends of SWIM,

I’m writing to let you know, that the Saugus River Watershed Council has presented Polly Bradley with a River Stewardship Award, at its annual meeting, on November 17th, at the Hilltop, on Route 1 in Saugus.

Polly was selected as a recipient this year, because of her outstanding efforts in working to designate the Lower North Shore Area as a No Discharge Area for boater waste. Join us all in thanking Polly for all her hard work.

CONGRATULATIONS, POLLY!

Submitted by Joan LeBlanc, Executive Director Saugus River Watershed Council
Harbor Review Sends Sincere Thanks and Appreciation

“Thankyou!” to all who subscribed during 2009. The next subscription drive will be for 2010. A subscription envelope for Home Delivery for 2010, will be included in the January issue. Again, thank you for providing the resources which allow me to continue this community newspaper. If you see a number in parenthesis, that indicates the number of subscriptions received will be from the household of the named. Thanks for the little extra gifts and friendly supportive comments, also, that was sent in for the support of the Nahant Harbor Review.


Robert T. Scanlan, Sr., Age 83  
U.S. Navy, Marine Corps. veteran

Mr. Robert T. Scanlan, Sr., age 83, of Nahant, died Tuesday, November 3, 2009, at the Soldiers Home in Chelsea, after a brief illness. He was the husband of Dolores A. (Gosselin) Scanlan, with whom he shared nearly 60 years of marriage. Born in Louisville, KY, he was the son of the late John and Marguerite (Stewart) Scanlan. He had lived in Nahant for all of his married life.

Robert served in the United States Navy during World War II and also served in the United States Marine Corps Reserves. He worked as a supervisor rigger, at the Boston Naval Shipyard, until his retirement in 1974. He was very proud of the work that he did on the USS Constitution, “Old Ironsides.” After his retirement, he started Nahant Taxi.

In addition to his wife, he is survived by seven children; Robert T. Scanlan, Jr. and his wife Victoria, Bethany Maher, Maryann Reis and his wife John, Dawn Bavaro, Timothy Scanlan and his wife Vera, Claudia Calder and her husband Ronald and Heather Scanlan; nine grandchildren; Michael, Erin, Edwin, Tyler, Victoria, Rachael, Ian Rebecca and Rosalie; one great-grandchild; Michaela; one brother; Richard Scanlan and his wife Mary; as well as many nieces and nephews. He was the brother of the late John, William, Harry and Edward Scanlan.

His funeral was held at the Solimine, Landergan and Richardson Funeral Home, in Lynn. His Funeral Mass was held at St. Thomas Aquinas Church, in Nahant. Burial was in Greenlawn Cemetery, in Nahant.

Gerard Titus
Retired Nahant Police Officer

Mr. Gerard E. “Gerry” Titus, retired Nahant Police Officer, died Wednesday, in North Shore Medical Center, Salem Hospital. He was the loving husband to Ruth W. (Ward) Titus, with whom he shared 34 years of marriage. Gerry was born in Lynn, son of the late Henry and B. Louise (Tierney) Titus. He was a graduate of Lynn Classical High School, Class of 1960 and the Waltham Police Academy, where he completed his training in 1978.

Gerry worked for the Town of Nahant as a Firefighter and a Police Officer and retired in 1998, from the Nahant Police Department, serving the Town of Nahant for 32 years. Gerry was also the first bicycle Police Officer in Nahant, as well as an Assistant Harbormaster. He previously worked at John Hancock and General Electric. He was a long time member of the National Guard.

Gerry was a wonderful, kind and caring man, who enjoyed traveling with his family. He also enjoyed skiing, golfing and swimming, especially at Forty Steps in Nahant. He was on the Bayside softball team and was a member at the Lynn YMCA, for almost 50 years. Gerry was a true Red Sox, Patriots and Celtics fan and enjoyed watching all sports. He was a communicant of St. Thomas Aquinas Church.

In addition to his wife he leaves two daughters, Christine A. Titus and Lainey Titus, both of Nahant and one brother, Peter Titus, of Philadelphia. He is also remembered fondly by many nieces and nephews.

Gerry’s Funeral was held at Cuffe-McGinn Funeral Home, in Lynn. His Funeral Mass was held at the St. Thomas Aquinas Church, in Nahant.

My Dad’s Eulogy
By Rob Scanlan

What a beautiful fall day, the sun is out, seas are calm, high tide just after mid-day; just the type of day dad would have wanted.

Dad was born June 4, 1926, in Louisville, KY. John & Marguerite, his parents; we called them Grammy & Grampa. The family moved to Devereaux Beach, in Marblehead up on Strawberry Hill and the boys were known as the “Strawberry Hill Gang.”

Dad had five brothers.

Dad’s family moved to Nahant, when Dad was 13. Dad’s first kiss was at 16; playing spin the bottle; he had not met mom yet.


Dad met mom in 1947 at Shadowland Dance Hall, upstairs from Sears and Roebucks on Union St; Lynn. Mom was Miss Fischer College in 1948, where she attended school. Mom and dad were engaged in 1949 and married in 1950, in St. Mary’s Church. Their wedding reception was at the Nahant Country Club. Dad served four years in the NAVY and four years USMC; with honorable discharge from both. Dad was once asked “What was the greatest battle song you have ever heard?” Dad replied — not Navy or USMC hymn — “Here Comes the Bride.”

Dad was left-handed, played left field and his nickname was “Lefty,” on the field; “Junior,” in the Boston Naval Shipyard Yard. Dad’s favorite books: Tom Sawyer and Robinson Crusoe. Dad’s favorite songs were Irish songs, but he also liked the Waltzes.

Dad’s favorite radio show: Amos and Andy, Jack Armstrong; All American Boy and Daddy Warbucks.

Dad’s first restaurant was Ma Gerry’s Hot Dog stand, which was then located the end of Gardner Road, on Bass Point, near the old Fire Station. Dad’s favorite restaurant was Gordon’s, next to Ma Gerry’s, for the fish and chips. Dad would sell his fresh-caught Mackerel and would make $25.00/week – a lot in those hard times. During depression, candy was very expensive. Dad went to the First National and bought nine Hershey Bars on sale. Dad brought them home, to share with the rest of his family; his mom made the best chocolate lace cake his family ever enjoyed. After dad got out of service, mom insisted he get his high school diploma and he did. In 1948, dad entered the apprentice course rigging, at the Boston Naval Shipyard. Mom was still at Fisher College.

Dad’s first car was a 1937 Ford; black in color. Dad liked Dunagrees and T-shirts. Mom and dad lived at Mitchell’s Corner, here in Nahant, on the first floor of a three-decker Grampy owned. Dad bought their first home at 231 Castle Road and mom and dad lived there until mom sold the home, two years ago. Dad bought rental properties and the Anchorage. Dad would re-build these properties and sell them.

Continued on page 22.
**Council On Aging Calendar - December 2009**

**Mon.** 7 12:00P  Blood Pressure & Glucose Clinic – Tiffany Room  
**Tues.** 8 12:30P  SURPRISE CHRISTMAS LIGHTS TRIP  
**Fri.** 11 1:00P  Christmas Concert – Community Center  
**Mon. 15 10:00SHINE Volunteer – Please see NOTEBOOK**  
**Thur. 16 11:30A  December Special Lunch Party**  
**Thurs.** 17 12:00P  Foot Clinic – By Appointment  
**Wed.** 18 1:00P  Movie – Home Alone  
**Tues.** 29 10:00SHINE Volunteer-Medicare & Prescription Help  
**Mon.** 30 12:00P  December Birthdays – Birthday Cake by Roz – Tiffany Room  

* Please call for appointment

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** INFORMATION AND CALENDAR SUBJECT TO CHANGE. PLEASE CALL for updates about other December programs, trips and events. Call (781) 581-7557, or e-mail us at ddesmond@nahant.org. **

**PLEASE REFER TO THE COA NOTEBOOK IN THE HARBOR REVIEW FOR ADDITIONAL INFORMATION.**

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**To advertise in the Nahant Harbor Review, call 781-592-4148, or email donna@nahant.com.**

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**My Dad’s Eulogy**

By Rob Scanlan (Continued from page 21.)

Dad called mom Doe, or Doey, affectionately; Dolores if dinner was late, or he needed something now. I was born in 1952; dad called me: Robby, or Buddy, affectionately, or Robert, when I was in trouble with the family, or in school.

Beth was born in 1953; dad called her Princess, or simply Beth. Maryanne was born in 1955; dad called her Mar’ or Maryanne Guess What. Maryanne was the toughest of all his daughters. Dawn was born in 1957; dad called her: Dawwikens. Timothy was born in 1958; dad called him: Timmy, Timsy, or big boy Tim, the pilot. Claudia was born in 1960; she was Cocoa, or Da-good-da-ga because Heather couldn’t pronounce Claudia. Heather was born in 1964; she was Poopsie.

If things were missing, or disheveled, in the house, or the last brownie, or cookie taken; all of us kids would say “Dawn did it.”

Dad was asked who were the most significant people and things that made you the person you are today? Dad replied “my wife and my seven children.” Dad said, also, that his longest friendship was “my wife.” Dad’s silliest memory was with Ben Lewis. He and Ben stole the steamroller from DPW here in Nahant and drove it down Flash Road, knocking down fences.

After dad was discharged from the Navy and Marine Corp, he started his four-year apprentice course in rigging of square rigged ships and tall ships, for 17 years. Every Christmas, dad would climb the mast on Old Ironsides and place the star on her masthead. I, to this date, will hear stories about dad; especially when the older men, working in the shipyards, would see my name on my trucks.

We never knew hard times in our home. We were never cold and we had excellent food; three meals a day; dessert-treats after every supper and dinner. Mom and dad contributed a lot of money to St. Thomas Aquinas Church and St. Josephs’ School, where all of us went to parochial school. Dad, to this day, never drank a drop of liquor; not even a wine toast.

Dad retired in 1972, from the Boston Navy Yard and started Nahant Taxi. Now, anyone who had my dad drive; or should I say fly them to their destinations in his taxis, will, to this day, reveal many adventures taking his taxi in to Boston, the airport, or out-of-state with one hand on the wheel, one out the window and stories about his family, Old Ironsides and stories about Nahant.

Dad loved Nahant and everyone in Nahant loved Dad. Although dad was involved in many car accidents in his taxis, he would still, to this day, tell you he was not the one at fault and for some magical reason, the Registry of Motor Vehicles and the insurance company would see it through dad’s version and all would agree.

Dad would talk about his parents and in their elderly years, dad catered to both of them, as well as mom’s parents, Nana and Dud. Dad’s mom lived until she was 90 and dad would continue to bring his mom flowers, groceries, mail, and stories about Nahant. Dad would talk about his family, Old Ironsides and all would agree. Dad would talk about his family, Old Ironsides and all would agree.

Dad would talk about his family, Old Ironsides and all would agree.

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**COA NOTEBOOK**

By Diane Desmond

**IMPORTANT!** The Council On Aging urges you to read this column as we consider the information we are offering very important. In October, we held a presentation by a SHINE (Serving the Health Information Needs of Elders) representative. This was followed by two counseling sessions, in November.

We are fortunate to have two more counseling sessions in December. Many decisions have to be made, before the end of December, concerning health and prescription issues and it can be a very confusing time. These counselors are trained to assist seniors, to help make good decisions, on an individual basis, regarding the appropriate health and prescription plans, for their health and financial needs. The SHINE representatives from the Office of Elder Affairs are Medicare-recommended and are of invaluable assistance in these matters.

The COA will have a representative available on Tuesday, December 15th and December 29th. We invite you to participate – not only seniors, but also their families and / or caregivers, as they are many times involved in their senior’s health care.

Please call for an appointment at (781) 581-7557, or e-mail us at ddesmond@nahant.org. The appointment will begin at 10:00 a.m. and will be held at the Nahant Senior Center. Please take advantage of this opportunity.

The COA refers you to our December calendar for Christmas and holiday events. These will include a surprise Christmas lights trip, a return engagement of the North Shore Songsters from the JCC, conducted by Victor Dalpozzal, and a Christmas Party.

We would like to remind you of the monthly blood pressure clinic and also the December foot clinic.

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**Veteran and God Bless America.**
Community Calendar • December 2009

WINTER PARKING BAN DECEMBER 21ST THRU MARCH 20TH.
Christmas Trees on Sale NOW at Lowlands Parking Lot, till sold out.

SAT  5  9:00A  Gifts of the Magi Christmas Fair at the Nahant Village Church. Till 3:00 p.m.

SUN  6  10:30A  Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.

SUN  6  11:45A  Christmas Choir Rehearsal at Nahant Village Church in The Loft. Till 12:30 p.m. All welcome.

MON  7  9:00A  Pearl Harbor Remembrance Day

WED  9  9:00A  Tower School Admission Open House. Till 11:00 a.m.

FRI 11  9:00A  Happy Hanukkah!

SAT 12  6:00P  Holiday Parade Fundraiser at the Tides. Till 9:00 p.m.

SUN 13  9:00A  Santa Pancake Breakfast. Nahant country Club. Till noon.

SUN 13  10:30A  Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.

SUN 13  11:45A  Christmas Choir Rehearsal at Nahant Village Church in The Loft. Till 12:30 p.m. All welcome.

SUN 13  2:00P  Faith: A Mother’s Story, an advent play by Olivia Woodford at NVC

WED 16  3:00P  Magician Jim Rainho at Nahant Public Library.

THU 17  6:00P  Woman’s Club Christmas Party at Nahant K of C. All invited. See page 2.

SAT 19  6:00P  14th Annual Holiday Light Parade. Starts at Tides.

SUN 20  10:30A  Sunday Worship Service and Sunday School. Christmas Pageant. Village Church. All faiths are welcome.

SUN 20  11:45A  Christmas Choir Rehearsal at Nahant Village Church in The Loft. Till 12:30 p.m. All welcome.

MON 21  9:00A  Winter Begins

WED 23  7:00P  Christmas Eve Candlelight Service. Come participate in the Christmas story with Carol singing and the lighting of candles. Nahant Village Church.

FRI 25  9:00A  Happy Kwanzaa

SUN 27  10:30A  Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.

THU 31  9:00A  New Year’s Eve

January

FRI  1  Noon  New Year’s Day Dip at Short Beach

Christmas Memoriam

Joseph “Joe” Fiore, Sr.

I do not sleep...
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the soft starlight at night.

Lovingly remembered this Holiday Season and always.

— Mary T. Albano

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Take the survey.
See Page 5 and Insert.

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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 Managment page and print out a Preparedness Guide.

SCHOOL ORGANIZATIONS MEETING DATES
School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Johnson School
School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.
PTO • first Tuesday • 6:00 p.m. • Johnson School

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).

American Legion Post #215 and the Nahant Veterans Association meets on the first Tuesday of every month, at 7:00 p.m., at the Nahant Town Hall.
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