

Nahant Harbor Review

Celebrating 15 Years of service to Nahant in March 2009.

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 16 Issue 2

FEBRUARY 2009

February 6th Breakfast Emergency Preparedness

The February 6th breakfast at the Nahant Village Church will feature a presentation on Emergency Preparedness. Jeanine Flaherty, Coordinator of the North Shore-Cape Ann Emergency Preparedness Coalition Medical Reserve Corps, will speak about the Medical Reserve Corps (MRC), which was founded by the federal government after the 9/11 disaster. The MRC is a national system that brings together people who have skills related to health care, as well as citizen volunteers. MRC units are trained and prepared to respond to emergencies and provide education, outreach and various health services throughout the year. Learn more about the MRC and how you might become involved.

The breakfast is free and all are invited. Breakfast is served at 8:00 a.m., with the presentation starting at 8:30 a.m. Join us for a good breakfast and an informative presentation. And bring one, or more, friends.



MRC's Motto

Be Informed • Be Prepared • Be a Volunteer



March 1st 5K Race and Pancake Breakfast to Benefit Nahant Pack 50 Cub Scouts

Your Nahant Pack 50 Cub Scouts are sponsoring a charity 5K race/walk, kid fun run (all ages and speeds welcome) and pancake breakfast. Prizes will be awarded to the winners of the 5K Race and the Kid Fun Run.

Your pre-race entry fee, in either the 5K Race/Walk, or Kid Fun Run, includes a long-sleeved, commemorative T-Shirt and admission to the pancake breakfast, at the Knights of Columbus, from 9:00 a.m. to noon. The schedule will be:

On March 1st, at 8:30 a.m., the 5K walk, or run, begins at the Johnson School, 290 Castle Road. There is a \$25.00 entry fee.

At 9:00 a.m., the Kids Fun Run begins, at the Johnson School. Entry fee is \$10.00.

From 9:00 a.m. to noon, come and enjoy a pancake breakfast, at the Knights of Columbus Hall, at 17 Relay Yard. Breakfast for adults is \$7.00 and for children (12 and under), \$4.00.

If you can't make the run/walk, come join us for the pancake breakfast.

All are welcome!

Photo by Steve Toomajian. Nahant Pack 50 Cub Scouts with Nahant Veterans, at Veteran's Memorial Park, on Nahant Road, on Veterans Day, November 2008.

Nahant's Jack Resnick Inducted into the Suffolk University Sports Hall of Fame

Submitted by Donna Hayward, Nahant

My father Jack Resnick has been inducted into the Suffolk University Sports Hall of Fame, a tribute for the holder of 8 records that have lasted for more than a half century. In May, an honorary dinner will be held at the Sonnesta Hotel in Cambridge.

The year was 1953, Jack Resnick played four years of varsity basketball, first team (1951-1955) and two years as team captain (1954 & 1955).

He is a holder of eight records. Let me tell you about the records he holds. He scored 75 points in one game; scored most points in one-half game, 45; most free throws made in history, 327, at Suffolk University; most free throws in one game, 18; 1st thousand point scorer in Suffolk University history, 1071; most field goals in one game, 31; most points scored in 2 games, 131; most points scored in 3 games, 168; most points scored versus Merrimack College, 56; best win and loss record for a team, 13 wins, 2 losses, 1954. And in those days, there were no 3-point shots! He was also nominated small college All-American.

Jack Resnick got a full scholarship to Suffolk University for basketball. He served in the Army and played basketball for his post team. Later, he played semi-professional basketball. He worked as a professional dance instructor for Fred Astaire Studios. He worked with Gerry Williams, Arnie "woo-woo" Ginsberg, at radio station WMEX and owned the Civic Reading Club of Boston. He also owned race horses at Suffolk Downs. He owned Northeast News Co. and was the exclusive distributor of the Boston Herald.

We love my father very much. He has been a loving husband to my mother, who was from East Boston, although now she has passed on. He is a wonderful father, great friend and just a true, quality person and donates time to volunteer. He has 2 wonderful grandchildren, Greg, who attends UMASS Boston for biotechnology and Deanna, who is a junior at Swampscott High and excels in Basketball. She, like her grandfather, Wants to attend Suffolk University.



Tai Chi Workshop to be held Sunday, February 1st

A Tai Chi workshop with Ramel Rones, will be held at Nahant Therapeutic Massage, on February 1st, from 9:00 a.m. to noon. Please RSVP, as there is limited space available. We plan to have Ramel return monthly (on a Sunday) for regular one-hour classes.

We are also organizing informal drop-in Tai Chi practice weekly to be run by one of Ramel's appointed assistants. Please call the office phone: 781-780-3733 or visit my web site for more information. (See page 9 for more information.)

FEBRUARY IS HOME DELIVERY SUBSCRIPTIONS MONTH

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Woman's Club Meeting to Feature Dan deStefano

The next meeting of the Nahant Woman's Club will be Tuesday, February 10th, from 10:30 to noon at the Nahant Public Library. The guest speaker will be Head Librarian, Dan deStefano, whose topic will be "A Work In Progress." Dan is always a witty and fascinating speaker. Club members are eager to discover the nature of his work in progress. Hostesses will be Margaret Piccola and Maria Welsh. Maureen Edison will give the invocation.

There will also be a raffle of a painting by Nahant's acclaimed, Carolyn Jundzilo-Comer, to benefit the club's scholarship fund. Each year, the club awards a \$1,000 scholarship to one of Nahant's graduating high school seniors. Tickets are just \$5.

Indoor Play Area at Nahant Community Center Submitted by Carolyn Osbahr

There is an indoor play area, available for parents/caregivers and children 5 years old and younger, in the multi-purpose room at The Nahant Community Center, on Valley Road. The general hours for the play area are Monday through Friday, from 9:00 a.m. to noon.

Pre-registration is not required and the room is available on a drop-in basis, for a tiny fee of \$2 per family, per visit. Baby and preschool toys and books are available. Recently, new play mats have 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. A parent volunteer is needed to coordinate and promote the use of the play area.

If you would like to volunteer, please call Carolyn Osbahr at 781-596-1044, or email ctosbahr@comcast.net.

Nahanter Wins Necklace

Stephanie Dent, of Nahant, was the lucky contributor whose name was drawn on December 24, 2008. Her prize, a tourmaline and vermeil necklace, was offered to help raise funds for library programs.

The Friends of the Nahant Public Library thank all of those who purchased a ticket. We especially thank Allison Twiss-O'Neill, for making and donating the necklace, which was valued at \$200.

The drawing took place on December 25th, in the Library. Stephanie received her prize that same evening, just in time for Christmas giving—or keeping!

Special Sweets Sale for your Valentine Submitted by Bonnie D'Orlando, NHS

Get chocolates for your valentine and support the Nahant Historical Society, too! Harbor Sweets packets of six delightfully delicious milk chocolate and toasted almond treats are on sale at a special price of \$7, until Valentine's Day. These Barque Sarah chocolates, from the renowned Essex County candy maker, are offered in honor of the unique ship model with the same name, which graces the rotunda at the Nahant Community Center. Pick up your sweets at the Nahant Historical Society, or the Nahant Public Library. Hurry! At this price, they will be sold out soon!

Meet the People Behind the Print in May by Harold "Bumper" Gooding, Assistant Editor

March 2009 marks the 15th Anniversary of the Nahant Harbor Review. We are holding a celebration of this great achievement by hosting, "Meet the People Behind the Print," a fun-filled day for the whole family, tentatively scheduled for Saturday, May 16th. The Nahant Knights of Columbus have generously donated their facility for this celebration.

Meet the Harbor Review staff and volunteers, advertisers, writers and the Harbor Review delivery crew. This is the event to meet, greet and thank the loyal advertisers who make up the backbone that continues to support our little paper.

There will be food, music, party favors, door prizes, games and fun for kids of all ages! Much more information will be in the March issue of the Nahant Harbor Review.

Ash Wednesday Service at The Nahant Village Church

Join with neighbors and friends on Ash Wednesday, February 25th, at 7:00 p.m., in the Chapel of the Nahant Village Church, to begin the season of Lent. Lent is the six weeks before Easter. It is a time to reflect on faith and life. For more information, call Rev. Dr. Titus, at 781-521-1202, or check our website at www.nahantvillagechurch.org

Lenten Study Series at The Nahant Village Church

Join with neighbors and friends for a six-week study, during the Season of Lent, in preparation for Easter. We will meet in Swansburg Hall, at 7:00 p.m., Thursday evenings, February 26th, March 5th, 12th, 19th, 26th and April 2nd.

The first 4 weeks, we will use a video resource, that traces Jesus' steps towards the Crucifixion, filmed at sites in the Holy Land, including the Mount of Olives, Bethany, Jerusalem, the Kidron Valley, the Upper Room, Gethsemane, the Potter's Field, Golgatha, the Garden of Gate and Herod's Family Tomb.

The last two weeks, we will use another video resource to study the Easter Story. There will be time for discussion, questions and answers. For more information, call The Rev. Dr. Titus, at 781-581-1202.

Calling All Chili Fans

Submitted by Kellie Frary, Nahant Youth Soccer

As an event fundraiser, the Nahant Youth Soccer Association is bringing back the Chili Challenge!! We are hosting the event at the Nahant Knights of Columbus, on Saturday, March 14th.

This will be a family event and we need your help. We are looking for as many different Chili creations as possible. If you are interested in joining, we will need two crock-pots full of chili from each participant. We will have an amateur and professional category. In the past, the Challenge has had everything from Firehouse Hot to vegetarian to veal-based. We can't wait to see what Nahant can create this year!

If you are not a cook, please plan on attending the event in support of our youth organization. We are also in need of crock-pot donations. We will also be offering hotdogs and desserts for those who don't dare to take the challenge.

Keep watch-out for more information. Please call Kellie Frary, at 781-775-0480, or Susan Rosa, at 781-842-2448, so you can be listed as a participant.

Johnson School Winter Carnival

The Annual Johnson School Winter Carnival will be held on Saturday, March 7th, from 10:00 a.m. to 2:00 p.m. Featuring moon bounce, cake walk, games, food, raffles and lots of fun for all! Volunteers needed! Please call Sherri April, at 781-581-1600, or Patty Toomajian, at 781-596-2727.

Ice Skating

Winter Learn-To-Skate classes for children, ages 4½ and up, and for adults at the Lynn Connery Ice Rink on Sheppard Street. Classes held Sundays at 1:40 P.M. Use either hockey or figure skates. Beginner, intermediate and advanced classes taught. For information and to register, call Bay State Skating School, at 781-890-8480, or visit online at www.baystateskatingschool.org.

(Un)Lucky in Love Valentine's Day Concert

Feelin' Lucky? Share the love with Mass Theatrica in (Un)Lucky in Love, a Valentine's Day concert paying tribute to the joys and pains, regarding matters of the heart. Join us for some of Broadway's most (un)romantic classics on Sunday, February 15th, 4:00 p.m., at LynnArts, in the Neal Rantoul Vault Theatre, 25 Exchange Street, Lynn, MA.

Featured artists include Michael Belle, Thomas René Brennan, Lydian DeVere, Bethany Tammara Condon, Stephanie Mann, Emily Quane, Jennifer Rizzo, Angeliki Theoharis, Todd Yard and Karla Kelley, piano. Come and hear selections from Phantom of the Opera, Oklahoma, Carousel, Pirates of Penzance, Gershwin hits and lots more!

Admission is \$15, \$13 seniors and students. For more information about the program, please call Mass Theatrica at 508-757-8515, or email, masstheatrica@yahoo.com, or visit our website, www.masstheatrica.org. For directions to LynnArts, visit the website at www.lynnarts.org.

Animals at the Nahant Public Library

Submitted by Rita Stepanova,
Children's Librarian

The Nahant Public Library, located at 15 Pleasant Street in Nahant, 781-581-0306, welcomes the community to the educational and entertaining Mass Audubon Ark program, "Habitats: Living Things and Their Environment" with live animals, on Wednesday, March 25th, at 3:00 p.m. This program is recommended for ages 4 to 10 years. Audubon Ark limits the audience size to 30 people, so please sign up early! The Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

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Nahant's Boston Post Cane

by Bonnie D'Orlando, NHS

One hundred years ago in August of 1909, Edwin Glazier, the publisher of the Boston Post newspaper, distributed to towns (no cities) throughout Massachusetts, Rhode Island, New Hampshire and Maine, gold-headed ebony canes to be presented to the oldest living man in each community. The selectmen would determine the citizen, who by age, would be the cane-holder with the understanding that when that man died, the stick would be passed along to the next oldest living male in town. In 1930, it was decided, with the approval of the Boston Post publisher, that women were also "citizens" and should be included as prospective recipients.

Recent research has found that of the 431 canes (some say 700) originally given out to the New England towns, only a few are still in existence. As author Barbara Staples says in her 1997 book, *The Bay State's Boston Post Canes – The History of a New England Tradition*, "some have been lost, burned, OR stolen. A few have descended into the sod with their holder. Many have been stored away in Town Hall closets and vaults, only to surface years later. Some have been found in dumpsters; others sold at estate auctions. In addition, there are canes that have journeyed thousands of miles, been found and returned, to their native town, years later. In Essex County, only seventeen of the twenty-seven cans

given out in 1909 are still in existence.


Fortunately, Nahant's Boston Post cane is one that has survived and is still being awarded to our Town's oldest citizen. The first recipient, in 1909, was Franklin Johnson, a descendent of one of the earliest families on Nahant; a holder in 1953, was former firefighter, Lyman W. Waitt. Oliver C. Phillips took the cane with him, when he moved to Maine in 1960. It was returned to the town by his family, in the 1970's and was put into the care of the Nahant Historical Society, by the selectmen. Since then, it has been awarded to Ann Tierney at 101 years in 1978; to Katherine A. Kelley at 98 years in 1979; to Hugo von Rehberg at 96 years in 1984; to his wife, Genia von Rehberg at 99 years in 1987; to Marguerite Hollingsworth at 99 years in 1995; to Edith Mahoney at 96 years in 1999; to Joseph P. Lermond at 97 years in 2004; and to Judge Edward J. Murphy at 99 years in 2007. And just recently to Lucy H. Doane on her 100th birthday, December 22, 2008.

In recent years the cane is presented and then kept at the Historical Society, while a framed scroll is presented to the recipient, as a permanent keepsake, with the community's congratulations and best wishes!

Photo Above: Nahant's own handsome ebony cane with its engraved inscription reading "Presented by the Boston Post to the Oldest Citizen of Nahant, Mass. To be Transmitted."



Christine M. Menzies
Owner



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Calling Dessert Fanatics: Join Us For An Evening of Delightful Treats

Submitted by Stacy Wilbur, Girl Scouts of Eastern Massachusetts

Join us as we, the Girl Scouts of Eastern Massachusetts, present our annual "Cookie Creations" fundraiser on Thursday, March 12th, from 6:00 to 8:00 p.m., in the Esplanade Room, at the Hotel Commonwealth, in Boston, as the area's favorite pastry chefs create delicious desserts with your favorite Girl Scout cookies!

This annual event is a great, after-work party, with a fabulous silent auction and lots of fun! At the same time, this fundraiser is vital to help us fund phenomenal leadership programs for girls, through innovative fun activities from career education, to arts, camping, health and the environment.

Help support the commitment to community service Girl Scouts do to make the world a better place. Satisfy your sweet tooth and your generous heart all in one night!

Chefs from BOKX109, Newton; Da Vinci Ristorante, Boston; Old Town Bread Company, Rowley; Olivadi Restaurant & Bar, Norwood and Oleana/Sofra Bakery, Cambridge, will use their culinary genius to whip up some amazing desserts with our Girl Scout cookies.

The desserts will be judged by Jenny Johnson from TV Diner.

Tickets are \$30 each or 2/ \$50. To purchase tickets for Cookie Creations, please contact Heather Clyne-Hughes at 617-482-1078, ext. 272, or email hclyne@girlscoutseasternmass.org.

For more information on the Girl Scouts of Eastern Massachusetts annual cookie sale, please visit www.girlscoutseasternmass.org/cookies or call 1-800-33MINTS.

The Year of the Ox: New Family-friendly Restaurant to Open in Downtown Lynn

It is a conclusion arrived at by many: the immediate area needs another good, casual restaurant. More importantly, it needs a good restaurant, that will thrive over the long-term. Swampscott native and current Nahanter, Matt O'Neil, and his partner Mark DeJoie, have heard that over and over again. They heard it from their friends, neighbors and colleagues and they heard it from Lynn's Economic Development & Industrial Corporation (EDIC) Executive Director, James Cowdell. They listened.

DeJoie is principal of the newly formed Lynn Restaurant Group, Inc. (LRG) and O'Neil, who has impressive culinary credentials (No. 9 Park, Prezza, Copia) is executive chef and part owner of the company's planned restaurant, The Blue Ox. The restaurant is tentatively scheduled to open in March, on Oxford Street, formerly the Downtown Bistro & Wine Bar.

"We're not trying to compete with Boston, or break new culinary ground here," said O'Neil. "We want to do something on the North Shore, that North Shore people will enjoy. We want people to come in and get friendly service and a first-class meal, with great value, designed with the customer in mind." The Blue Ox will be an approachable American restaurant, with a menu that offers "something for everyone" to comprise of "comfort food with a twist," options including burgers with hand-cut fries, interesting salads, fresh pasta dishes and seafood, and soul-warming soups.

"This is an exciting and important development for Lynn," said Cowdell, who aggressively courted DeJoie and O'Neil, when he learned of their interest in opening in Lynn. "This is a piece of the puzzle in the redevelopment of the downtown and the nearby waterfront." LRG will assume an EDIC loan that was granted to the former owner of the Downtown Bistro in the same location. The restaurant has broken into the location next door and will now seat approximately 100, with an adjoining room that can accommodate private events.

"We were very fortunate to find Matt," said DeJoie, a Lynn attorney. "He is a perfect fit with his credentials and experience, as well as being from the area."

DeJoie and O'Neil realize some might question the timing of opening a restaurant in this economy. They recognize it may not be the optimal time, but they are undeterred. "We are trying to create a place that people want to go to," DeJoie said. "Everyone agrees the downtown needs a restaurant. There is a market for it."

Keep an eye out for more information on the restaurant at www.theblueoxlynn.com. We look forward to hosting you, your family, and your friends!

Submitted by The Blue Ox Team

Letter to the Editor

Dear Folks,

We have a Nahant Marsh that we think was named by the same man (an Indian name). We are researching this possibility. The names that came up were "Putnam" and "Agassi."

Anyway; I'm ordering your paper for our organization, "River Action," who takes care of our Nahant Marsh. Enclosed is my personal check for one year. Please send newspaper to: River Action, 822 E River Drive, Davenport, IA 52806

— Janet Benischek, Davenport, IA

A Very Special Lenten Event The Heart of the Cross: A Passion Play by Olivia Woodford

The Heart of the Cross: A Passion Play by Olivia Woodford, will be presented on Saturday, March 21st, at 11:00 a.m., at the Nahant Village Church, 27 Cliff Street.

This powerful, one-woman play, created and performed by Olivia Woodford, brings to life the passion and spirit of Easter through the love, faith and triumph of five women who loved Jesus. Join these women as they witness and recount the events of Jesus' death and resurrection. The events of the Passion come alive as audiences, young and old, imagine they are in Jerusalem, experiencing these timeless events.

Here are excerpts of reviews from host churches:

"...stunning and effective portrayal of Gospel women. Everyone was spellbound."

"God truly blessed us with this performance."

"Olivia has a marvelous gift."

"The Heart of the Cross is a powerful piece which touched many lives here."

"It was more than a play. I felt like a witness to actual events. All who attended were touched by the experience."

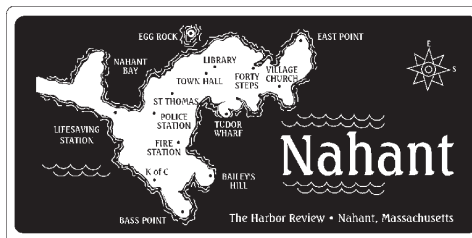
"I enjoyed basking in the reflected glory of a moving Lenten experience"

"Our church was witness to an extraordinary event. Those who saw this artistic rendering of the personal awakenings that happened in relationship to Jesus were deeply moved. All said that scripture stories came alive as never before."

"Insightful, moving and inspiring portrayals of the women at the heart of the Gospel."

Spread the word! Don't miss this special Lenten event.

Tickets are \$10 per person. For tickets, please send payment to the Nahant Village Church, PO Box 77, Nahant, MA 01908. Please provide your name, address, phone number and e-mail address. For more information, call Marrit Hastings, at 781-581-5691, or email calhast@hotmail.com.



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What's New at Kennedy Studios

Out of the Sea art by Judy Trujillo

Trash tossed into the ocean, or dumped from a ship...flotsam and jetsam from storms on land and sea...wash up on Fishermans Beach.

The beach is forever changing. The beach is always there. Pieces of the past created by humans, some hundreds of years old, glass, pottery, wood, metal, plastic, mixed in with nature's past, of millions of years, shells, stones, seaweeds, wood. All come and go on the beach with the tides, ready to be discovered and picked up by me, to be transformed into sculptures, mosaics and more.

I first met Fishermans Beach in the summer of '06. The ocean is a contrast to the Colorado high plains desert where I live. I grew up in Chicago and went West to Colorado College after high school. I never left Colorado, till recently. Now I spend half my time on Fishermans Beach. I didn't even know what "sea glass" was, but I do "desert glass" art.

Using trash to make art is exciting to me. Just about anything can be turned into art. I taught art for many years. Now I have the opportunity of doing art most of the time. My partner's condo near the beach is now my studio. Each work of art is the only one of its kind. Most of my art is available for sale starting at \$25. Visit Kennedy Studios on Humphrey Street in Swampscott to see some of my latest creations. (Kennedy Studios ad is on page 4.) Photo: "Fishermans Beach Mermaid" sea glass on mirror, 3 x 1.5'



Help Support Your Little Newspaper

February is Home Delivery Subscription Time! Times are tough for everyone, I know, money is tight. We are all searching for bargains and less costly alternatives to cover our day-to-day living expenses. We've all been cutting back on the less needed things. The little paper, also, has tightened its belt, but the winter months are tough. Many advertisers seeking to save on costs (who can blame them), hold off on advertising, while they regroup and reevaluate their marketing strategies. Some take a little longer to pay their bills.

This little paper serves everyone in Nahant. This is the only communication vehicle that is dedicated to Nahant people and provides information for and about Nahant people and organizations. Without this little paper, how would you know what's going on? I am hoping that the readership and those who use this newspaper to share information with the Nahant, will send in a subscription for Home Delivery for 2009.

Enclosed with this issue is a Harbor Review Home Delivery subscription envelope and a 2009 Harbor Review Home Delivery Subscription Form (inside the envelope). Please take a moment to fill out the form and mail a check for \$20, for home delivery in Nahant, or, save a stamp and put the envelope in the Harbor Review box at the Equitable Bank on Nahant Road.

If you live out-of-town and would like to receive the Harbor Review, please mail a check for \$30, with your mailing address, for first-class mail delivery by the US Postal Service.

Many thanks to those listed below, who have already sent in their subscriptions for 2009, which were received from November 1st, 2008, through January 15th, 2009.

Home Delivery Subscribers

Deborah Barnes, Ralph & Alicia Canali, Dave & Mary Conlin, Diane & Joe Desmond, Jr., Yvonne T. Donovan, Mary Jane English, Maral Gunduz, Jean & James Hosker, Susan Kane, Marie Martin, Pam & Paul Morse, Pam Motley, Muriel O'Neill, Nahant Dory Club, Maurice & Sylviane Poulin, Roz & Andy Puleo, Tom & Elizabeth Quinn, Judith Shea, Nicholas Strange and J & M Webster.

Out-Of-Town Mail Subscribers:

Janet Benischek, Davenport, IA, Judith Bryant, Lynn, Luke Conlin, College Park, MD, Patrick Conlin, Ogden, UT, Seamus Conlin, Van Nuys, CA, Kathleen Cutting, Londonderry, NH, Carol & Tom Doherty, Hobe Sound, FL, Janice Hubbard, Danvers, Robert & Phyllis Irvine, Cape Coral, FL, Robert W. Lewis, Montrose, CO, Ralph & Joan Lowell, Edgartown, Shaun McCormack, Arlington, (gift of the Quinn family), Donald McCormack, W. Peabody, (gift of the Quinn family), Martin Samuels, Boston and Isabell VanMerlin, Lynn.

Nahant Resident Jeff Musman Attends Heritage Anniversary

The Heritage Industry Division of the North Shore Arc recently celebrated its 50th Anniversary. Local dignitaries, staff and employees past and present gathered to honor Heritage's years of community service, providing employment for people with disabilities, while offering an efficient source of labor to local businesses.

Enjoying the celebration are Georgina Keefe-Feldman, Director of Development, North Shore Arc and Jeffrey Musman of Nahant who is on the Board of Directors for the North Shore Arc.

Submitted by Melanie L. Fleming, Thomson Communications



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Job Searching in 2009 Never Underestimate the Power of a Cover Letter

by Deborah Barnes

Job seekers underestimate the importance of the cover letter; it's often an afterthought.

Think of a cover letter as a candy wrapper. Hundreds of résumés come across an HR person's desk. Your cover letter is your opportunity to grab his or her attention. While the résumé is a more formal marketing tool, the cover letter is your chance to let your personality shine through. It's your opportunity to showcase your originality and writing style.

Start with a "grabber." Show you know the business. Mention recent news about the employer.

For example, instead of "Enclosed is my résumé for the Membership Assistant position," start with "As a Membership Assistant at the Peabody Essex Museum, I would contribute my three years of historic tours, sales and coordination to meet membership goals. As a member of the museum for the past six years, I am very knowledgeable about the collections, making me a strong promoter of exhibits and special programs."

Paint a picture of your value to the employer. Your cover letter is not your autobiography—focus on the employer's needs, not your life story. Think in terms of your accomplishments, not the tasks you have performed.

PAR statements (Problem>Action>Results), or OAR statements (Opportunity>Action>Results), are good ways to structure your résumé/cover letter interview. In other words, what did you do and what difference did it make? What were the results? Be specific. Numbers, examples and percentages are good.

For example, instead of "Assisted with marketing," you might write "Wrote and designed marketing flyers for inaugural art show event, sponsored by five organizations. Sell-out opening-night crowd of 200 people."

Don't repeat your résumé word-for-word; be creative!

Your cover letter should be no more than one page and at least three paragraphs. Don't start every sentence with "I," be pro-active in your closing, and don't forget to thank the reader for his or her time.

Deborah Barnes is a Certified Professional Résumé Writer (CPRW) and Graphic Artist, active Member of The Professional Association of Résumé Writers & Career Coaches, selected for publication in the 2009 release of "Cover Letters for Dummies, 3rd Edition" by Joyce Lain Kennedy (Wiley Publishing), and Myers-Briggs Type Indicator® (MBTI®) qualified. She can be reached at debnahant@comcast.net, or 781-598-1127.

Fawn Anderson Receives Certification in Aquatic Therapy By Rich Curley, North Shore Physical Therapy

North Shore Physical Therapy of Marblehead and Swampscott, is proud to announce that Fawn Anderson, PT.DPT, ATRIC, has recently received her certification in Aquatic Therapy, through The Aquatic Therapy and Rehabilitation Institute Inc. (ATRI), a nationally-recognized, non-profit organization, dedicated to the professional development of healthcare professionals involved in aquatic therapy. The ATRI developed a set of standards and a certification of healthcare professionals involved in aquatic therapy.

Fawn directs our organization's aquatic therapy program. She has worked in the field of physical therapy for greater than 10 years and has worked with North Shore Physical Therapy since 2004.

Ms. Anderson brings with her an extensive background, having received her Master's of Science in Physical Therapy, from the Massachusetts General Hospital Institute of Health Professions, in 1998 and her Doctorate in 2002. Fawn has had advanced training in spinal treatment and enjoys racing in triathlons.

North Shore Physical Therapy is owned and operated by David Roberts, MSPT, with offices in Marblehead: One Widger Road, (781) 631-8250; and Swampscott: 642 Humphrey Street, (781) 592-2773.

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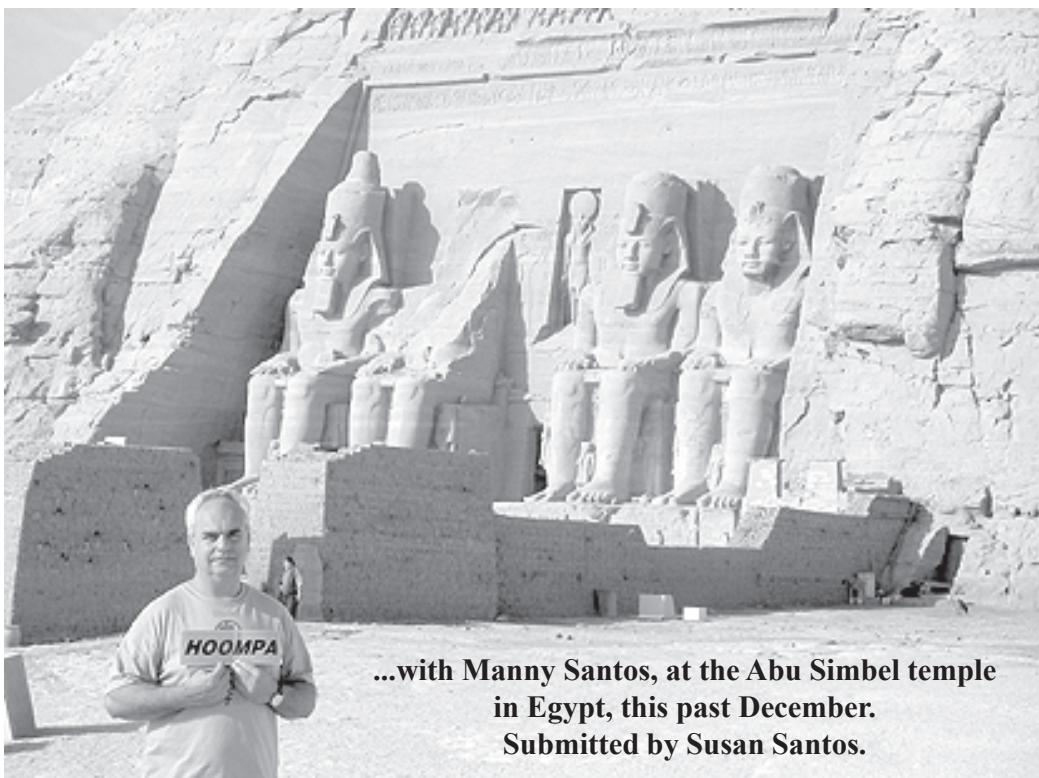
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Here's HOOMPA...



...with Manny Santos, at the Abu Simbel temple
in Egypt, this past December.
Submitted by Susan Santos.

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Healthy inside...

By Sallee Slagle, Director, Dance Dimensions

Toxins are everywhere. Your body may not be functioning optimally and may even be holding extra weight, due to these toxins. Natural healers and herbalists recommend seasonal detox's or cleanses. That would be four times a year, too much to imagine, even for me. But if we all did a cleanse, even once a year, we would see the difference. One of the biggest issues is that we are exposed to and consuming many more chemicals on a daily basis. These chemicals get stored in our tissues and our intestines become lined with matter that impairs our ability to absorb the nutrition from our foods. A cleanse helps to reverse these accumulations and rid the body of toxins and waste stored in our bodies. Advocates say that regular detoxification can help with chronic conditions, including heart disease, cancer, arthritis, cholesterol and allergies. You may also shed that extra weight you had given up on. So why not cleanse?

Programs to detox, or cleanse, can vary from 3 days to 3 weeks, but the goal is the same: 1) clean out the various systems, so that they can function better, 2) reduce stress on these systems, by eating less, or even fasting, 3) eliminating toxins through exercise, massage, sauna, steam etc. Cleanses and fasts were a part of everyday health for many ancient cultures and even, still today, in some Eastern cultures. They are now an integral part of the natural healing professions. So why don't we do them?

They can be involved and inconvenient and can include temporary side effects, like headaches, or fatigue. Since our diets often don't include enough fresh fruits and green, leafy vegetables, as we should, our digestive systems can get sluggish and the uneven surface of the colon can be come coated. Also, eating processed foods, taking medications, including aspirin and even drinking alcohol, can trigger our bodies to create "mucoid plaque." It is our natural defense to acids, and toxic compounds. It has been found that this plaque can accumulate and this will stretch our colon larger but make the inside opening even smaller. This interferes with nutritional absorption and can even be why we may feel hungry more often.

Health begins with nutrition and if your diet is healthy, but your inside is not able to absorb the nutrients, you will not be healthy. For this reason it is usually recommended to cleanse the colon first. Our colons are 4-5 feet long. Other organs also accumulate toxins and chemicals from our diets and specific cleanses can target these also. These cleanses should follow a colon cleanse as their effectiveness will be influenced by a clean colon. Also, with colon cancer on the rise, "an ounce of prevention is worth a pound of cure!"

There are many detox programs I know of and also your local bookstore has several books on these. The internet is also a great source for information. Health food stores carry a wide variety of products and even CVS now has detox and cleanse products on the shelves. Don't let the choice overwhelm you, choose one that appeals to you and try it. Also, don't let fear of not being able to do it with your lifestyle. Cleansing often is associated with spa retreats and less active daily regime. Many cleanses can be done during part of your normal routine. You will need to adjust some things, but if you're worried, try a shorter program, or plan it when your schedule is less hectic. I cleanse and can be just as active. The first 3 days I find the most changes occur, but then my energy level is often even higher than usual!

If you don't want to undertake a more intense detox, how about some ways we can use these ideas, to help us clean up our daily life. Okay, 1) Drink more fluids, especially purified water and fresh-squeezed juices. This helps your body flush out toxins regularly. 2) Eat more fresh, and whenever possible, raw organic fruits and vegetables. Aside from essential vitamins and minerals, they contain phytochemicals and fiber, that help us detox naturally. 3) Eat less dairy (especially cheese) as it promotes mucus production throughout your body and can coat your intestines. 4) Avoid caffeine and alcohol during a cleansing period. Drink herbal teas for detox like fenugreek, eucalyptus, peppermint and spearmint, as these help rid the body of mucus which can trap viruses and bacteria. 5) Try a liquid diet one-day-a-week of broths, fresh fruit/vegetable juices, pureed vegetables and plenty of water. 6) Get exercise every day. 7) Sweat regularly. Aerobics, jogging, sauna, steam. And last, but definitely important, 8) Relax in a peaceful way everyday for 5 minutes.

If you just include some, or all, of the above into your daily routine, you will be living a cleaner, healthier lifestyle. Remember, you should consult your healthcare professional, before undertaking a cleanse or detox.

Sallee Slagle, Founder and Director of Dance Dimensions Studios, has been advertising her studio, in the Nahant Harbor Review, since 1994.

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Tai Chi: A Martial Art for Health and Wellness

By Susan Cadigan, LMT, CDT/MLD, NCTMB, Nahant Therapeutic Massage

Tai Chi is an ancient philosophy, which is practiced through a specific form of exercise, that was first developed thousands of years ago, in China, as a way to achieve both health and as a martial art for self defense. It is now used daily throughout the world, as a preventive measure and remedy for various health goals and specific disease, including; increasing stability and preventing falls, reducing stress and lowering blood pressure, reducing the pain in arthritis, cancer and many more. There are many schools and forms of Tai Chi that vary with intensities. One of the most common styles recommended for health, healing and wellness for general population, is the softer and low-impact style of Yang school. Tai Chi consists of movements and postures that form a sequence. The sequences are gradually learned and linked together, to form the final whole sequence. Many movements in Tai Chi are given descriptive names from nature. Grasp the sparrow's tail, White crane spreads its wings, picking up needle from the bottom of sea, golden rooster stands on one leg, are a few to name. The description reflects the spirit of each individual movement, which, when put together, creates a sequence. Changing stance, gentle weight shifts in balance and flowing movements helps to condition and strengthen the body, with low-impact resistance. Tendons and ligaments of the joints are gently taken through their range of motion. Deep, controlled breathing is incorporated into the movements. This helps to massage organs from the inside out. The moving and breathing pattern of movements releases and redirects the vital life force within our bodies that is called qi (CHI). The freeing up of qi increases vitality, reduces anxiety and stress, as well as strengthens the body and will. It is a wonderful feeling, to have power within, to tap into when needed. Being able to harness one's energy and use it in an organized manner, helps to maintain storage of energy and increases stamina. We begin to learn how to make and preserve mental and physical energy and strength. We can then tap into this source/reserve when we need it most- for fighting/self defense, healing, combating illness, aging and maintaining wellness.

Tai Chi is found to be safe for all ages and abilities. It is still important to speak with your doctor about starting any new exercise routine. He or she may remind you of your limitations and alert you to where modifications may need to be made. It is very important to learn from a qualified and experienced teacher. A knowledgeable tai chi instructor will give you personal guidance and correct any errors to your practice before they become detrimental to you. Your instructor will also show you and teach you how to modify the Tai Chi to your particular needs. Chronic conditions like arthritis, injuries, illness, and balance and coordination problems can be helped with tai chi, but should be approached with the assistance of your instructor, so you may develop gradually, without antagonism, to your situation. There is a saying: "It will take you 20 years to master Tai Chi, but it can take even longer to find the right Tai Chi Master".

Chinese society has benefited for thousands of years from the power of tai chi, without needing to scientifically document results. They live, breathe and practice Tai Chi and pass on the tradition from generation to generation. Our Western society is young and does not have the ancestors and living proof to believe or support the benefits. Hence, there are many studies to prove the actual benefits of tai chi. NIH- National Institute of Health, NCCAM – National Center for Complementary and Alternative Medicine are a couple of institutions that have organized past and present studies, to scientifically document some of the actual benefits. Some of the proven benefits of Tai Chi are improved energy level, lower blood pressure, improved circulation, flexibility and strength, less pain with arthritis and chronic conditions, better immune function. A very important aspect of Tai Chi for the aging population, is that tai chi helps prevent muscle loss with aging (sarcopenia) and helps to build bone density and better balance. Over all, Tai Chi can slow down the aging process, by helping to prevent some of the age-onset difficulties. Please go to www.nih.gov, or www.nccam.nih.gov, or www.mayoclinic.com, and put tai chi in the search box and you will find some legitimate, documented proof and research.

A non-medical proof of the power of Tai Chi is my own experience. During my debilitating battles with acute leukemia, I was able to tap into some of the tai chi exercises, that I learned through my studies in Eastern approach to health and wellness. I experienced the ability to keep myself from being distracted from healing, by letting the stillness and positive energy take over the negative and allow for the healing to take place. I felt the alignment of energy and concentration of stillness allowed the cells and healing to complete their tasks. When I was unable to do much else but stand, I was able to strengthen myself and redeem some power and hope during the most trying times with the simple tai chi movements. When I was finished with all the treatments and trying to regain a normal function again, I turned to tai chi. I remember the abundant joy I felt when I was able to function for three days at an almost normal capacity. It took a while, but it was a wonderful "jump-start" to healing and recovery. I truly believe that Tai Chi has healing properties and can help our bodies for life and the challenges we may face.

As I mentioned earlier, a qualified and experienced teacher is very important to study with. We will not have to seek out for 20 years someone who will have all the right skills to guide us in learning Tai Chi. Master-teacher Ramel Rones has agreed to come to Nahant, to instruct us in his Tai Chi! Ramel has witnessed firsthand the profound long-term benefits of Tai Chi and Qigong practice. Since 1989 he has been working to improve the lives of cancer and arthritis patients. He is the consultant of Asian Mind-Body Therapies at Dana Farber Cancer Institute, and Harvard and Tufts Medical Schools, as well as co-author of numerous scientific publications and the best-selling DVD Sunrise Tai Chi at www.Amazon.com. Ramel is a senior disciple of renowned teacher and author Dr. Yang, Jwing-Ming, PhD. of Boston. He is also a gold medalist in External and Internal Martial Arts competitions. Ramel has been featured in the Boston Globe, National Geographic and CNN. He is kind, compassionate and caring with an open mind to help all abilities and needs gain from Tai Chi. I am most honored and delighted to have this qualified and established Tai Chi Master come to teach us here in Nahant. All abilities are welcome.

Susan Cadigan is licensed and nationally certified in Therapeutic Massage & Bodywork. She holds a 750-hour Advanced Massage Therapy Diploma, with many hours of ongoing training/certifications. She is the proprietor of Nahant Therapeutic Massage, 41 Valley Road, at the Nahant Community Center. For more information, please visit www.nahantmassage.com, or call 617-240-4252 for an appointment.

Ramel Rones is a Tai Chi Master-teacher and Scientific Consultant to Dana Farber Cancer Institute, Harvard and Tufts Medical Schools. Please visit his website, www.ramelrones.com, or his teacher's site, www.ymaa.com, for more information.

The Harbor Review is 15 Years Old! Meet the People Behind the Print, our 15th Anniversary Celebration, a fun and social time for the whole family, will be held in May 2009, at the K of C. Much more info next month.

NAHANT HARBOR REVIEW CELEBRATES 15TH ANNIVERSARY

Congratulations and MANY thank yous are due to Greg Wilson, of Wilson Brothers Construction, for his continuous support of the Nahant newspaper.

He has consistently advertised his construction business, in this publication, since the fall of 1994. A champagne toast to the men and women of:



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News From the Johnson School

By Diane D. Mulcahy, Principal

The students are all back and in the swing of a New Year. Students are busy at work and we have started a new selection of after-school activities. Approximately eight students are engaged in a variety of activities. Mrs. Heidi Frisoli, Ms. Maureen DeCenzo, Ms. Nancy Cochran and Mrs. Erin DiGrande have continued the knitting group. Mrs. Peever and Ms. Brown are working with a new group of bookmakers. Mrs. Diane Dunfee and Mrs. Gretchen Vasquez are teaching ball skills. Ms. Blythe Purdin and Mrs. Robin Howard are working with Kindergarteners in the Mixed Bag club and Mrs. Susan Beebe and Mrs. Heidi Fiore are working on the set design for the school musical *The Music Man*. We are very grateful to all for the support for the Johnson School community, for this year's effort to have after-school enrichment.

The Northeastern Marine Science Center brought tide-pool animals to the Johnson School on January 12th, 13th, and 15th. Each class had an opportunity to visit the touch tanks and learn about the animals that live in the tide pools, along the Massachusetts coast. Teachers pre-planned their focus for the visit and reflected topics students learn in their Marine Science Units. We are very happy to have such a great resource, right in our own back yard.

On Tuesday morning, January 13th, the Johnson School, in cooperation with the Nahant Police Department, staged the first Lock Down Drill. Teachers Ms. Terry Brown, Mrs. Cheryl DiLisio and Mrs. Jude Shanahan attended a training session in Topsfield and have been working on plans for the emergency drill for over a year. The Nahant Police have been most cooperative and instructive in working with the staff to broaden our emergency response protocols. The first drill went off without a hitch.

Teachers reported that students handled the drill very well. The teachers had an opportunity to debrief with Officer Conti and Officer Lyons at a Staff Meeting following the school day. Officer Conti and the teachers agreed our first Lock Down Drill was successful.

The National Geographic Bee school final was held on Wednesday, January 14, 2009, in the school cafetorium. Teachers conducted preliminary rounds in the classrooms and the finalists completed on Wednesday morning. Fourth-Grade participants were Olivia Herman, Karol Wabno, Max Carbone and Charles Ross. The Fourth-Grade Alternates were Elisa Dunleavy, Sarah Ryan and Ryan Frauenholz. The Fifth-Grade participants were Liam Devereaux, Gus Michaud, J.P. Reiling and the Grade Six participants were Steven Albright, Jamie Dunleavy, and Ryan McDermott. After several rounds of very difficult questions, Charles Ross of Mrs. Shanahan's fourth-grade class emerged the winner. Max Carbone, also a fourth-grader, was the runner-up. Charles will take a written exam to determine whether he goes to the state finals. Congratulations to Charles, Max and all the participants.

Mrs. Spencer and Mrs. Dunion have been rehearsing this year's musical with the sixth-grade students. Play rehearsals are held after school, on Mondays and Tuesdays. This year's musical, Meredith Wilson's "*The Music Man*," will be performed on Friday, January 30th, at 7:00 p.m., in the Johnson School cafetorium.

The Johnson School Student Council continued their successful year, in December, with both a school spirit day and a community service project. In December, there was an overwhelming show of Johnson School pride, on December 12th for Pajama Day. From Mrs. Dunion, in her robe, to all the Kindergarteners in their favorite "jammies," the school really had great fun!! In December, the Johnson School also collected over 100 pairs of mittens, to be donated to My Brother's Table in Lynn. The organization was very thankful for the donation, which will be used throughout the winter.

The new library books, purchased by the Tower Grant, have arrived. Thirteen boxes of beautiful new books arrived just before Christmas break. Mrs. Munnelly has them all unpacked and displayed in the Library. Students are checking out the new books during their library time. Over seven-hundred books arrived at the school library-ready, complete with bar codes and library pockets. Now the gargantuan task of creating an inventory of the books we already have begins. When this task is completed, we will have a full inventory of books at the Johnson School.

Swampscott Middle School Quarter 1 Honor Roll

Class of 2014 – High Honors: Emily Fiore, Haley McDevitt and Joseph Silva.

Class of 2013 – High Honors: Virginia O'Leary, Derek Osbahr, Aristana Scourtas, Alexa Steriti and Melinda Wilson.

Class of 2014 - Honors: Justin Chasse, Jared Dignan, Dayna Fernald, Melissa Gavin, Mark Irvine, Kenneth Li, Daniel Marini, Ian Munnelly and Melanie Wilson.

Class of 2013 - Honors: Samantha Baldwin, Arianna Billias, Caroline Devereaux, Anna Greene, Caitlin Ludke, Rosalie Moleti and Tyler Peterson.

Congratulations!

Johnson School Update

Submitted by Jim Devereaux

Budget adjustments for FY09 are being made, following reductions in state funding, both in Nahant and Swampscott, while proposed budgets for FY10 continue to be refined. Changes in local aid will present significant challenges for each town, regarding services provided, versus available funding. I would advise parents, residents, and all concerned parties to refer to the Johnson School website (www.Nahantschools.org), as well as the Swampscott school website (www.swampscott.k12.ma.us/Pages/index), for updates on these important developments.

On January 13, 2009, Dr. Lisi informed the School Committee that he will resume his retirement effective at the end of this school year. I had held out hope Dr. Lisi would return for one more year and continue to lead the school so capably, as he has during the past sixteen months. I consider his performance during his tenure to be exemplary, as he has led the school through much improvement and will certainly leave the school in much better condition than it was when he began his work in Nahant. His leadership, business acumen, managerial skills, and knowledge of all facets of school operations, have impressed me throughout and will certainly be difficult to replace. Needless to say, Dr. Lisi will be missed.

A proposed timeline for the replacement process is being refined, a draft of which can be found on the Johnson School website. More information on our progress will be forthcoming.

Marine Science Center and the Johnson School

Submitted by Tracy Hajduk

Students at the Johnson School got to experience life at the beach in January. Luckily, this didn't mean the students were outside in the blustering cold weather; the beach was brought to them. Marine Science Center Outreach Program staff, Tracy Hajduk, Nicole MacRae and Erin Greguske, conducted programs with students from grades K-6, at the Johnson School, for a week in January. Each classroom was able to have a 45-minute session learning about the local rocky beach ecosystem, with a different focus. For instance, the first-graders compared the life cycles of crabs vs. jellies, while the fifth-grade tried to identify which species found in Nahant are actually invasive species and not native to the area.

Principal Mulcahy has been working with Marine Science Center Outreach Staff, to build upon work that several Johnson School teachers started, when they participated in a workshop at the Marine Science Center, in 2007. There are plans to expand the program next year, so marine science continues to become fully-integrated into the Johnson School curriculum.

The Marine Science Center is excited at the opportunity to work with the local students and build this partnership with the Johnson School. Tracy Hajduk, Outreach Program Coordinator, says, "It has really been a positive experience working with all the teachers at the Johnson School. We are excited to see their commitment and dedication to having marine science be part of the school-wide curriculum. They are a great model for other coastal communities trying to incorporate the local ecosystem into the classroom."

Upcoming Evening Lecture Series

Submitted by Tracy Hajduk

Dr. Hal Caswell, from the Biology Department, of the Woods Hole Oceanographic Institute, will present “Polar Bear Populations, Climate Change and the Endangered Species Act,” on Tuesday, February 10th, at 7:00 p.m. at Northeastern University Marine Science Center.

Polar bears are finely adapted to a life on sea ice in the Arctic; they rely on it for movement, mating, breeding, and as a platform for hunting. As a result, they are dependent on the seasonal pattern of sea ice and are threatened by reductions in the sea ice caused by global warming.

In 2008, the polar bear was listed as a threatened species, under the Endangered Species Act. The listing was preceded (and followed) by much controversy. Here, Dr. Caswell will discuss some of the results that helped to resolve the controversy: a study of the polar bear population in the southern Beaufort Sea, along the north coast of Alaska and Canada. The study mixes population biology, mathematical modeling and public policy issues, in a way that demonstrates, in a specific case, some of the general issues involved in protecting species at risk.

Our Lecture in March, “Some like it hot, some like it cold: Temperature and life in the ocean,” will be presented by Dr. Luke Miller, of Northeastern University, at 7:00 p.m., on Tuesday, March 24th.

Lectures are free to the public. Light refreshments are served at 6:30 p.m. The lecture begins at 7:00 p.m. and is about an hour long. The Marine Science Center located at 430 Nahant Road and is wheelchair accessible. Call Tracy Hajduk for more information, 781-581-7370 ext 321, or email t.hajduk@neu.edu. Visit us on the web: www.marinescience.neu.edu/outreach

Superintendent of Schools Ends 2-year Stay June 30th

It seems like yesterday and not Tuesday, September 4, 2007, that I arrived on the scene, to begin my stay as the “interim Superintendent” signing a one-month contract with the Nahant School Committee. Here I am, a year and six months later, putting the finishing touches on the FY10 Budget and reflecting on the work that has been done over the past eighteen months.

It was with mixed emotions that I gave the School Committee notice of my intention not to return for the 2009-2010 school year. I said with mixed emotions, because I have truly enjoyed my stay as Nahant’s Superintendent, over the past year and a half. What began as a one-month contract, created a two-year journey that had some very enjoyable stops along the way. During this time, I have thoroughly enjoyed helping to put together some of the missing pieces, that constitute a comprehensive elementary school and have helped to resolve issues that involved our tuitioned students in grades 7-12 attending the Swampscott Public Schools. I also know that there is a lot of work left to do.

It has, however, become too much of a time commitment for me and at my age and stage of life, I simply don’t have the desire to maintain this pace for another year. There seemed to be a sensitivity regarding the Committee’s role in my decision and I can honestly say that they did not, in any way, influence my decision to leave. Peter Barba and Jim Devereaux have been excellent Chairs to work with and their support is, in part, why I continued on as long as I have. I believe one of my most important accomplishments was helping to find a very competent Principal, who will continue to pursue the improvement of teaching and learning for all children at the Johnson School. I could list all of the other things that I believe have been accomplished, but I’ll let others be the judge.

I’m not leaving yet, but I did want to thank all who have been a source of encouragement and support and look forward to working with the School Committee, to find the best candidates from which they can choose a superintendent, to help lead the Nahant Public Schools.

Please see the Nahant Public schools website for the selection process timeline and the process for finding members of the Superintendent Selection Committee.

Submitted by Joseph F. Lisi, Ed. D., Superintendent of Schools

The Harbor Review is 15 Years Old! *Meet the People Behind the Print*, our 15th Anniversary Celebration, a fun and social time for the whole family, will be held in May 2009, at the K of C. Much more info next month.

TO TAKE THE PLUNGE

A poem by ROZI THEOHARI

My dear grandson, Jan,
on Thursday, February 12, 2004,
behind our building,
on the iced coast of the ocean
unexpectedly, a seal appeared.
At the moment I thought
If you were there, with me, to see...

Oh, you seal
The harp-shaped seal
Motley—black and grey
Stuck on the white Lynn Harbor ice
Like a child’s drawing on the paper.

“Hey, we have a visitor, there!”
She left the underocean world
Escaping from her caring mother
Alone in icy February, after
Traveling many miles with acrobatic
Flippers splaying...curious about the earth!
You fluffy pup—frightened and panicked
In a morning fog mixed with cold air.
There,
Side by side on the edge of Lynn Harbor.

Did you want the fresh air in your lungs?
Or are you hoping to meet...Whom?
Coming slowly in this gentle, peaceful place
No noise. Only the winter silence
On 50 Lynnway, the ocean’s shore.

Is it your first venture so near spring?
A long journey in the ocean
Without mother’s guidance
Navigating dangerous games?

You lift up your small head
Directing
Your black bulging eyes
To the eight-story building’s windows
Watching many grandmothers-grandfathers’ faces
In this tower for elders.
Their compassionate eyes are a message:
“To your shelter and family—go back...go back!”

Oh, you seal
The harp-shaped seal
Before your fate is sealed:
Do return to your mother, harp seal.
Shyly, she takes the plunge into the icy water.

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Designate Nahant as No Discharge Area for Boats! Write to EPA by February 4! by Polly Bradley, SWIM

SWIM (Safer Waters in Massachusetts) urges you to write to the Environmental Protection Agency, supporting the proposed No Discharge Area (NDA) in the Lower North Shore. This NDA designation will ban the discharge of wastewater in Nahant water from boats and ships. It is particularly important for Nahant, so that not only local boats, but boats and ships headed to and from Boston Harbor, be prevented from discharging in Nahant waters. The EPA comment period, now open, closes on February 5, 2009.

Send an email, fax, or letter, making sure that you reference Docket ID No. EPA-R01-OW-2008-0921 (Lower North Shore No Discharge Area).

Send emails to: rodney.ann@epa.gov.

Send faxes to: (617) 918-0538.

Mail letters to: Ann Rodney, US EPA New England Region, 1 Congress Street, Suite 1100, COP, Boston, MA 02114-2023.

In quotes below is SWIM's letter, sent on January 14th, to Ann Rodney, of US EPA New England Region. Please borrow from SWIM's letter, quoted below, but emphasize why YOU care about clean water in Nahant, Lynn, Swampscott, Saugus and Revere.

"Safer Waters in Massachusetts (SWIM) strongly supports EPA designation of the state waters of Revere, Saugus, Lynn, Nahant and Swampscott, as the Lower North Shore No Discharge Area (NDA), as petitioned for by the state of Massachusetts. SWIM is an all-volunteer, nonprofit, environmental organization, that for twenty-five years, has worked to protect the waters around Nahant and beyond.

Bordered as the Lower North Shore is by the Boston Harbor NDA to the south and the Salem Sound NDA to the north, it is particularly important that our area also be designated as an NDA, so that not only local boats and ships, but also boats and ships transversing our waters, be prevented from discharging on the Lower North Shore.

The Lower North Shore still has a core of professional fishermen and lobstermen, and could have more, if the ocean environment regains sustainable fisheries. The area enjoys recreational fishing and boating, including sailboat racing and windsurfing. The shellfish beds have the potential for significant use, if the water is clean, the goal of the NDA program.

Nahant Beach Reservation is an important part of the Greater Boston park system. Nahant is a major stopover for migratory birds, which need both food and clean water, and, of course, Nahant also has an important resident shore bird population. The Nahant Thicket, a Massachusetts Audubon Society sanctuary, subject to flooding by storm tides, is a destination for birders. The eelgrass in Nahant waters is a nursery to young fish, lobsters and shellfish. Northeastern University Marine Science Center in Nahant, a major marine biology research laboratory, depends on clean water for the seawater intakes for its experiments. Swimming and walking are popular in Nahant and the rest of the Lower North Shore; many get their exercise running or biking, while, at the same time, getting the inner renewal that the ocean brings to those who love it. The view of Boston's skyscrapers beyond Nahant's rocky cliffs and a seascape of white sails is unsurpassed. The ocean water needs to be as clean as the view promises.

Thank you for this opportunity to comment."

Nahant and Lynn Harbor Dumping Ground by Rob Scanlan, CMS/MMS/ACMS

During the 2007 boating season, there were (11) boats on moorings in Nahant waters, with illegal holding tanks, or MSD's (Marine Sanitation Devices), all of which discharge waste directly into Nahant harbor and your beaches. During this year, I have surveyed and inspected 31 boats and yachts in Nahant and Lynn waters, 19 had illegal MSD's (holding tank pump-out systems), all of which discharged raw sewage and waste into your waterways, but everyone looks the other way.

Massachusetts law states that it is unlawful to discharge raw sewage, or other refuse, into Massachusetts' waters, within the three-mile-limit. If you have a recreational vessel, with installed head (toilet) facilities, it must have on board an operable marine sanitation device (MSD), that is self-contained and incapable of discharging directly into the water. All installed MSDs must be U.S. Coast Guard-certified.

Types I and II MSD treat waste with special chemicals, to kill bacteria, before the waste is discharged. Types I and II MSDs, with "Y" valves, that direct the waste overboard, must be secured within the three-mile-limit so that the valve cannot be opened. This can be done by placing a lock, or non-reusable seal, on the "Y" valve, or by taking the handle off the "Y" valve.

Type III MSDs provide no treatment and are either holding tanks, or portable toilets. Collected waste is discharged on-shore into a local sewage treatment facility, or at a sewage pump-out station. Discharging the MSD into the ocean can only be done three miles out to sea. No one inspects the on-board systems here in Nahant, or in Lynn; everyone simply looks the other way.

Nahant and Lynn are still, two of the very few cities, or towns, in New England, that do not require proof of liability insurance to keep a boat or yacht on a mooring, or at the dock. Nahant and Lynn are the best harbors to "get rid of a boat." Just leave it on the mooring and never tend to it. It sinks, or breaks-up at the mooring, empties fuel from its tanks into the harbor and onto the beaches and the debris is scattered on our shoreline and the owner has no responsibility to clean up the mess. No one enforces clean up, or the boat owner's responsibility, everyone simply looks the other way.

Nahant is the only town that allows ethylene glycol-based antifreeze to be used for winterizing engines in boats, for the winter lay-up/storage. In the spring, this toxic antifreeze is dumped on the ground, prior to spring launching. This run-off goes into our harbor and onto our beaches. Currently, there are eight boats, stored here in Nahant, with winterized engines using ethylene glycol-based antifreeze; two of which, are not taxpaying resident of Nahant and not residents.

There is a five hundred (\$500.00) dollar fine for dispersing ethylene glycol-based antifreeze onto the ground, into the waterways, or environment, in every marine, public wharf, dock, or mooring facility on the East coast, but here in Nahant, everyone simply looks the other way.

Rob Scanlan is a U.S. Master Marine Surveyor inspecting yachts, ships, tugboats, barges and all onboard systems. I started my Marine Surveying practice in 1988 and attained my masters rating in 1991. My practice takes me into every marina, boatyard and public boating facility from Maine to Long Island, New York. This also includes the lake regions throughout New England. He can be retained by any city, town or municipality to conduct inspections of illegal holding tanks and onboard systems. Visit on the web: www.mastermarinesurveyor.com

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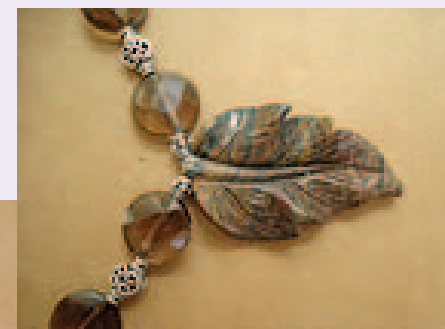
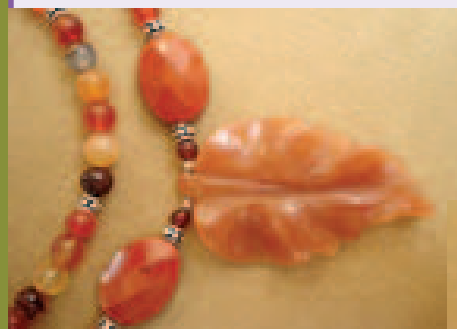
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“ROCK THE ROCK” CONCERT TICKETS WINNERS ARE...

Submitted by: Ponsie Tudor, The Tudor Cocktail Ice Co.

The Tudor Cocktail Ice Co. proudly announces the winners of 6 sets of 2 tickets to the “Rock the Rock” concert, for being first to name most or all of the Nahant Rock Stars. The winners are **Lisa Arena, Diana Brady, Terry Clarke, Paula Hatfield, Nahant Fire Dept. and Tom Osbahr**. (See the Rock Stars names under their photos below).

Hey, all you Jimi Hendrix and Janis Joplin groupies that didn’t win, don’t freak! Duddie, Ophelia Payne and myself have come up with 2 more off-the-wall contests that will take place at the “Rock the Rock” concert, Saturday, February 7th, at 8:00 p.m., at the Nahant Country Club, (doors will open at 6:30 p.m.).

“Best circa 1968-72 Rock Concert Getup” - 2 Prize Winners

If you weren’t around then and don’t have a clue just GOOGLE. If you were around in ’72 and don’t have any brain cells left, you may have to also Google.

“Best circa 1968-72 Self -Photo”

2 Prize Winners

A second contest is for the rockers who were around in ’72.

Go to your photo archives and pull out that “CERTAIN” photo of yourself, from that era and pin it to your lapel. If you weren’t around in ’72, but you are a by-product of that era, steal a picture of your “oh so hip parents” and pin it to your lapel – PAYBACK IS SWEEET)!

As we said in last month’s column, this concert is “THE” Nahant winter event of 2009.

A psychedelic light show, Woodstock rock video and 2 Rockn’ headline bands, The Brian Maes Band and Razen Kayne, along with surprise guests, all for \$25 (CHEAP).

All proceeds from the concert to go to the Nahant Education Foundation.

For Tickets, call Peg Silva, at 781.581.0301, Mike Billias, 781.581.1338, or Frank Cardile, 781.581.1559. “THEY WILL BE TALKIN’ ABOUT THIS ONE ‘TIL SUMMAH”!

[JUST IN] (“I, Ponsie Tudor, nor Nahant’s own Bernie Yadoff, has any affiliation to New York’s, Bernie Madoff and the PONZI SCHEME.”)



Deb Baldwin



Paul Foley



Richie Lombard



Skip Frary



Marsha Billias



Diane Palumbo



Fred Quinlan



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Useless Information by Ray Barron

February 2009

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 14th. 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 Day originated in Nahant because Nahant's serenity inspires lovers.

Nahant's Sweethearts

Some women who would probably appreciate receiving a Valentine from you. Lissa Keane, Maura Devereaux, Lisa Perella, Daisy Arena, Joan Scaglione, Linda Baldini, Peggy Silva, Sheila Hambleton, Peggy Barile, Paula Devereaux, Marie Pasinski, Jane Lombard, Susan Arzillo, Barbara Alessi, Ellen Antrim, Margaret Antrim, Louise Rusk, Noel Spinney-Costin, Linda DeBenedetto, Susan Tracy, Rosalie Ryder, Karen Gordinas, Lisa Scourtas, Anne Manzano, Nancy Gallo, Peg Hanagan, Cynthia Pierce, Elizabeth Desmond, Victoria Desmond, Mary Messina, Mary Pisano, Heather Irvine, Jenna Mazzaferro, Denise DeCarlo, Kerry Gordinas, Claire Collins, Elizabeth Osbahr, Maureen Ward, Joyce Gaudet, Susan Tracy, Judi Marie Moccia, Marie Muzzioli, Denise DiCarlo, Annie Rooney, Pam Motley, Dorothy Hagoort, Nancy Wilson, Mary Magner, Dorothy Vitale, Barbara Lombard, Maureen Palangi, Cynthia Mantzoukaas, Ellen Klink, Diane Mason, Linda Maccario, Mary Irene Dickenson, Joanna Reardon, Katherine Lowell, Gayle Poulin, Martha Keller, Barbara Lombard-Anguilo, Ruth Brownell, Susan Pillsbury, Barbara D'Amico, Gina McCoy, Mary Dill, Janet Dolan, Courtney Dolan, Edith Hunnewell, Nancy Wilson, 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, Linda Jenkins, Carolyn Manley, Angela Bonin, Nancy Smith, Allison Twiss-O'Neill, Robin deStefano, Susan Pillsbury, Barbara Mackey, Janet Malatesta, Polly Bradley, Margaret Dragon, Mary Livingston, Betsy Wachtel, Barbara Powers, Marguerite Rizzo, Sara Riley, Suzanne Tarlov, Darlene Terminello, Madeline Tanen, Elizabeth Steriti, Jeanne Adamo, Emily Potts, Dianne Desmond, Susan Arzillo, Loreen and Rose Tirrell, Mary and Melanie Barletta, Suzanne Bailey, Kathy Sherber, Deborah Waters, Judith Walsh, Nancy Risch, Gayle Boyan, Barbara Brownlie, Winnie Hodges, Harriet Steeves, Donna Lee Hanlon, Bonnie Jane Lombard, Angela Lowell, Bonnie D'Orlando, 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. Love you all!

February Birthday's (Cont.)

February 1: Captivating Judy VanLoon, Richard Koehler, David Dunn, Michelle Doherty and handsome, Danny Desmond.

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.

February 3: Carol Szczawinski, Minervena Nobrega, Barbara Demakis and Trevor Wheeler.

February 4: Captivating Gilberte Spinelli, Ron Petrucci, Joyce Griffin, Gail Woodhead and Ernie Priftakis.

February 5: Happy birthday to our publisher's loving husband, Ron Hanlon, Kathy Alexander, Mary Swain, Dan Collins and Jonathan Paula.

February 6: Edith Kenneally who is Gaelic & Garlic. Yes, Edith is half Italian and half Irish. And happy birthday to Kelly King, the alluring Phyllis Crifo and Jaclyn Davis.

February 7: Ruth Carter, Sheila Barry, Mary Cullinan, Suzie Hamill, Elizabeth Maroney, Marlene Locke, 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 and Suzanne Heidebrecht.

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

February 10: Lovely Courtney Dolan, Michael Scalise, Olivia Crupi, Leonarde Desilets,

Deborah Locke, Nahant's Mister Hospitality, Peter Dawson and Bill Crawford.

February 11: A joyous day for Mary Evos, Sean Kaplan, Eleanor Collins, the stunning Beverley Dawson and the former Nahanter, Don Huston. 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, the educator Phil Joyce, Justin Roy, Barbara Sweeney and Mary Nagle.

February 13: Lovely and captivating Peggy Barile, Tom Quinn, Teresa Simpson, Antonio and Leone Barletta.

February 14: Valentine's Day: 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.

February 18: Nahant's "Gardening Angel" Adam Hatfield, Dr. Cathy Silva, Melinda Kershaw, Susan Alessi 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 Ed Manzano. On this date in 1985, contraceptives went on sale in the Irish Republic for the first time.

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

February 22: Alicia Quinn, Nancy Ayers, Kathy Chiklis, the warm-hearted Janet McIlveen, and actress Drew Barrymore.

February 23: Charlie Riley III, Bob McCarey, Joe Lamando, Mike Mahoney and the personable, Thom Donahue.

February 24: Lovely Ellen Klink and Amy Tsokanis.

February 25: Margaret Moyer, Morgan Reiner and Elaine Caira.

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

February 27: Actress Elizabeth Taylor and Chelsea Clinton, daughter of President and Senator Hillary Clinton.

February 28: The handsome, former broadcast executive, Dick Bailey, Michael Petrillo, John Mahoney 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.

Nahant By-The-Numbers

We have no shortages of lawyers in Nahant! To date, there is a total of 41 lawyers living in Nahant. The noted attorney John Dineen, in a cottage on his property on Pleasant Street, will be practicing law.

Remember, the only people who enjoy hearing your troubles are lawyers, and they're paid for it.

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.

Ah, teachers! The world seldom notices who the teachers are: but civilization depends on what they do and what they say.

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, 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 most 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.

Nahanter's Thoughts About Kissing

Statistics show that men who kiss their wives goodbye in the morning, live five years longer than those who don't. Some of you men had better pucker-up before you tucker-out.

Cal Hastings of Nahant Road, says, "Formerly, a kiss used to follow a nice evening, but nowadays a nice evening follows a kiss."

Cal's attractive and brilliant wife, Marrit, wants you to know, when a man tells you your kisses are intoxicating, watch out: he is probably mixing his drinks.

Cal's neighbor, Henry Hanagan, says, it was Mae West who said, "Few men know how to kiss well; unfortunately, I've always had to teach them." Henry's alluring wife Peg, thinks they should erect signs at airports, stating "Start kissing goodbye early, so the plane can leave on time."

Our dedicated Nahant Police Officer, Armand Conti, says, "Any man who can drive safely, while kissing a pretty girl, is simply not giving the kiss the attention it deserves."

The electrifying Ed Poulin, of Irving Way, says, "Every time some men plant a kiss, they expect to reap a harvest."

Ed's stunning wife, Gayle, says, "At twenty, a kiss is an experiment, at forty a sentiment and after that, a compliment."

Gayle's adorable mother, Annie Rooney, says, "Some girls blush when they are kissed, and some swear, but the worst, are those who laugh."

Q & A with North Shore Physical Therapy

Q. My doctor wants me to try aquatic therapy for my back pain, I would like to know why exercising in the water is so helpful.

Water reduces the effects of gravity, provides support around the submerged body and decreases compression forces on the joints and spine. Aquatic physical therapy is a comprehensive therapeutic approach, that uses aquatic exercises, designed to aid in the rehabilitation of various conditions and medical diagnoses. Each individualized program consists of specific components: warm-up, stretching, muscular strength and endurance, cardiovascular and a cool-down, or relaxation.

The therapist and patient establish goals and develop a plan, with emphasis on an independent program. This program is used outside their aquatic therapy visits for continued strengthening and pain management. Once their therapy is completed, many patients are able to transition to water exercise programs, offered at various aquatic facilities, or continue to work on their own exercise program.

The benefits of aquatic therapy include: the promotion of muscular relaxation, a reduction of pain sensitivity, a decrease in muscle spasms, reduction of gravitational forces to assist with walking, increase the ease of joint movement, increase in muscular strength, increased peripheral circulation, increased respiratory muscle strength, increased cardiac function, improved body awareness, balance and trunk stability.

Water provides buoyancy, allowing joints to move more freely and also provides a force (resistance) to move against. Moving against the resistance of the water, can improve strength in weak muscles. Due to hydrostatic pressure, respiratory muscles are strengthened by working against the resistance of the water, during inspiration. This same force helps expiration, key for asthma and emphysema sufferers. Dilation of blood vessels increases in warm water, increasing venous return and moving tissue fluids through the injured structures. Circulation is increased by this redistribution of blood to the extremities.

Many orthopedic conditions respond well to aquatic therapy. These include arthritis, low back pain, joint replacements, knee, shoulder and ankle surgeries and shoulder injuries. Neurological conditions, such as Parkinson's, stroke and balance/gait disturbances, can benefit from aquatic therapy, as well. Fibromyalgia syndrome patients may be able to successfully exercise in water, due to its gentler environment. They can gain muscle strength and endurance, receive pain relief and experience relaxation of muscle spasms.

If you have questions concerning back pain, balance, or other physical concerns, discuss this with your doctor, or physical therapist. The water may be a gentler environment for you to gain strength, experience less pain and reach your rehabilitation goals.

Please feel free to submit questions about musculoskeletal problems to us in writing, either to Julie Valenti, at her Monday/Thursday exercise classes, to Martha Marcou, at the Swampscott Senior Center front desk, or send them to NSPT, 1 Widger Road, Marblehead, MA 01945 c/o Nancy DeMuth.

Created by Wesley Nichols

I know a man who lives in Nahant.
He can do things that other men can't.
Everyone should know his name is Ray.
And he accomplishes things every day.
A man of great versatility,
A man who has great ability.
I've known this man a short time
I wish I knew him in his prime
There is more I could say
And I will some day.
So I will end with some levity
Which will call for brevity
And I will quote my friend Ogden and say
Candy is dandy
but liquor is quicker.

August 19, 2004
Presented to Ray Barron

Elephant Stew

*1 med size elephant
2 rabbits
salt & pepper to taste*

Cut elephant into bite-size pieces. This takes about 2 months. Add enough broth to cover. Cook over kerosene fire for about 4 weeks at 465 degrees. This will serve about 3,800 people. If more come than were expected, the two rabbits may be added, but do this ONLY if necessary, as most people don't like hare in their stew.

— Ruth Pitzele

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Summer In Nahant

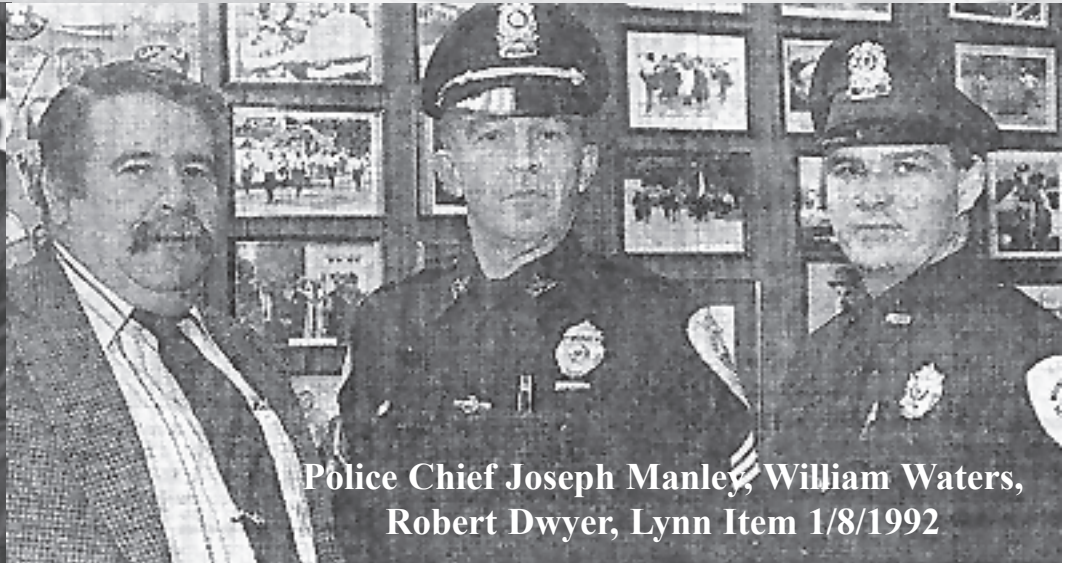
A collaboration of old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us.



Benjamin Lamphier
1940 - 1968

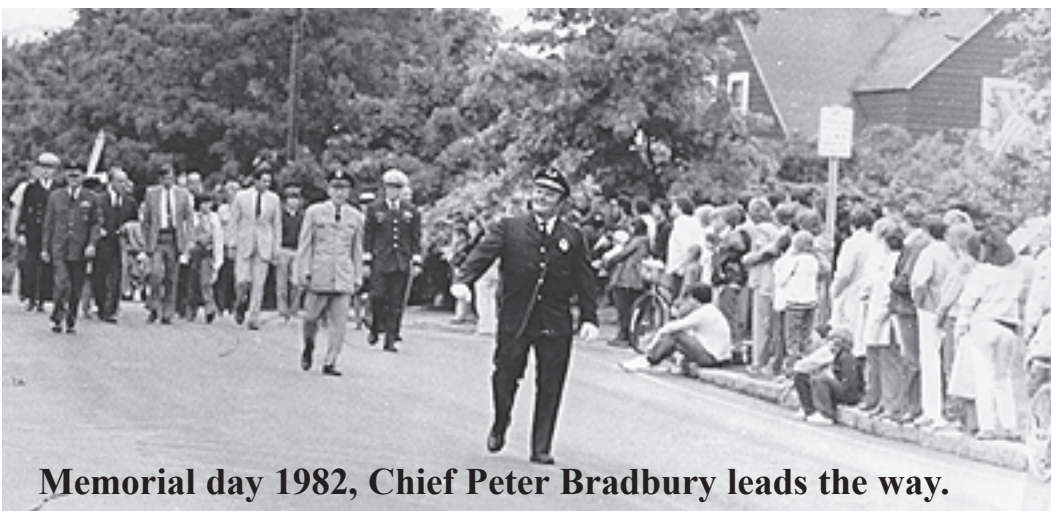


Chief Joseph L. Melanson, flag bearer Peter Bradbury, holding guns, Left: Michael Karivich and Right: Arthur Collins. Man in back is Robert Cormier



Police Chief Joseph Manley, William Waters, Robert Dwyer, Lynn Item 1/8/1992

Above: L to R: Richard Lombard, Joseph Manley, new Chief of Police Frances X. Cullinan, Joseph L. Melanson, retiring Police Chief and Charles Kelley, Selectman. Photo taken at the Nahant Country Club, September 29, 1978. Gift of former Chief of Police, Francis X. Cullinan, April 1993, to Nahant Historical Society.



Memorial day 1982, Chief Peter Bradbury leads the way.



Chief Thomas H. Larkin, 1905 - 1938

Chief of Police

Honoring Nahant's Finest Since 1884

25 Years a Nahant Officer

Frank G. Phillips, Chief of Police of the Town of Nahant, celebrates the 25th anniversary as an officer of the Town this year, having served a quarter of a century.

Mr. Phillips was born in Cambridge, January 24, 1856, being the son of Mr. and Mrs. Oliver C. Phillips. His parents moved to Woburn soon after his birth. There he received his early education. For three years, he was employed in the shoe industry in Lynn, afterwards he learned the trade of carpentry.

Mr. Phillips moved to Nahant in 1874 and was employed by the present Chairman of the Board of Selectmen, J. T. Wilson. He was also employed by the G. O. Perkins Co. On April 16, 1877, he received his appointment as an officer of the Town.

In 1884, he was promoted to Chief of Police, Nahant, though small town, is obliged to keep an over-proportionate number of police, because of the large number of visitor's seen in the summer months.

In 1853, police records show that police protection was practically unnecessary. Captain Henry Dunham, was Town Constable. His term of service was through the summer months, assisted by a group of citizens.

Their insignia, or badge, was a leather strap tied across the hat band with the single word "Police." One of these old hats worn by officer Dunham, hangs on a hook in the patrolman's room at the police station.

At that time, John Q. Hammond was Trial Justice. Court at first was held in the school room at the Town Hall and the Lock-up was a small affair located underneath, made in a fashion similar to county lock ups, of boards.

With the appointment of Frank C. Phillips, the police uniform came into service. As the colony of summer residents increased in various parts of Town, more men were added to the force.

Later in 1894, the public library was built and the Selectman's room was fitted for a court room.

SOURCE : Lynn Item 1902



1st Police Chief 1884-1905

Frank G. Phillips, Chief of Police, was born in Cambridge, January 24, 1856. His parents moved to Woburn soon after his birth. There, he received his early education. His parents died when he was about nine. He went to Winchester and from there to Kittery, ME, where he remained until he was 15.

He came to Lynn, where he was employed in a shoe factory, after learning the trade of stair building. In 1874, he came to Nahant and was employed by J. T. Wilson.

On April 16, 1877, he received his appointment as an officer of the Town, the first regular patrolman employed by that year. In 1884, Patrolman Phillips received his appointment as Chief, which office he has held ever since.

SOURCE : 1903 Nahant Monthly Review.

Gift of Nahant Historical Society. November 1991.

Chiefs of Police

Frank G. Phillips	1884 - 1905
Thomas H. Larkin (Acting)	1905 - 1906
Thomas H. Larkin	1906 - 1938
Michael H. Healy (Acting)	1938 - 1939
Michael H. Healy	1939 - 1940
Benjamin Lamphier	1940 - 1968
Joseph Melanson	1968 - 1978
Francis X. Cullinan	1978 - 1979
Peter Bradbury	1979 - 1982
Joseph Manley	1982 - 2000
William F. Waters	2000 -

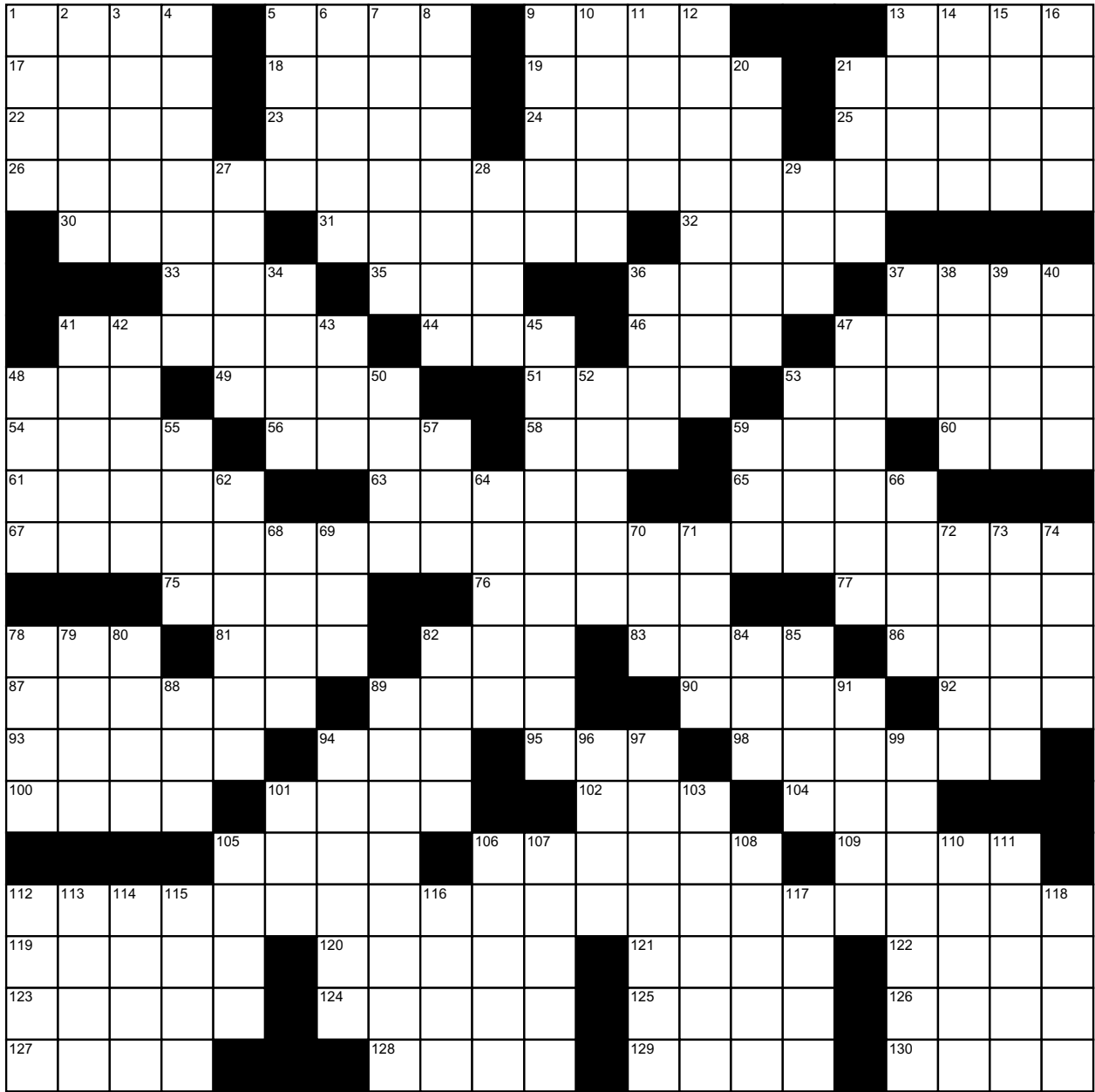


All pictures & text provided by the Nahant Historical Society.

If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at h.gooding2008@gmail.com

NAHANT PUZZLE PAGE

What's My Line?
by Rick Kennedy and Bob Risch



- 29 Ripen
34 Rhythm
36 Treat with contempt
37 Our sun
38 .16 of an inch
39 Winged
40 In ____
41 Souvenir
42 Fool
43 Bill's partner?
45 Desolation
47 Full skirted dress
48 Kashmir tongue
50 Cat sound
52 New Windows?
53 Theater award
55 ABA member
57 Caviar
59 Calendar abbr.
62 Hunter
64 Ottoman officer
66 Ad
68 Podium
69 Undergarment
70 Wanted poster letters
71 Strip of land
72 Off-white
73 Flower part
74 First place?
78 Writer Bombeck
79 Excuse me!
80 Memorization
82 Wetland area
84 Free of
85 Swiss-like cheese
88 Scout group
89 Awards
91 Sell
94 Sour ale
96 Squander
97 Did lawn work
99 Bother
101 Female swan
103 Total
105 Stay
106 Fancy materials
107 Salad green
108 Litter
110 Adornment
111 Play thing?
112 Dial
113 Evils
114 Leave undone
115 Anthem
116 On the main
117 Repose
118 Shaded

ACROSS

- 1 Russian ruler (var.)
5 Thin strand
9 Transaction
13 Lids
17 Present!
18 Smell
19 Indian prince
21 Jacket part
22 Exhort
23 Make over
24 Elliptic
25 Dress type
26 Lines
30 Batch
31 Studies
32 Nervous
33 Heat unit (abbr.)
35 Compass pt.
36 Linden
37 Body shops?
41 ____ acid
44 Billion years
46 Calendar abbr.

- 47 Fancy round mat
48 Failure
49 Failure
51 Eager
53 Dennis Boyd, familiarly
54 Opera highlight
56 Travel
58 Young fox
59 Shortened (abbr.)
60 Curve
61 Civil disorders
63 Basic learning
65 Kegler's targets
67 Lines
75 Time period
76 Idaho river
77 Precious
78 Auricle
81 Hyundai subsidiary
82 Haggard novel
83 Israeli city
86 Lug
87 Scholarship type
89 Afternoon socials

- 90 Children
92 Managed
93 Poetic rhythm
94 "You ____ There"
95 Fed. agency
98 Toe
100 Hemsley TV sitcom
101 Drop heavily
102 Grant counterpart
104 Damage
105 Page
106 Detests
109 With 126 across, Metropolis reporter
112 Lines
119 Synthetic resin
120 Hallway
121 Red ____
122 Type of cheese
123 Weather
124 Stinks
125 Time periods
126 See 109 across
127 Sports channel
128 Talk back

- 129 Depression
130 Ogled

DOWN

- 1 Hood
2 Japanese fighters
3 Wild sheep
4 Give another term
5 Had on
6 Perfect
7 Wet
8 Fuel
9 Submerge
10 Overhang
11 Open
12 Soaped up
13 Visit
14 Samoan capital
15 Ivy League sch.
16 Rosebud, e.g.
20 Obeyed
21 Noblewoman
27 Overshadow
28 Famous cookie

No Gimmicks

By Rick Kennedy

Harriet Steeves 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 cross-word 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. Happy New Year!

A	C	R	E		A	D	I	E	U		V	A	T	I	C		F	L	A	B	
D	U	O	S		R	E	C	A	P		A	L	O	N	E		E	A	S	E	
A	T	O	P		A	B	Y	S	S		M	A	N	T	A		A	C	H	E	
R	E	D	O	U	B	T		Y	E	L	P			O	S	P	R	E	Y	S	
			U	S	S				T	O	I	L	S		E	L	F				
H	A	L	S	A		S	P	A		W	R	I	T	E		Y	U	K	O	N	
O	B	O	E		G	H	A	N	A		E	D	E	M	A		L	O	C	O	
W	E	D		S	L	Y	N	E	S	S			A	B	C			A	C	T	
L	A	G		T	U	E		W	H	Y			A	L	E	S		S	L	U	E
S	M	E	A	R	E	R			C	R	U	D	E	R		S	O	A	R	S	
			J	O	Y		T	R	A	I	T	O	R		P	I	N				
C	H	E	A	P		D	U	E	N	N	A			D	R	E	S	S	E	S	
L	I	A	R		T	E	R	M		G	H	Q		E	E	G		T	A	P	
A	P	R			W	A	N			E	A	T	A	B	L	E		E	G	O	
S	P	E	W		O	R	I	O	N		N	I	H	I	L		M	A	L	T	
S	O	D	A	S		S	N	A	I	L		P	A	T		G	A	M	E	S	
			R	A	G		G	R	A	P	H				H	E	R				
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W	A	L	E		O	P	E	R	A		N	A	S	A	L		M	A	Y	A	
A	L	P	S		F	E	M	U	R		C	L	I	M	E		B	U	R	R	
M	O	O	T		S	C	U	B	A		H	E	X	E	D		A	B	E	D	

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**, 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.

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.

Special “Thanks!”

to the people of the Nahant Village Church, for the use of the Companionway, once a month, for the distribution of the Review.
Many, many thank yous!



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA
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DEADLINE INFORMATION

March 2009

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

SUNDAY, February 15th • 5:00 P.M.

Home Delivery: Saturday, February 28th.

Staff, Volunteers & Contributors

Owner/Editor &		
Publisher:	Donna Lee Hanlon	781-592-4148
Assistant Editor:	Harold “Bumper” Gooding	781-913-4019
Ad Sales:	Office	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

Tyler Peterson	781-596-0505
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Matt Ryan	781-595-0957
Route 1 & 3: 1/2 Little Nahant & Little Nahant Road	
Bob Roland	978-273-5338
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Katie Coffey & Augie	781-586-9232
Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
Ryan McDermott	781-584-4077
Route 6: Bass Point Rectangle	
Shea Nugent	781-595-5644
Route 7: SE Big Nahant	
Donna & Ron Hanlon	781-581-0648
Route 8: Bass Point Apts	

Harbor Review Distribution

Papers for Home Delivery):	1,724
Papers OOT Subscribers & Advertisers:	212
Papers to Nahant stores & public places:	364*
Total Papers Distributed:	2,300*

*Often, there are a few hundred more newspapers (printer’s over-run), which are distributed to stores and public places in Lynn and Swampscott.

Harbor Review Subscription Information

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Nahant Harbor Review, PO Box 88, Nahant, MA 01908.
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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.

COA NOTEBOOK

By Diane Desmond

HAPPY HEART MONTH!

The United States Air Force BAND OF LIBERTY will be performing at Lynn City Hall Auditorium on Monday, at 7:00 p.m., February 9th. Many in Nahant have enjoyed their concerts in the past, right here in town. The band gave a wonderful concert, last year in Lynn and those of us who participated were again delighted and impressed by their performance. Our seniors will be attending this year and tickets will be available here at the Senior Center. This is a FREE concert but tickets are suggested. Transportation available - seating is limited.

The Movies at the Community Center Theatre are proving, also, to be very enjoyable. There is a movie offered twice a month and please refer to our calendar for coming attractions. The two showings this month are CINDERALLA MAN, with Russell Crowe and Renee Zellweger and AUNTIE MAME, with Rosalind Russell. Suggestions for future features are always welcome.

As noted in this newspaper last month, the funding under a GLSS grant for the Home Safety Evaluation and Repair Program has been extended. This program includes a confidential home safety evaluation for seniors 60 and over. It also provides help in making the home environment safer, help with medications and advice with any other safety concerns. There are some limited funds for recommended repairs, should they be needed, in order to prevent falls. Statistics tell us this is a major problem for the senior community.

Please consider taking advantage of this opportunity, while it is being offered. It could make the difference between remaining in the home, or having to go to a care facility. Please call 781-581-0482 for information and to make an appointment with the nurse from ALL CARE to visit and do the evaluation. "CALL BEFORE YOU FALL!"

Please call the Tiffany Room at 781-581-7557 for any new programs, or trips we might be planning.

Truly Thankful: Lynn Hospice Patient Weds Surrounded by Family and Loved Ones

Submitted by Lisa Urbaczewski, All Care VNA & Hospice

The story of Max and Maria Saravia extends far beyond tying the knot this past Thanksgiving. Soon after immigrating to the United States from Guatemala, in the early 1990's, with the promise of a better life in America, Max Saravia (70) met Maria Barrios (64), through mutual friends. The immediate connection, made nearly eighteen years ago, developed into a special love that was formally acknowledged on Thanksgiving Day. Max notes, "I am so excited to celebrate my love with Maria. This was the happiest day of my life."



Struggling with breast cancer for quite some time, Maria is now receiving care through All Care Hospice, headquartered in Lynn, MA. To fulfill one of her end-of-life wishes, understanding that her time is limited, employees of All Care worked to make this life-celebrating event possible. A special visa was secured by Dr. Lewis Hays, in order to have Maria's daughter present at their wedding, with a marriage license obtained by All Care's Susan Gigliotti MSW. Max's son, Max R. Saravia, a Justice of the Peace and Lynn Police Officer, married the couple with nearly 100 family members and friends at the home.

"This marriage is a clear example of the best that hospice has to offer, allowing those with a life-limiting illness to 'live each day to the fullest,'" notes Dr. Lewis Hays, Medical Director of All Care Hospice. "It has been an honor to share in their lives and witness their wedding."

Council On Aging Calendar – February 2009

Mon	2	12:00P	Blood Pressure and Glucose Clinic – Tiffany Room
Fri	6	1:00A	Movie – Community Center Theatre – CINDERALLA MAN
Mon	9	7:00P	U.S. Air Force BAND OF LIBERTY concert
Mon	16	11:30A	HOLIDAY – DINING ROOM CLOSED
Wed	18	12:00P	Feb. Birthdays – Birthday cake by Roz – Tiffany Room
Fri	20	1:00P	Movie – Community Center Theatre – Auntie Mame

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

Mondays	8:30A	Yoga- Community Center
Mondays	10:15A	Senior Exercise – Community Center
Tuesdays	9:00A	Quilting Class –Community Center
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center
Wednesdays	12:30P	Shopping Trip from Tiffany Room, or call for pick-up
Thursdays	10:15A	Senior Exercise – Community Center
Thursdays	6:00P	Knitting – call for information

HOME EVALUATIONS FOR SENIOR SAFETY CONTINUE. This program includes – helping to prevent falls in the home, helping with medications, suggestions for making the home a safer environment for seniors. Please call for information about this important program, 781-581-0482.

INFORMATION AND CALENDAR SUBJECT TO CHANGE. PLEASE CALL for updates on other February programs, trips and events at 781-581-7557, or E-mail us at ddesmond@nahant.org.

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Community Calendar • FEBRUARY 2009

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

FEBRUARY 2009

SUN	1	9:00A	Tai Chi Workshop at Nahant Therapeutic Massage
SUN	1	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	1	10:30A	Worship Service & Sunday School, Village Church
THU	5	3:00P	Big Ryan’s Tall Tales at Nahant Public Library
FRI	6	8:00A	NVC Free Breakfast with Emergency Preparedness
SAT	7	8:00P	Rock the Rock Concert to benefit NEF

SUN	8	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	8	10:30A	Worship Service & Sunday School, Village Church
SUN	8	11:30A	After Service Soup Social at Village Church
MON	9	7:00P	USAF Band Of Liberty at Lynn City Hall Auditorium
TUE	10	10:30	Woman’s Club Meeting at Library
TUE	10	6:30P	Lecture Series at Northeastern, Polar Bears
THU	12		LINCOLN’S BIRTHDAY
SAT	14		ST. VALENTINE’S DAY

SUN	15	5:00P	HARBOR REVIEW MARCH DEADLINE
SUN	15	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	15	10:30A	Worship Service & Sunday School, Village Church
MON	16		PRESIDENT’S DAY

SUN	22		WASHINGTON’S BIRTHDAY
SUN	22	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	22	10:30A	Worship Service & Sunday School, Village Church
SUN	22	11:30A	After Service Soup Social at Village Church
WED	25	7:00P	ASH WEDNESDAY Service at Village Church
SAT	28		MARCH HARBOR REVIEW DELIVERED

MARCH 2009

SUN	1	8:30A	Scouts Pancake Breakfast & Race Fundraiser
SAT	7	10:00A	Winter Carnival at Johnson School
SUN	8	midnight	DAYLIGHT SAVINGS TIME BEGINS, 1 hour ahead.
SAT	14	TBA	Nahant Youth Soccer Chili Challenge at K of C Hall.
SUN	15	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	15	10:30A	Worship Service & Sunday School, Village Church
SUN	15	11:30A	After Service Soup Social at Village Church
SAT	21	11:00A	Passion Play, Heart of the Cross, at Village Church
TUE	24	6:30P	Northeastern Lecture Series. Temperature & Ocean Life
WED	25	3:00P	Animals at the Nahant Library.
SUN	29	9:00A	Village Church Choir Rehearsal. New Singers Welcome!
SUN	29	10:30A	Worship Service & Sunday School, Village Church
SUN	29	11:30A	After Service Soup Social at Village Church

Public Library Hours • 781-581-0306
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.

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 • 6:30 p.m. • Johnson School

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Nahant Village Church

Worship Service

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and a hot coffee or tea,
join us, Sundays, at 10:30 a.m.
All are welcome.”*



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 ande print out a Preparedness Guide.

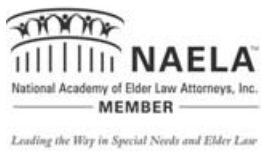
Please patronize the advertisers of the Nahant Harbor Review. Without their advertising dollars, there would be no community newspaper in Nahant. Thank you for your voluntary subscriptions and continued support over the past 14 years. The Editor.

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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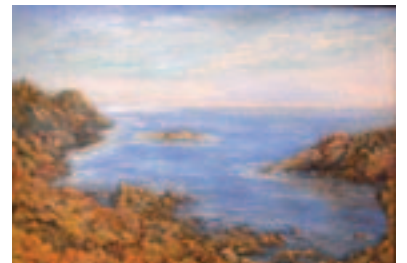


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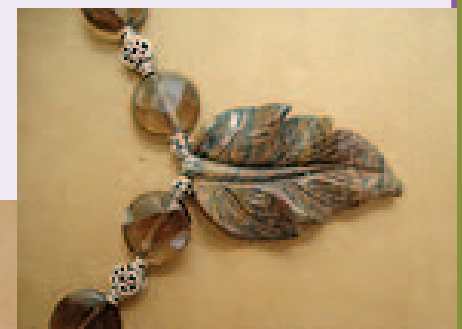
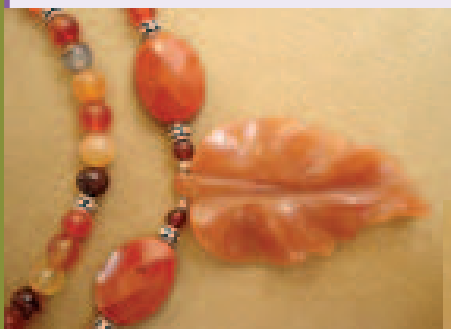
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Designs by Donna Lee

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