

Nahant Harbor Review

Celebrating 15 Years • 1994 - 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 11

• Celebrating 15 Years • 1994 - 2009 •

NOVEMBER 2009



Births

Welcome to Nahant, Quinn Paul Sainato! Born July 2nd, 2009, at 5:07 a.m., at Mass. General Hospital, weighing 6 pounds, 7 ounces and 20 inches long. Proud parents are Colleen and Paul Sainato. Proud Grandparents: Tom and Betty Quinn, of Nahant and Paul and Ellen Sainato, of Bedford. (photo above)

Welcome to Nahant, Ryan Jackson! Ryan was born on October 7th, 2009, at Newton-Wellsley Hospital. Proud parents are Ashley and Michael DePaolo, of Ashland. Proud Grandparents: Susan and Michael DePaolo of Nahant and Betsy and Lenny Englander of St. Petersburg, FL and Victor Malagon of Tampa, FL (no photo).



Wedding Bells

Nahant's Jim and Janet Dolan are honored to announce the marriage of their daughter, Kelly Marie, to Robert Daniel Sapp, son of Mr. and Mrs. Jerry Sapp, of Savannah, Georgia. Kelly and Danny

were married on the beautiful garden island of Kauai, Hawaii. An intimate Hawaiian ceremony took place on the black sand beach of the Waimea Plantation. The new Mr. and Mrs. Sapp reside in Kauai.

VOTER REGISTRATION

Wednesday, November 18, 2009

9:00 a.m. to 8:00 p.m.

**Town Clerk's Office
Nahant Town Hall**

Support Nahant's Art Community at the Annual Nahant Crafters Holiday Gifts & Crafts Fair

November 28th at Nahant Town Hall

The Nahant Town Hall will be the location of the Annual Holiday Gifts & Crafts Fair, being held on Saturday, November 28th, from 9:00 a.m. until 3:00 p.m. This annual fundraiser for the Nahant Woman's Club is a winner! This is a wonderful opportunity to make a dent in your holiday shopping, and you don't have to leave Town! Save gas, shop Nahant this holiday season.

This is a fun time and a great place (only once a year) that you have an opportunity to see the wonderful creations and art of Nahant's most creative residents under one roof. Many crafts will be represented at the show, including designer and fashion gemstone, pearl and silver jewelry, digital photography, handmade Nautical Gifts, and new to the fair, custom tiles, handmade handbags, lampwork beaded jewelry, handmade velvet scarves and pillows, custom quilts and table runners, hand-embellished children's clothing, gifts for your pets, wonderful pottery, beach glass jewelry and much, more!

Bring your camera and the kids. Take a picture in front of the Christmas Tree. Watch the kids shop for gifts for their friends and parents. There is so much excitement in the air. So, come on out and support the Nahant Woman's Club. Pizza and drinks will be available for lunch.

So, come on out, Nahant! Nothing says love more than a carefully selected, hand-crafted gift for your special loved ones.

Space available for just a few more vendors. A per-table fee will be charged and will benefit the Nahant Woman's Club scholarship fund, as well as other projects. For more information, call Linda Tanfani at 781-581-3989, or Linda Jenkins, 617-257-1661.



Tower School's New Nahant Bus Service

On the first day of school, September 9th, the new Tower School bus headed for Nahant to pick up several eager students. After making additional stops in Lynn and Swampscott, students hopped off the big, yellow bus at Tower's front door, promptly at 7:55 a.m. In addition to being a convenience to parents, the new bus service reflects Tower's commitment to environmental sustainability, by helping to reduce the traffic to school each morning. The initiative also supports Tower's efforts to reach more families in the surrounding communities.

At left: Head of School, Peter Philip, greets students arriving on the Tower School bus. See the Tower Schools ad on page 13 for more information.

Don't miss it — OKLAHOMA!

Submitted by Kathi and Tom Hosker

Don't miss Marblehead Little Theatre's production of OKLAHOMA! Performances from November 6th through November 15th, Fridays at 7:30 p.m., Saturdays at 2:00 p.m. and 7:30 p.m. and Sunday at 2:00 p.m.

Order tickets online at www.m-l-t.org, or call the box office at (781) 631-9697.

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The Lions Eye Mobile Is Coming to Nahant!

By Mark Reenstierna

The Lion's Eye Mobile will be in Nahant on Saturday, November 28th, from 10:00 a.m. to 3:00 p.m., behind the Nahant Town Hall. "Stop by before, or after, you visit Nahant's Annual Holiday Craft Fair, at the Town Hall," invites Mark Reenstierna, President, Nahant Lions Club.

The Eye Mobile is free and open to the public. It is being made available through the Nahant Lions Club and in conjunction with the Nahant Council on Aging's Fall Prevention program, funded by a grant from GLSS. The Eye Mobile performs free, noninvasive, community-based screening for hypertension, vision loss, eye disease and hearing loss. There are seven stations which include: (1) An automatic blood pressure monitor with O2 and pulse readings. (2) A visual acuity tester, similar to that used by the RMV, presenting the "Illiterate E" test, which is suitable even for young children. For accurate measurements, persons should be wearing their distance eye-glasses, or contact lenses (if they have any). (3) A test of depth perception to detect lazy eye, in children. (4) A color vision test to detect red/green color blindness, in male children. (5) A "puff" Tonometer to measure eye pressure. An elevated pressure is a risk factor for glaucoma. (6) A camera to detect cataracts and retinal pathology, such as macular degeneration, diabetic retinopathy and glaucoma. This test does not require eye drops. (7) A hearing booth to measure hearing sensitivity.

The Lions Mission Statement: To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs. For information about the Nahant Lions Club, visit: www.nahantlions.org/ For more about Lions Clubs International, visit: www.lionsclubs.org/EN/index.ph

SWIM Night at the Tides November 9th

Safer Waters in Massachusetts (SWIM) is celebrating its 25th year of protecting the waters around Nahant and beyond, on Monday, November 9th, from 6:00 to 9:00 p.m., at the Tides Restaurant! Don't miss the party! 10% of all sales of food and drinks, at the Tides Restaurant, on the Nahant Causeway, during that time, will go to SWIM to further its environmental work.

SWIM was founded in 1984 by Norma Brooks, Bill Coffey, Mike Manning and Polly Bradley. SWIM appreciates the strong support of the Town of Nahant and Northeastern University Marine Science Center, throughout this quarter of a century.

Do you have anything to donate to the raffle at "SWIM Night at the Tides"? Call Nancy Hodgson Smith at 781-581-1662.

Massachusetts Ocean Plan Deadline for Comments November 23rd

The comment period is still open for the Massachusetts Ocean Plan. SWIM testified on September 17th, at the draft Mass. Ocean Plan hearing in Gloucester, saying that restoration of the marine ecosystem should be the first priority of the Plan. Too much of the Plan is focused on what can be built in Massachusetts coastal waters and too little on the need to "value biodiversity and ecosystem health."

To view SWIM's testimony, see SWIM's web page, <http://www.nahant.org/community/swim.shtml>. A draft of the plan is available, online, for public review at <http://www.mass.gov/eea/mop>. Online comments may be sent to <http://commpres.env.state.ma.us/mop/commentonline.aspx>.

Send snail mail comments to Massachusetts Office of Coastal Zone Management, Re: Draft Ocean Management Plan, 251 Causeway Street, Suite 800, Boston, MA 02114.

Faith: A Mother's Story – A Powerful Advent Play

On Sunday, December 13th, at 2:00 p.m., at the Nahant Village Church, Faith: A Mother's Story, will be presented by artist Olivia Woodford. This is a powerful, one-woman play, created and performed by Olivia Woodford. The play brings to life the events surrounding Mary and the birth of Christ and the women who were close to Mary, as they learn the news that she is, while unmarried, carrying a child.

Become immersed in the times and culture in which Jesus was born. As Jesus' light comes into the world of darkness, experience the doubts, disbelief and joy of each of these women as Mary's hope and faith are renewed in God, herself and life.

This will be one of only two Boston-area performances this advent season. Don't miss this extraordinary play. There will be a reception to greet the artist following the performance. Admission is \$10. For tickets, or more information, call Cal or Marrit Hastings, at 781-581-5691.

NVC Free Breakfast November 6h Lynn Home for Young Women

The Lynn Home for Young Women, Inc., was organized in 1906, to provide a safe haven for young women coming to Lynn to work in the City's factories. Today, the Home serves women of all ages, who are in need of affordable housing and the security of an environment where respect for individual differences and a shared social setting, guide community behavior. Many Nahant women have served, and continue to serve, on the Home's Board of Directors. Learn first-hand from Board Member, Karen Falat, about the services offered, as well as the major fundraising and renovation efforts.

The breakfast held at the Nahant Village Church is served at 8:00 a.m., with the presentation to follow at 8:30.

Please come and bring one, or more, friends for a hearty breakfast, a wonderfully informative presentation and great comraderie. All are welcome.

There will be no breakfast in December. The next breakfast will be held on Friday, January 8th.

Italian Supper on November 14th at the NVC

Don't miss this exciting Italian Supper, to be held on Saturday, November 14th, at the Nahant Village Church. The menu includes diner's choic of meat or vegetarian lasagna, salad, garlic bread, choice of Italian desserts and refreshments. The supper starts at 5:00 p.m. and there will be continuous seating until 8:00 p.m.

Tickets are \$9 for adults and \$7 for children, 12 or younger. A \$1 per ticket discount is offered, if ticket is purchased at least 24 hours in advance. For tickets, call Cal or Marrit Hastings at 781-581-5691.

A drawing for an exciting door prize will be held, so don't forget to write your name and telephone number on the back of your ticket. Also, we will hold a raffle for a beautiful Thanksgiving floral arrangement from Welch Florist, in Lynn.

Veterans Day Memorial Service November 11th Submitted by Peter Przybycien Vice Commander Post #215

The Nahant American Legion Post #215, in junction with the Nahant Veterans Association, would like to invite all members of the community to join us for a Memorial Service, at the Grennlawn Cemetery and the Veterans Memorial Park, on Veterans Day, Wednesday, the 11th of November.

The service will begin at 11:00 a.m., in the Greenlawn Cemetery, where there will be a brief service honoring our fallen Veterans, followed by a reading and wreath laying at the Veterans Memorial Park.

Following the service at the Veterans Memorial Park, the Veterans are inviting the participants to come to Kelley Greens for light refreshments.

If you are interested in actively participating in the days events, please feel free to call Peter Przybycien, at (617) 460-9790.

Veterans Day Celebration and Reception at the Johnson School November 6th

Calling all of Nahant's devoted and loyal Veterans! The 5th and 6th grade students of the Johnson School would like to cordially invite all of Nahant's Veterans, relatives of Veterans, current servicemen and women, friends, neighbors and citizens of the Town, to a reception honoring the Veterans' dedicated service to our nation. This event will be held on Friday, November 6th, from 12:30 to 2:00 p.m., in the school cafeteria.

The assembly will include choral readings, patriotic poetry, light refreshments, and the opportunity to share some warm memories and jovial camaraderie. There will also be a choral presentation by the North Shore Songsters of the Marblehead JCC, under the direction of Mr. Victor DalPozzal.

The students and the entire Johnson School Community are eager to meet you and thank you for all you have done, and still do, to keep our country strong.

Any questions should be directed to the Johnson School office, at 781-581-1600.

**To advertise in this paper, call 781-592-4148,
or email donna @nahant.com.**

Nahant Lions Turkey Shoot

The Nahant Lions Club will host its Annual Thanksgiving Turkey Shoot, at the Nahant DPW, on Saturday, November 21st, from 9:00 a.m. to 2:00 p.m.

This three-decade tradition gives BB target shooters of all ages, chances to hit the bulls-eye of a paper turkey. Five shots cost just \$2. The person with the highest score in every group of 20 targets, wins a real (frozen) turkey.

Non-target shooters can also win a turkey via a traditional raffle. Turkeys for the event are donated by The Tides and Lions Club members. There will be hot chocolate, hot cider and hot dogs for sale, at the turkey shoot.

Proceeds from the day will benefit eye research.

Annual Lions Breakfast with Santa

Save December 13th, for another Lions holiday event to support eye research. A pancake Breakfast with Santa is scheduled for Sunday, December 13th, from 9:00 a.m. to noon, at the Nahant Country Club.

Bring the kids for a photo opportunity!



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Public Notice

Greater Lynn Senior Services, a designated Area Agency on Aging for Lynn, Lynnfield, Nahant, Saugus and Swampscott, presents its proposed four-year Area Plan on Aging, for a 14-day public review and comment period, October 29th to November 12th, 2009. A draft of the 2010-2013 Area Plan is available for review at both the public libraries and senior centers in Lynn, Lynnfield, Nahant, Saugus and Swampscott, on the following website: www.glss.net/who.html.

Citizens are invited to a public hearing on Thursday, Nov. 12th, 2009, from 8:30 a.m. to 10:00 a.m., at the Lynn Senior Center, 8 Silsbee Street, Lynn, MA, where comments will be invited. Comments may also be directed via email to, amiller@glss.net, up to the hearing date.

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Marblehead Author Dorothy Stephens at Library

By Daniel deStefano, Library Director

Dorothy Stephens, author of "Kwa Heri Means Good-Bye," will sign copies of her book and speak at the Nahant Public Library, on Sunday, November 8th, at 3:00 p.m.

Stephens lived in Kenya, from 1957 to 1959, with her husband and three small children. "Kwa Heri Means Good-Bye" lets the reader see Kenya, in its last days as a British colony, through the author's eyes, as she introduces her readers to her friends and to the leaders of the independence movement.

Dorothy allows us to accompany her, her house servant and three children, on a 300-mile drive to the Kenyan coast, through desolate bush, inhabited by big game—a trip that held a profound and lasting impact for her.

All proceeds from the sale of her book help to fund a foundation in Kelley Stephens's name, which funds education for Indonesian schoolteachers. Kelly, whom the reader meets, as a two-year-old, clutching to her mother's hand, perished in the early 1990s, during a volcanic eruption in Indonesia.

This event is sponsored by the Friends of the Nahant Public Library. All are welcome to attend this free event and refreshments will be served.

Nahant Public Library To Host Talk On Chinese Art

Ore H. Vacketta, a Nahant resident, will speak on "Chinese Symbols And Art Motifs," on Sunday, November 15th, at 3:00 p.m., at the Nahant Public Library.

More than fifty years of collecting has given Ore considerable expertise in many areas of Chinese art, including porcelains, figurines, Imperial art, depictions of the Taoist Eight Immortals, cloisonne, laquerware and cinnabar. Attendees are welcome to bring their questions and objects of Chinese art to discuss.

A member of the American Numismatics Association since 1963, who trained at the College for Appraisers in Cypress, California and a dealer of antiques and collectibles since 1997, Ore is an expert in worldwide medals and medallions, U.S. official coinage, Columbian Exposition memorabilia and vintage and antique knives.

The Friends of the Nahant Public Library are sponsoring this event. Refreshments will be served, admission is free and all are welcome.

Applications Accepted by Nahant Housing Authority

Submitted by Maureen Hickey, Executive Director

The Nahant Housing Authority is pleased to announce that we are accepting emergency applications for our two (2) and three (3) bedroom, low-income family housing waiting lists. We have a total of 19 family, state-aided, public housing units located on Spring, Emerald and Greystone Roads. We do not have any available units at this time and new eligible applicants will be placed on an existing waiting list.

Local applicants that live, or work, in Nahant receive a preference. You may be eligible if your annual gross income is less than: \$52,950.00 for two people, \$59,550.00 for 3 people, \$66,150.00 for four people, \$71,450.00 for five people, \$76,750.00 for six people, \$82,050.00 for seven people and \$87,350.00 for eight people.

Maureen, or Janet, will be happy to answer any questions and to help with the application process. You can request an application by calling our office at 781-581-9623, or by coming to the NHA office at 194 Nahant Road. We welcome inquiries about our housing programs. We also have applications available for senior low-income housing.

Lynn English HS Class of 1979 30th Reunion

Graduates of Lynn English High School, Class of 1979, come gather with classmates for a night of reminiscing, laughter, great food, music and fun! On Saturday, November 28th, beginning at 7:00 p.m., come to the Danversport Yacht Club, on Route 62, in Danvers. We will gather in the Lighthouse Point Room.

Tickets are \$45 per person. Get your tickets by November 1st, 2009. For more information, or to purchase tickets, call: Melanie Samuelson-Fleming, (978) 302-7612, or email: melanie@thomsoncommunications.com

RSVP by November 1st, 2009! See you soon!

**To advertise in this paper, call 781-592-4148,
or email [donna @nahant.com](mailto:donna@nahant.com).**

Coming Up at LynnArts

By Susan Halter, Director

Community Mural Workshop Thursday, November 12th, 7:00 p.m.

LynnArts is working on a three story mural and we need your input! This will be a workshop to meet the selected artists, hear their ideas for the mural and share yours. The artists have asked participants to bring their stories, photographs and images that represent the history of Lynn and their own personal history in the city (no matter how recently you may have arrived!). A questionnaire with more details is available on the LynnArts website, www.lynnarts.org, under the heading "Events."

Gelatin Plate Printmaking Workshop Saturday, Nov. 14th, 10:00 a.m. to 2:00 p.m.

Gelatin Plate is a non-toxic, low tech and inexpensive printmaking technique, which requires NO PRESS!! Luminous, multi layered monotypes can be created using water-based acrylic paint or printmaking inks. Ink is applied with a brayer (roller) to a plate or pad of very concentrated gelatin. Images can be painted directly on the plate or, using subtractive techniques, be achieved by touching the inked plate with various textural objects. The latter method can achieve almost photographic clarity. Gelatin Plate printmaking is by nature, a very spontaneous medium, which is adaptable and accessible. No prior printmaking experience required. A thoroughly spontaneous and fun workshop!

This workshop is limited to 6 people. The fee of \$75 includes all materials. A \$25 deposit in advance is required to reserve your space. To register, email jenashworth@lynnarts.org.

Artist's Trading Cards Workshop Thursday, November 19th, 7:00 p.m.

Join us for our third ATC workshop. You will have the opportunity to create unique cards, in a social network of local artists and friends, and then trade them for others, at the end of the evening. ATC's are easy to make and there's no specific theme to the cards, so have fun with it. No previous experience is necessary. LynnArts provides paper for the card, you are encouraged to bring materials that you like to work with. To pre-register email Jennifer, at jenashworth@lynnarts.org.

The Fabulous Holiday Show & Sale November 23rd - January 6th

Opening reception is being held on Saturday, December 5th, from 2:00 to 4:00 p.m. Shopping hours: Monday, Tuesday, Wednesday and Friday, 10:00 a.m. to 5:00 p.m., Thursday, 10:00 a.m. to 7:00 p.m. and Saturday, 10:00 a.m. to 4:00 p.m.

LynnArts' annual affordable, one-of-a-kind arts and craft sale. Each year, regional artists bring fabulous scarves, paintings, jewelry, ornaments and much more, all reasonably priced for the discerning holiday shopper. If you're looking for a unique gift for that hard-to-please person on your shopping list, this is the place for you! Gift certificates and registry available. If you're afraid to buy art for someone else, have them come down, we'll record their selections and you can return and make the purchase. There is no gift like the gift of art!

Mark your Calendars! Nahant Follies Going Green

Submitted by Maureen Edison [medison01@verizon.net]

The NAHANT FOLLIES, a fundraiser sponsored by the Harbor Review to benefit Fuel For The Churches, will be held on March 13th and 14th, just before Saint Patrick's Day, at the Nahant Town Hall.

Auditions will be in Swansburg Hall, at the Nahant Village Church, on Saturday, February 6th, from 1:00 until 4:00 p.m.

Mark your calendars now to participate in this fun event. Organizers are seeking performers in all categories to showcase Nahant's talent. Singers, dancers, comedians, those who play musical instruments, jugglers, poetry readers, all are welcome to join in some great fun and help raise much needed funds for our churches.

For more information, call Maureen Edison, 781-592-0029, or email medison01@verizon.net.

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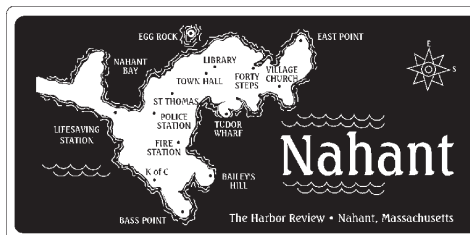
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An Evening of Music

By Alvah Parker

On Sunday evening, November 8th, Building Bridges Through Music, Inc., will present a Coffee House, an evening of Gospel, Jazz and Blues, at the Lynn Arts Center, on 25 Exchange Street, in Lynn. The theme of this Coffee House is “An Attitude of Gratitude – Pass It On.”

During the Coffee House there will be a performance of the Follow Hymn Choir. The Choir is made up of men and women, from a diverse set of religions and ethnicity, that join together in song. Members come from Lynn, Swampscott, Marblehead, Salem, Chelsea and Danvers. Several local entertainers, Tony Gallo, Joey DiThomas, Paula Morin and Mark Jackson, will also be performing.

The program begins at 6:00 p.m. and ends at 9:00. Coffee and homemade baked goods will be available to purchase. There are a limited number of tickets available. The cost of each ticket is \$12 in advance and \$14 at the door. To insure that you get a ticket for this event, please call Ginny Makkers, at 781-962-0022, or Doreen Murray, at 781-953-1849, for reservations and information. Visit the Building Bridges website for more information about the organization, www.buildingbridgesthroughmusic.org

Building Bridges Through Music, Inc. promotes diversity, in the visual sense, but more importantly utilizing the diverse artistic disciplines of the members promotes the mission to bring together diverse neighboring communities for the purpose of increasing cultural awareness and racial harmony using music, dance and dramatic presentation as a multicultural educational tool.

Building Bridges Through Music, Inc. was started by Doreen Murray, who is its artistic director. Doreen was named North of Boston Woman of the Year in 2008 for Civic/Non-Profit organizations.

Mass Theatrica's Hansel & Gretel

By Meredith Lavine, Mass Theatrica

In the mood for some light opera in English for you and the kids? On Sunday, November 22nd, at 4:00 p.m., in the LynnArts Neal Rantoul Theater, at 25 Exchange Street, in Lynn, join Mass Theatrica for an abridged concert version of Engelbert Humperdinck's tuneful take on Hansel and Gretel, the fairy tale by The Brothers Grimm. In true holiday tradition, Mass Theatrica will portray the journey of the two siblings who get lost and encounter an evil Witch, during their travels, into the woods.

Featuring the vocal talents of Jacque Wilson as Hansel, Emily Quane as Gretel, Angeliki Theoharis as the Mother and Witch, Tom Dawkins as the Father and Meredith Lavine as the Dew Fairy and Sandman and the versatile James Hay, pianist, this concert is sure to please people of all ages!

Admission is \$15, \$13 seniors and students. For more info about the program, call Mass Theatrica: phone: 508-757-8515, or email: masstheatrica@yahoo.com, or visit our website: www.masstheatrica.org. For directions to LynnArts, visit Directions to LynnArts. LynnArts is wheelchair accessible.

**To advertise in the Nahant Harbor Review,
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or email donna@nahant.com.**

News From The Johnson School

By Diane D. Mulcahy, Principal

We are now into the second month of school. Many programs at the Johnson School are beginning to take shape. Our Fall after-school activities have begun. This year we are offering eight different, six-week workshops for children, from yoga, tennis, painting with acrylics, beginning German, to Law and Society. The activities began on October 26th. The second round of activities will begin after the Christmas break.

Plans are in full swing for the annual Veterans' Day Assembly. The Johnson School tradition was first begun by retired teacher Peggy Silva and is continued to this day. This year, our assembly will be held on Friday, November 6th, at 9:00 a.m. The assembly, which is a program of poetry, music and choral readings, will be followed by a luncheon honoring Nahant veterans. This year, Devin Denham designed the invitations that were sent to Nahant veterans. This assembly really makes the Veterans' Day holiday, very meaningful to the students.

Tuesday, October 1st, our instrumental music program was launched for its second year. Ms. Liz Ehrman is returning as our strings instructor and Mr. Russ Gershon will be wind instrument instructor, this year. We have sixteen budding musicians, this year. Music lessons began on October 13th.

It's also election season at the Johnson School. Student Council elections will be held very soon. The results will be reported next month. The Student Council will have twelve representatives, from grades 4, 5 and 6. They will meet once-a-month, during their lunchtime. This year, Mrs. Shanahan will be the Student Council Advisor.

The PTO had its first meeting Tuesday, October 6th, at the Johnson School. Fourteen parents attended the meeting, to discuss up-coming activities for the year. This year, Mrs. White and Ms. Grocki, will serve as Teacher Representatives and Mrs. Toomajian will serve, again, as President. Mrs. Rosa reported that the wrapping paper fundraiser went very well. Mrs. DiGgrande reported that the SCRIPS program is beginning to take off. This is an online subscription to gift cards, from which the school makes a profit. Thank you to the Nahant community for supporting our fund drives.

The morning traffic flow at the Johnson School has greatly improved, thanks to the efforts of the Nahant Police Department and the cooperation of the parents.

Get Fit! Support the Johnson School PTO!

By Liz Carlson

The Johnson School PTO wants you to be healthy and support our local children while doing so! The PTO has teamed up with Liz Carlson, a Nationally Certified and Internationally experienced Personal Trainer, Coach and Fitness Expert to offer a Boot Camp, Saturday mornings at 8:30 a.m. The class will meet at the Johnson School basket all hoop and will last for one hour. The class will consist of a number of various strength, cardiovascular and flexibility drills for a never boring, always different and challenging, complete body workout. Men and women of all fitness levels, are encouraged to join! The class will be taught in varying levels of intensity, so that all levels of fitness can participate and work at their own pace.

As we all know, exercising is part of maintaining (or embarking on the creation of) a healthy lifestyle and is good for every body. It is also critical to being a healthy role model for your children! So join us for a calorie burning, fat blasting, heart pumping, safe and fun workout hour. Proceeds of the class to benefit the Johnson Elementary School! Good for you and good for the kids! Please bring a towel, mat, water bottle, hand weights and a positive attitude! A six-week session costs \$51; a single class costs \$11. Email Liz Carlson at liz26miles@gmail.com, for more information.

The Food Project

By Brittany Legassie

Hello, my name is Brittany Legassie and I am writing on behalf of The Food Project. We are looking for a diverse range of youth from the Boston and surrounding city areas, as well as the suburban areas, to fill 70 spots for the Lincoln/Boston Summer Youth Program and 25 spots for the North Shore Summer Youth Program.

During the summer program, the kids will be growing organic produce, which will be donated to shelters and sold at local farmers' markets.

We just wanted to let you know that our online application for the Summer Youth Program will be available on December 1st.

For more information, please email me at: brittany11127@gmail.com.

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

What's in the "Fridge"?

by Carol Hanson

The School of Refrigerator Door Art offers more than just classes for kids and an open mike once a month, so here are the classes for the rest of the fall season!

Do you love your dining room chairs, but wish the fabric was a bit cleaner, less faded, or stained with no fraying edges? You can make them beautiful again by Thanksgiving! RDA is offering a 3-week upholstery class for beginners, starting on Tuesday, Nov 3rd. No previous experience is required!

Is that poster from college still hanging above your mantle, or do you think that if you don't already know how to paint, that you can't learn? Wrong! Sign up for a 6-week painting class and create your own masterpiece. It will hang above your mantle and warm you, every time you walk in the room, even if there's no fire! Classes begin Thursday, November 5th and run till Dec. 17th, with no class on Thanksgiving week. A materials list will be given at the first class.

Do you dream of Italy, of being under the Tuscan sun? RDA offers basic Italian lessons on Wednesday nights, starting and running for 6 weeks, until Dec. 16th. You will be able to ask for "un altro bicchiere del vino rosso, per favore" at the Thanksgiving table and impress your family! Then join Carol Hanson in the spring, for a week-long painting workshop adventure, in the medieval towns of beautiful Umbria, Italy. You'll be able to blend in with the native tongue!

Time to get out the fall and holiday decorations! Sign up for a 4-week floral design class and create a stunning fall wreath for your front door, as well as fresh floral arrangements and a boxwood tree, over the next three Tuesdays before Christmas. Classes begin Tuesday, November 24th.

A card-making workshop will be held on Saturday, Nov. 14th and another on Saturday, Dec. 5th. Create beautiful greeting cards and holiday cards from your original designs, to send out, or to give in a group, as a gift! Card stock, envelopes and art supplies provided for a small materials fee.

Monday nights are Moonhut nights...time for the ladies to get together and knit, crochet, scrapbook, or just socialize and exchange ideas. We don't tan hides while the guys are out hunting more buffalo and our social interactions are so important to us as women. Come by and hang out! A small donation is requested.

Open Mic continues to expand and more Nahanters are coming out of their living rooms and into a speakeasy, coffeehouse setting, on the first Friday of each month. The next one is Nov. 6th, from 7:00 to 10:00 p.m. It is not just for poets and musicians! All levels and ages are welcomed. Just ask Colleen Osbahr and Olivia and Nicholas Reiser, they have been practicing hard and performing their singing and dancing routines at the most recent open mikes! A big thanks to Aaron Hanson (my handsome son!), Tom Gutermuth and Tony Palz, for being great supporters and contributors of this family-friendly event. I couldn't run it without your help and talents. Of course, audience members are invited to attend too and sing along!

Please call 781-599-2222, or check out my website at www.carolhansonart.com, for current and upcoming programs, as well as to inquire about rental space and party info. RDA is a great space to have a party, book a club meeting, hold a mall reunion, or just a girls' night out with a creative spin! Stop by and see the great bags, jewelry, cards, paintings, photos and other giftware and boutique items in the gallery. All classes are taught by Carol Hanson.

In addition to the daily programs for children from birth to teens, currently running through Dec. 17th, both during the school day and after school, The School of Refrigerator Door Art, at 143 Nahant Road, offers a few drop-in times for school age and preschoolers, as well as many classes for adults! Check out the schedule on the web for digital photography and mixed media workshops for kids at www.carolhansonart.com!

Nahant Garden Club News

With the months of September and October behind us, the Nahant Garden Club looks ahead to November. We withstood the rain during the Fall Plant sale and with the help of many members, we successfully sold donated plants and nursery mums, asters and bulbs, over the first weekend in October. Later in the month, Paul Parent, the popular gardening talk-show host, spoke on the evening of October 22nd, at the Nahant Village Church and entertained us with garden hints and lore.

In other Garden Club news, we are pleased to learn that Marie Ford was a judge during the Topsfield Fair. This is a wonderful honor and she is to be congratulated.

On November 19th, at 10:00 a.m., at the Nahant Village Church, our guest speaker, Peter Alden, will talk about invasive alien plants, especially those found in our area. He will show slides to illustrate invasive plants, many of which may surprise you. The program is "Aliens Living among Us" and the topic is thought-provoking. We welcome the public. There is a \$5 guest fee. Please join us for this lively and entertaining speaker.



Garden and Woman's Clubs Plant Beautifully Together

The Nahant Garden Club and the Nahant Woman's Club have again come together to plant shrubs and flowers, in front of the Spindrift, at 194 Nahant Road. We are very pleased that they have taken an interest in improving the large area in front of our building. We want to extend a sincere thank you to the ladies for their time and efforts. The residents at the Spindrift appreciate the beautiful landscaping. The NHA is glad to be part of a community that is willing and able to donate such a wonderful gift, that will continue to give each year.

Three cheers to the Nahant Garden and Woman's Clubs for their generosity, from the Nahant Housing Authority Board of Directors, staff and residents of the Spindrift.

Photo above is of the Garden Club members in front of the Spindrift.

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Nutrition maybe the best prescription

By Sallee Slagle, Director, Dance Dimensions

Healthy eating is key to all health. When our health is lacking, we often turn to medicine for relief. Medications can have many side effects and often we don't take the time to read all the fine print. Some, of course, will be minor, but it may surprise you to read some of the possible side effects from the list of popular medications. In September 2008, the FDA issued a report that confirmed the risk of taking prescription drugs. The FDA stated that 450,000 reports were filed concerning life-threatening injuries from taking prescription medications as contrasted with only 604 reports from taking nutritional supplements in a six month period.

Research is now confirming the benefits of many natural, nontoxic nutritional approaches for the treatment and prevention of many ailments we face. Some doctors are using nutrition as the prescription and why not? Unless you have food allergies, the side effects are almost all beneficial. Researcher and author, Dr. Carl C. Pfeifer, M.D., Ph.D., believes, "For every drug that benefits a patient, there is a natural substance that can achieve the same effect."

With the flu season approaching and all of us more conscious than ever, with H1N1 in the news every night, it is a good time to review and revise what we eat for our optimal health. The healthy immune system is really just a strong and healthy body which can fight disease. Some healthy diet basics: 1) Fresh foods over packaged or fast foods, I recommend organic where possible, 2) 2-3 servings of fruit and the same for vegetables, EVERY day, OR MORE! These provide a rich source of vitamins, minerals and more phyto-nutrients that are essential to our health. Whole fruits are better than juices, unless you juice them yourself. If you are trying to lose weight, you may want to limit your fruit servings to 2, as the natural sugars can add calories. But certainly, they are more nutritious than any sugary snacks. Vegetables provide many nutrients and fiber, too. Be sure to include a whole rainbow of vegetables to get a range of these nutrients. 3) Proteins: our body is constantly under construction and lean protein, nuts and legumes are vital to building new cells. 4) Avoid, or at least limit, the empty calories (no nutritional value) of many bakery goods, sweet snacks, sodas, etc. These contribute only to our waistline, leave our energy levels lower and stress our bodies.

Even with a perfect diet, we are often still deficient in one, or more, of the many nutrients essential for good health. There is one that has been making the news lately and I have to mention. Have you been hearing about vitamin D?

More and more studies are being done and show evidence that vitamin D deficiency could be one of the reasons anyone gets the flu. Vitamin D is key to producing the antibacterial peptide called cathelicidin, also key in respiratory health. Many of us are vitamin D deficient, especially during the winter. It would help build your immunity to ALL flus, if you ensure that you are getting sufficient amounts of vitamin D.

There are many who say we should get all our nutrition from our food. Eating more nutrient dense foods will help, but I say in a perfect world that would be true, but the state of our topsoil nutrients, commercial farming, chemical exposure, etc., food just doesn't supply the nutrition it once did. Be aware of what you eat and what it provides you in your goal of maintaining a healthy body. Supplement wisely. Consult your doctor, or nutritionist, and be sure you have all you need to fight, not only the flu, but disease and the aging process, too!

Custom Auto: A New Concept in Auto Repair

By Tabatha Kempton

If you are among the majority of people who break out in a cold sweat when you have to go to an unknown auto repair garage, because your brakes are squeaking, your muffler sounds bad, your check engine light is on, or you just need an oil change, you are in luck! Custom Auto, owned and operated by a woman, was created to change the way people feel about taking their cars to a garage for service. We strive to be trustworthy and less expensive than the rest of the industry. We promise that you will not feel intimidated, if you don't know what is wrong with your car. You will not be forced, or pressured, to fix something that is not broken. Instead, you will be welcomed among friends, in a clean, comfortable environment. Our mechanics have over 20 years of experience and are able to fix any make and model cars! Visit our website at www.customautoinstallations.com and get a better understanding of our mission.

Email us at customautoinstallations@verizon.net, to join our mailing list and receive money-saving promotions each month. Give us a call at 978-536-9400, to book your FREE diagnosis of any car problem. Mention our ad on page 13 and instantly receive 10% off any paid service. We are located on Route 1 South, in Peabody, at 258 Newbury Street. Join us by supporting this local business, whose owner is a former resident of Nahant! We look forward to hearing from you soon! Stay tuned each month for new and exciting promotions at Custom Auto!

Competent Endeavors

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

Recently, I have noticed a small, independently-owned pharmacy, named Crown Drug, advertising in the Harbor Review. Although small, and not at all flashy, what you get is a Pharmacist that is personally invested, knowledgeable and competent. How is this important? I will share my experience with you.

When my children were younger, they experienced the typical maladies of childhood; sinus infections, strep throat and other issues that involved my going to the pharmacy, to retrieve medications prescribed by their doctors. One particular moment stands out, because the outcome could have been devastating. The pediatrician that my child usually sees, was not available, so we were assigned another pediatrician. This doctor came to the conclusion that antibiotics were needed. I took the prescription to Ted Ball, the pharmacist/owner of Crown Drug. While waiting for him to fill it, he said he could not/would not fill what the doctor ordered for my child. He was alarmed. He had taken note of my children and knew the typical doses they would need. He also knew that this particular child was a “peanut.” He instructed me to contact the doctor right away and to make sure that she knew my child’s weight and age.

What had happened was, the doctor had multiplied wrong. Yes, accidents do happen, but competence can prevent them. The high dose of that medication could have severely harmed my child. My child is alive and healthy today, because he took an extra moment to put one and one together. He took time to process the information, came to a conclusion and acted upon it. A small, locally-owned business is an endeavor that involves pride, integrity and “going the extra mile,” to assure the best service possible.

Crown Drug is within minutes of Nahant and easy to get to, so you save not only time, but energy and gas. I shared a laugh with the owner/pharmacist on another visit. It was during the fuel crisis when the cost gas was astronomical. I had picked up a prescription and mentioned that I had to drive to Target to pick up a toothbrush. I then had a revelation, which I announced out loud! If I drove to Target, it would take me more than an hour, when I add the drive there and the drive back. When adding in the cost of gas it would take, that became a very expensive toothbrush. For just 50 cents more than one I would have paid in a large chain store, I got my toothbrush and I saved not only money, but time and energy. One does not have to go far to attain excellence. Thank you, Crown Drug/Ted Ball and crew! (Crown Drug’s ad is on page 3.)

More on myofascial and neuromuscular therapy...although the names may be clinical sounding and seem rather cold, the techniques themselves require warmth, empathy and kindness. When locating the knots, or areas that are “bugging” you, the therapist’s mind must be quiet and senses tuned in to you. Relaxed hands must be able to locate and grasp the knot and gently, but firmly, hold or press, to encourage the knot to release and unwind. Patience is necessary, as is being aware of subtle cues that may be occurring. Often a “jump,” or twitch, of an area in close proximity, or a very subtle shift in the tissue, can be seen. This is the beginning of thorough and longer-lasting bodywork.

When the knot, or area of tension, is melted, a hand-weight of pressure in the form of long “runs,” away from the area, is applied to flush the area of metabolic waste and allow circulation to revitalize the relaxed tissue. These lighter glides gradually increase in pressure, again to set the body to receive the much deeper application, that will help restore balance and bring long term relief. To encompass a broader area and take up the fascia, forearms are introduced and the pressure is increased, very slowly, until a subtle resistance is felt. The area is then nudged/lengthened and brought beyond its level of tension.

This new level of relaxation in the body can be felt in the mind, as well. Often, stress can build up and be stored in muscle tissue and in our minds as tension. We have aches and stiffness and may be easily provoked, to become cranky, or upset. Massage and bodywork can help alleviate the buildup of stress and tension, like taking a lid off a simmering pot. It is good to do it before the pot boils over.

Thank you for blessing me with your interest and support. I wish you a joyful, safe holiday season. Thank you, Donna Hanlon/Nahant Harbor Review, for helping to connect us to one another.

Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She holds an advanced diploma in massage therapy and is certified in advanced deep tissue techniques with many hours of additional training and experience. Nahant Therapeutic Massage is located at 41 Valley Road-the Nahant Community Center. Cell phone: 617-240-4252/Office: 781-780-3733 or www.nahantmassage.com. Gift Certificates are available.

Mark your calendars for the Nahant Village Church’s Gifts of the Magi Christmas Fair, to be held on Saturday, December 5th. Watch for more information!

North Shore Physical Therapy Shoveling without Breaking your Back

Q. I don’t know what to do when it snows. I live alone, and if I don’t do the shoveling, I can’t get to my car. What can I do, while shoveling, to protect myself?

A. Shoveling is an activity that is notoriously difficult for the back, as well as the heart, shoulders and other areas of the body. For many older people, the best solution is to avoid shoveling altogether, by arranging for someone else to do it. When you must shovel, bear the following suggestions in mind.

Using an ergonomically-designed shovel will help lessen the stress on your back. It has a curved handle, which shortens the length of the lever arm, thereby decreasing the load to your spine.

While shoveling, stand in a lunge position, with one foot in front of the other. Bring your belly button in toward your spine, to engage the abdominal muscles. Shift your weight forward, bending your knees and keeping your back straight, in order to pick up a small load of snow. Draw the load straight back toward you, then step around and turn your whole body in the direction that you want to put the snow. Avoid twisting your back. Instead, keep your spine in a neutral position. Turn the shovel over in order to drop the snow.

Do the work with your arms low and close to your body, in order to decrease the stress on your shoulders. If you are shoveling deep, or heavy, snow, mark off the snow into squares the size of the shovel, and lift off the top layer, square by square. Be sure to pace yourself. Take breaks often, especially when the snow is heavy, or wet. Stay aware of how your body is feeling, as you shovel, rather than becoming goal-oriented and ignoring warning signals (e.g. pain, shortness of breath, fatigue).

Remember, shoveling is vigorous exercise and because it is often done in very cold weather, it creates a great deal of work for the heart and the musculoskeletal system. Take whatever precautions you normally take in cold weather, with respect to medications and dress. Be sure to drink plenty of water.

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The Nahant Dory Club News

The Nahant Dory Club is proud to announce that long-term members, Harriet and Bob Steeves, have been elected as Emeritus Members, in recognition of their long-standing membership and support of the Dory Club. Harriet has been a sailor/racer since the early 1960s and, with her daughter Ellen, makes an effort to get in a daily sail in her beloved Townie.

Former Town Class sailor, Bob Cusack, stated that Harriet was one of the better sailors Nahant ever produced, citing as a specific example, the Walsh Cup team race between the Nahant Town Class Fleet and the Marblehead Fleet in 1967. After the first race, Nahant was losing badly to the Headers. In the second race, Harriet was in first place on the final leg, followed closely by a Marblehead boat, sailed by that year's National Champion and a Nahant boat. In a real team effort, Harriet sailed above the preferred leeward course and took the Marblehead boat with her. The other Nahant boat took the favored course and took first place. Harriet, in sacrificing a potential first place finish for herself, held off the charge of the Marbleheader and took second. The results did not favor Nahant, but Harriet had again proved herself an exceptional sailor and real team player. Harriet from all the members, for all you have done for the Dory Club, thank you.

The Town Class Fleet finished its racing season on September 9th. Taking 1st place was Rex Antrim, sailing Albatross, followed closely by Nick Strange, in Mr. Mestoffolees, Ed Younie sailing, Assiduity, Pete Dickenson sailing, Wally and Robert Wilson's, Xtreme. Since Bob Vanderslice sold his Townie to a Nahanter, who intends to have the boat sailing by next summer, the Fleet is looking forward to increased competition next year.

During this past summer, members of the Dory Club's Performance Handicap Racing Fleet (PHRF) participated in several local races. In the Beringer Overnight Race from Marblehead to Provincetown, in the G Class, Larry Connolly's Trouvaille placed 6th and Jody Gaul's Akeepah placed 7th. Dan McMackin, sailing Saoirse, was hampered by the light, variable winds and a squall containing many lightning strikes. He chose to retire from the race.

The same weekend saw the Crocker Memorial Race, out of the Manchester Yacht Club, with Peter Foukal sailing Mischief, winning his class and placing 8th overall.

Bill Brown's Lumen Solare, finished 2nd in his class and 18th overall. Bill was followed by Ed Tarlov in Presto, who finished 3rd in class and 19th overall. The Flip Flop Regatta, held in August, saw Jody Gaul, sailing Akeepah, finish 2nd out of 14 boats in Class E and Dan McMackin in Saoirse, finished 5th in the same class.

Proceeds from the Flip Flop Regatta are used to combat violent sexual offenses, and is held in memory of Alexandra Nicole Zapp to benefit The ALLY Foundation.

At the end of August, Jody Gaul and Bill Brown participated in the New England PHRF Championships, held off Marblehead. Racing in Class CR3, Gaul finished 8th and Brown finished 10th.

The final New England PHRF race was the Boston Harbor Islands Regatta, on September 26th. Representing the Dory Club were Jody Gaul, Peter Davis and Dan McMackin. Davis sailing his new Ericson 34, Moondance, placed a respectable 6th, out of 14 boats in Class D. Dan McMackin, sailing Saoirse, with a crew obtained by the old British Navy tactic of impressment, finished 6th in Class E. Jody Gaul, in his final race in Akeepah, not only won Class E, but was also the recipient of The Gelb Family Trophy, as the Top-Placing All-Family Crew. Akeepah will remain in Nahant, as a member of Dory Club has purchased her. The PHRF Fleet members are now waiting to see Jody's "new" racing machine.

The Dory Club's final race of 2009, was held October 3rd.

The "By George Race" is a pursuit race around George's Island, any way you want, without running aground. Held in conditions best suited to remaining in front of the fireplace, Commodore Dan McMackin threw down the gauntlet to the 5 boats that had signed up to race.

The Boston Buoy recorded 6-foot seas, with gusts to 30 knots, which created a major challenge for the competitors. McMackin also stated, "The ride out to their moored boats, in the dinghies, was like a Nantucket Sleigh Ride." Peter Davis, sailing Moondance, finished 1st and McMackin, sailing Saoirse, finally finished second. The other three boats decided that discretion trumped valor.

During this past summer, local Laser sailors, Phil Russell, Doug Frauenholz, Lenny Frisoli, Greg Marie, Marc Schiffenhaus, John Fulghum and Philip Kersten started holding pick-up races. This racing was a direct result of "Polar Bears," John Fulghum and Philip Kersten, sailing at least once every month, from the summer of 2008 through the fall of 2009. As these were pick-up races, no one kept track of the score. In addition, Phil Russell, Marc Schiffenhaus and Philip Kersten participated in laser races organized by the Eastern Yacht Club of Marblehead.

The momentum from this summer's racing has people interested in buying Lasers, and others considering bringing theirs out of their cellars. It is hoped that many will join in next summer's races. The goal of the Laser fleet is to keep sailing through the winter and to start early next season, with an even larger group of boats. Joining the Townie's Sunday Dory Club sponsored races, along with increasing the number of boats competing, are the objectives for 2010. Nahanter's interested in sailing, or racing, Lasers, should coall Philip Kersten, at (781) 595-4901. Anyone interested in the Nahant Sailing Program, should also call Philip.

Final awards will be announced at the annual closing party, hosted by Ed and Suzanne Tarlov, after the deadline for November articles. The awards will be part of the 2009 Dory Club wrap-up in December.

Woman's Club Meeting November 10th

Food, music, fun and more are on tap, at the next Woman's Club meeting, celebrating American Home Day. Nahant's own, Suzanne Hamill, will demonstrate how to make her delicious mozzarella and Nancy Freedman, representing the Pampered Chef line of quality kitchen tools, will also prepare a dish, which everyone can taste. In case you're still hungry, there will be a chowder luncheon and desserts. Pampered Chef kitchen tools will be available for purchase, with a portion of the proceeds going to the Woman's Club.

The music will be provided by soprano Nancy Cella, who has performed all over Europe. Nancy will sing selections honoring America's veterans. The annual collection for the Soldiers' Home in Chelsea, will also take place. Everyone is urged to bring white socks, greeting cards, stamps and toiletries, to donate. The Woman's Club's contributions are always greatly appreciated by the vets.

This action-packed meeting will take place at 11:00 a.m., on November 10th, at the Nahant Village Church. Everyone is invited; you don't have to be a Woman's Club member.

Edna Doran will give the invocation and hostesses will be Pat Adolph, Joann DeIulis and Christine Kendall.

Woman's Club Fundraiser November 16th

Ever wonder exactly what the Nahant Woman's Club does? Well, it's a long list.

The club promotes education, healthy lifestyles, civic involvement, the arts, world peace and understanding and the preservation of natural resources. Furthermore, they've been doing all this since 1895, making them one of the oldest woman's clubs in the country.

So, let's all help the club keep doing the right thing, by having dinner at the Tides, on November 16th. A portion of the night's proceeds will go to the club and you'll have a delicious dinner with friends. The club does a lot for the Town, so come out and do something for the club. See you there!

Nahant Holiday Fair November 28th

It's one of everyone's favorite holiday traditions – the Nahant Holiday Fair, presented by the Nahant Woman's Club, at the Town Hall, November 28th, 9:00 a.m. to 4:00 p.m. This is a great place to start your holiday shopping, because craftspeople and artisans from far and wide will be selling gifts, jewelry, pottery, wreaths, dried flower arrangements, photographs and much more. Plus, the Woman's Club will have their brand new Nahant cocktail napkins for sale, along with Nahant notecards and postcards. They make great gifts.

There will also be tables laden with delicious goodies, baked by the members of the Woman's Club. They're always popular and go fast, so get to the fair early. Club members are reminded to drop off their baked goods at Town Hall, starting at 7:30 a.m., Saturday, or to drop them off the night before, at Maria Welsh's house, 7 Harmony Court.



An Island Mentality Thanksgiving

Duddie and I had the rare occasion last month, to have a cocktail “Off Island,” wearing our Island Mentality, Nahant shirts. A bar patron asked, What is “Island Mentality”? Duddie responded, “You gotta know to know,” and proceeded to bury his head back into his scorpion bowl.

That got me to thinkin’, if you asked any Nahant islander, there really is no quick answer and it’s most definitely in the eye of the beholder.

Bob Risch might say, “Nahant, gently resisting change since 1630.” That’s probably true.

Nahant’s not for everybody, thank Gawd. The reason some people hate it is the same reason some people absolutely love it. There’s about 3,700 of us that “get it.” For what we pay for a home on this little rock, we could live just about anywhere, but we “choose” that laid-back, mom and pop life-style, that disappears on the other end of that causeway. Daily, we go across the causeway, run around life’s bases and slide home, disconnecting ourselves from what just happened to us over the last eight hours.

Yeah, yeah, I know we don’t have a Starbucks, Crosby’s, or Shubie-doobie-doo but, we also don’t have the Bryce and Mimi Peddersen III, with matching blue, Oxford, button-down shirts, pink sweaters, khaki slacks, top siders and a cloth belt with cute little whales. This ensemble is also available with matching luggage. (DISCLAIMER: The above description of clothing is great, but all together times two, can really gag you!)

Island Mentality is a bit more low-key and straight from the heart. The Mike O’Callaghans, Peter Dawsons, Brett Henrys, John Connellys, Dave Doyles, Joe Dowlings, Wayne Wilsons, Mario Spinuccis, Ken Taylors, Timmy Lowes, Dave Walshs, Cora Longs, Kellie Frarys, Bernie Yadoffs, Dave Krauters, Tony Roossiensi, John DeCamps, Tim O’Keefes, Chuck DeGrandes, Mark Cullinans, Dave Conlins, Donna Hanlons, Christine Liscios and many, many more, all “Get It”!

Also, the Duddie and Ponsie “VISIONARY” team of Linda, Gary, Margaret, Harold, Sheryl, Marsha and Mikey, definitely get it. So, this Thanksgiving season, let’s give thanks to “ISLAND MENTALITY” and the 3,700 of us that “Get it!”

Also, at that Thanksgiving meal, let us Islanders, one and all, reflect and toast Frederic Tudor’s mystical rooster, the great Fandango, who on that day in 1831, was accidentally slaughtered and served by the inebriated French chef, Lucky Pierre, boyfriend of Ophelia Payne, to Dad’s guests, Henry Wadsworth Longfellow, Oliver Wendell Holmes, Voodoo Priest Iatolduso and the Crown Prince of Martinique. “CHEER’S FANDANGO, YOU WERE FAMILY!”

Submitted by Ponsie Tudor

**To advertise in the Nahant Harbor Review,
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The Hoompa Conspiracy

I would like to thank Rob “DKY” Scanlan, for perpetrating the myth of “Hoompa” and the fake cough ruse.

Very early on, the Hoompa Conspiracy was to make everyone believe it meant nothing. To this day, anyone in-the-know, will tell you, that it was just a way to get each other’s attention. Yeah, right. Kennedy was also killed by a lone gunman. Listen people, “Hoompa” is a nefarious subterfuge. It has, and always will, mean much more than the uninitiated will ever know. To quote Mr. Murray, the Nahant Jr. High School substitute teacher, who was viciously, and falsely smeared, as a drug dealer, “To those who know me, no explanation is necessary. To those who don’t, none is possible.” Amen, Brother Murray.

I say to all the aunties trying to figure out what Hoompa means; Hoompa is standing in some exotic locale, holding a backwards-colored sticker, with your wife and kids, so you can get your picture in the local paper. That screams Hoompa. That is the essence of Hoompa.

Has anyone, who was there at the inception of Hoompa, ever done this? I think not. If they did, people would come back from the dead, to give them a cuff-a-doo. Noogies would rain down on their skulls, from a thousand different high-hat, beaver mustached men, and their pirate friends. They would wake up in vomited beer, in a banana bin, aware that they deserve such a fate.

So, beware you uninitiated, be happy in your ignorance, for the burden of carrying the secret of Hoompa has buried stronger people than you.

Submitted by Ken Merlino aka Rocco Bananda

Library Survey Is On The Way From the Library Planning Committee

It has been said that the public library is all things to all people, but the Library Planning Committee would like to know exactly, what the library is to you. Or more precisely, what you would like the public library to be.

If you have lived in town for any length of time, you have likely been asked this question before, but how many have actually answered?

In 2007, when the library last conducted a survey, a whopping 99 people responded and one didn’t even live in town. Nahant’s population is roughly 3,600, so we can do better than that. The point is, because I know you’re asking, the Planning Committee is trying to put together a plan to either add on to the existing library, renovate what’s there, or maybe just neaten up the place, if that’s all the residents think needs be done. But we won’t know what it needs, unless you tell us.

Did you know, that stack of boxes cluttering up the corner of the reading room, is there because the library has no workroom? That means there is no place for Director Daniel deStefano, or his employees, to spread out, prepare books for the shelves, repair books in need of attention, or do any other basic library work.

Did you know there is a basement with a heating system that is nearly as old as the building, or that there is a sprawling attic, but it’s tough to access, is poorly lit and has absolutely no climate control? Maybe you don’t even care.

Do you find yourself heading out-of-town to other libraries, picking up books for the kids’ summer reading lists at the bookstore? Or, do you get frustrated searching the never-ending Internet for information? Wouldn’t it be so much nicer to have a building, just down the street, where you could find what you want, or need?

Then tell us what that need is. Maybe it’s more children’s programming, a teen room, a computer lab, classes, or speakers, more DVD’s, or a greater variety of books on tape. Maybe it’s simply more books, better reference materials, or air conditioning in the summer. How will we know how to serve you best, if you don’t tell us what we’re missing?

Look for the survey in December’s Harbor Review, or stop by the library to fill one out. Drop off boxes will be placed around town to gather your opinions.

We want the library to be all things to all people, so we need all people to respond.

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Special Notice

During this holiday season, take a moment to greet and meet your Harbor Review Home Delivery person. Let them know how much you appreciate them by leaving a tip for them taped on your door in an envelope. If you have any special requests or instructions regarding the delivery of your paper, please let them know by jotting them down and taping a note to your front door. Now is the time. They will be watching for you and checking for any notes taped on the front door. Thank you for your support.

Late Fall on Gloucester Harbor

By Rob Scanlan, United States
Master Marine Surveyor

At the old wharves and docks, there are no great landings to speak of. Old draggers and lobster boats and barges list and blister shackled to the docks, outmoded, gaudy and appear indestructible as the sea pulses under a skin of fish oil.

A harbor seagull holds his pose on a tired old dock piling, riding the tide of the wind, steady and formal with all the harbor activities anchored in the round of his wide yellow eye button.

A few well seasoned local fishermen, all prospects of an old antique painting, unloading a day's catch on a tired old pier with strained pilings, a pier too tired of the mighty harbor's pace.

And with them the weather beaten old edifice of warehouses, derricks, lobsterboats and draggers. In the harbor distant and still all around my truck the tide slips, whispers and gossips in its loose vernacular, carrying the smell of baitfish and fuel.

Farther out into the harbor, waves will soon be tasting ice cakes and soon to come the cold bitter months, too cold for lovers and park-napping elders who would want to see the sun come up but instead, are met by ice-ribbed hulls and rigging.

The lobsterboats and draggers soon to be winter-bearded and blown looking like an albatross of frost, all relics of tough weather with every winch and shroud to be encased in a glassy shroud.

The sun will diminish it soon and each wave tip will again glitter like a knife in the spring tide. But now I prepare my winter gear and equipment ready for another winters' work inspecting these vessels that set out and harvest the sea.

Rob Scanlan is a United States Master Marine Surveyor inspecting yachts, ships, tugs, barges & schooners through out New England.

The Nahant Harbor Review



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Dec. 9, 9-11 a.m.
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The Nahant Harbor Review is the only newspaper dedicated to building the spirit of community in the Town of Nahant, MA, USA. Please support our efforts by subscribing, or advertising. Thank you.



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Welcome to Nahant ... New Advertisers!

Antonia's at the Beach Cucina Italiana Under New Management and A Different View of Nahant

Antonia's at the Beach restaurant is a jewel on the North Shore, with a different view of Nahant, just across the harbor and less than 20 minutes away. Dine and watch the antics of the sea gulls. Under new management, this restaurant has acquired a warm and cozy ambiance, attributed to the newly redecorated rooms and kitchen.



I met with Head Chef and Restaurant Manager, Alex Herrera, in the function room to the left of the entrance. It was tastefully decorated with antique kitchenware, cast-iron stove and old copper espresso machine, old sewing machine and a fireplace. The smooth, stucco walls, painted warm with orange and yellow colors and wrapped with gesso curtains above and around the large windows, made

a perfect contrast to the cold, stormy weather outside. Available for special functions, or group fundraising, the room can accommodate up to 50 people.

Talking with Alex, he told me that all meals are prepared fresh, from scratch. "We use fresh produce in all the meals we prepare. I go to the market everyday to pick up fresh produce, meats and fish." After speaking with Alex, I decided to have lunch and was seated in the main room of the restaurant.

The day I visited, the ocean was churning with rolling breakers and the seagulls were diving and squawking at one another. The wind was howling and sand was blowing, but inside, sitting in the restaurant, in front of one of the huge glass windows, I was safe and warm. The main room of the restaurant is large and bright, with huge windows facing the beach, with warm wood tables and chairs and a large bar. At the end of the bar, clearly visible behind a glass partition, is the kitchen, all bright and sparkling clean, stainless steel and glass. Seated at one of the huge windows, with the ocean right across the street, I felt like I was right at the seashore, in a beach chair, rather than within the confines of a large room.

Their Early Bird Special, is served Monday thru Sunday, from 2:00 to 6:30 p.m. It is certainly a wonderful deal at \$12.95 per person. You can have your choice of the soup of the day, or a greens salad; your choice of a main dish from chicken piccata, grilled steak tips, baked haddock, or pasta primavera; your choice of dessert, either cheesecake with strawberry sauce, or a chocolate brownie with vanilla ice cream. A bottomless cup of coffee is included.

I ordered the Baked Haddock, off the Early Bird Special. It was served with roasted potatoes, a greens salad and freshly-baked herbed bread. I love baked haddock! When the meal was served, the food looked beautiful on the square, white plate: a large, thick white section of fish, topped lightly with a delightful crumb crust, that had a bit of crunch and was lightly seasoned with garlic and butter, served with a lemon wedge. Perfect, tender, slightly moist, large flakes of haddock, just the way I like it! I dug in. Wonderful taste. Fresh fish! No one ingredient overpowered another. The salad had a light vinigrette dressing, slightly garlicky, with a hint of sweetness and vinegary. I liked that, too. The roasted potatoes were thick wedges, lightly browned and crisp on the outside, tender, with wonderful potato flavor, on the inside. With just a dash of salt, they were perfect, to me, also. A very pleasant experience and good food.

I encourage all my friends to check out this lovely restaurant. Located at 492 Revere Beach Blvd., just a short, straight-forward drive to Revere Beach, the benign-looking yellow restaurant on the right, as you head towards the Boulevard, holds a pleasant surprise for those who enjoy a quiet and peaceful, dining experience, right at the ocean's edge and less than 20 minutes from Nahant. Check out their website: www.antoniasatthebeach.com See their ad on page 12.

Lynnway Sportscenter It's Not Just Bowling Anymore.

Everyday, Nahanters zip up and down the Lynnway, heading to and from work, going shopping, or "off island" on any number of a million errands. Many, heading in to Boston, drive right by the Lynnway Sportscenter. You hardly notice the unobtrusive block building on the right, unless you are sitting at a red traffic light, a few cars from the "line," at the Commercial Street intersection. One day, while waiting for a red light, I saw a sign that read "Newly Renovated Lanes" or something like that. I thought, "Hummm, I should stop in and check it out. Maybe they could benefit by advertising in the Harbor Review." I called and made an appointment.

When I stopped in the Lynnway Sportscenter, I met Sean and Heather, two very nice people, who were very happy to see me. They showed me their enterprise with much pride, everything was sparkling clean, bright and tastefully done. Entering from the side door, from the parking lot, (which is immediately after the building), on the left is a 2,500 s.f. restaurant and pub (full liquor service), with a huge "U"-shaped bar and high-backed chair stools, a pool table, dart boards, lots of TVs and a library/adult lounge area with bookshelves and a fireplace! A great place to unwind! During the week, they offer specials and fun nights with Karaoke and

games for prizes and gift certificates. The kitchen is open daily and offers a wide-variety of pub food, from steak tips, chicken kabob, nachos, chips and salsa, fries, buffalo wings and fingers to



wraps, pasta and salads. They also have a Kids Menu with hot dog, grilled cheese, chicken fingers, hamburger, or cheeseburger..

To the right, from the entrance, is a full lottery station, at the Hostess & Cashier Desk and to its left is the Bowling Center, all completely renovated, shiny and new-looking, with new lanes, new seating, new masking units and new balls. Everything smelled clean. It looks like a wonderful place to have a birthday party, a business function, or to get out for a few hours with some friends for some light exercise and laughs. You got to laugh at gutter balls! I checked the prices and to me, they seem quite reasonable. For under \$10 you can bowl 3-strings and rent shoes. A very inexpensive way to have fun for a few hours. Birthday party packages start at \$9 per person. The details are on their website, www.lynnwaysportscenter.com.

While I was there, a group of seniors came in for their morning bowling league. A happy group of seniors. "Why do you bowl?" I asked of them, in general. "Good exercise, not too hard, lots of laughs," an old man chuckled. "Why not bowl?" He had a point. Anybody want to go bowling, give me a call at the newspaper. I need some light exercise. I mean it, call me.

A family-owned establishment, the Lynnway Sportscenter team, Paul, Mary, Mike and Sean Crowley, invite all Nahanters to stop by and check out the Lynnway Sportscenter, a conveniently located, easy to get to, entertainment center for young and old alike. The kids can go bowling and you can unwind in the sportpub, in front of the fireplace, with liquid refreshment, a book or newspaper, a dish of freshly-made onion rings, or a nice Greek salad, or dish of steak tips. Visit their website: www.lynnwaysportscenter.com and stop by in person. Tell them you read about them in the Nahant Harbor Review. See their ad on page 12.

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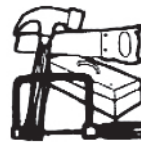
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Useless Information...By Ray Barron

Nahant's October Birthday Babies

November 1: Brian Poth, Neal Sullivan, Margaret Dragon, Margaret Jeddry, Dian Papps, Donna Brotman, Wendy Thompson, Ed Lonegran, John Simpson, Alma Smith, Jim Devereaux, Deborah Vanderslice, Kristen Standish.

November 2: Tim Collins, Kathy Magagnos, Kathleen Mahoney, Geraldine Catoggio, Ed White, Scott Murphy, Bob Herne, Joe MacDonald, Jeanne Coffey, Paula Palombo, Dan Cherry, Christos Turner, Maria Sousa.

November 3: Michael Murray, Wendell Howard, Noel Crocker, Brenda Gaynor, Mary Zolner, Paula Koehler, Eileen and Barbara Lombard, Francis Murphy, Dana Zayas, Bill Coffey, Wilson Tibbo, Cheryl Savino, Alexia Taxiarchos, Alex Bascon.

November 4: Our dedicated Town Manager Mark Cullinan, Marie Koopman, Lisa Fitzpatrick, Debra Shuck, Greg Stamos, Ryan Clancey, Harold Blank, Anthony Palazzo, Corinna Kersten.

November 5: Molly Conlin, Michael Anderson, John Mucci, Neal Sullivan, Micheal Gallagher, Andres Marinaro, John Barry, Brendan Donovan.

November 6: Susan Sherry, Phil McEachen, Howard Grimm, Sarah Price, Jessica Goode, Doug Frauenholz, Chris Moleti.

November 7: Linda Bleau, Rolly Hayes, Heidi Wilson, Jennifer Bergendal, Kathy Mahoney, Lorna Circiello, Charles

Bolthrunis, Doug Smith, Dickie Brahm, Dennis Maroney, Ken Bibber, Andrew Capozzi, Rong Hui Feng, Patricia Dunn, Rozane Tyler-Malone.

November 8: Gabriella Malatesta, Teresa Hill, Grace Crupi, Deidre Peterson, Ed Mahoney, Jason Morley, Joel Haynsworth, Mary and Billy Cullen, Jim Hickey, Debbie Merz,

November 9: Kim Shultz, Chris Marino, Patricia Hickey, Jessica Billias, Kathy Carney, Eilenele Blanc and Roger Weber.

November 9, 1960 headline news: A younger generation of American politicians moved into power yesterday with the election of 43-year-old John Fitzgerald Kennedy as President of the United States.

November 10: Brian Olmstead, Amy Graciale, Diana DeMinico, Penelope Herman, John Roy, Pat Vanmaanen, Chris Peach, Bill Rauworth, Tom Cesso, Kaitlyn Dantona, Franklin Coombs, Colleen Munnelly.

November 11: Nina DalPozal Hall, Rosemary Shannon, Nina Wilson, gracious Alma Smith, Linda Pivacek, Dick Koehler, John Sullivan, Sam Rauworth, Dexter Shultz, Emad Nader Eskandar, Don Boudreau, Samantha Parascondola.

A reminder, November 11th is Veterans Day. Gee, it has been said World War II veterans are dying at the rate of one-thousand a day. In his book, "The Greatest Generation," Tom Brokaw credited the veterans who came of age

during the Great Depression and the Second World War for building modern America. Yes, it would be the World War II veterans who built, or bought homes in Nahant, that helped to make Nahant one of the best towns to live in.

Many of us still recall spending Veteran's Day at the Johnson School listening to the students paying tribute to Nahant's veterans. We have Peggy Silva, the popular Johnson School teacher to thank for initiating the annual Veteran's Day Tribute.

November 12: Rory Burke, Stephanie Ragusa, Michael Caira, Mickey Long, Jennifer Merrick, Garon Clements, Michele Dougherty, Cynthia Lynch, Bob Vanderslice, George Hall, Dan Perepelitza, John Pantelias, Rosalie Ryder, Todd Goodwin, Robert Scigliano, Chris Kelliher.

November 13: Pat O'Connor, Barbara Desmarais, Jesse Kaplan, Peg Pelley, Cynthia Shelley, Sara Riley, Bob Davis, Bob Gingras, John Benson W.D. Hodges, Tom Famulari, Robert Costello.

November 14: Kelly Dolan, Susan Pillsbury, Joe Ayer, Mary Doyle.

November 15: Alba Brahm, Rosalie Ryder, Rose Macera, Geraldine Ryan, Kathy Ryan, Mike Carr, Brent DeBerardinis, Mario Forgione, Steve McDonough, Justin Howard, Matthew O'Neil, Geoffrey Ayers.

November 16: Adrienne Gordon, Mildred Blydell, Andrea Murphy, Barbara Deines, John Mackey, Tanya

Ngangan, Leo Kane, Alan Barbacoff, Gertrude Abboud, David Akerley, Amelia Antrim.

November 17: Anne Shyjan, Annette Merlino, Sheila Dugan, Linda Weeden, Pam Wilson, Jeanne Fisher, Jeff Lonergran, Johnny Sullivan, Bill Pivacek, Darlene Crifo.

November 18: Mary-Anne Lombard, Noelle Slager, Lori Hayes, Susan Actor, Philomena Larocque, Anne-Marie Grady, Cathy Bishop, Kim O'Connell, Edward Tarlov, Ed Babin, Sarah Roy, Chris Turner, Dean Locke, Jr. and Chris Howard.

November 19: Joan Ventre, Karen Hosking, Roberta Lerman, Fred Jonas, Joe McDuff, Bill Hickey, Bruce Reeh, Sheryl Riccio-Atamian.

November 20: Michael Kairevich, Susan Edwards, Cecil Hollingsworth, Dick Nobrega, Ron Cameron, Pete Speridakos and Zachary Taylor.

November 21: Elaine Titus, Doug Breithaupt, Bob Gaynor, Dick Stevens, Jim Dolan, Karen Vail, Zachary Liscio.

November 22: Martha Keller, Jean Walsh, Marion Lester, Karen Wakefield, Dick Pelletier, Bob Dickenson, Jon Szostakowski, Ed Roy, Eli Mavros, Martin Fallon, Jacquelyn Ball, Steve Pritchard.

November 23: Kathy Marden, Jeff Blydell, Kris Carmody, Rita Pollock, Linda Salmon

November 24: Deborah Cormier, Janice Weiskel, Jodi Anastos, Dominique Comeau, Bob

Allard, Mike DePaolo, Dennis Collins, Joe O'Connor, Joey Bertorelli, Alessandro Massaro, Allison Colson, Norman LaLiberte.

November 25: Diane Albondy, Kristin Sullivan, Patricia Cronin, Barry Wooten, Pat Cooke, Jim Caccivio, Susanne Spano.

November 26: Anne Marie Manzano, Rita O'Donnell, Schuyler Livingston, Linda Tanfani, Diane Locke, Charlie Koehler, Jason Carmody, Aran Lessard, Michelle Davenport, Anita Goodman, Kalomoira Speridakos, Jonathan Dillon, Kim O'Reilly, Diane Palazzo, Ala Shub.

November 27: Sheryl Cardile, Nancy McNicholas, Delores Scanlon, Loreen Tirrell, Caitlin Sanborn, Jane Murphy, John Welsh, Paul Girard, John Mahoney.

November 28: Greg Keane, Cynthia Pierce, Allegra Parisi, Nell Valeri, Yvonne Julien, lovely Jean Hosker, Cynthia Gouchberg, Keith Arnold, Martin Henry, Wayne Terminello, Bill Bell, John Skabeikis, Roberta Ragusa, Venessa Carr, Marilyn Wellington.

November 29: Marie Meyer, Tina Marie Beauliev, Lindsay Barba, Nancy Gilman, Sharon Brauner, Joe Bradley, Tara Driscoll, Tracy Cutillo, Joshua Antrim, Filomena Savagnano.

November 30: Mary Derderian, Heather O'Leary, Anne Marie Barron, Bill White, Bill Coffey, Jr., Kevin Pothier, Patricia Lamondo, Edward Breen.

Happy Thanksgiving!

Let's Green Up Nahant!

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

Nahant Causeway Update

by Polly Bradley, Safer Waters in Massachusetts (SWIM)

Richard Sullivan, Commissioner of the Department of Conservation and Recreation (DCR), was guest speaker at the October meeting of Friends of Lynn and Nahant Beach (Friends). Commissioner Sullivan addressed DCR's plans for rehabilitation of the Ward Bath House, the status of the Nahant Causeway and Beach Renovation Project, the possibility of wind turbines on the Causeway and the improvement in algae control. He thanked Bob Tucker and the Friends of Lynn and Nahant, for their support and volunteer efforts.

Ward Bath House: The Ward Bath House, at the Nahant Rotary, will receive a \$500,000 improvement, in time for next year's swimming season. By summer, there will be a new roof on the central section of the Ward Bath House and the interior will be restored, so that bathers will again be able to change clothes and use the facilities. There is not yet enough funding to restore the two wings on either side of the Ward Bath House, so the wings will have to wait for at least another year. Robert F. Tucker, President of the Friends of Lynn and Nahant Beach, said, "The Friends of Lynn and Nahant Beach appreciate the efforts of DCR Commissioner Richard Sullivan to find the funds, in these difficult economic times, for the repair of the main building, at the Ward Bath House. The Friends have been diligently working for the restoration of the Ward Bath House."

Tucker continues, "Restoration of the Ward Bath House will be done in two phases. Phase One is re-roofing and securing the main building of the bath house. DCR will gut the interior, put in new women's and men's rooms, all new plumbing and electrical, new windows and new doors, along with a new floor. The lobby and adjacent offices will be completely remodeled. Phase Two will be what to do with the two annexes (the old concession stand area and the old MDC police sub-station). Work on Phase One will begin this year and the goal is to have it completed by Summer 2010." It is hoped that Phase Two will begin sometime in 2010.

Nahant Harbormaster James J. Ward, Jr., says, "Our family is grateful to Commissioner Sullivan of the Department of Conservation and Recreation and President Tucker of the Friends of Lynn and Nahant Beach, for all the work they have done to make possible the restoration of the Ward Bath House, named after my father, James J. Ward." Other surviving children of James J. Ward Sr. are Ruth Titus, Rosemary Griffin and Richard Ward.

Causeway Reconstruction: Reconstruction of the Nahant Causeway is not yet scheduled, according to Commissioner Sullivan. "Because of the current fiscal situation, the DCR has had to look carefully at its Capital Budget, which has been cut for the next five years. The DCR recently had a voluntary retirement/lay-off program which 54 employees took advantage of, who between them had 1,400 years of service to the Commonwealth. In addition, the Department eliminated 37 positions and had to lay off 27 individuals." Commissioner Sullivan said that in spite of these problems, the reconstruction of the Nahant Causeway is considered #1 priority and the DCR is looking into how to accomplish the \$20 million dollar project, as soon as possible. The DCR has not cut back on the Nahant Causeway plan. "That would be the absolute last resort," Sullivan said.

Wind Turbines on the Causeway? The specifications for wind turbines on the causeway have been written and when it has been determined that the reconstruction of the causeway can go forward, the DCR will also determine how and whether to install wind turbines to power the lights along the causeway. The DCR is forbidden, by Chapter 97 of the laws of the Commonwealth, from giving, or selling, beach property to a private developer. Therefore, the electric company would have to partner with a wind turbine manufacturer, to built windmills. There is also the possibility of a single larger windmill in the area. Commissioner Sullivan said that all wind turbine projects would have to go through the usual processes of environmental review. The DCR will be required to look carefully at the question of whether windmills would be hazardous to the nesting birds, migratory shore birds and wintering birds that frequent the area. Nahant, Lynn/Nahant Harbor, Nahant Bay and Egg Rock, have been declared an Important Bird Area, by the Massachusetts Audubon Society (MassAudubon), following international guidelines for declaring an Important Bird Area.

The day after the meeting, SWIM asked MassAudubon to comment on the project. "Mass Audubon appreciates DCR's careful approach to considering placement of wind turbines on Nahant Causeway," said Kathy Leahy, Mass Audubon's North Shore Advocacy Director. "Rapid climate warming is a major threat to wildlife in the Commonwealth. Innovative approaches such as this, when carefully considered with potential wildlife impacts, are part of the solution. Because the site is within a designated "Important Bird Area," attention must be given to understanding the flight patterns of the thousands of birds that travel between Nahant Bay and Lynn Harbor, before a project is approved. Also, the impacts to bats must be considered, as the turbines would be above lights, which are attractive to insects and bats. Determining a suitable wind turbine design must be part of the review process and if a project is approved and constructed, post-construction monitoring, to assess the impact of the turbines on bird and bats, is critical. We look forward to reviewing plans for the proposed wind turbines."

Algae: The nuisance alga, *Pilayella littoralis*, that for over a century has plagued the beaches of Nahant and Lynn, has been under excellent control, in the past year, thanks to the efforts of the DCR and the Nahant Department of Public Works. Robert F. Tucker, President of the Friends of Lynn and Nahant Beach, said, "The Friends positive partnership with the DCR, has resulted in a cleaner Lynn and Nahant Beach and the almost total elimination of the algae odor. Commissioner Sullivan and his staff have done an outstanding job." The Commissioner acknowledged his dedicated staff, who attended the meeting and are responsible for the great work done over the last two years: Nick Gove, Regional Director; Stephen Cyr, Supervisor; Chris Doctoroff, Acting District Manager and Dennis Kelly, Night Supervisor. The DCR is the state agency responsible for the Causeway and Nahant Beach (Long Beach to many Nahanters, as distinguished from Short Beach between Little Nahant and Big Nahant). Although the Causeway is located within the boundaries of the Town of Nahant, it is operated by the DCR, under a 99-year lease, renewed a few years ago. Long Beach algae cleanup is done by the DCR and Short Beach cleanup by the Town of Nahant. The DCR is also responsible for the Lynn portion of Lynn Shore Drive, while the Town of Swampscott is responsible for Swampscott's Kings Beach, on the shore road. The Swampscott portion of Lynn Shore Drive is still giving that town serious problems with algal odor.

All Nahanters owe a great debt of gratitude to the Friends, for their excellent work on Lynn and Nahant Beach. For more information on the Friends, see www.lynn-nahantbeach.org. The Friends meet every other month on the second Wednesday, at 7:00 p.m., at the Diamond District B&B, on Ocean Street, in Lynn. All are welcome. Thanks also to the DCR for its close attention to the Ward Bathhouse, the Causeway and the algae problem.

Photo: (Left) Richard Sullivan, Commissioner of the Department of Conservation and Recreation and (right) Robert F. Tucker, President of Friends of Lynn and Nahant Beach, at October Friends meeting.



NAHANT SUBSCRIBERS 2009

Harbor Review Sends Sincere Thanks and Appreciation

The words “Thank you!” seem hardly appropriate to convey how grateful I am to the Home Delivery and Out-of-Town subscribers, listed below for 2009. As you know, this paper operates solely through the income from ads and subscriptions. The next subscription drive will be for 2010. A subscription envelope for Home Delivery for 2010, will be included in the December issue. Again, thank you for providing the resources which allow me to continue this community newspaper. If you see a number in parenthesis, that indicates the number of subscriptions received from the household of the named. Thanks for the little extra gifts and friendly, supportive comments, also, that was sent in for the support of the Nahant Harbor Review.

If you have sent in a subscription for 2009, and don't see your name here, please send me a note c/o this newspaper, or send me an email, donna@nahant.com. Thank you.

Patricia Adolph, Fred Ahern, Jerry Alimenti, Margaret Antrim, Patricia Aswad (2), Kathleen Atkinson, Richard & Suzanne Bailey, Megan Bailey, Joseph J. Balsama, Glenn & Susan Bannon, Jeanne Baranek-Olmstead, Tess Bauta, Barbara Beatty, Nathan & Lisa Bell, Stanley Benischek, John A. Benson Family, Roger & Lynn Berkowitz, Elizabeth & Daniel Berman, Joseph M. Bertorelli, Paul Bertrand, Ken Bibber, Penny T. Billias, Marsha & Michael Billias, Chris Black, C & P Bolthrunis, Doris Bongiorno, June M. Borys, Scott Bradley, Polly & Larry Bradley, Randolph Bradley, Susan Branga, David & Anne Bromer, Norma Brooks, Edward Brown, Joanne Bryanos, Judith Bryant, Jeannie Buckley, John J. Buckley, Kathy Burns & John Condon, Chuck Butera, James & Susan Caccivio, Caggiano Family, Candace Cahill, Paul & Elaine Caira, Nancy Cantelmo & Mike Rauworth, Victor & Marion Capano, Kenneth Carangelo (2), Joseph & June Carmody, Jim McCurdy & Carole Keller, John & Catherine Carr, David & Katherine Carter, Rev. John P. Casey, Frances Casey (2), Jim & Debbie Cashman, Muriel Castronova, Malcolm Chamberlain (2), Helen Clements, Thomas & Patricia Clements, Collins Family, Arthur Collins, Jane Collins-Wilson, Mary & Dave Conlin, Luke Conlin, Patrick Conlin, Seamus Conlin, Judith A. Conn, Kim & Mark Conway, Bob & Carmella Cormier (2), Alice Cort & Dr. Bruce Walker, Helen Cort, Tom & Cindy Costin, Suzanne Cox, Claire Crane (2),

Barbara D'Amico, Charles Dean, Frank & Jo Ann DeIulis, Bob & Pat DelCastillo, Inga DeLuca, Catherine Demidenko, Roger & Diana DeMinico, Patricia Demit, Susan DePaolo, David & Elizabeth Desmond, Diane & Joe Desmond, Franco & Petra DiCostanzo, John Dineen, Thomas & Carol Doherty, James & Janet Dolan, Robert Donahue (2), F. Thom & Mary Donahue, Yvonne Donovan, Robert Doran, Mark Dougherty, Brian & Maria Douillette, Anna Dragon, Michael & Diane Dunfee, H. Dunn Family, Maureen Edison, Lollie Ennis, Kristina Etter, Jacob & Laura Erlich, Chris Eveleigh, Linda & Douglas Eveleigh, Constantine & Mary Evoos, David Fitzpatrick, David & Janet Flaherty, Beth Foley, Katee Foley, Neil & Ellie Foley, Sean Foley, William Forster, Peter & Elisabeth Foukal, Carolyn Fowle (2), Joanne Fucile, John R. Fulghum,

Sharilyn Gasparrelli, Cole & Joyce Gaudet (2), R. Cole Gaudet, Marcia Gaudet, Kevin L. Gavin, Bernadette Gaynor, Brenda Gaynor, Michael Georges, John & Nora Gergely (2), Ron & Jean Gerstenhaber, Jonathan Gilman & Octavia Randolph, Yanni & Maria Glavas, Mary Beth & James Godwin Family, Michael Golding, Estelle Goodell, Betty Gooding, Leslie Gould, Adolph Graciale, Michael Gray, Charlotte Grimm, Lucy Grimm, Sara Grimm, Bob & Gail Guiney, Linda Hall, Michael Goyetche, George & Alice Hall, Jeff & Jan Hall, Peg & Henry Hanagan, Joseph Haskell, Cal & Marrit Hastings (2), Bill & Kathie Hatfield, Laurence Heidebrecht, Susan Hendrickson, Robert Herne, Pat Hickey, Lea & Mal Hill, Don & Barbara Hodges, T. Rose Holdcraft, Laura Hollingsworth (2), Al & Patricia Hosker, Jim & Jean Hosker, James & Janice Hubbard, Francis Hudson Family (2), H. Hollis Hunnewell, Jean Inglis, Ioven Abbady Family, Mrs. J. Richard Jackson, Sue James, Carl & Linda Jenkins, Elizabeth B. Johnson, Pat Johnson & Bonnie Strong, Tom & Dottie Johnson,

Joseph Kane, Susan Kane (2), Virginia Kane, Stephen & Stacey Kasper, Kevin M. Kay, Judith Keenan, John & Martha Keller, Christine & Doug F. Kendall, John & Virginia Kerr, Susan Kerr, Kettell, G. Khaturnov & Lydia Gruzdeva, Bill & Valerie King, M/M William R. Kinley, J. L. Kirkman, Rich & Jean Kirouac, Joseph Klink, Adrian Kohn, Jim Konowitz, George & Kaly Koukounaris,

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Carl & Linda Maccario, Gregory & Patricia MacDonald, Franco & Rose Macera, Kevin & Terri Maguire, Susan Maguire (2), Mirjana & Stojan Maksimovic, Peter Malatesta, Richard Malatesta, William & Cynthia Mantzoukas, Edwin & Anna Manzano (2), Dennis & Joyce Maroney (2), Marie Martin, Ruth Maurer, Patricia McArdle, Francis L. McCain, Jr., Jim McCarty & Carole Keller, John & Linda McCarthy, Ruth McCarthy, Ted & Val McCarthy, Donald McCormack, Shaun McCormack, Bob & Gina McCoy, Patricia McDevitt, Noel & Mary Lou McGinn, Mary McGranahan & Lou Bentsen, Michael & Lisa McGrath, Kevin McKay, Kevin & Margaret Meagher, Dolores Merlino, Ernest & Mary Messina, Laura Michaud, Michael Michaud, Mary Lou Mihovan, Joseph Moccia, Ellen Morse, Paul & Pamela Morse, Pamela Motley, Rev. Teri Motley, Robert Munnely, Mike & Sally Murray, Nahant Associates, Nahant Historical Society, Nahant Housing Authority, Nahant Knights of Columbus, Stacie & John Nardizzi, Helen Niosi (2), Mark & Dawn Nocera, Kevin & Lori Nugent,

Thomas O'Connor, Olympic Construction, Joanna & Matthew O'Neil, David & Arlene O'Neill, Muriel O'Neill (2), John & Elizabeth Olson, Jay Patch, Meg Pelley, Lisa Perella, Dianas Georgia & Walter Perepelitza, Ann-Margreth Peterson, Natalie R. Petrovick, David Phelps, Margaret Piccola, Meg Pier, Bill & Linda Pivacek, Patricia Podrug, Norma & Ernie Poole, Greg & Colleen Poth, Roz & Andy Puleo, Wayne & Mary Ann Putnam (2), Antonella P. Raffaele, J. G. & Octavia Randolph, Joanna Reardon, Bruce & Gailanne Reeh (2), Sandy Rhodes, Wallace & Theresa Riddle III, Sara F. Riley, Chris & Nina Rogers, Edie Roland, Robert Roland, John & Alice Roy, Phil & Allison Russell,

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IN MEMORY OF

Victor Mihovan, 83

U.S. Army veteran, bookbinder

Victor M. Mihovan, age 83, of Nahant, died on Monday, October 19, 2009, at Salem Hospital, after being stricken suddenly. He was the husband of the late Irene M. (Legge) Mihovan and the son of the late George & Enfrosina (Mnolitna) Mihovan. Born and raised in Everett, he lived in Nahant for the past 53 years. A graduate of Everett High School, class of 1944, he was a United States Army veteran of World War II.

Mr. Mihovan worked as a bookbinder for Boston Mailing Company, in Boston and Seacoast Bindery, in Salem. Later, he worked as a parking lot attendant for the Athanas family, in the parking lot behind the Hawthorne Restaurant, in downtown Lynn. He enjoyed trips to Foxwood with his sisters and sitting on his front porch watching the ocean. He was devoted to his family.

He is survived by his two sons, George Mihovan and his wife Mary Lou, of Nahant and Edward Mihovan of Nahant; two daughters, Anne Matthews of Swampscott and Ellen Wilson and her husband Wayne of Nahant; grandchildren, Danielle & Tara Matthews, Ryan & Erik Mihovan and Adam Wilson. He was the brother of Mary Duggan of Winchester, Pauline Mihovan of Everett, Steven Mihovan of Maine, Sylvester Mihovan of Lenox, Walter Mihovan of Everett and the late George Mihovan.

Thomas C. Famulari

January 10, 1919 - October 5, 2009

Mr. Thomas C. "Tom" Famulari, age 90, of Nahant, died Monday at his home after a brief illness. He was the husband of the late Eileen (Sweeney) Famulari. A lifelong Nahant resident, he was the son of the late Frank and Mary (Moleti) Famulari. He attended Nahant schools and was a graduate of Lynn Classical High School, class of 1938. He served in the United States Merchant Marines.

He was the owner and bartender at Tom's Central Café in Lynn, for many years. He was a member of the Knights of Columbus, Nahant. An avid skier, he was still skiing into his eighties. He and his wife enjoyed spending time at their camp, on Lake Ossipee, in Freedom, NH. He'll be remembered as a loving uncle who loved his family.

Tom is survived by his nieces and nephews; Thomas Famulari and his wife Kathy and Peter Famulari, all of Nahant; David Famulari and his wife Nancy of Florida, Patricia Sweeney-Colanto and Neil Sweeney, both of Beverly, Tim Sweeney of Oregon, Kathleen McNamara and her husband William of NH and Linda Murray and her husband Calvin of Florida; his sister-in-law; Dorothy Famulari of Nahant; as well as many great nieces and nephews. He was the brother of the late D. Frank Famulari and uncle of the late Nancy Famulari. His funeral was held in the Ellingwood Chapel, at Greenlawn Cemetery, Nahant.

Thomas H. Letarte

April 7, 1921 - July 26, 2009

Thomas H. Letarte, age 88, a longtime resident of Salem, passed on July 26, 2009. His loving wife of 54 years, Amelia "Amy" M. (Santisi) Letarte, predeceased him in 1998. Born in Salem the son of the late Benjamin and Helen (McNiff) Letarte, he was raised and educated in Salem schools. While working part time in downtown Salem, he met the "girl of his dreams," Amy Santisi and they continued dating through high school. Following his graduation from Salem High School Mr. Letarte served in the United States Navy during World War II. While in the Navy, Tom and Amy married and established their home in Beverly, eventually settling in Salem in the early 1960s.

Following his discharge, Mr. Letarte showed his entrepreneurial skills and established the Candlepin Lanes bowling establishment, on Broadway, in Salem. He took great pride in providing recreational enjoyment for families. An avid dog racing fan, he had owned a kennel which raced in both Plainfield, CT and Seabrook, NH.

Mr. Letarte's primary interest in life was his family. He is survived by two children Cynthia Pierce Gouchberg of Nahant, with whom he had resided and Thomas J. "T.J." Letarte and his wife Karen of New Canaan, CT; two brothers William Letarte of Costa Rica and Robert Letarte of Michigan; three sisters Dot Talbot of Danvers, Helen Albergeni of Peabody and Madeline Saunders of Salem; five grandchildren Peter Grant Pierce, Jr. of Columbus, Ohio, Thomas Pierce of Magna, Utah, Tayler Gouchberg of Nahant, Brendan and Tyler Letarte of New Canaan, CT; four great grandchildren Cooper and Lilly Sare-Pierce and Brooklyn and Brandon Rissman and many nieces and nephews. He was predeceased by five brothers Albert, Benjamin, Joseph, Gilbert and John Letarte and two sisters Agnes Powers and Louise Schultz.

Later in life he also enjoyed two wonderful companions, Beatrice Keene of Marblehead and the late Lois Giller.



**To each and everyone,
who waited in line for hours.
To each of you who sent so many
spiritual enrollments.
To each of you who sent so many
beautiful cards, flowers,
fruit baskets, food offerings,
Those of you who so graciously donated
to our cause or your own personal
ones...and especially to each and
everyone who thought
of us that day with whatever you
said or did to console our hearts.**

**To all of you we extend
our heartfelt "thank you"
from the family of
Gennaro J (Jerry) Angiulo,
Barbara, Frank, Jason,
Gennaro Jay and Barbara Jay**

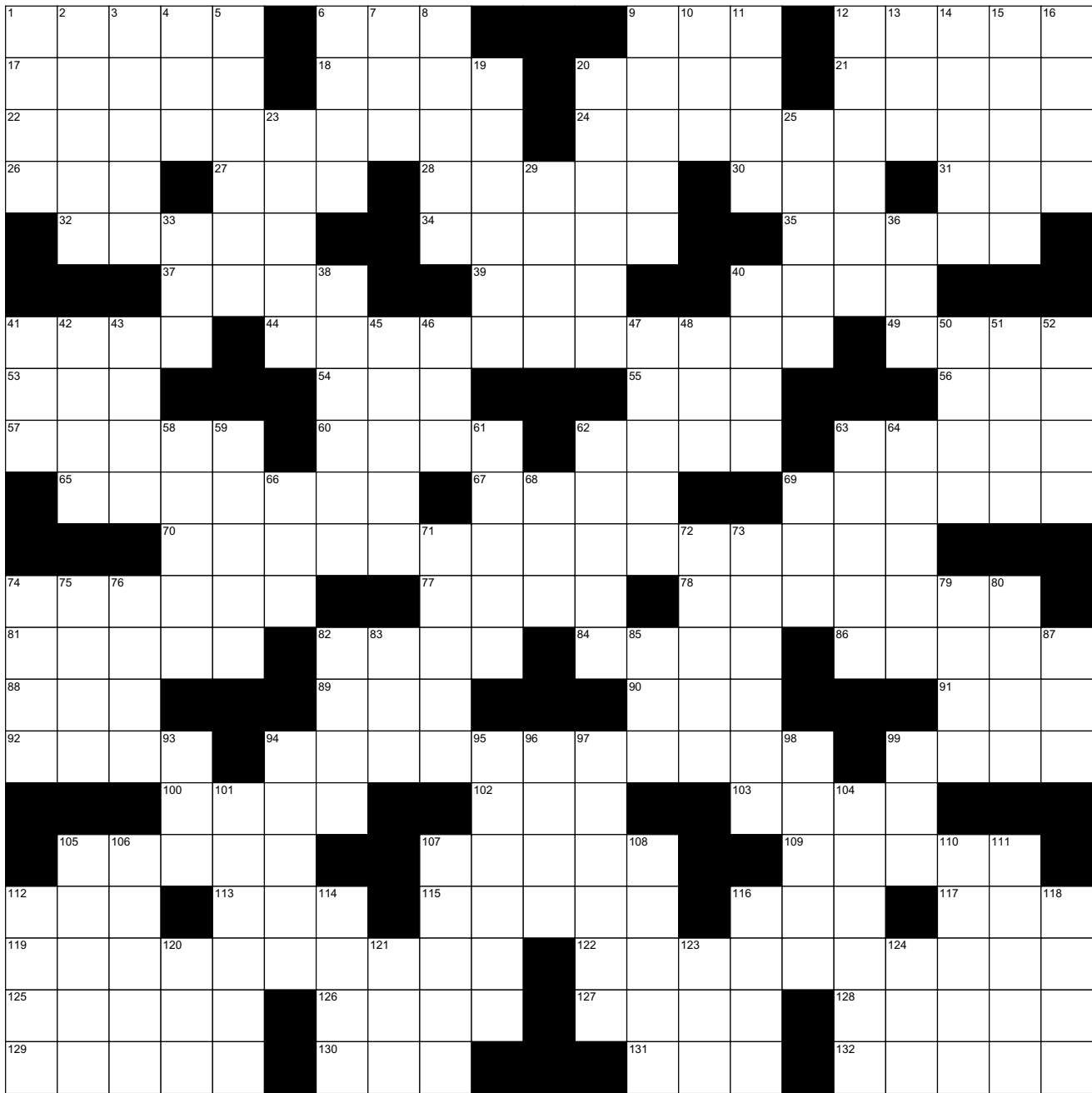


**Remembrance
Marilyn Barisano
October 23, 2002**

*Across the years I will walk with you-
in deep, green forests; on shores of sand:
and when our time on earth is through, in
heaven, too, you will have my hand.
Your loving husband*

NAHANT PUZZLE PAGE

What's in a Name?
by Rick Kennedy



- 59 Beads of moisture
61 Dear ones
62 Swamp
63 Men
64 Fund
66 Beads of moisture
68 Sea, to Debussy
69 British parent, familiarly
71 Ward off
72 Trial figure
73 Enlarges
74 Is shy, in a way
75 Bear in the sky
76 Level
79 Season
80 Dither
82 Sailors
83 Agreement abroad
85 Tally
87 Low
93 Left end?
94 Pitcher Ryan
95 Risk takers
96 Clinches
97 Designate
98 Blue Monster golf course
99 *Letters between two names, and a hint to this puzzle's theme*
101 Crunchy vegetable
104 Further away, in a way
105 Location of 98 Down
106 Leading
107 Activity for rollers
108 Express contempt
110 Sailing vessel
111 Concise
112 Quarrel
114 Facts and figures
116 Mischief
118 Paradise lost
120 One way to work
121 Little bit
123 Word before sheet or music
124 Part of TGIF

ACROSS

- 1 Letter salutation
6 Total
9 Letter salutation
12 Hides
17 Hold 'em variation
18 Driver's warning?
20 Sicilian peak
21 Blessing preceder
22 *Anna Mae Bullock*
24 *Richard Starkey*
26 PC key
27 Game with Skip cards
28 Pergola
30 Perch
31 Dab
32 ____ Matisse
34 Pub game
35 Table cloth fabric
37 1976 top 10 hit for Kiss
39 Mai ____

- 40 Numerical prefix
41 Popular science series
44 *Harry Longabaugh*
49 "Come to ____"
53 Mirror
54 Flying Cloud automaker
55 Autumn arrival
56 Ossuary, maybe
57 Gripes
60 Rod's partner
62 Track action
63 Rate
65 Freshwater crustacean
67 Poet Khayyám
69 Get by
70 *Alex Hidell*
74 Bandit
77 Architect Saarinen
78 Break (2 wds.)
81 Watch station?
82 Lawmen
84 Car category

- 86 Teem
88 Compass pt.
89 Regret
90 Article in Arles
91 Sign of summer
92 Bollywood cover-up
94 *Noah Kaminsky*
99 Singing voice
100 Garbage hauler
102 Window units, briefly
103 Punch
105 ____ 6
107 Salad green
109 Friars Club event
112 Sloth, e.g.
113 Chap
115 Varnish ingredient
116 "2001" computer
117 Traveller's rider
119 *Patricia Andrejewski*
122 *Leslie Lynch King, Jr*

- 125 Dijon darling
126 Last call?
127 Close
128 Uneven
129 Drunk
130 Pitches
131 Tach reading, for short
132 Turn red, maybe

DOWN

- 1 Speck
2 Plain folk
3 Flicker
4 "I get it!"
5 Developed
6 Big do
7 Wear
8 Apprehension
9 Awakens
10 Lodge
11 Tatters
12 Varnish resin
13 Take steps

- 14 Mold
15 Holy text
16 Arrange
19 Literary slips
20 Blue
23 Hand and foot
25 Blotto
29 Muffin ingredient
33 Org. with guards
36 Slumber
38 "Yeah!"
40 Declines
41 Arrest
42 Crude letters?
43 Swerve
45 "I ____ Lover" (1979 John Cougar hit)
46 ____-eyed
47 Madrid month
48 Baby fox
50 Halo
51 Snob
52 Opening stake
58 Angel ____

Land Ho!
By Rick Kennedy

Last month’s winner was Judith M. Rotiroti, of Castle Road, Nahant. She has won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside’s Restaurant, on Nahant Road, 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.

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

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.

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



Nahant Harbor Review

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donna@ nahant.com • www.nahant.com

DEADLINE INFORMATION
DECEMBER 2009

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
SUNDAY, November 15th • 5:00 P.M.
Home Delivery: Saturday, November 28th.

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The Puzzle Guy:	Rick Kennedy	781-592-8616
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Bob Roland	978-273-5338
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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*
*Every month, there are a few hundred more newspapers (printer’s over-run), which are distributed to stores and public places in Lynn and Swampscott.	

Harbor Review Subscription Information

Help support Nahant’s ONLY independent, community newspaper. Become a **Home Delivery Subscriber** to have the news delivered right to your door!
Send \$20 for home delivery, or \$30 for an Out-of-Town Subscription, with delivery address, to:
Nahant Harbor Review, PO Box 88, Nahant, MA 01908.
Thank you for your support!

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.

Council On Aging Calendar - November 2009

Mon.	2	12:00P	Blood Pressure & Glucose Clinic – Tiffany Room
Thurs.	5	11:30A	TRIP-Theatre & Dinner at Old Sturbridge Village
Fri.	6	1:00P	Movie – My Fair Lady
Wed.	11		DINING ROOM CLOSED- VETERANS’ DAY
Wed.	18	Noon	November Birthdays – Birthday cake by Roz – Tiffany Room
Fri.	20	1:00P	Movie – The Christmas Card
Thur.	26		HAPPY THANKSGIVING – DINING ROOM CLOSED
Sat.	28	10:00A	Lions Eye Mobile – Town Hall - Rear, till 3:00P

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

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

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

Please refer to “COA NOTEBOOK,” column at left, for more information.

COA NOTEBOOK

By Diane Desmond

The Council On Aging is planning a Theatre and Dinner Trip to Old Sturbridge Village, on November 5th. The trip includes a complete dinner, at the Oliver Wright Tavern, and a musical show that includes performers from Broadway, at the theatre at Old Sturbridge. Dinner will begin at 11:30 a.m., followed by the performance. The cost of the trip is \$41.50. The seating is limited, as we are using the COA van. If interested, please get your reservation in as soon as possible. It is our hope to enjoy the foliage, as it should be colorful in the Sturbridge area. CALL FOR RESERVATIONS AT 781-581-7557, or e-mail us at ddesmond@nahant.org.

The Nahant Lions Club will have their eye-mobile at the rear of the Town Hall, on Saturday, November 28th, in conjunction with the annual craft fair, being held at the Town Hall. The hours for the eye-mobile are 10:00 a.m. to 3:00 p.m.

We welcome you at these events.
HAPPY THANKSGIVING !!!!

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

09.09.09—LUCKY NUMBER

A poem by Rozi Theohari

Today—nine leaves of the Maple tree
Became red.
The Maine lobster’s price went down.
9-9-09, Wednesday—my appointment with Dr. de Venecia—
At Mass. Eye and Ear Infirmary—his prescription for 99 pills.
At 9:00 AM—Martha Stewart show: “Pack your Own Lunch Week”.
North Korea marks anniversary—youths dancing.
Nine—the number of completion.
NASA’s Hubble Space Telescope
Rebuilt by astronauts—in the universe somewhere.
Sudanese woman journalist—freed after
Her conviction to wear trousers.
In our church, Rev. Titus advised—don’t shake hands
To prevent catching H1N1 (swine flu).
Today, in Boston—generations of fans
Take gaming guitars in hand—to play like the Beatles.
Today: 09.09.09—numbers align for weddings:
Nine couples in Hollywood spend 99 cents
To get married at a 99 Cents Only Store!
Today: A copy of a Robert Frost poem:
“The Road Less Traveled” and white roses
Were placed on the late Edward M. Kennedy’s Senate desk.
The date 09.09.09 ended in the night
With President Obama’s speech—urging Congress
To overhaul the expanded health care coverage.
Time is flying supersonic...

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



Where’s HOOMPA?

Here’s HOOMPA with Richard Cadigan and his grandfather, Joe Desmond, on the deck of the M/V North Star, in Cookl Inlet, Alaska. The mountains in the background are the southern tip of the Kenai Peninsula. Richard’s Dad, Dick Cadigan, is the captain of the M/V North Star, an 840 foot, Roll-on, Roll-off Freightship.

EMERGENCY MANAGEMENT

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

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

Community Calendar • November 2009

NOVEMBER

SUN	1		DAYLIGHT SAVINGS TIME ENDS
SUN	1		ALL SAINTS DAY
SUN	1	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
FRI	6	8:00A	NVC FREE Breakfast at Village Church.
FRI	6	12:30P	Johnson School Celebration for Veterans. Till 2:00 p.m.
SUN	8	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	8	3:00P	Ordination of Rev. Teri Motley at NVC, followed by a reception in Swansburg Hall
SUN	8	3:00P	Dorothy Stephens at Nahant Library.
MON	9	7:00P	SWIM Meeting. Northeastern University.
TUE	10	11:00A	Woman's Club Meeting at Village Church
WED	11		VETERANS DAY
WED	11	11:00A	Memorial Service for Veterans at Greenlawn Cemetery
SAT	14	5:00P	Italian Supper at Nahant Village Church. Till 8:00 p.m.
SUN	15	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	15	3:00P	Ore Vacketta at Nahant Library
MON	16	6:00P	Woman's Club Fundraiser at Tides Restaurant.
WED	18	9:00A	Voter Registration at Town Hall till 8:00 p.m.
THU	19	10:00A	Garden Club Meeting. Peter Alden, guest speaker.
SAT	21	9:00A	Lions Turkey Shoot, at the DPW, till 3:00 p.m.
SUN	22	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
THU	26		HAPPY THANKSGIVING!
SAT	28	10:00A	The Lions Eye Mobile at the Town Hall, until 3:00 p.m.
SAT	28	9:00A	Nahant Holiday Fair at Nahant Town Hall. Till 3:00 p.m.
SUN	29	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.

DECEMBER

SAT	5	9:00A	Gifts of the Magi Christmas Fair at the Nahant Village Church. Till 3:00 p.m.
SUN	6	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	13	9:00A	Santa Pancake Breakfast. Nahant country Club. Till noon.
SUN	13	2:00P	Faith: A Mother's Story, an advent play by Olivia Woodford at NVC



Wedding Bells

Neal and Joanne Sullivan, of Nahant, announce the engagement of their daughter, Coreen Sullivan, to Brian Gendron, son of Kathy and Brian Gendron, of Westford. The bride-to-be is a graduate of Swampscott High School, the University of Massachusetts Amherst and the New England School of Law. She is an Attorney at the Law Offices of Judith A. Wayne and Associates, in Lynn. Her fiance is a graduate of Westford Academy and Fitchburg State College. He is a police officer in Westford, MA and is enrolled in a criminal justice master's program at Anna Maria College. A June wedding at the Nahant Country Club is planned.



Where's HOOMPA?

Here's HOOMPA with Alisa and Emma DeDominicis at Lake Zurich, in the town of Rapperswil, Switzerland.

Nahant Village Church • All Faiths Welcome!

Sunday School & Worship Service
begins at 10:30 a.m. Social Hour: 11:30 a.m.



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. • Johnson School
School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.
PTO • first Tuesday • 6:00 p.m. • Johnson School

FREE Nahant Dory Club Decal
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Call Rob Scanlan, 781-595-6225.

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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Thanksgiving Holiday!
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