



Nahant Harbor Review

A monthly publication, in service since March 1994, dedicated to strengthening the spirit of community by serving the interests of the people thru the civic, religious and business organizations of Nahant, Massachusetts, USA.

Volume 17 Issue 2

Happy Valentine's Day

FEBRUARY 2010

Bald Eagle in Nahant

This is a magnificent Bald Eagle, spotted and photographed by Nahanter Doug Eveleigh, at Tudor Beach, on January 8th, 2010.

Submitted by Linda Pivacek



Know Someone Who Wants to live in Nahant?

Small, one bedroom cottage for rent. Knotty pine walls and oak parquet floors. One large bedroom, w/ walk-in closet and walk-out large front deck. Kitchen with lots of cabinets, bathroom with tub/shower, washer/dryer, large open dining/living area, small back deck at rear entrance and small sun room at front entrance. Lots of storage space. Cottage sits above street level allowing view of ocean view. Quiet neighborhood. Steps to shore for fishing, or swimming and a short walk to golf and restaurant, Bailey's Hill Park and public transportation.

Rent reduced, was \$1,200. Now \$1,000.
Tenant pays all utilities. **Sec. 8 accepted.**

**Call 781-581-0648 or email
donna@nahant.com.**

Nomination Papers Available

Nomination papers for candidates seeking election to Nahant's elected positions, at the

April 24th Town Meeting and Election Day, are now available. Papers must be filled with signatures and returned to the Town Clerk/Registrar's office, at the Town Hall on Nahant Road, by March 8th, 2010. For more information, call Peggy Barile, Nahant Town Clerk, 781-581-0018.

Nahant Election Results

Scott Brown was the official winner in Nahant, Martha Coakley came in second and Joe Kennedy came in last. Voting was as follows: Scott Brown, 880 votes, Martha Coakley, 877 votes and Joe Kennedy, garnered 13 votes. Twenty-one votes cast were blank. A total of 1,791 votes were cast, out of 2,541 registered voters, which represents 70.4% of the total registered voters in Nahant.

Police Chief Waters Receives LACC Nahant Town Pride Award

Every year the Lynn Area Chamber of Commerce (LACC), representing Lynn, Lynnfield, Nahant and Swampscott since 1912, recognizes the outstanding contributions made by business owners and the work of valued municipal employees at our Annual Meeting and Excellence in Business Awards. The award dinner was held on Thursday, January 28th, at the Boston Hilton Logan Airport Grand Ballroom.

Chief Waters was nominated by his peers and members of the LACC Board because he embodies the definition of commitment and passion for his work and community and consistently goes above and beyond the call of duty. He shares the spotlight with other very talented, intelligent, professional municipal employees.

Chief Waters has served the Town of Nahant since 1962 with full dedication and is known for going the extra mile. He has made outfitted the Nahant Police Department with the latest in equipment and technology. He expects the best and highest degree of performance from his officers and staff, which is gladly given.

Since 1962, Chief Waters has served the Town of Nahant through many important positions: the Dept. of Public Works, as a Call Firefighter and permanent Firefighter, as Civil Defense Director, Elected Constable, Police Officer, Police Sgt., Creator and Director of Ocean Rescue, Harbormaster and, for the past ten years, as Chief of Police.

He is well deserving of this recognition as he has gained the respect of the townspeople through his dedication above and beyond what is normally expected from a Town official. Congratulations, Chief!



Dave Conlin Named Trustee of Boston Biomedical Research Institute

Boston Biomedical Research Institute named five new Trustees to lead the organization, by joining the Board. Among them, was David Conlin of Nahant, who was elected as a Corporator, in 2008 and currently serves on the Patent and Tech Transfer Committee.

Conlin headed the Edwards & Angell IP Practice group, from 2000 to 2004. Prior to Edwards & Angell, he was a partner at Dike, Bronstein, Roberts & Cushman, from 1975 to 2000. He was the Technical Advisor (Law Clerk) to Judge Baldwin at the CCPA from 1971 through 1973. He was also a U.S. Patent Examiner (1967-1971) and a Chemical Engineer, at DuPont (1965-1967).

He is a member of the American Intellectual Property Law Association, the Virginia State Bar, the American Bar Association, the Boston Patent Law Association, the American Trial Lawyers Association, the Boston Bar Association and the Massachusetts Bar Assoc.

Conlin has lectured in intellectual property law for the Patent Resources Group (PRG), the Massachusetts Bar Association, BusinessWeek Biotechnology Conference Series, the National Institutes of Health, Massachusetts Continuing Legal Education – New England Law Institute (MCLE-NELI), the Practicing Law Institute, the Boston Bar Association and the Massachusetts Bar Association.

The Boston Biomedical Research Institute is a not-for-profit institution, dedicated to the understanding, treatment and prevention of specific human diseases, such as muscular dystrophy, cancer, cardiovascular disease and Alzheimer's. For more information, visit us on the web at www.bbri.org.



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Lions Night at the Tides

It's mid-winter and everyone needs a lift and an ocean view. Take a night off from cooking and help raise money for Lions Eye Research Programs.

The Nahant Lions Club is hosting an evening at the Tides, on Thursday, February 4th, from 6:00 to 9:00 p.m.

There is no cover charge for the evening, just order anything you like off the menu. A portion of the food and beverage proceeds, as well as a 50/50 raffle, will benefit this worthy cause.

So, come dine at the Tides on Feb. 4th, from 6:00 to 9:00 p.m., in support of Eye Research and enter a 50/50 raffle!

Submitted by Mark S. Reenstierna

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

Nahant Public Library, located at 15 Pleasant Street in Nahant, will present David Polansky's "Concert of Original Music" on Thursday, February 4th, at 3:00 p.m.

David Polansky's songs have won numerous awards, including the Artists' Foundation Fellowship, Sheet Music Magazine Grand Prize, and Music City Song Festival. His Animal Alphabet Songs were spotlighted on Morning Edition on National Public Radio.

The Nahant Public Library (781-581-0306) is grateful to the Friends of the Library, for funding the program. Children with parents are welcome. Admission is free.

Dan Gets Personal at Woman's Club Meeting

Nahant's erudite, irrepressible Library Director, Dan DeStefano, will be the speaker at the February 9th meeting, of the Nahant Woman's Club. Dan's topic will be "Personal Recollections." Since Dan has a vast store of amusing stories, his talk should be a don't-miss.

The meeting will be at the Nahant Public Library, from 10:30 to noon. Emily Potts will give the invocation. Hostesses will be Margaret Piccola and Maria Welsh. See you there!

Library Book Sale

The Friends of the Nahant Public Library announce a Book Sale, from Saturday, January 30th, through Sunday, February 7th, during regular library hours, which are: Mondays through Thursdays, from 10:00 a.m. to noon and 2:00 p.m. to 8:00 p.m.; Fridays 10:00 a.m. to noon and 2:00 to 5:00 p.m.; Saturdays and Sundays from 2:00 to 5:00 p.m.

There will be best-sellers, biographies, non-fiction, coffee table books, discards from the library attic and many other interesting books for sale. There will also be a limited amount of CDs, audio and video tapes available.

We are accepting your book donations at the library. We will not be accepting magazines.

Thank you for supporting your library.

Submitted by Robin deStefano

Nahant Garden Club News

The Christmas season kept us all very busy! What would we do without Marie and Ken Ford, who decorated our Town buildings with lovely Christmas wreaths, with Marie's spectacular red bows. Our Garden Club members were busy crafting for our Greens

Boutique, so people could buy and enjoy fresh green centerpieces, boxwood trees, and paperwhites.

The Woman's Club joined us for a Christmas party at the Knights of Columbus, where we enjoyed five delicious soups and desserts, while listening to the Jewel Tones, from the Marblehead High School, sing Christmas carols.

All our hard work enables us to give support to the Massachusetts Audubon and Massachusetts Horticultural Societies, as well as continue our annual scholarship each year.

We look forward to spring, when our bulbs give their show at the Spindrift.

The Garden Club is having a field trip on Monday, February 15th, to the Espousal Center in North Waltham, to learn tips for growing successful orchids and use in design. Members and guests will meet at the St. Thomas Aquinas Church at 8:30 a.m. to form carpools. There will be a \$5 donation at the door.

Village Church Breakfast February 5th **Traditional Breads: A Success Story**

This month's presentation will be given by Fitzroy Alexander, founder and owner of Traditional Breads in Lynn. He will tell us the story of Traditional Breads and bring samples of his bread for us to try. Come hear a success story of how Fitzroy Alexander, started this superb bakery which now employs more than a hundred people, at the next breakfast at the Nahant Village Church, to be held on Friday, February 5th. Breakfast begins at 8:00 a.m. with the presentation starting at 8:30 a.m.

Plan to come and please, bring one or more, friends for a hearty breakfast, some wonderful camaraderie and what promises to be an interesting talk.

Submitted by Marrit Hastings

Ash Wednesday Service at the Nahant Village Church

Join with neighbors and friends at 7:00 p.m., Wednesday, February 17th, to mark the beginning of Lent. Ash Wednesday is the first day of Lent, forty-six days (forty days, not counting Sundays) before Easter.

Traditionally, Lent has been a time to give up a habit, or practice, that diminishes our relationship with God, neighbor and self.

Begin your Lenten journey in the Chapel of the Nahant Village Church, on Ash Wednesday, February 17th and join us, each of the following Sundays, through Easter Sunday, April 4th.

For more information, call Rev. Dr. Larry Titus, at 781-581-1202.

Come Sing in the Easter Choir

Have you ever wanted to sing in a choir? Well, here's your chance to be involved, just for Easter! All levels of experience is welcome – including those with no experience! Come join the Nahant Village Church Choir for rehearsals, during the Sundays of Lent and sing with us, at our 10:30 a.m. Easter Sunday Worship Service, on Sunday, April 4th, 2010. The rehearsal schedule is:

- * Sunday, February 21 from 11:45 a.m. to 12:30 p.m., in the chapel
- * Sunday, February 28 from 11:45 a.m. to 12:30 p.m., in the chapel
- * Sunday, March 7 from 11:45 a.m. to 12:30 p.m., in the chapel
- * Sunday, March 14 from 11:45 a.m. to 12:30 p.m., in the chapel
- * Sunday, March 21 from 11:45 a.m. to 12:30 p.m., in the chapel
- * Sunday, March 28 from 11:45 a.m. to 12:30 p.m., in the choir loft in the sanctuary
- * Sunday, April 4 from 9:00 a.m. to 10:00 a.m., in the choir loft in the sanctuary

Rehearsals will be held at the Nahant Village Church, which is located at 27 Cliff St., Nahant. For more information, email Choir Director Joe Stoddard at jstoddardjr@hotmail.com (please write NVC in the subject line), or call him at, (781) 599-6932. You can also visit the NVC Choir on Facebook, at www.facebook.com/nahantchoir.

Calling All Chili Fans

Submitted by Kellie Frary, Nahant Youth Soccer

As an event fundraiser, the Nahant Youth Soccer Association is bringing back the Chili Challenge!! We are hosting the event at the Nahant Knights of Columbus, on Saturday, March 13th, from 5:00 to 8:00 p.m. This will be a family event and we need your help.

We are looking for as many different Chili creations as possible. We will have an amateur and a professional category. In the past, chili chefs have served everything from Firehouse Hot to vegetarian to veal-based. We can't wait to see what Nahant can create this year!

We are also in need of crock-pot donations.

If you are interested in "Taking the Chili Challenge," we will need one crock-pot full of chili from each participant, at the Knights Hall, by 3:00 p.m. Judging will begin at 4:00 p.m.

If you are not a cook, please plan to attend the event in support of the Nahant Youth Soccer organization. We will also offer hotdogs and desserts, for those who don't dare to taste the challenge. Keep watch for more information.

Please call Kellie Frary at 781-775-0480, or Susan Rosa at 781-842-2448, to be listed as a participant.

Nahant Democrats to Caucus

A caucus of Nahant Democrats will take place on Saturday, February 13th, at 10:00 a.m., at the Nahant Town Hall, 334 Nahant Road, in Nahant. The purpose of the caucus is to elect delegates and alternates to the Massachusetts Democratic State Nominating Convention, to be held in Worcester on June 4th and 5th, 2010. The caucus is open to all registered Democrats in the Town of Nahant. Please note that attendees must be registered between 9:45 a.m. and 10:15 a.m., on February 13th, in order to participate and vote.

The Nahant Town Hall is handicapped-accessible and all registered Democrats in Nahant are welcome, without regard to ethnicity, religion, sexual orientation, gender, or race.

The Convention will nominate candidates for Governor, Lt. Governor, Secretary of State, Treasurer and Auditor. Questions may be addressed to Jim Walsh, Chairman, Nahant Democratic Town Committee, 781-599-5533.

Submitted by Jim Walsh

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They've Done It AGAIN!

Once again, precisely at noon on New Year's Day, a large crowd of Nahant "polar bears," "sea serpents," or whatever you want to call them, challenged the elements on a bitterly cold day to frolick in the surf. Eat your hearts out, "L-Street Brownies!"

Photos by Christine Stevens.

#77

It was about 1:00 p.m., Lauren was driving to visit a friend. An UNMARKED police car pulled up behind her and put his lights on. Lauren's parents have always told her never to pull over for an unmarked car on the side of the road, but, rather, to wait until they get to a gas station, etc. Lauren actually heeded her parents' advice and promptly dialed *77 on her cell phone.

When the police dispatcher responded, she told him that she would not pull over right away. She proceeded to tell the dispatcher that there was an unmarked police car, with a flashing red light on his rooftop, behind her. The dispatcher checked to see if there were police cars in her area. No police vehicles were in her area. He told her to remain calm, keep driving and that he had back-up on the way.

Ten minutes later, four police cars surrounded her and the unmarked car behind her. One officer went to her side and the others surrounded the car behind. They pulled the guy from the car and tackled him to the ground. The man was a convicted rapist, wanted for other crimes.

I never knew about the *77 Cell Phone Feature, but especially for a woman alone in a car, you should never pull over for an unmarked car. Drive safely to the closest police station, fire station, or public place. Apparently, the police have to respect your right to keep driving until you can pull over in a safe place.

*Speaking to a service representative at Bell Mobility, it was confirmed that *77 is a direct link to State trooper information. So, now it's your turn to let your friends know about *77.

Send this to every person you know; it may save a life. This applies to ALL 50 states.

Submitted by Roz Puleo and others



National Writing Contest for High School Students with Hearing Loss

High school sophomores and juniors, who are deaf, or hard of hearing can use the power of words to express their feelings and win prizes in the 5th annual Rochester Institute of Technology SpiRiT Writing Contest.

Winners will have their choice of a scholarship and travel expenses to the Explore Your Future program at RIT's National Technical Institute for the Deaf (NTID), or a \$500 cash prize. EYF is a six-day summer career exploration program for deaf and hard-of-hearing students, that gives them the opportunity to sample different careers, as well as college life.

Entries will include creative writing, such as a short story, or poem, a short writing sample and a personal reflection.

Last year's winners were Evan Brown, of Guilford, Conn., Zach Jodlowski, of St. Louis, Mo., Thomas Debraggio, of Clinton, NY and Francesca Hurley, of Indianapolis, Ind.

The deadline to enter this year's competition is March 15, 2010. For complete contest guidelines and entry information, visit www.rit.edu/NTID/WritingContestNR.

RIT is internationally recognized as a leader, for providing computing, engineering, imaging technology and fine and applied arts programs, providing unparalleled support services for students with hearing loss. More than 1,450 NTID students study, live and socialize, with more than 16,000 hearing students on RIT's Rochester, NY campus. Visit: www.ntid.rit.edu.

Magic Show at the Nahant Library

Nahant Public Library (781-581-0306), located at 15 Pleasant Street in Nahant, invites the community to the interactive, educational, and entertaining Magic Show with the famous Professor Readalot (Greg McAdams), on Thursday, March 18, 2010, at 3:00 p.m. The Library is grateful to the Friends of the Library for funding this program. Admission is free.

Submitted by Rita Stepanova, Children's Librarian

We Can All Help

The Nahant Village Church will be collecting items to be assembled as hygiene kits for survivors of the devastation in Haiti. We all know how generous Nahanters are in times of trouble and we are counting on the Nahant community to help us in this humanitarian effort.

The items to be included in each kit are: one hand towel (about 16" x 28" - no fingertip or bath towels), one washcloth, one wide-toothed comb, one nail clipper (no metal files or emery boards), one bar of soap (bath-sized in wrapper), one toothbrush (in original package) and six band-aids. (Toothpaste will be supplied by Church World Service.) All items must be in new condition.

Monetary donations will also be gladly accepted to help with the shipping expense which is \$2 per kit. Checks should be made out to the Nahant Village Church. Please note on the memo line: "Help for Haiti." Please donate whatever you can. We will fill in missing items in order to complete as many kits as possible.

Please bring your items to the NVC on or before Ash Wednesday, February 17th, or call Donna at 781-581-0648, if you have items to be picked up. You can bring them to the Village Church on Sundays, anytime between 9:00 a.m. and noon. There will be a collection box in the Companionway for your donations.

Thanks for whatever you can do.

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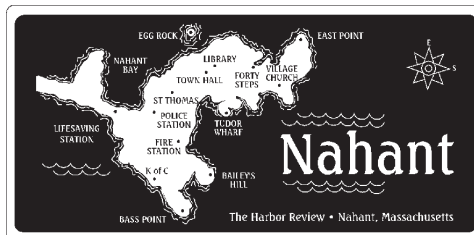


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News From the Johnson School

By Diane D. Mulcahy, Principal

The National Geographic Bee School Final was held on Wednesday, January 6, 2009, in the school cafetorium. Teachers conducted preliminary rounds in the classrooms and the finalists competed on Wednesday morning. Geography Bee participants were: Grade Six finalists are Corey Bleau, Olivia Cooke and Joseph Ragusa. Grade Five finalists from Mr. Brady's class, are Harrison Hosker and Charles Ross. Finalists from Mrs. Tibbo's class are Karol Wabno and Nicholas Kersten. Grade Four Finalists are Katie Cooke, Gina Hollenbach and Tristan Reenstierna. Alternates are Lili Barba and Ryan Frauenholz. After several rounds of very difficult questions, Karol Wabno, of Mrs. Tibbo's fifth grade class emerged the winner. Max Carbone, also a fourth grader, was the runner up. Karol will take a written exam, to determine whether he goes to the state finals. Students from grades 3-6, plus many parents, attended this exciting event.

Beginning January 14th, music class on Thursday will include instruction on the soprano recorders, for students in grades 3 and 4. Recorder instruction is part of the general music curriculum and gives students an introduction to instrumental music classes. The instrumental music program is in its second year. Ms. Liz Ehrman has returned, to teach string and Mr. Russ Gershon has been teaching wind instruments this year.

There is a music concert planned for February 4th at 1:15 p.m., with students in the Instrumental Program, conducted by Ms. Ehrman and Mr. Gershon.

Teachers and students have begun using a new, web-based program, called Study Island. Our school now has access to a great resource, which will give our students extra practice in the core curriculum areas, as well as preparing our students for MCAS. Teachers are beginning to explore all the applications of this web site for students Kindergarten through Grade 6. Study Island is accessible to students from school or home through the Internet. Study Island is easy to use and students are enjoying the program.

The Johnson School Student Council has been very active since the elections. The Student Council collected over 900 cans of food, during the Thanksgiving food drive, which were donated to My Brother's Table in Lynn. The Student Council sponsored Pajama Day, on Friday, January 15th. This is always a very popular event with the students who come to school dressed in their pajamas for the day. The Student Council also planned a Movie Night, for Friday night, January 22nd. Money raised during this fundraiser is contributed to various school projects.

There was no school on January 27th, so that teachers could participate in an all day Professional Development Day. The topic for the day was technology. Teachers participated in a workshop with a representative from Study Island. Teachers learned how to use new features to this online curriculum tool. In the afternoon, teachers were able to create lessons for use in class.

Captain Jennifer J. Harris USMC Memorial Scholarship

Scholarship opportunities are available to Swampscott/Nahant citizens, graduating Swampscott High School students, Home-Schooled students, or GED recipients from Nahant and Swampscott, are invited to apply for a \$1,000 scholarship, to support college expenses.

Enlisted veterans, returning from an extended overseas combat deployment (6+ months), who are from Nahant, Swampscott, or other North Shore communities and who have not yet earned a Bachelor's Degree level education, are invited to apply for a \$500 scholarship to support college expenses. Information, eligibility requirements, and applications for both scholarships are available, at www.jjharrisscholarship.com.

Captain Jennifer J. Harris, a native of Swampscott, MA, graduated from Swampscott High School, in 1996 and from the United States Naval Academy, in 2000. She was the first female helicopter pilot assigned to the famed Marine Corps squadron HMM-364 "Purple Foxes," served three tours of duty in Iraq, flying casualty evacuation missions, and was killed in action on February 7, 2007, when the helicopter she was piloting was shot down.

An educational trust continues Captain Harris's legacy of serving others. Contributions may be sent to the Captain Jennifer J. Harris, USMC Memorial Scholarship Fund, Eastern Bank, 405 Paradise Road, Swampscott, MA 01907, or online by visiting www.jjharrisscholarship.com.

Impact Coach Padovani to Run Indoor Soccer Clinics

Impact Soccer completed its first winter training clinics and are starting a second 8-week-long session. Held at the Johnson School gym, both clinic programs are open to players from all towns. We can pro-rate fee for those missing first few sessions.

Clinics are run by legendary former Salem State coach Nicholas Padovani. Three-time coach of the year, Mr. Padovani holds National and Advanced National licenses and USSF class "A" license. His college coaching record is a remarkable 312-66-35 record, while reaching 14 college league championships. Most of you know Coach Nick from his summer camp in Nahant and the Fall Saturday morning Nahant Youth Soccer Clinics.

Tuesday, January 26th, 5:00-6:00 p.m., will start the Core Technical and Tactical Skills Development Clinic. Players will learn technically correct passing, receiving and dribbling skills in a safe, fun atmosphere. This is geared towards 7-11 year-olds looking to learn the basic skills, that are the foundation of any solid player. This program was designed specifically with Nahant Youth Soccer Players in mind.

Monday, February 1st, 5:00-6:15 p.m., will start the Advanced Skills Training Clinic. Players will learn technical and tactical skills, geared towards U10-U14 travel, or club level players. Coach Padovani will run a technically-correct training program, modeled after professional training systems used in Italy.

Impact Soccer is dedicated to helping Nahant Youth Soccer players fulfill their potential and become technically-sound soccer players. We look forward to seeing you at our winter clinics and Nahant Youth Soccer Saturday Morning Clinics, in the spring.

More info at: goimpactsoccer.com

Submitted by Alexander Eaton

1st Quarter Honor Roll at St. John's Prep

St. John's Preparatory School recently announced the names of students who earned academic honors for the first quarter of the 2009-2010 school year. Students who qualified for the Headmaster's List earned grades of A-, or above, in all courses; students who qualified for the Principal's List, earned grades of B+, or above, in all courses; and students who qualified for the Honor Roll earned grades of B, or above, in all courses.

Nahant students named to the Headmaster's List: Mario Forgione '11, Derek Osbahr '13

Nahant student named to the Principal's List: William Ross '12

Nahant students named to the Honor Roll: Michael Dantona '10, Patrick O'Malley '12, Stephen Pasinski '10, Matthew Scalise '11

About St. John's Prep

Founded in 1907, St. John's is an independent, Xaverian Brothers sponsored secondary school for young men in grades 9 through 12. With a century-long tradition of excellence in academics, arts and athletics, St. John's is recognized for a rigorous college preparatory curriculum that emphasizes academic achievement, spiritual development, leadership and commitment to Christian service. Located on a 175-acre campus in Danvers, Massachusetts, St. John's draws students from more than 90 communities.

Submitted by Denise DeChristoforo

***To advertise in the Nahant Harbor Review,
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A Thank You Letter

I have been the Executive Director of the Nahant Housing Authority for more than 10 years; therefore, it is with a heavy heart, that I leave my position, to run the Wilmington Housing Authority.

I want to thank all of the Town departments, for their support and help over the years. The community of Nahant is such a wonderful town to be a part of, I will miss working with everyone from the town.

We have a great staff here; Janet Kelly, administrative assistant and Eddie Vargus, maintenance, who will continue business as usual, through the transition. Janet and Eddie are the best at what they do and I leave the NHA in good hands.

The Board of Directors has supplied me with endless support and encouragement. I want to thank them all personally; Susan Bonner, the chairman, Jane Wilson, Paul Smith, Kathryn Kougias Hosker and Bob Steeves. They are a super group of people, who volunteer their time, to see that the Housing Authority is taking good care of the tenants and the community.

I will especially miss all of the tenants of the Nahant Housing Authority. We have a fabulous group of elderly and families, living in our units. I have known many of them for most of my tenure here. The tenants are what make a job such as this one, pleasant. Our tenants are thoughtful and I must add, patient. The funds we have available for repairing and maintaining our units are very limited and I must thank all of the tenants for their understanding, as our Board is constantly negotiating with the Department of Housing & Community Development, for capital improvement dollars. I wish each tenant health and wellness.

Please feel free to check in at the office, as the Board goes through the process of hiring a new Executive Director. Again, I can't say enough about working here and providing for the elderly and families of Nahant. I will forever be grateful to the Board, back in April 1999, that put their confidence in me to run the Authority. My experience in Nahant has led me to a career path of helping people and fighting for affordable housing.

Thanks again. I will miss you all.

Best Regards, Maureen Hickey



*Tobin Bridge, about 1949. Submitted by
Captain F. John Nicoll, Captain Wolf Music*

IT WON'T BE THE SAME

We, non-communist people, who lived behind the "Iron Curtain" in East Europe hoped and believed in the Kennedy brothers. We felt that they were our saviors directly or indirectly.

The race...

December 8, 2009—Tuesday morning.

I am going to vote...

To fill the legendary seat

Of the late Senator Edward M. Kennedy—the Lion of the Senate!

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We will miss his roar!

On the first page of the Boston Herald—his possible successors:

Four Democrat candidates-portraits dreamily smiling:

Michael Capuano-Stephen Pagliuca-Martha Coakley-Alan Khazei

Four foes scramble...

To continue the "Massachusetts Spirit" and solve its needs.

In my ears sound the phone calls

With the warm words and promises of the candidates.

I am going to vote

There is a chill wind in the air—

A bright-blinding cold sun

My eyes and my face are wet

From the plink-plink drops of the fir trees' melting snow

Imprinting on me—this historical event,

The second Ted Kennedy funeral,

The family still grieving.

("The King is dead—Long live the King!")

I am going to vote...substitute—

T. Kennedy, who 13 months ago voted for Obama,

Ms. Regina, a Hyannis poll worker remembers.

The old lady, a long time friend of Ted, bellowed, moaned:

"Going to the polls this time will be very sad..."

It won't be the same!..."

I am stepping into the Church Street polls—"Amazing Grace"

"To vote" again for Ted Kennedy...

ROZI THEOHARI



Bare trees rising from
snow-covered mountains = new hair
weavings - bald white man.

Isidore VanMedine
13 January 2010

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Healthy Backs

By Sallee Slagle, Director, Dance Dimensions

We are all concerned with our abdominals and our thighs and buttocks when we want to improve our bodies. You may want to get your upper arms more toned but seldom do we say we want to improve our backs unless we have experienced back problems. I have written several articles about abdomonals and it is time to write about improving our backs. Strong backs are sexy and key to over all fitness. Back pain and discomfort effect many of us. Upper back and shoulders are often the center of our stress and low back pain may be a result of poor posture and a more sedentary lifestyle. A healthy back is strong, flexible and mobile.

If you sit for long periods of time be sure to get moving whenever you can. Stand and stretch often. Walk on your lunch break. Also watch your seated posture. Look online for help making your seated posture more ergonomic.

Our bodies were made to move. They function best when we move everyday. Walking is central to all our movement and each day we should include more steps whenever possible. In the winter months, it may seem more difficult but even a lap around the grocery store before you shop could help when the outside is treacherous for walking.

With good posture, the shoulder blades should be held with a tension downward and together but not pinched. Many of our duties and actions cause us to round forward. Our upper back muscles may not hold our shoulders back where they belong. To exercise these muscles the shoulder blade squeeze is easy and effective.

Squeeze your shoulder blades together and hold. for 5-10 seconds and release. Repeat 10x. To release tension lift and squeeze your shoulders up then pull your shoulders down. Repeat as needed. Moving shoulders through the range of motion by circling them forward and back also can help remove tension.

Stretching and flexibility are also important for keeping your back healthy. Gravity pulls down on us and compresses our spine over time. We are often taller in the morning than the evening. So stretch your back regularly. One of the best over all spine stretch is to lay on your back and pull one knee toward your chest. Feel your back legnthen and breath as you hold for 10-15 seconds. Repeat with the other leg. Do this 2 or 3 times. You can then bring both knees up if you are able and stretch holding 10-15 seconds here.

Tight hamstring muscles can aslo influence your low back. So be sure to include this stretch especially after walking or exercising. There are many stretches to choose from. A good variety of stretches for the spine incude the Cat Stretch which helps to keep the back supple. Even just articulating the spine by arching the back and then contracting the abdominals and tucking your pelvis while seated or laying down is helpful.

A good back strengthener is lying on your belly with your hands under your forehead, lift your head, hands and elbows off the floor, hold and return. Repeat 10-12x building up gradually. Modified simpler versions include leaving one or both hands on the floor as you lift up. Advanced versions of this exercise can include reaching one or both arms forward, side or back. This exercise is also great for counter-acting round shoulders and the rounded posture which over the years can lead to dowagers hump.

And yes, the abdominals are also key to keeping our backs healthy. So be sure to stabilize your back with strong abdominals. Core exercises stregngthen more than just abs and back and can help stregngthen thos smaller muscles closer to the spine. Don't be alarmed if your muscles in your back feel sore. Muscle soreness is often part of becoming stronger. Just don't over do and continue to work these muscles and you will gain stregnth with time.

Keep your back healthy with a little maintenance everyday. We all want to be able to work and play, carry groceries, lift your child or grandchild. The quality of your life depends on your back being strong, flexible and mobile.

HAND BELLS ANYONE?

The NVC Hand Bell Choir will be meeting from 10:00 to 11:00 a.m., on Tuesday mornings from now until Easter, when they will perform in the 10:30 a.m. Easter Sunday Worship Service. It is great fun and bells are wonderful musical instruments – though we need bell ringers to make a concerted effort to attend all rehearsals between now and Easter.

If you're interested in joining the Bell Choir, contact Allison (781-581-0698) or Marrit Hastings (781-581-5691) – AND after Easter we'll try to find another time for rehearsals so that those who work during the day can take part in ringing the NVC bells.



Going Beyond the Surface

By Susan Cadigan, LMT, CNMT, NCTMB; Nahant Therapeutic Massage

Research and clinical analysis, at the National Institute of Health, has proven that a massage can lower blood pressure, reduce anxiety and cortisol levels (alleviate stress), lower the heart rate and help with depression (increase serotonin and endorphins). Another approach to alleviating discomfort is by going beyond the surface of the skin, by way of specialty massage and bodywork, to help resolve chronic, or difficult, musculoskeletal issues. Often, these pains seem to take hold of us and can be a major source of distraction which often seem to be out of reach, or deep within the muscle tissue. With the Neuromuscular/Trigger point therapy, the trouble spots are located, the knots are actually taken-up in between fingers, held, or gently shifted, squeezed and compressed, until the discomfort, (while the knot is “melting”) diminishes. Simply put, it is getting to the “nitty gritty.”

In addition to the practitioner’s application of skills, which can assure successful treatment and contribute to even longer-lasting relief, is the willingness to change some of the patterns in your life that may have contributed to the overload, or development, of the knots. It takes two to untangle.

In the past, massage and bodywork have been viewed as a special treat, some kind of pampering, or luxury. Recent clinical research is proving massage and bodywork to be an acceptable form of preventative health care. This does not mean that one should postpone an appointment with a doctor, or replace medical care, with massage. It is very important to review certain problems with your doctor. It is also important to get a yearly physical. From a little blood test, the physician can see if there is anything off kilter. Among other readings, the doctor will look to see if your white and red blood cell count and platelets are where they should be. Low, or high readings will throw up the red flag and allow your doctor to provide you with the benefit of an early diagnosis.

Please make this the year to get that physical you have been delaying.

Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She is also certified in advanced Myofascial Mobilization and Neuromuscular Therapy. Ms. Cadigan holds an advanced massage therapy diploma and has additional training and experience. Nahant Therapeutic Massage is located in the Community Center at 41 Valley Road. For more information, please go to www.nahantmassage.com. To reach Ms. Cadigan, please call her cell at 617-240-4252, or leave a message at her office: 781-780-3733

Q&A: National Guidelines for Physical Activity

Submitted by North Shore Physical Therapy

Q. I have heard about the National Guidelines for Physical Activity and also recommendations from the National Institute on Aging, what are these guidelines and how do I find out more information?

A. The Department of Health and Human Services (DHHS) established and published exercise guidelines for all ages and people with special needs. The guidelines are supported by major health-related organizations (including the American College of Sports Medicine and National Institute of Health.) The National Institute of Aging also published guidelines, to assist with improving the health and well-being of older adults. Exercise is a planned, structured, repetitive, voluntary activity, that burns calories. It differs from physical activity, which is voluntary movement, involving specific activities such as gardening, walking the dog, snow shoveling, or raking. A brief summary of the guidelines for adults and older adults is outlined below.

- * Adults should do cardiovascular activity that is endurance-based for 30 minutes, most days of the week

- * Adults should also do muscle-strengthening activities that are moderate, or high-intensity and involve all major muscle groups, on 2 or more days a week, for 10-15 repetitions

- * Older adults should do exercises that maintain, or improve balance, if they are at risk for falling, or have any issues with osteoarthritis in hip, knees or ankles

- * All adults should stretch daily, to increase the flexibility of major muscle groups, to help improve joint range of motion

- * Consult with your physician, if you have not exercised regularly in the last few years, including those older adults with chronic health conditions. You may need to follow specific guidelines to help you exercise safely.

Financial Literacy Seminar For Veterans Feb. 3rd

The Massachusetts Department of Veterans’ Services, in collaboration with the Boston Bar Association Bankruptcy Section and the City of Lynn, will host the state’s first Financial Literacy for Veterans’ seminar on February 3rd, in Lynn. The seminar will provide veterans with assistance in addressing credit and finance issues and education about bankruptcy and foreclosures.

The seminar will be held on Wednesday, February 3rd, from 7:00 p.m. to 9:00 p.m., at the Franco American Hall, at 535 Western Avenue, Lynn.

Pre-registration is required, please call (617) 210 5782, to enroll in the seminar.

About the Department of Veterans’ Services

The Department of Veterans’ Services (DVS), advocates on behalf of the nearly 500,000 veterans in Massachusetts, their families, and survivors. DVS works to secure federal compensation and other benefits for which veterans may be eligible. The Department also administers needs-based benefits program through Veterans’ Service Officers throughout Massachusetts and provides state funding to organizations offering homeless shelter, transitional housing, and outreach services to veterans.

Christmas Tree Thanks

The Johnson School PTO would like to give a big “Thank you” to all the parents who volunteered their time to help sell Christmas Trees this year and of course to those that helped to deliver the trees. It certainly would not have been such a successful fundraiser if it weren’t for all the volunteers.

Also a very special “Thanks!” to Gennaro Angiulo who donated the trailer this year and saved us hundreds of dollars. Also thanks to John Connolly and ATS Equipment, Dave Doyle and Doyle Electric and to Mark Cullinan and the DPW.

To all who purchased a Christmas tree and/or wreath in Nahant, thank you for supporting our Town’s elementary school and helping to raise over \$7,500 for the Johnson School’s PTO fund. This money not only goes to supporting children’s field trips outside of the school, but helps to pay for the many enrichment programs brought into the school.

Submitted by Christine Kendall



Rozi Theohari, Isabel VanMerlin and friend. After the recent snowfall, what else could you do but make a snowman. Ah...isn’t it great to be “young at heart.”

Don’t forget your sweetie on Valentine’s Day, Feb. 14th.



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New Stormwater Permit Designed to Improve Water Quality in Eastern Massachusetts

Submitted by David Deegan, (617) 918-1017

Pollution control measures, contained in a draft Clean Water permit, would help control excessive pollution from stormwater runoff from 84 communities in Eastern Massachusetts. The new draft permit, known as the "North Coastal Small Municipal Separate Storm Sewer System (MS4) General Permit," would require communities to continue to build upon stormwater management programs designed to reduce pollutants discharged from municipal storm drains to rivers, lakes and bays which they started in the previous permit issued in 2003.

Stormwater pollution is a leading cause of surface water quality impairments in Massachusetts, due to elevated levels of nutrients, disease-causing bacteria and other pollutants. The draft permit for the 84 communities is designed specifically to reduce elevated levels of phosphorus in the Charles River, and pathogens in the Charles River, Neponset River and the Shawsheen River. When finalized, the permit will apply to communities in a geographic area north to Newbury and Gloucester, west to Wilmington and south to Weymouth. Nahant is one of the communities on the list.

The proposed permit includes "best management practices" such as removing illegal sewage connections to storm drains, street sweeping, public education and steps to expand the infiltration of stormwater rather than diverting stormwater into sewer systems. These measures will help prevent water pollution caused by stormwater in Massachusetts.

"Our work to revise this permit will have tangible benefits for these communities and our environment. Controlling pollution from stormwater will mean fewer days that beaches and shellfish beds are closed due to high bacteria levels, and a healthier environment for everybody to enjoy," said Curt Spalding, regional administrator for EPA's New England office. "We want to make sure that today's investments provide good returns for a cleaner, healthier environment and vibrant communities."

To improve the effectiveness of stormwater management programs and reduce the adverse effects of stormwater runoff on surface waters, the proposed permit includes enhanced detection of illegal discharges and requirements to identify, isolate and remove sanitary and other wastes from the stormwater system. The draft permit also includes measures to encourage low impact development and green infrastructure techniques, requirements for monitoring of stormwater discharges, and measures to implement approved watershed restoration plans called total maximum daily loads (TMDLs.)

A requirement of the federal Clean Water Act is that these permits are reevaluated every five years to ensure that they continue to protect waters and the environment. The previous permit was issued in 2003.

EPA is seeking public review and comment on the draft MS4 permit until March 31, 2010. EPA will also hold a public meeting and hearing on the draft permit on March 18 at 9:00 a.m. in the Thomas P. O'Neil Federal Building, 10 Causeway Street, Boston Mass. Following consideration of public comments, a final permit should be available later in 2010.

More information: Draft North Coastal Small Municipal Separate Storm Sewer System (MS4) General Permit (www.epa.gov/region01/npdes/stormwater)

Happy Valentine's Day!

If your birdfeeding area is messy, we can offer seed out of the hull, such as sunflower chips, or a blend of hull-less seeds, such as Wild Birds Unlimited No-Mess Blend. Hulled foods leave much less mess and debris below feeders and are well-suited for use around patios and decks.



The noisy, but colorful, Blue Jay, is often seen and heard in early spring and loves sunflower seeds.

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Patriotic Quilt Raffle



This patriotic, lap-sized quilt was made by the Forty Step Quilters of Nahant. It will be raffled off on Memorial Day weekend. Proceeds will be presented to the Town toward the purchase of new parade-route flags. Raffle tickets are available from members of the Forty Steps Quilters: Jeanne Adamo, Molly Conlin, Esther Johnson, Micki Kirkman, Jan Hall, Maryann Lermond, Paula Smith and Maureen Ward. Submitted by Molly Conlin

Let's Green Up Nahant!

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

Nahant Causeway Reconstruction

Commissioner Rick Sullivan of the Mass Dept of Conservation and Recreation, Rep. Steven Walsh and Sen. Tom McGee addressed the Nahant Selectmen's Meeting on Thursday, January 7, 2010, to discuss progress on the Nahant Causeway Reconstruction project. This \$20 million, three-year project is about to begin, with the following timeline:

January 13th, 2010: Bid Documents issued

January 25th: Bidders' Conferences - detailed plans available for pick-up

February 17th: Construction bids due

Early-April 2010: Notice to Proceed

Citizens may review the plans in the Nahant Town Hall, when they are available.

Base project lighting will be the standard National Grid street light fixtures, with an option for historic lighting fixtures. The wind-power proposal is not a part of this proposal. Wind turbine options will be considered later, but they will not be allowed to delay the base Causeway Reconstruction project. During construction, the causeway road will be open and the parking lot will be available all summer. Thanks to the DCR and to our elected officials, for bringing the causeway reconstruction project to fruition.

—Submitted by Polly Bradley, SWIM

Update from the Marine Science Center

A recipe for disaster: take 5,000,000 square miles of ocean; mix in 850,000 pieces of colorful plastic-per-square mile; infuse all ingredients into the food web of fish, seabirds, marine mammals & microscopic organisms; simmer for a decade until plastic doubles; serve to humankind...

There was "standing room only" at the Northeastern University Marine Science Center (MSC), on the evening of January 13th, as over a hundred people packed in, to hear Captain Charles Moore speak about his discovery of the Pacific trash gyre, over a decade ago.

You've likely heard it on the news by now - the northern Pacific is now home to an enormous swath of floating trash. Quite likely, Captain Moore was featured in the story that you heard - from sources such as "U.S. News & World Report," the "CBS Evening News," "The Osgood File," "Nightline" and NPR's "All Things Considered." In fact, Moore's recent east coast visit included an appearance on "The Colbert Report."

Moore, who attended high school with former MSC director and current faculty member, Dr. Joe Ayers, recently completed a 7,000-mile, 7-week journey in the Pacific, aboard the research vessel "Alguita," to document the extent of this phenomenon. An expert in marine plastic pollution, Moore's career accomplishments also include founding the Alguita Marine Research Foundation, assisting in the development of the Surfrider Foundation's "Blue Water Task Force" chemical and bacterial monitoring protocols, and authoring numerous peer-reviewed research articles.

The schedule for MSC's 2010 lecture series is currently being compiled and the annual Riser Lecture will be held on April 16th. This year's lecture will feature Dr. Robert Paine, a prominent and pioneering scientist, who is considered to be one of the founders in the field of intertidal ecology.

If you would like to be notified of future events at the MSC, please call the new Outreach Program Coordinator, Carole McCauley, at 781-581-7370, x321, or email c.mccauley@neu.edu. Also, please take a moment to explore the updated MSC website at www.marinescience.neu.edu.

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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COASTAL CALL by Diane Hickey Carter

It's like someone is tugging
at my sleeve,
incessantly
luring me to
quench the
longing for largeness
in me.

What is it
about this place?
When I'm here,
It's like my very being
is slayed open
Ready
for something magical
to happen.

Is it the power
of the wild unending sea?
Standing next to it
feels like
I am teetering
on the edge of the world.
It's in this vastness
I feel whole.

Is it the way
the sun
hits the horizon,
blasting forth
a pastel masterpiece
of epic proportions
That opens a carefully guarded
place in me
and sets it free?

Or is it just
when I am here
I feel like I'm
out in the middle of nowhere
receiving a gift
of a moment
When no words are needed
and simply being in the world
is enough?

I don't know why
I feel such a pull,
or why I feel
So connected,
So complete.

I only know
I will return.

It seems
Desperately necessary
that I do.

Submitted by Arline Greenfield



Rock the Rock • Saturday • February 6th Nahant Country Club at 8:00 p.m.

You say you bet everything on the Patriots to win, then you misplaced the refund receipts to all the bogus last-minute Christmas presents you bought, and you say the kidz need braces and your dental plan at work was cancelled, while someone ripped out your new evergreen shrubs, from the front of your house and added them to our Town bonfire.

Well, don't worry, Bunkie! The Tudor Cocktail Ice Company has the remedy!

With continuous music from two headline rock bands, double projector wall videos, great munchies, fabulous cocktails and a 50/50 raffle, "ROCK THE ROCK" is "THE" event of the winter to cure your ills. All the proceeds go to the Nahant Sailing Program for a couple of new sailboats. Doors open at 6:30 p.m. for ticket sales.

We be sellin' "original" Hotel Tudor Sailing Program Instructor shirts along with other shameless stuff at this year's "ROCK THE ROCK," on Saturday, February 6th, at 8:00 p.m., at the Tudor Family homestead, AKA the NAHANT COUNTRY CLUB.

Save yourself \$5. Tickets for the event are \$25 in advance (CHEAP) from Christine Liscio (978.790.5578), or Corinna Kersten (781.595.4901), or \$30 at the door.

Even at the \$30 door price, it's still a steal and a half, ask anyone who partied with us last year !!

You asked for it and we got 'em. Your two rock bands are Razen Kane, who played at the original "ROCK THE ROCK," and Reunion, who lit up Mitchell's Cahnah.

So come on up to the Country Club, rain, clouds, or blizzard and get rockin'. By the end of the night, you be swearin' summahz 'round da cahnah!

Special Entertainment Addition

On our continual path toward total amazement, the Tudor Cocktail Ice Co. is bringing in Nahant's own meditation guru, ALLA-ELI-ALLA, a disciple of the great voodoo chief, Iatolduso, to grace our event with his presence, and to speak of focus and positive karma, for 2010 (the year of "Fandango," god of the cocktail ice cube). Congratulations to the five winners of tickets for naming the "NAHANT ROCK STARS"

Submitted by Ophelia Payne Tudor, CEO, Tudor Cocktain Ice Co.



Janice Hall, 73 Homemaker, enjoyed cooking, sailing

Janice Wyman Hall, age 73, of Nahant, died Friday, January 15, 2010, at Kaplan Family Hospice, in Danvers, after a long illness. She was the wife of S. Jeffery Hall and the daughter of the late Leslie and Isabelle (Hemeon) Wyman.

Janice was born and grew up in Lynn. She and her husband of 47 years made their home in Nahant. She was a loving homemaker who enjoyed cooking, baking, sailing, quilting and her many friends. Her greatest joy was spending time with family—especially her grandchildren. She was a member of the Nahant Village Church. Janice was formerly employed by the Electric Mutual Insurance Company and the Johnson School in Nahant.

She is survived by her husband Jeff and their children: Andrew Hall and his wife Nancy of Lynn, Christine (Hall) Flebbe and her husband Jeff of Peabody, twins Katie Hall of Wakefield and Thomas Hall of Swampscott, her grandchildren Jolene Flebbe, Hayden, Maxine and Benjamin Hall, her brother James Wyman and his wife Patricia of Lynn.

Service Information: A memorial service was held at the Village Church in Nahant on Saturday, January 23, 2010. Arrangements by Solimine, Landergan & Richardson Funeral Homes, Lynn.



Useless Information...By Ray Barron

Nahant's February Birthday Babies

January 14th: Happy Belated Birthday greetings to young Samuel William Morison. Samuel was inadvertently omitted from last month's birthday greetings. Thanks for the email, Samuel.

If your name is missing from the Birthday List, please send an email to donna@nahant.com and it will be added. Likewise, if you do not want to be on the list, send an email to donna@nahant.com and your name will be removed.

February 1: Raymond Champigny, David Coleman, Nola E. Conley, Natale M. DeLisio, Danny Desmond, Katia M. Dicostanzo, Michele Dougherty, David Dunn, Richard Koehler, Mark A. Lucantonio, Edith A. Malatesta, Judy VanLoon, Maxwell J. Wright

February 2: Lorraine Doran, Erin Kennedy, Gina M. Lang, Pamela K. Leisey, Ryan Noel, Victoria Y. Salomon, Sarah Sullivan, Laura Tevrow

February 3: Taylor Lee Maccario, Minervena Nobrega, Peter W. Rogers, Michael Russo Jr., Carol Szczawinski, Sharon M. Tassel, Trevor Wheeler

February 4: Manuel C. Desousa, Mario J. Forgione Jr., Kelly Gillis, Pauline Lavery, Madeline A. Mckie, Mary C. Merlino, Mark O'Donnell, Ron Petrucci, Ernie Priftakis, Gail Woodhead

February 5: Kathy Alexander, Dan Collins, Susanne D. Dick, Thomas G. Ferguson, Michael Golosovker, Ron Hanlon, Charles Janvrin, Michael C. O'Brien, Jonathan Paula, Liam Sanphy

February 6: Phyllis Crifo, Edith Kenneally, Diane Perepelitza, Barbara Sereda

February 7: Louise I. Andrews, Sheila Barry, Ruth Carter, Ronald K. Cox, Mary Cullinan, Suzie Hamill, Cathleen A. Hartmann, John P. Maguire, Elizabeth Maroney, John Quinn, John VanMaanen

February 8: Mark F. Connelly, Francis X. Cullinan, Jr., Mary Davinis, Jaclyn K. Davis, Suzanne Heidebrecht, Manuel Nunez, Nicole L. Sanphy, Ivanka Vavaroutsos

February 9: Leone Barletta, Cathy Duffy, Carol A. Gebert, Kyle Kelley, Jim Konowitz, Elizabeth A. O'Neil, Reno Pisano, Susan M. Seaver;

February 10: Bill Crawford, Peter Dawson, Courtney Dolan, Kira Shishido Nielson, Michael Scalise, Douglas F. Seaver;

February 11: Deborah Barnes, Christian H. Bauta, Eleanor Collins, Beverley Dawson, Mary Evos, Francis W. Guidara, Sean Scott Kaplan, Maryjo Mitchell, Audrey E. Morency, Julian D. Ouellette, Anthony Troiani;

February 12: Alanna May Butler, Nancy Caggiano, Vittorio E. Capano, Anna Dragon, Molly M. Frauenholz, Phil Joyce, Gene LeBlanc, Douglas Lemle, Mary Nagle, Barbara Sweeney;

February 13: Antonio Barletta, Leone Barletta, Peggy Barile, Kimberly A. Mello, John Quinn, Tom Quinn, Jr., Britany M. Reed;

February 14: Happy Valentine's Day! Fred Ahern, Christopher G. Barriston, Joan M. Bingham, Mary Brumm, Caren A. Cahoon, Michael J. Lewis, Gregory Sofronas, Dr. Clement Trempe, William T.

Zieman;

February 15: James Davenport, Brian F. Green, Lewis Moody, Aidan J. Wyse;

February 16: Jeff Baldini, Olivia C. Barba, James B. Conant, Janet Kelly, Luis E. Ortiz, Christine A. Titus, Wayne T. Wilson;

February 17: Joseph W. Benkert, Jeannie Buckley, Bonnie Budryk, Matthew C. Catalani, Paul Flacke, Ryan M. Grady, Eleanor T. Lowell, Eva Murphy, Karen B. Savino, Sally Siriani, Mary Ellen Taylor, Josephine E. Warren;

February 18: Susan Alessi, Daisy Arena, Francis X. Fallon, Jonathan D. Gilman, Robert J. Goode, Roy S. Goode, Adam Hatfield, Melinda A. Hatfield, Andrew C. Karl, Dr. Cathy Silva, Joanne S. Sullivan

February 19: Lynne M. Chaille, Desiree N. Dufour, Jason D. Ouellette, Cameron F. Rogers;

February 20: Tess Bauta, Joseph V. Benson, Paul Gaudet, Genevieve C. Hemenway, Charlie Langevain, Mark N. LeBlanc, Matthew D. Lowe, James T. O'Connell, Michael A. Spinucci, Grace Whitlock, Geraldine Wittrock-Walton;

February 21: Pauline Anderson, Mary Barletta, Moira Crowley, Susan Hargraves, Maura C. Scalise, Joseph L. Silva, George H. Theriault;

February 22: Washington's Birthday. Fariba Abbasi, Donna Colitz, Georgina Connors, Theodore Cronis, Jesse J. Haynes-Lewis, Janet McIlveen, Medi Mirnasiri, Alicia Quinn, Earl A. Stickney;

February 23: Thom Donahue, Joe Lamando, Barbara B. Lambl, Robert L. McCahey, Edward Steriti, Sean E. Valenti, Robert E. Weinberg;

February 24: Ralph V. Colson, Emma R. Dedominicis, Glenn L.

Delisle, Ellen Klink, Amy Tsokanis;

February 25: Barry S. Badolato, Elizabeth K. Berman, Justin Clark, Barbara Collins, Jack G. Herman, Caitlin Ludke, Margaret S. Makris, Valerie Peterson, Morgan Reiner, Kelly M. Walton;

February 26: Lydia B. Antrim, Emily Lisa Fiore, Elfrieda Gasarian, Richard Kirouac, Natalie Lueth-Peterson;

February 27: Martha L. Brown, Brian P. Fitzpatrick, Paul Foley, Harry Janvrin, Suzanne C. Tache;

February 28: Patricia A. Aswad, Dick Bailey, Gunner D. Berry, William J. Edwards, Mary Flannery, Paula M. Hatfield, Eleanor Hayes, Hannah McBride-Marshall, Margaret M. Tobin;

February 29 (March 1): Andrea S. Alberti, Robert A. Lane, Michael A. Szostakowski.

Happy birthday to all!

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

Nahant's Sweethearts

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

Nahant Harbor Review Subscribers

Happy New Year! The first subscription drive for 2010 begins this month. A subscription envelope is included in THIS issue. Please use the 2010 envelope enclosed and the subscription form at the bottom of this page, to renew for 2010. You can mail it OR better yet, SAVE a stamp, drop the envelope in the Harbor Review box on the Teller's counter, at the Nahant Equitable Cooperative Bank.

In response to many requests for subscription renewal dates, the date of the last subscription payment has been added after each subscriber's name. Names without a date, or with an expired subscription date, will be dropped from the subscriber list next month. Thanks for continuing to support your community newspaper.

Patricia Adolph (8/09), Fred Ahern (1/09), Jerry Alimenti (Jerry's Hair Company) (7/09), Margaret Antrim (8/09), Lisa Arena (1/ 10), Patricia Aswad (7/09), Kathleen Atkinson (3/09), Richard & Suzanne Bailey (9/09), Megan Bailey (2/09), Richard A. Bailey (9/09), Joseph J. Balsama (9/09), Glenn & Susan Bannon (3/ 09), Jeanne Baranek- Olmstead (2/09), Tess Bauta (2/09), Barbara Beatty (1/09), Nathan & Lisa Bell (9/09), Stanley Benischek (River Action) (1/09), John A Benson Family (1/10), Roger & Lynn Berkowitz (1/09), Elizabeth & Daniel Berman (1/08), Joseph M Bertorelli (1/09), Paul Bertrand (1/09), Ken Bibber (1/09), Penny T. Billias (3/09), Marsha & Michael Billias (2/09), Chris Black (2/09), C & P Bolthrunis (4/09), Doris Bongiorno (1/09), June M. Borys (6/09), Cynthia Brad- ley-Young (3/09), Scott Bradley (3/09), Polly & Larry Bradley (3/09), Randolph Bradley (3/09), Susan Branga (2/09), David & Anne Bromer (8/09), Norma Brooks (10/09), Edward Brown (6/09), Joanne Bryanos (8/09), Judith Bryant (1/10), Jeannie Buckley (9/ 09), John J. Buckley (7/09), Kathy Burns & John Condon	(7/09), Chuck Butera (2/09), James & Susan Caccivio (6/ 09), Caggiano Family (2/09), Candace Cahill (2/09), Paul & Elaine Caira (8/09), Barbara Cant & Henry Dunn (7/09), Nancy Cantelmo & Mike Rauworth (5/09), Victor & Marion Capano (7/ 09), Kenneth Carangelo (7/ 09), Joseph & June Carmody (1/09), John & Catherine Carr (?/09), David & Katherine Carter (7/09), Rev. John P Casey, Frances Casey (6/09), Jim & Debbie Cashman (1/09), Muriel Castronova (?/09), Malcolm Chamberlain (7/09), Helen Clements (?/09), Thomas & Patricia Clements (2/09), Arthur Collins (6/09), Collins Family (?/09), Jane Collins- Wilson (2/09), Mary & Dave Conlin (12/08), Luke Conlin (12/08), Patrick Conlin (12/ 08), Seamus Conlin (12/08), Judith A. Conn (3/09), Kim & Mark Conway (8/09), Bob & Carmella Cormier (7/09) Alice Cort & Dr. Bruce Walker (12/09), Helen Cort (1/09), Tom & Cindy Costin (7/09), Suzanne Cox (1/09), Claire Crane (7/09), Robert & Mary Jane Cusack (11/09), Kathleen Cutting (1/10), Barbara D'Amico (5/ 09), Charles Dean (8/09), Frank & Jo Ann DeIulis (6/ 09), Bob & Pat DelCastillo (7/09), Inga DeLuca (6/09),	Catherine Demidenko (2/09), Roger & Diana DeMinico (2/ 09), Patricia Demit (2/09), Susan DePaolo (1/09), David & Elizabeth Desmond (10/ 09), Diane & Joe Desmond (2/09), Elizabeth Desmond (7/09), Franco & Petra DiCostanzo (2/09), John Dineen (2/09), Thomas & Carol Doherty (11/09), James & Janet Dolan (3/09), Robert Donahue (7/09), F. Thom & Mary Donahue (2/09), Yvonne Donovan, (9/09), Robert & Lorraine Doran (2/ 09), Mark Dougherty (2/09), Brian & Maria Douillette (12/08), Anna Dragon (1/09), Michael & Diane Dunfee (2/ 09), H. Dunn Family (7/09), Maureen Edison (2/09), Julia Elassaad (12/09), Mary Jane English (11/09), Lollie Ennis (1/09), Kristina Etter (8/09), Jacob & Laura Erlich (6/09), Chris Eveleigh (4/09), Linda Eveleigh (4/09), Douglas & Linda Eveleigh (4/09), Constantine & Mary Evoos (?/09), Karen Falat (11/09), David Fitzpatrick (1/09), David & Janet Flaherty (2/ 09), Beth Foley (7/09), Katee Foley (7/09), Neil & Ellie Foley (7/09), Sean Foley (7/ 09), Karl & Nancy Forsell (11/09), William Forster (9/ 09), Peter & Elisabeth Foukal (3/09), Carolyn Fowle (7/09), Joanne Fucile (1/09), John R. Fulghum (10/09), Sharilyn	Gasparrelli (7/09), Cole & Joyce Gaudet (2/09), R. Cole Gaudet (7/09), Marcia Gaudet (8/09), Kenneth L. Gavin (7/09), Bernadette Gaynor, (1/09) Brenda Gaynor (9/09), Michael Georges (6/09), John & Nora Gergely (6/09), Ron & Jean Gerstenhaber (3/09), Jonathan Gilman & Octavia Randolph (3/09), Yanni & Maria Glavas (2/09), The Godwin Family (2/09), Michael Golding (?/09), Estelle Goodell (10/09), Betty Gooding (1/09), Leslie Gould (3/09), Michael Goyetche (7/09), Adolph Graciale (3/09), Michael Gray (2/09), Charlotte Grimm (9/09), Lucy Grimm (9/09), Sara Grimm (9/09), Bob & Gail Guiney (1/09), Linda Hall (1/09), George & Alice Hall (8/09), Jeff & Jan Hall (7/09), Peg & Henry Hanagan (1/09), Joseph Haskell (2/09), Cal & Marrit Hastings (7/09), Bill & Kathie Hatfield (2/09), Laurence Heidebrecht (?/09), Susan Hendrickson (1/09), Robert Herne (7/09), Pat Hickey (8/09), Lea & Mal Hill (8/09), Don & Barbara Hodges (7/09), Shirley Hoffman (12/09), T. Rose Holdcraft (1/09), Laura Hollingsworth (6/09), Al & Patricia Hosker (10/09), Jim & Jean Hosker (1/09), James	& Janice Hubbard (12/09), Francis Hudson Family (7/ 09), H. Hollis Hunnewell (1/ 09), Jean Inglis (2/09), Ioven Abbady Family (7/09), Robert & Phyllis Irvine (1/ 10), Mrs. J. Richard Jackson (12/09), Sue James (1/09), Carl & Linda Jenkins (7/09), Elizabeth B. Johnson (1/10), Pat Johnson & Bonnie Strong (?/09), Tom & Dottie Johnson (1/09), Phil & Trudy Joyce (1/10), Joseph Kane (1/ 09), Susan Kane (3/09), Virginia Kane (1/09), Stephen & Stacey Kasper (6/ 09), Kevin M. Kay (1/09), Judith Keenan (2/09), John & Martha Keller (1/09), Chris- tine & Doug F. Kendall (2/ 09), John & Virginia Kerr (4/ 09), Susan Kerr (4/09), Charles W. Kettell (2/09), G. Khatsurnov & Lydia Gruzdeva (1/09), Bill & Valerie King (7/09), M/M William R. Kinley (3/09), J. L. Kirkman (8/09), Rich & Jean Kirouac (6/09), Joseph Klink (6/09), Adrian Kohn (7/09), Jim Konowitz (7/09), George & Kaly Koukounaris (1/09), Norman Laliberte (7/ 09), Lila LaMalfa (3/09), Joe & Bonnie Lamando (7/09), (Continued on page 18.) James & Gina Lang (7/09), Joanne & Paul Laubner (1/ 09), Jon Lauck (8/09), Mrs. Miles Leavitt (3/09), Mary & Eugene LeBlanc (3/09),
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page 18, for
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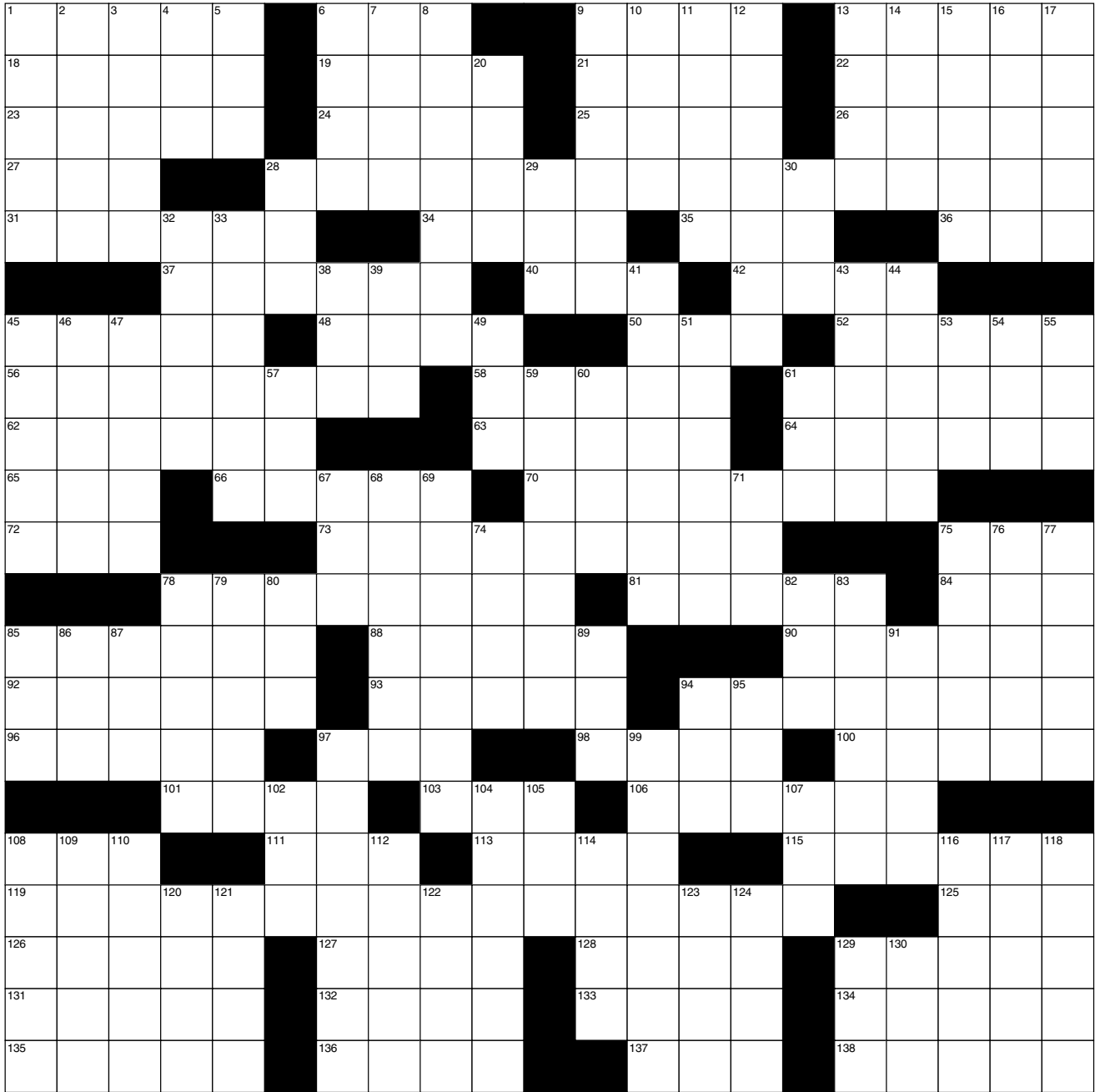
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THANK YOU FOR YOUR SUPPORT!

NAHANT PUZZLE PAGE

A Memorable Date
by Rick Kennedy



Happy Birthday Erin! (February 2)

ACROSS

- 1 Gate closer
6 Mantel piece
9 Spare parts?
13 Wash
18 Not do the rite thing?
19 Adze, e.g.
21 Coll. major
22 Rustic
23 Union site
24 Singing voice
25 O'Brien's predecessor
26 Toothbrush brand
27 Shad delicacy
28 Start of an Evan Esar quip
31 Immature insects
34 Cancún coin
35 Pigpen
36 Milwaukee-to-Houston dir.
37 Rest
40 Genetic code
42 Reef dwellers
45 Town ____

- 48 Beats
50 Child
52 Excessive
56 Part 2 of quip
58 Hurt
61 Panels
62 Muse of astronomy
63 Three, it's said
64 State-of-the-art
65 Grooved on
66 Refuse
70 Seizure disorder
72 Compass pt.
73 Part 3 of quip
75 Break
78 Impetus
81 Swelling
84 "____ House," 1983 Madness hit
85 Levy
88 ____ Alert
90 Guarantee
92 Scottish plaid
93 Wee
94 Part 4 of quip
96 Apparition

- 97 Sportscaster Dierdorf
98 First place?
100 Makes well
101 Contest
103 Mai ____
106 Give a new title
108 Scale notes
111 Waste watchers: Abbr.
113 See ya!
115 Documentation
119 End of quip
125 Barrier
126 Sharp angle in a boat hull
127 Dog food brand
128 Moonfish
129 Stage whisper
131 Therefore
132 Swerve
133 Rose family member
134 Rhodes of Rhodesia
135 Colorado's ____ Park
136 Peepers
137 Average name
138 Praise

DOWN

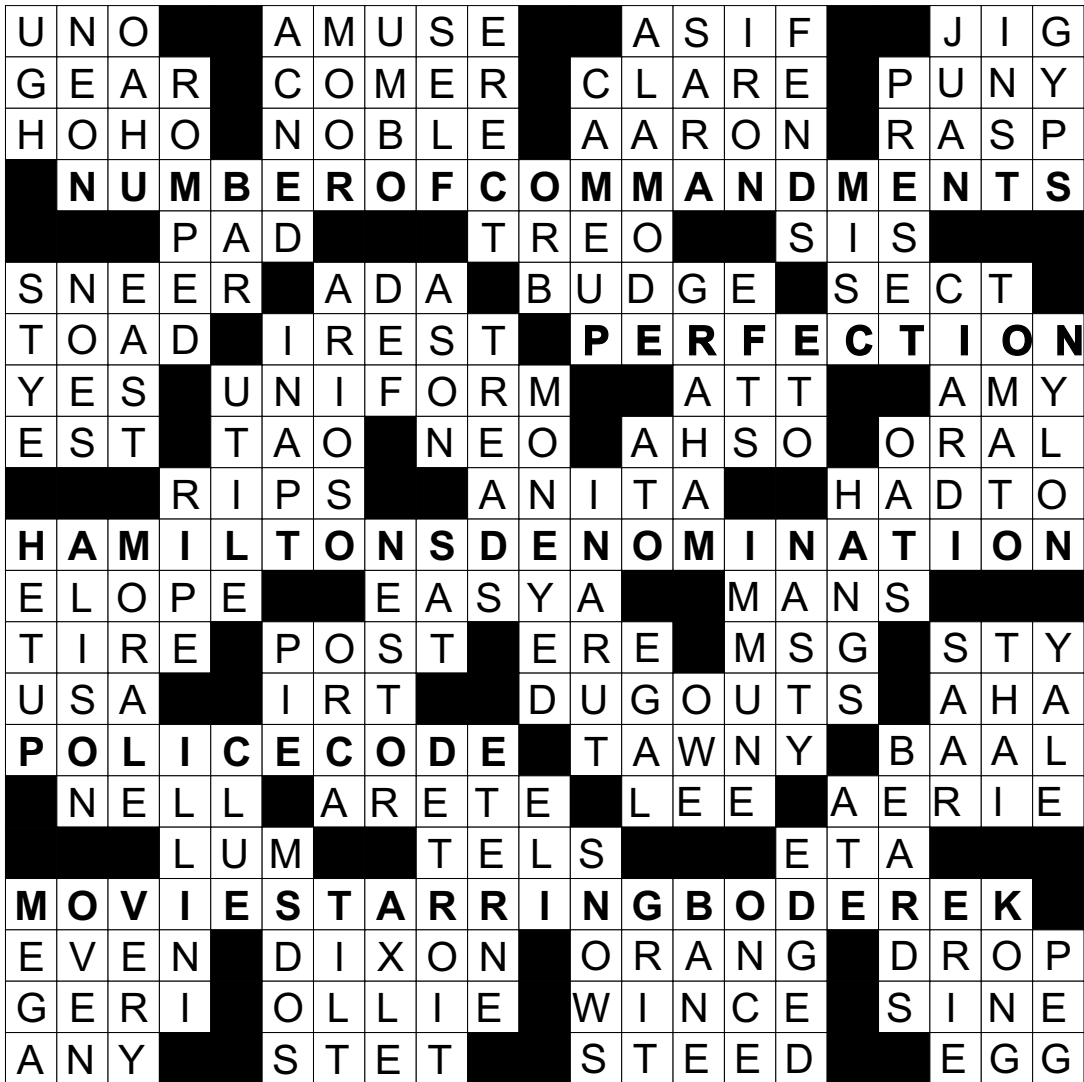
- 1 Master
2 Bronze, e.g.
3 Tribal symbol
4 Book balancer, briefly
5 Ship's pronoun
6 Four Corners state
7 Theatrical part
8 Closed (2 wds.)
9 Trust (2 wds.)
10 Clinches
11 Year-end check, maybe
12 Showed derision
13 Knitted item
14 Mystique
15 Cafeteria supply
16 Brakes
17 Jostle
20 Unaccompanied
28 Recipe abbr.
29 Acid
30 Look
32 Groom
33 Not a company man?
38 IOU part

- 39 Title of respect
41 Woman who makes the rounds?
43 Angler's collection
44 ____ owl
45 Coarse
46 Lucy van Pelt's brother
47 Visualization
49 Pouch
51 Confused
53 Deserved
54 FedEx rival
55 Ballpark fig.
57 Cordial surroundings?
59 Workers
60 Arizona tribe
61 Econ. indicator
67 "Yes, Scottie"
68 Musical composition
69 Group of rude dwellings
71 Legal conclusion?
74 Bumpkin
75 Edam relative
76 Hearing-related
77 Hunts, with "on"
78 Kind of boat or home
79 Panasonic's headquarters
80 Game pieces
82 Nick, say
83 Breathing woe
85 "____ Alive!" (1974 thriller)
86 Traveler's aid
87 In favor of
89 Manhattan part
91 Blind followers
94 Comb maker
95 Lodge
97 Corrupt
99 Sagged
102 Corp. biggie
104 Pitt and Penn
105 Jr.'s Jr.
107 Copy
108 Micro____
109 Contents of 6 Across, maybe
110 Tour of duty
112 Awry
114 Upon
116 Decree
117 XM ____
118 Common sense?
120 Enough, for some
121 Honoraria
122 Fencing sword
123 World org.
124 Masticate
129 Crackerjack
130 Census datum

The Power of 10

By Rick Kennedy

Last month's winners were Mike and Cindy Manning. They will share a free "breakfast for two" at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the cross-word puzzle, bring it to Captain Seaside's Restaurant, on Nahant Road, then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.



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.

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

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



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA
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DEADLINE INFORMATION MARCH 2010

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

MONDAY, February 15th • 5:00 P.M.

Home Delivery: Saturday, February 27th.

Staff, Volunteers & Contributors

Owner/Editor &

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The Puzzle Guy: Rick Kennedy 781-592-8616

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Matt Ryan 781-595-0957

Route 1 & 3: 1/2 Little Nahant & Nahant Road

Bob Roland 978-273-5338

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Katie Coffey & Augie 781-586-9232

Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.

Ryan McDermott 781-584-4077

Route 6: Bass Point Rectangle

Shea Nugent 781-595-5644

Route 7: SE Big Nahant

Donna & Ron Hanlon 781-581-0648

Route 8: Bass Point Apts

Harbor Review Distribution

Papers for Home Delivery): 1,724

Papers OOT Subscribers & Advertisers: 212

Papers to Nahant stores & public places: 364*

Total Papers Distributed: 2,300*

*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.

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Got something to share...

with your neighbors and friends?

Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the

Equitable Cooperative Bank. Located on the Teller's Counter, save the stamp. Pickup is daily. Submitted photos and other items will be returned, if accompanied with a Self-Addressed, Stamped-Envelope.

Council On Aging Calendar - February 2010

Mon	1	Noon	Blood Pressure & Glucose Clinic, Tiffany Room
Fri	5	1:00P	Movie – AS GOOD AS IT GETS - Community Center
Mon	8	10:00P	TRIAD at Swampscott COA
Tues	9	6:30P	USAF Band of Liberty Concert, Lynn Auditorium
Fri	19	1:00P	Movie – BILLY ELLIOT - Community Center
Mon	15	HOLIDAY – DINING ROOM CLOSED	
Tues	23	10:00A	SHINE Volunteer, Medicare & Prescription Assistance, * Please call – appointments start at 10:00 A.M. *
Tues	23	Noon	February Birthdays, Birthday Cake by Roz, Tiffany Rm

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

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

INFORMATION AND CALENDAR SUBJECT TO CHANGE. PLEASE CALL for updates on other February programs, trips and events call 781-581-7557, or e-mail us at ddesmond@nahant.org. Please see the COA NOTEBOOK article at right for more information.

COA NOTEBOOK

By Diane Desmond

It’s February and time for the COAs’ annual trip to the Lynn Auditorium for the United States Air Force Band of Liberty Concert. This concert is free to the public and tickets for entrance are available at the Tiffany Room/ Senior Center. Van transportation is also available. Please call 781-581-7557 for tickets, or stop by and pick them up at the Center. In the past it has been a very enjoyable evening and we look forward to having you join us on Tuesday, February 9th, at 6:30 p.m.

The COA Friday Matinee Movies continue. Friday, February 5th, features “As Good As It Gets” and February 19th “Billy Elliot,” both at 1:00 p.m., at the Nahant Community Center. So come on out of the cold and enjoy!

A SHINE representative will be with us Tuesday, February 23rd, to answer questions concerning seniors’ health and prescription plans. Please call for an appointment.

The Council on Aging wishes you all a Healthy Heart Month!

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

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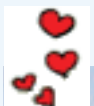
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