



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 1

Happy New Year!

JANUARY 2010



Nahant Skaters Visit Boston

Recently, Nahant Brownies and Cub Scouts from the 3rd-grade, visited Frog Pond in Boston to skate for the afternoon. The kids are from left to right: Ryan, Colin, Nikki, Jack, Simone, Clarrisse, Julia, Shelby and Olivia. Photo submitted by Sue Rosa

New Year's Day Swim again!



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

Special Registration

The Board of Registrars will hold a special registration session on Wednesday, December 30th, from 8:00 a.m. to 8:00 p.m., in the Town Clerk's Office, in Town Hall. This registration is for the special election on January 19th, to elect a replacement for the late Senator Ted Kennedy.

If you are already registered to vote in Nahant, you do not need to re-register.

Joanne Trentsch Luti Fundraiser at Knights of Columbus January 23rd

Please come join us, at a fundraiser to benefit our dear friend and neighbor, Joanne Trentsch Luti. Joanne is courageously fighting cancer and needs our help. Joanne's fundraiser will be a time to show our love, support and friendship, together.

The event will be held at the Knights of Columbus, in Nahant, on Saturday, January 23rd, from 7:00 p.m. to 11:00 p.m. Tickets are \$20 per person and will be available at the door. There will be entertainment, food, raffles, silent auction and a chance to win \$250 and \$500 cash prizes.

For advanced tickets, please call Linda Paoletta at 781-842-4049, or call any of the names listed below. For those wishing to mail a donation, an account has been established for Joanne, at Equitable Cooperative Bank, 28 Nahant Road, Nahant, MA 01908. Checks should be made payable to "Joanne Trentsch Luti Fund."

So, come out of the winter cold, put your party shoes on and come support our friend Joanne! Hope to see you there!

Submitted by Lisa Arena, Amy Christensen, Betty Gooding, Mary Lowe, Lori Nugent, Christine O'Donnell, Linda Paoletta, Diane Palombo, Jill Trentsch

Village Church Free Breakfast Resumes January 8th

The free, monthly breakfasts at the Nahant Village Church will start up again, on Friday, January 8th. This month's presentation is entitled, "You Can't Predict, but You Can Prepare!" The presentation will be given by Steve Apostolides, a licensed Financial Representative and educator of the United Church of Christ Long-Term Care Program. In these uncertain times, we are all concerned about the security and future of our families and loved ones. Understanding available options is critical in preparing for the unpredictable. There is no need to helplessly watch, as your hard-earned assets, retirement and futures evaporate. Steve will discuss the many strategic options available, to protect against, minimize, or even eliminate, present and future financial risk. In his presentation, he will address asset protection, legacy and long-term care planning.

The breakfast is served at 8:00 a.m., followed by the presentation, at 8:30. Please come and bring one, or more friends, for a hearty breakfast, wonderful camaraderie and what promises to be a very informative presentation. All are welcome.

Submitted by Cal and Marrit Hastings, calhast@hotmail.com

Congratulations to Tara M. Butler of Nahant

The proud parents, Pauline White and Gerald Butler and sister, Alanna, want to congratulate Tara M. Butler, for graduating Rutgers University (NJ) with a BS in Nursing and passing the exam to receive her RN license. She is currently employed by Spaulding Hospital in Cambridge, MA.

She had previously completed six years of active duty in the USAF (Tech Sgt.) and two years Reserves doing duty in Korea, Germany, Qatar and Andrews AFB, USA.

We're so proud of her.



HOOMPA Spotters

Thanks to all who submitted HOOMPA spottings, this month. They will be published in the January issue, due to space limitations this month.



SEASON'S GREETINGS!

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It is Girl Scout Cookie Time!

By Jennifer McCarthy

Believe it or not, it is cookie time again. Besides being a huge fundraiser for each troop, the girls are able to earn many badges, by participating in the sale, such as Penny Power, Safety Sense, My Community, Dollars and Sense and Leadership, to name a few. Town-wide sales began on December 28th and run through January 20th. Cookies will be delivered to Nahant on February 5th and the girls will be delivering them to you shortly thereafter.

There are eight delicious cookies from which to choose. We have all the favorites, Caramel deLites, Thin Mints, Peanut Butter Patties, Shortbread, Peanut Butter Sandwich, Thanks-A-Lot, Lemonades and Daisy Go Rounds. Each box is \$4.00 and you can pay for them when they are delivered.

This year, many of the troops are participating in Cookies For A Cause. There is a box on each order form that you can check-off, if you would like to donate a box of cookies to our soldiers overseas. This was a very successful event last year and a lot of fun, for the girls. Many of our Girl Scouts will travel to Hanscom Air Force Base, in March, to help load the plane that will bring the cookies overseas. So, please consider buying an extra box for this great cause.

If a Girl Scout doesn't show up at your door and you are interested in ordering some cookies, please give Jen McCarthy a call, at 781-592-5272 or send me an email, edwarthy@hotmail.com and I will help you find a Girl Scout in your area.

Marblehead Teacher Achieves National Board Certification, Meets Nation's Highest Teaching Standards

Teaching excellence in the Marblehead Public Schools has taken a major step forward, following today's announcement by the National Board for Professional Teaching Standards, that Joseph Stoddard, Jr., a music teacher at Village School, has achieved National Board Certification in 2009. Mr. Stoddard is also the organist and choir director of the Nahant Village Church, in Nahant.

An "extraordinary group," is how U.S. Secretary of Education Arne Duncan referred to this year's class of National Board Certified Teachers. He said teachers and school counselors, who have achieved National Board Certification this year, have "demonstrated a commitment of taking their teaching practice to an entirely different level," adding, "these amazing leaders."

A voluntary assessment program, designed to develop, recognize and retain accomplished teachers, National Board Certification is achieved through a performance-based assessment, that typically takes one to three years to complete. While state licensing systems set basic requirements to teach in each state, NBCTs have successfully demonstrated advanced teaching knowledge, skills and practices.

"National Board Certification is a growing education reform movement that is reshaping American education," said Joseph A. Aguerreberre, NBPTS president and chief executive officer. "We are committed to providing school districts like Marblehead with high-quality teachers who have a deep knowledge of content and teaching practices to support diverse learners. I am proud that Joseph Stoddard is among the 82,000 teachers, throughout the country, who have achieved National Board Certification. These outstanding educators are making a positive difference in the lives of students."

Logan Airport Update

The departure procedure for Runway 4R (The departure runway that impacts Nahant) has been finalized. After several years of battle, I was able to convince the FAA and Massport to eliminate the flight track that would have dramatically increased the noise over Nahant.

The procedure known as alternative FR, which would have required the aircraft to fly closer to Nahant before crossing over the causeway, has officially been withdrawn from further study. The new track off Runway 4R will begin in May 2010.

The new track will involve what is called RNAV (Area Navigation) and involves GPA technology. It will require the pilot to turn the aircraft at what is called a waypoint rather than the current DME (Distance Measuring Equipment). This procedure will result in more accurate departures over the causeway from Runway 4R.

If anyone would like to have this issue described in further detail, please call at 617-635-3076 between the hours of 8:00 a.m. and 4:00 p.m.

Submitted by Bob D'Amico

Worship Services for the New Year At The Nahant Village Church

Do your New Year's resolutions include exploring your spiritual nature? Are you looking for a welcoming church home?

Join with the members and friends of the Nahant Village Church (27 Cliff St.) for Worship, on Sunday mornings, at 10:30. Starting Sunday, January 3rd, the Worship service will be held in the Chapel. Featuring anthems from our choir, a Children's story and a meditation, by The Rev. Dr. Larry Titus, relating the Scripture readings to our daily lives, our service is offered to all, regardless of former spiritual affiliations.

The Nahant Village Church offers Christian Education for Elementary children through Middle School, where the stories of faith are shared by caring teachers.

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

Bible Study at The Nahant Village Church

The Rev. Dr. Larry Titus will lead a study of the Gospel of Luke, starting Thursday, January 14th, at 7:00 p.m., in the church library. The Gospel of Luke "sets forth the words and works of Jesus as the divine-human Savior, whose compassion and tenderness extended to all who were needy." (Quote from the New Oxford Annotated Bible)

For more information and a study guide, please call the Rev. Dr. Larry Titus, at 781-581-1202.

Library Open House Meeting January 10th.

If you think you know your library, think again. The Library Planning Committee will hold an Open House, at the Nahant Library, Sunday, January 10th, from 2:00 p.m. to 5:00 p.m. Residents are invited to stop by, meet the planning committee, hear in person about possible plans to refurbish, or add onto, the existing building and get a tour. It's your chance to see the nooks and crannies you probably didn't know existed.

The Open House will also allow the committee to address some misconceptions and anxieties, that are floating about, regarding the direction this project might take.

Early survey results indicate a number of residents are worried the committee is going to somehow destroy the integrity of the library and the historic building in which it is housed. Other concerns include possible changes to the exterior of the building and what any changes might cost taxpayers.

Have a little faith, folks.

Founded in 1819, the Nahant Public Library is the third oldest library in the state, following only Franklin and Harvard. That is not to be trifled with, but that distinction comes with some very old problems.

Anyone who has visited the library, in the dead of winter, or summer, knows that it has barely adequate heating and no air conditioning. Not only does this make an uncomfortable situation for visitors, employees and books, it also renders the large attic portion of the library useless. There is no adequate work space for employees, or a true office for the Library Director. The majority of the building is not handicapped-accessible. The children's room is overstuffed, the lighting in the stacks is poor and the library is simply running out of room.

The 19th century building needs to be brought into the 21st century, but that doesn't mean the 19th century charm must be lost.

The committee is not interested in tearing down the building and starting from scratch, in order to address these problems. There is also nothing under consideration that would greatly alter the exterior of the building. An addition to the structure is a possibility, but if that were to happen, it would include employing the services of an architect, who could develop a plan that would not destroy the historical integrity of the original building.

As for cost—the committee is nowhere near putting a dollar figure on a plan, because it doesn't know what the final plan will be yet. That's why it still needs your surveys.

If the project does move forward, the town will be asked to fund a portion, but it will not be asked to bear the entire cost of any renovation. The committee is exploring various grants options and has opened discussions with the Massachusetts Board of Library Commissioners, which has funding, set aside, solely for library building projects.

Early survey results also indicate something the committee already knew; that the library is a beloved institution in this town. It is safe to say the Planning Committee does not plan on changing that. Come and share your passion and concerns regarding the library and possible renovations and hear the committee's, as well, at the January 10th Open House. The library doors will be open, as always, to all.

Nahant Soccer Chili Challenge

Plans are once again underway for the Chili Challenge. Nahant Youth Soccer will be hosting this year's Chili Challenge on Saturday, March 13th, from 5:00 till 8:00 p.m. We are looking for many Nahant residents to each submit one crockpot full of secret chili recipes. All chili entrees should be delivered to the Knights of Columbus, on Saturday, March 13th, between 3:00 and 4:00 p.m. The judging will begin at 4:00 p.m.

Please call Sue Rosa, at 781-842-2448, or Kellie Frary, at 781-581-1453, if you are interested in participating, or have any questions.

Submitted by Kellie Frary, 781-581-1453



SNOWFLAKES



Advertisers with the SNOWFLAKE designation, have supported this paper and the Nahant community, with their advertising, every month in 2009, many for much, much longer. Many "Thanks!" to them, for without them, this paper would not happen. Here's a toast to the New Year: "May your income increase in the New Year, as much as the snowflakes fall on Mount Washington this winter. Thank you.

— Donna Lee Hanlon

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Community Preservation Public Meeting

The Nahant Community Preservation Committee is holding a second public meeting, on Thursday, January 14th, at 7:30 p.m., at Town Hall. All are welcome to learn more about Community Preservation, share ideas, voice concerns, be involved. Applications for 2010 funding are due January 31, 2010.

This is the fifth year of Community Preservation activity. Just a reminder: funds collected under the Community Preservation Act can only be spent for four community preservation areas: open space, historic preservation, affordable housing and certain specific recreational uses. At least 10% of the funds received, in any fiscal year, must be spent, or set aside, for each of the first three of those areas (open space, historic preservation, affordable housing). The remaining 70% of each year's funds can be spent in any of the four areas, as determined by the needs of the community. Funding may include acquisitions of ownership interests in real estate, acquisitions of easements and rights of way, acquisitions of land use restrictions (affordable housing, historic preservation and conservation), leases, studies (architectural, engineering, environmental, legal and other technical assistance). Funds also may be appropriated for the creation, or support of, affordable housing, or for preservation, or restoration purposes, however, CPA funds cannot be spent on maintenance (i.e. non-capital expenditures for ongoing upkeep of building or landscapes). Up to 5% of annual Community Preservation revenues can be spent on administrative and operating expenses of the Community Preservation Committee.

In the past, Nahant's Community Preservation funding has assisted a number of historic preservation projects, such as work on the Life-saving Station, Town Hall, Ellingwood Chapel, and Dory Club. In the open space and recreational category, funding has supported the Heritage Trail, steps for 40 Steps Beach, and the Town Wharf, amongst others. In the affordable-housing category, assistance to the Military Housing studies has been joined with grants to the Housing Authority.

The Community Preservation Committee welcomes your participation.

In Memory of Alfred White, 75 Retired GE employee, master electrician

Alfred J. White, age 75, of Nahant, died Saturday in Portsmouth Hospital after a brief illness. He was the husband of Jeannette L. (LaBonte) White, with whom he shared 54 years of marriage. Born in Lynn, he was the son of the late Alfred J. "Nifty" and Catherine F. "Kay" (Keating) White. He was raised in Lynn and was a graduate of Lynn Vocational and Technical High School. He had lived in Nahant since 1959.

Alfred served in the US Army for 2 years, and later received his Master Electrician's license. He worked for General Electric for 30 years until his retirement in 1989. He has also worked as a private contractor for the Town of Nahant. Alfred enjoyed spending time at his family's camp in North Conway. He was a lobsterman for 20 years and loved boating. An antique car and train enthusiast, he was a member of the Antique Auto Club of America. For 27 years, he traveled to Hershey, PA every October to attend the antique car show. He restored three 1931 Ford vehicles and took great pride in the fact that all three were winners in national competitions. Alfred was also a lifetime member of the Owls Head Museum in Maine.

In addition to his wife, he is survived by his daughter; Diane Attenborough of Newfields, NH; two granddaughters; Amelia and Jenna Attenborough of Newfields, NH; one brother; Roger White of Lynn; two nephews; John White of Rowley and Brian White of Lynn; one niece; Linda Hoffman of MD, and his beloved springer spaniel Daisy. He was the father of the late David A. White.

In Memory of Gertrude C. (Conley) Leavitt, 90 Born in Cambridge, MA on Sep. 13, 1919

Mrs. Gertrude C. (Conley) Leavitt, age 90, of Danvers, died Sunday, December 13, 2009, at the Kaplan Family Hospice House, Danvers. She was the wife of the late Miles J. Leavitt.

Born in Cambridge, she was the daughter of the late John C., and Anne (Kline) Conley. Mrs. Leavitt was raised in Belmont, and after her marriage had lived in Nahant for 20 years, and then after living briefly in Mountain lakes, NJ, she settled in Topsfield and eventually Ferncroft Towers, in Danvers.

Mrs. Leavitt was a graduate of Rosary Academy in Watertown, MA and of Lowell Teachers College, class of 1941. An avid reader and book club member, she was also a member of Salem Country Club, where she excelled at golf, playing her last game with one of her granddaughters at 89 years old. She also enjoyed the camaraderie of a number of bridge clubs over the years. Gertrude will be remembered by her entire extended family and many friends as a consummate letter writer. She will also be remembered and respected for her energy and independence.

She is survived by her children; Anne Leavitt Carter of Amesbury, Frederick J. Leavitt, and his wife Mona, of Portland, Maine, and Susan Leavitt Bannon, and her husband Glen, of Newtown, PA, her brother John C. Conley, of Osterville, MA and her sister Mary Wascomb, of Baton Rouge, LA, 9 grandchildren, and 4 great grandchildren. She was also the mother of the late Miles J. Leavitt Jr.

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Volunteer Opportunities Now Open at Nahant Historical Society

The Nahant Historical Society celebrates its 35th Anniversary this year. Our dedicated volunteers are the lifeblood of our small museum. Are you that special person we are seeking? Come learn special museum skills. We now have openings in the following areas:

Curatorial Volunteer: Learn to properly handle, store and catalog artifacts. Special research projects also offered.

Photographic volunteer: Learn how to properly handle, store and catalog photographic materials in printed format, slides, film and glass negatives.

If you are interested in either of these openings, please call Assistant Curator, Bonnie Ayers D'Orlando, at 781-581-2727, or email info@nahanthistory.org.

Host Volunteer: Welcome visitors and researchers and direct them to the exhibitions and library. Answer the telephone for our busy Curators. Staff our small museum shop. If you are interested in being a

Host, please call Membership Chair, Patty Demit, at 781-581-0580.

Submitted by Bonnie Ayers D'Orlando, Assistant Curator, Nahant Historical Society, 41 Valley Road, Nahant, MA 01908, 781-581-2727, nahanthistory.org

Fall Library Book Sale

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

Kenneth Jon Jewelers Joins Lynn Area Chamber of Commerce

The Lynn Area Chamber of Commerce (LACC) Ambassador Committee, recently welcomed Kenneth Jon Jewelers of Swampscott, to the organization. Kenneth Jon Jewelers recently celebrated a "Grand-Reopening" at their new location, 425 Paradise Road, only a few doors down from their former location in Vinnin Square.

For over 40 years, Kenneth Jon Jewelers has been offering fine jewelry, giftware and quality services at spectacular prices. Kenneth Jon Jewelers offers a wide selection of watches, rings, necklaces, pendants, bracelets, earrings, charms and giftware.

"We offer a wide selection of brand names and specialty items for all ages and price ranges," says owner Jon Feltus. "We carry names like Movado, ESQ, Tissot, Swiss Army, Luminox and Skagen for watches. We carry gold, silver, diamonds, colored stones and pearls for necklaces, bracelets, earrings and charms. We also display home accessories of elegant crystal by Orrefors and Kosta Boda, to name a few."

Feltus adds that while the location has changed, he and his team are committed to providing good value and excellent, personal customer service.

For more information about products and product lines, please call 781-593-0125, email kennethjonjewelers@comcast.net or go to www.kennethjon.com.

The Lynn Area Chamber of Commerce, representing Lynn, Lynnfield, Nahant and Swampscott, is committed to developing and fostering a dynamic business environment by serving, protecting and promoting its members, through valuable resources, government representation, marketing and networking opportunities.

Submitted by JoAnn Power, Communications Manager, joann@lynnareachamber.com, Lynn Area Chamber of Commerce, 100 Oxford Street, Lynn, MA 01901, 781-592-2900.

The Business Suite at the Nahant Community Center

The Nahant Community Center has recently reorganized one of its large rooms, to better accommodate the needs of small-business renters. The "Business Suite," located on the top floor at 41 Valley Road, now offers affordable private "workspaces," combined with a spacious, shared common-area, complete with business amenities, such as wireless internet, a computer station, large screen TV and DVD, projection screen and projector, conference room table and more.

The "Business Suite" conference room area will also be available for rent, for small, private business meetings and conferences.


The initial response has been great. Of the three available "workspace" offices, one has been taken and we are in the process of finalizing the second office.

If you are interested in a small office space, or conference room rental, please call Robert Wilson, at 617-312-5491, for more information. He can be reached by email: webmaster@nahantpreservationtrust.org.

Submitted by Karen Falat, kfalat@comcast.net



*Happy
New Year!*



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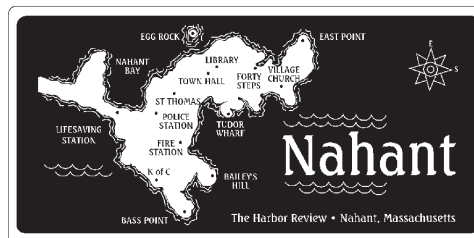
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*From all of us at the
Harbor Review:*

Happy New Year!

News From the Johnson School

By Diane D. Mulcahy, Principal

The Nahant Education Foundation met in November and awarded several teachers at the Johnson School, grants for funds to buy materials, which would enhance the core curriculum. Third-grade teachers, Jennifer Durant and Tanya Grocki, purchased books to supply a Reading Closet, which would support Balanced Literacy. Ruth Kobus received funds, which would introduce a new Handwriting program to the preschool. Miss Purdin is now piloting Investigations, a new math program, in the Kindergarten. Colleen Munnelly has added new nonfiction books to the Library, with grants funds from NEF. Overall, the Johnson School teachers received over \$5,000.00 in grants, from the NEF this fall. The Foundation reviews grant applications twice a year (fall and spring), from teachers with innovative ideas, to extend the curriculum. We are very fortunate to have the continued support of the Nahant Education Foundation.

The Johnson School purchased a building license for a 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 prepare our students for MCAS. Teachers are beginning to explore all the applications of this website for students Kindergarten through Grade 6. Study Island is accessible to students from school, or home through the Internet. Teachers will receive further training in Study Island, at the full-day professional development, in January. This new technology initiative was funded by the Nahant Education Foundation.

December 8th and 9th were early-release days for Parent/Teachers conferences. Teachers and parents were able to meet and discuss students' progress. The second trimester has begun and report cards for this marking period will go home Friday, March 12th.

Kindergarten and First Grade students invited parents and friends to a Holiday-sing-along on Friday, December 18th, in the school cafeteria. Kindergarten students also traveled to the Jesmond Nursing Home, in Nahant, to sing for the residents. The whole school assembled on December 23rd, in the afternoon, for a whole school sing-along, led by Cheri Spencer. School closed at the end of the day Wednesday, December 23rd, for the Holiday break. Classes will resume on Monday, January 4th.

Diane Dunfee has volunteered to organize the Junior Achievement program, this year. Junior Achievement supplies materials, free of charge, to supplement the economics strand of the Social Studies curriculum. Parent volunteers teach the six weeklong units, at each grade level. This has been a very successful program in years past, and we are looking forward to it again, this year. We owe a great deal of thanks to Mrs. Dunfee for heading up this valuable program.

Coffee with the Principal is planned for Tuesday, January 5th, 2010.

Nahant Little League 2010 Registration To Begin

The Nahant Little League is pleased to announce the registration process, for the 2010 season, will begin on Monday, January 4th. The online registration will be open until January 31st.

Please visit www.nahantll.org and click on the "registration" tab on the left and follow the instructions. You will need a parent and a credit card to complete the process. All children between the ages of five years old and twelve years old, are encouraged to play. Please call Mike Hayes at 781.254.6001, or email mikeandcarol@comcast.net if you have any questions.

Submitted by Mike Hayes, NLL Registrar



Where's HOOMPA?

Here's HOOMPA with Debbie and Bill O'Connor at the Cape of Good Hope in South Africa.

Debbie and Bill live on Spinney Path in Nahant.

Swampscott Middle School Quarter 1 Honor Roll 2009

High Honors

Emma Bartholomew and Kenneth Li

Honors

Olivia Aswad, Jesse Barbacoff, Rebecca Bruno, Lauren Christy, Jason Dignan, Dayna Fernald, Emily Fiore, Brian Fitzpatrick, Melissa Gavin, Victoria Laurano, Daniel Marini, Ryan McDermott, Haley McDevitt, Ian Munnelly, Ratchanon Rittiboon, Ramon Rosa, Joseph Silva, Barry Tevrow, Anne Toomajian and Melanie Wilson.

Swampscott High School Quarter 1 Honor Roll 2009

High Honors

Amelia Antrim, Ian Antrim, Alexander Billias, Arianna Billias, John Blank, Monique Bleau, Dimitri Christoforidis, Jennifer Cleary, Rebecca Gray, Kate Hall, Caitlin Ludke, Taylor Maccario, Victoria Malatesta, Lindsey Marini, Christi Mazareas, Aristana Scourtas, Casey Shanahan, Patricia Silva, Alexa Steriti, Kyle Taylor, Leah Towe, Emily Walls, David Wilson and Melinda Wilson.

Honors

Samantha Baldwin, Thomas Ball, Olivia Barba, Daniel Barbacoff, Marco Bauder, Anastasia Beaulieu, Corey Carmody, Alexandra Chasse, Casey Connolly, Kristen Connor, Kaitlyn Dantona, Jennifer Desmond, Caroline Devereaux, Kelly Gillis, Josephine Gray, Eric Greene, Anna Greene, Peter Klee, Nicole McDermott, Madeline McKie, Stephen Meagher, Rosalie Moleti, Hugh Mosher, Virginia O'Leary, Maggie Osbahr, Tyler Peterson, Lillian Pillsbury, Nicholas Sarcia, Alexandra Savino, Anthony Silva, Kyle Spencer, Meghann Toomajian, Thomas Walsh, Trachita Wheeler and Alexandria Wilson.

Commended

Meredith Ball, Matty Byron, Elijah Clark, Shiloh Clark, Heather Doyle, Taylor Eaton, Tyler Gallagher, Parick Gavin, Deanna Hayward, Shannon Kelley, Thomas Lamando, Christopher Mason, Colleen Meagher, Dara Mosher, Holly Noonan, Nevin Pothier, Kyle Rogers, Anna Rusk, Jessica Simons, Adam Wilson and Gabriella Wootten.

Nahant Students Achieve World Languages Honor Society

St. John's Prep is proud to announce that Mario Forgione, '11, Christopher Oesterlin '10 and Stephen Pasinski '10, all of Nahant, have been inducted into the World Language National Honor Society.

About St. John's Preparatory School

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

The Challenges Accelerate

Submitted by Dr. Philip Devaux, Superintendent

It has been an incredibly quick six months, since I became Superintendent of Schools in Nahant. In July and August I awaited the September start of school, with great anticipation, much like an entering new student. During the summer, I crafted a series of expectations, but only real classrooms, teeming with elementary students, their teachers and the support staff, could provide real direction, based upon a Nahant school culture I was just beginning to understand.

I do know that certain key elements are necessary for student success. First and foremost, is the ability of teachers to motivate and better yet, to inspire students to love what they were learning. Every school district that I have led, during twenty-seven years as a Superintendent, needed and benefitted from increased expectations. Motivation and inspiration need to be paired with student effort, to provide the excellence and achievement we all expect in every aspect of the school experience.

My own excitement was, at first, tempered and then accelerated, when our state assessment results did not meet our expectations and showed a one-year overall decline in academic achievement. This result was unanticipated, based on the success of the previous years and a cause for reflection and action on the part of both leadership and the classroom staff. The commitment to reverse this one-year outcome is extremely strong.

We began building a stronger program immediately. Initially, beginning with nine critical points of action, we have expanded that to thirteen specific changes and enhancements, that are intended to have immediate results and long-term sustainability. Without describing the entire plan in detail, a few summary examples include: the close analysis of student test performance on each item in English language arts and math, leading to the writing of individual student success plans in those subjects; continuation of staff development in literacy, in conjunction with Tufts University, begun in September and math, through specialized conferences; piloting a new math program in kindergarten; adoption of Study Island, an individualized web-based curriculum/assessment program, available to students at school and in the home, based on the Massachusetts curriculum and its assessment program; the purchase of MCS prep materials for everyday use; and review of the new Department of Secondary and Elementary growth model.

As we enter the year 2010, our school resolutions are clearly focused on increased achievement. Our capacity to improve dramatically is enhanced by external financial resources, provided by the Nahant Education Foundation and other education grants, from private, state and federal sources. The involvement of parents in the education of their children and the involvement of the community in the future direction of the Johnson School are key components in our future development. To that end, a sixteen-member Strategic Planning Advisory Committee (SPAC), has been meeting, since last August, to renew the mission, vision and values of the school district and to develop a specific and detailed plan of strategies and actions to be implemented, over a five year period.

We have every reason to be optimistic about the future of the Johnson School. To that end, I invite any and all members of the Nahant community, to offer suggestions in person, or in writing, concerning our plans for progress, by calling me at your convenience, at the school.



Where's HOOMPA?

Here's HOOMPA with Alisa De Dominicis in front of the Meiji Jingu Shrine, in Tokyo, Japan.

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 January 13 - March 17
 2:15 - 3:15 PM

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 (yoga for High School & Middle School age kids)
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Ruth Carter Performs in Concert

Ruth Carter, an Earlham College junior and daughter of David and Katharine Carter of Nahant, MA, performed in the Orchestra Concert on December 5 in Goddard Auditorium. Carter is a member of the Earlham Orchestra.

Earlham is a selective, liberal arts college in Richmond, Indiana. Engaging students with a changing world, Earlham is dedicated to the development of effective ways to integrate international perspectives in education. The College offers 40 majors in the sciences, humanities, and social sciences. Earlham graduates are well prepared for further study; nearly half of Earlham alumni graduating in the last 10 years enrolled in graduate or professional school. Earlham is a National Collegiate Athletic Association Division III school.

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Stay Motivated!

By Sallee Slagle, Director, Dance Dimensions, smslagle@thecia.net

Many of us will make resolutions to “get in shape” in 2010. This is usually a two-pronged attack; 1) Exercise and be more active and 2) Lose those extra pounds. Number one will help you achieve the second. So let’s look at how we can be successful, with being more active.

Many of us will plan to start an exercise program, but where do you begin? First, decide your long term goals and break them down into short term, smaller and attainable goals. Be realistic. For weight loss, 1-2 pounds a week is great. Slow weight loss is more often maintained. Studies have shown that quick weight loss from dramatic diet changes, or fad diets, is often regained within a year. Don’t be in a hurry to achieve your goals. Persistence over time will give you consistent results.

Decide what diet guidelines you want to set for yourself, or join a weight loss group to help you. I’m not saying don’t follow a diet plan, but be aware that a diet which doesn’t also encourage lifestyle changes, is not going to be a successful one, in the long run. Diets can help give your resolution a jump start, but choose wisely and research them fully. Some may be harmful with too few calories, or nutrients. Always consult your physician before starting any diet, or exercise program, especially if you have any medical conditions, such as high blood pressure, or diabetes.

OK, now getting active. Look at what kind of physical activity you want to undertake. If you are trying something new, check it out first. Many gyms have trial memberships and classes will often allow you to take a trial class, before you join. If you don’t enjoy it, or at least like the way you feel after it, then you are not likely to continue. Try different activities and sports, too. Becoming a lifelong exerciser is a lifestyle with many physical, mental and emotional benefits. Keep these in mind, as you tackle the barriers. About two-thirds of those starting an exercise program will drop-out in the first year. Here are some additional tips to beat these odds.

Realize challenges and obstacles are going to arise. If you have tried to get in shape before by becoming more active, or joined a gym, or class, and then didn’t stick to it, try to identify the obstacle(s) that got in your way. Once identified, decide how you could handle it. What would be different now? Many of us have our own negative thoughts. Don’t let them defeat you. When you think, “I’ll look stupid,” or “I’m too old to start now,” or “I’ve tried before,” or “I’m too out of shape,” talk back and be positive. Don’t let negative chatter stop you. You can achieve your goals, at any age, or fitness level, if you believe in yourself.

Always begin a new exercise, or activity slowly. Be sure to warm up, cool down and stretch, before and after. This can help prevent injuries and soreness. Start working out 2-3x a week or adding one activity at a time. If you overdo, give your muscles a rest 24-48hrs and a hot bath, with mineral salts, is great for easing muscle stiffness.

After 2 weeks to a month, the motivation may wane and more barriers seem to come up. Don’t get discouraged. Results may not be evident to you yet, but internally, things are changing, if you are being consistent. If you get bored with your current activity, find alternatives. Rotate between two, or more activities. Take the time to review your goals and your commitment to them. Be sure to acknowledge your achievements. If you get thrown off your program, try to get at least 30 minutes of moderate activity into your schedule instead, or try 2 or 3 chunks of 10-15 minutes each.

After 6 months, only half of those who embarked on a lifestyle change, will continue. You may find you are dragging yourself to the gym, or class, or can’t seem to get on the treadmill anymore. Re-examine your plan. Maybe morning workouts would be better, group classes with others can build comradery, or personal fitness training gives you the individual attention. You should be seeing and feeling the physical benefits at this stage. Focus on the things you enjoy, the increased energy level, sleeping better, less stress, lower cholesterol, etc. Obstacles too big to overcome may throw your plan off schedule, but don’t worry, a week off here and there is not the end of it all. Recommit yourself to return to your activity, as soon as you can.

You may see fitness gains plateau, at some point. This is a sign you are getting more fit! If you’re bored, CHANGE something: time, equipment, intensity. Try a seasonal sport. To continue to see progress, you must continue to challenge your body. Your body adapts to whatever activity you do regularly. Increase your weight bearing, increase frequency, or intensity. Spice up your workout with new toys, ankle, or wrist weights and new music. Try a heart-rate monitor, or a pedometer, to keep track and monitor your gains.

Once you make it through all of these phases to one year, you have beat the odds and will have likely achieved the lifestyle change to being a lifelong exerciser. Congratulations, the lifelong benefits will be yours, too!

Stay motivated! Good luck!

Investigating the Cause

**By Susan Cadigan, LMT, NCTMB, Nahant
Therapeutic Massage**

When working with the body, it is important to consider the whole area and not just the place where it hurts. Often, pain can be referred from one area to another. The pain is obviously there, but the source and how to remedy the pain, may actually be present elsewhere in the muscle. This can be confusing to anyone who may want the pain to go away, now.

Myofascial and Neuromuscular therapy is like good detective work: one must look at all angles to try and solve the mystery at hand. The action of the muscle, where the muscle originates and attaches to, function, which direction the fibers are going and what shape of the muscle, are a few angles to look at. What is being done to the muscle, or area, that is experiencing discomfort, what demands, what actions or inactions, what is being over-worked, compensation and what daily activity may be inspiring the discomfort, needs to be taken into consideration. Also very important is the status of the area that comprises the muscle: Why is the area tight? What kind of tightness? Is the area/muscle fiber(s) so tight, the area feels as hard as a rock? Is the area tight due to an injury in another area? Are nerves involved or entrapped in the tissue? Is the body trying to protect the nerves by forming a flesh cast throughout the area?

All of these angles (and more) are important, when trying to remedy aches and pains, that have become chronic sources of pain and discomfort. I have spent a great deal of time with compassionate healers and outstanding teachers. What has been handed down to me, is the holistic approach of body, mind and spirit. Everything is connected and everyone is unique. The mind must be left open for the difference every person may bring to the table. The application of pressure, length of time when holding a knot, must be adjusted to each individual's tolerance and comfort level. The feelings must be considered.

During one of our long drives, for a weekend of honing our skills, with our teacher at Muscular Wellness Institute, my colleague, Jeanie Gorski said it in a nut shell:

"It is not just about working deeper, but working smarter."

And that is what we do.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. Ms. Cadigan holds a diploma in advanced massage therapy and is certified in advanced myofascial mobilization with many hours of additional training and experience. Nahant Therapeutic Massage is located in the Nahant Community Center, at 41 Valley Road. Please visit www.nahantmassage.com for more information. Ms. Cadigan may be reached by cell: 617-240-4252, or at her office, 781-780-3733.

2010 Home Delivery Subscribers

Happy New Year! Enclosed in this month's issue of the Nahant Harbor Review is a Home Delivery Subscription envelope for 2010. Winter is tough for us all, especially the little paper. The Nahant Harbor Review depends on Home Delivery Subscribers to help defray the cost of home delivery in Nahant. Please renew now, or hold on to the envelope to use when it is your time of renewal.

Next month, a list will be published.

If you are unsure of your renewal date, please email donna@nahant.com, or call 781-592-4148.

Tips for Safer Shoveling

Q & A North Shore Physical Therapy

Please submit your questions about musculoskeletal problems to us in writing, Susan Finigan c/o North Shore Physical Therapy, 1 Widger Road, Marblehead, MA 01945, or to Donna Hanlon, Nahant Harbor Review, by email: donna@nahant.com.

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 a 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, and be sure to drink plenty of water.

Arthritis Exercise Class

By Susan Finigan, NS Physical Therapy

North Shore Physical Therapy, in conjugation with the Salem YMCA, will hold a certified Arthritis Exercise Class, on Tuesday and Thursday mornings, from 10:00 to - 11:00, beginning Tuesday, January 12th and Thursday, January 14th. Classes will be held in the small pool in warm water. Registration is required and rates are as follows, Members fee: \$52.00 and Community fee: \$78.00.

Stop by the Salem YMCA and sign up with a friend. Instructor for the class is Susan Finigan, PTA, a certified Personal Trainer and certified in Aquatic Therapy through the Aquatic Therapy and Rehabilitation Institute.

Susan brings an experienced background in aquatics to this unique class.

All exercises are gentle range of motion for arms and legs, gentle walking and stretching exercises. Anyone with stiff, achy joints will benefit from participating in this class. Water helps to decrease pain, increase range of motion and increase circulation. Make water exercise part of your New Year resolution.

Unsure you should participate in this class? Call North Shore Physical Therapy and speak with Susan, 781-631-8250.

Hello Nahant!

Former resident for 43 years, Paul A. Sciaba, retired and keeping the good name of Nahant (see license plate) alive in Inverness, Florida.



Happy New Year!

The beautiful Northern Cardinal

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The Nahant Dory Club News

The Dory Club held its annual meeting on Saturday, November 21st, with Commodore Dan McMackin presiding. The Commodore thanked Rob Scanlan for his work on the Club's boat and Rich Pascucci and Bob Cusack, for the work they did on the inside of the building. He also thanked Ellen Steeves for her recycling efforts, Rex Antrim for his service as Town Class Fleet Captain and Larry Connolly for assisting a fellow sailor during a race.

The members elected Dan McMackin as Commodore, Rob Scanlan as Vice Commodore, Bill Brown as Rear Commodore, Kevin Gregory as Secretary and John Miranda as Treasurer. Council members at large are Patty Gregory, Larry Connolly, Ed Pettipas Bob Cusack and Nick Strange.



The following are the fleet captains for 2010: Nick Strange for the Town Class, John Fulghum for the Lasers and Optimist Prams, and Bob Cusack for the Cruising (PHRF) boats.

After the election and treasurer's report, the members discussed the need for more members to step forward and take on some of the duties shouldered by the usual few members. Special attention will be paid to enlisting members to handle social events in 2010. The 2010 Social Committee will remain the same, with Candace Cahill McMackin as Chair. Any members interested in getting involved with social events, should call Candace, or email candacecahill@yahoo.com.

The Fleet Captains, Rear Commodore Bill Brown, Phil Kersten, representing the Nahant Sailing Program and Jody Graul, a Governor of Mass Bay Sailing, will be meeting during the winter, to discuss better co-ordination between their respective racing programs, and the Nahant Sailing Program. In addition, discussions will focus on improving the Club's racing program.

Sean Davis, a club member and a former head instructor of the Nahant Sailing Program, recently left Nahant for the Caribbean, on his 30 ft sailboat, OCANADA. Sean and a couple of college friends intend to spend the winter in the Caribbean. So far, their leisurely trip down the coast has landed them a little south of Palm Beach Florida. After a couple of repairs, they are off to the warm Caribbean, while we freeze in Nahant. Nahanters wishing to follow Sean's great adventure, can find his track at the following URL:

<http://share.findmespot.com/shared/faces/viewspots.jsp?glId=0kr2AJm1j16G8IikXcq5MDiJfCN3bDIui>

The PHRF Fleet congratulates Jody Graul on his new toy. Jody and Anne are the proud parents of a Sabre 36, which, as of this article, does not yet have a name. Members of the fleet are rumored to be signing their crews to long-term contracts, as the new boat requires a much larger crew and Jody is alleged to be researching the history of the Royal Navy, to determine how it ran its "Press Gangs." All kidding aside, the PHRF sailors welcome the Grauls' new boat to the fleet.

Photo: Sean Davis just before he and his college friends set sail for the Caribbean. In the background is his father, Peter.

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Let's Green Up Nahant!

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

SWIM Meeting on Monday, January 11th to Focus on National Ocean Policy

Safer Waters in Massachusetts (SWIM), will meet Monday, January 11th, at 7:00 p.m., at Northeastern University Marine Science Center, in Nahant.

Among issues that will be addressed, is finalizing a national ocean policy. SWIM is being asked, by national environmental organizations, to sign on to a letter to President Barack Obama, thanking him for "calling for a unified national ocean, coastal, islands and great lakes policy and an effective marine spatial planning framework" and asking him to establish, by executive order, a strong, conservation-oriented ocean policy: "This policy would also be one that holds conservation as a central principle. As your June 12th memo clearly stated, 'We have a stewardship responsibility to maintain healthy, resilient, and sustainable oceans, coasts, and Great Lakes resources, for the benefit of this and future generations.' While we have many laws and policies geared toward multiple uses, the purpose of this policy is to establish a conservation standard, to guide stewardship of our great waters, now and into the future."

Noah Chesnin, of Conservation Law Foundation, which is helping to coordinate outreach in New England, says, "President Obama's Interagency Ocean Policy Task is nearing the end of its term and will very soon propose a framework for coastal and marine spatial planning and, towards the end of January, a final national ocean policy. This will be the first time that the United States has a unified policy on how it manages all of our oceans, coasts and great lakes."

SWIM testified last fall at a hearing in Providence, Rhode Island, emphasizing enhancing marine ecology and rebuilding fisheries, which are depleted worldwide: "With modern technology, we can destroy our seaward coastal zone as we have destroyed so much of the landward coastal zone." More information about the ocean plan may be found at the Coalition for Healthy Oceans and Great Lakes web site at <https://sites.google.com/site/healthyoceansandlakes>.

SWIM is now meeting on a bimonthly basis: the second Monday of January, March, May, etc. All are invited. For more information: 781-581-0075, or nahantswim@verizon.net. Submitted by Polly Bradley

Empty Bowls Dinner January 14th St. John's Prep

Enjoy piping hot soup, on a cold winter night, while helping to raise funds for Haven from Hunger, at the eleventh annual Empty Bowls Dinner Party, at St. John's Prep on Thursday, January 14th, at 6:00 p.m., in Memorial Dining Hall on the school campus, at 72 Spring Street, in Danvers. The evening is open to the community and all proceeds will benefit Haven from Hunger, in Peabody.

Handmade, one-of-a-kind bowls, created by students at St. John's, may be purchased at the event, to fill with delicious soups donated by local restaurants and food shops. Guests are asked to make a minimum \$10 donation-per-bowl. SwingTown!, the St. John's a cappella group, will provide musical entertainment.

Empty Bowls events have been organized by potters across the country, as a creative way to use art for social action, according to ceramics teacher Dale Bryant, who introduced the idea to St. John's in 1999.

In addition to raising money through Empty Bowls, students from St. John's prepare and serve meals at Haven from Hunger, throughout the year.

Check the St. John's Prep website at www.stjohnsprep.org in the event of poor weather conditions.

About St. John's Preparatory School

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

Submitted by Denise DeChristoforo, Communications & Programs Manager, St. John's Preparatory School, Danvers, MA 01923, 978-774-6727 ext. 297. ddechristoforo@stjohnsprep.org, www.stjohnsprep.org

Linda Jenkins Joins Nahant Associates

Nahant resident, Linda Jenkins, recently joined Nahant Realty, as a sales associate. Linda brings many years of real estate experience to her new position.

Linda's experience includes Burgdorff ERA, where she was a top-producing associate in the Sparta, NJ office, where several times she was rated in the top 3% of 950 sales associates for closed business and was an ERA International Collection Specialist.

Linda was awarded the Accredited Buyer Representative (ABR) Designation by the National Association of

Realtors and studied Historic Preservation at Drew University. Linda is a Registered Nurse and has a BS in Psychology and Human Resource Management and has studied American Sign Language.

Ms. Jenkins has served on the Board of Directors of the Nahant Woman's Club and the Nahant Garden Club, for many years. She is Chairman of the Nahant Garden Club plant sale. Linda worked on the Sears Pavilion restoration, organized the Nahant Beach Clean-Up and is the originator of the annual Nahant Craft Fair, held annually at the Town Hall.

Linda is married to Carl Jenkins and is the parent of three children: Alexis, Melissa and David. With a professional style that is hard-working, motivated and caring, Linda is known for following through on the smallest detail. Look no further than to Linda's creative results-oriented service, to sell your home, or to help you find a new home.



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Happy New Year!

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Happy New Year!

By Georgia Arnold

My, how quickly 2009 flew by. While I commiserated with my friends over the unemployment rate, the war in Afghanistan and National Health Insurance, the time ticked away.

I am sure that we all have started to adjust to some of these changes and are looking forward to good things to come in 2010.

I have set my goals and professed my New Year's resolution, and am excited about the future year. Although I wasn't able to change the world this year, as I originally thought, my hopes remain high for next year. That's why I am proposing, when making your New Year's resolution, to do something that is feasible for you and something that you will be able to accomplish. In other words, keep it short and sweet.

Instead of committing to lose twenty pounds, commit to eating healthier. Instead of saying you will save a boatload of money, throw your pennies and loose change into a jar when you get home at the end of your day. (Then take the loose change to Coinstar and have fun watching the machine convert your worthless coins into CASH money...fun for all.)

Small changes are big changes, in the end. Doing something is ALWAYS better than doing nothing. (Especially when you know you can do it).

So next year, take a tip from me. Though you may not end up being able get up an hour earlier and run five miles, you may fare better to do a few sit-ups, before you brush your teeth.

As a wise woman once stated, "It's the little things that count!"

Happy New Year!

TO HER

By NASE JANI

Did I see a spark in your eyes?
Let them be bright...
Did I see a smile on your lips?
Let them smile ...
Did you hide your grief?
Let it be hidden...
Did you pour out your spirit?
Let it pour...
Did you undress your body?
Let it be undressed...
Did you turn off the light?
Let it be dark...
Did you forget yourself,
Let yourself go...
To the top of the mountain
Let yourself go...
To the bottom of the sea
Go deep...
In the waves of your heart,
Let yourself drown...

And wake up
After midnight...
To breathe to me a little voice
If you could...

Translated from Albanian by Rozi Theohari



Two Nahant Families Donate Their Homes to the Nahant Sailing Program

In this season of giving, Dr. Mark Sanphy and Tudor beach neighbor Mike Connor have agreed to donate their properties on Tudor Beach to rebuild the Hotel Tudor on the original site for housing the Nahant Sailing Program for our island kids. (Button their shirts, their hearts are falling out)!

You, as residents, will be asked to vote on Article 258 Section 5 at our annual April town meeting to appropriate two house lots of their choice on Lodge Park for the relocation those homes. The Tudor Cocktail Ice Co. Mega-fund will pay for the transportation of the properties. (This article is "RECOMMENDED" by Duddie & Ponsie Tudor).

In an effort to curb some of the costs and raise money for that kids program, we will be selling "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 PM at the Tudor Family homestead AKA the NAHANT COUNTRY CLUB. 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.

Name as many of the 16 "NAHANT ROCK STAR" head shots shown below and win 2 FREE TICKETS. Entry sheets and drop off boxes are located at The Tides and Kelley's Greens. WINNERS will be announced in the February Ice Shaving's column.

With continuous music from 2 head line 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 CABIN FEVER. All the proceeds go the Nahant Sailing Program for a couple of new sailboats. DOORS OPEN AT 6:30 FOR TICKET SALES.

DISCLAIMER: Gawd people, we really aren't moving the 2 Tudor Beach Families to Lodge Park!!!

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



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.



Useless Information...By Ray Barron

Nahant's January Birthday Babies

January 1: Mario Pasciuto, Thomas Silva, Kim Yannetty.

January 2: handsome Jason Angiulo, Nancy Daras, Colleen Edwards, Sean Frary, Dr. Mark Sanphy and Pam Szostakowski.

January 3: Francesco Macera, Frank Pappalardo, Nancy Roos, Rudolph Zuckerstatter.

January 4: Susan Fintonis, Alice Forbush, Edward Jarroll, Gertrud Joyce, Scott LaPierre, Lola Latsis, Paula Smith.

January 5: Anthony Alessi, Janice Blair, Muriel Castronova, Eva Cieri, Mark Harrell.

January 6: Robin deStefano, Ann Fuccione, Dorothy Hagoort, Jason Leck, Helen Niosi, Aislyn Arlene O'Neill, Christine Sonis.

January 7: Ron Branga, Mary Lou Brown, Peter Davenport, James Hooper, Diane Interrante, Dorothy Johnson, Carolyn Manley, Heather Mitchell, Rose Quinn.

January 8: Chris Billias, Justin Gaglio, Kelli Howard, Lauren Lacey, Loni Petrucci.

January 9: Cathy Bartholomew, Stojan Maksimovic, James Shea.

January 10: Richard Beaton, Nathan Crow, Tom Famulari, Carol Hanson, Len Kavanagh, Sheridan Maguire, Jeanne Postal.

January 11: Fran Ahern, Sean Canty, Dave Carter, Ana Maria Cunha, William Hagemeister, Ed Lonergan, Ramon Rosa.

January 12: Dr. Christine Blaski, Mike Bragdon, Heather Butler Cook, Debra Duffy-O'Connor, Joe Fernald, Marilyn Girard, Katie Hyde, Gina McCoy, Nancy Pantano, Maryanne Parr, Megan Phelps, Helen Tidd.

January 13: Joseph

Alessi, Marie Bongiorno, Frank Botta, Michael Bruno, Dick Erikson, Gail Guiney, Ann Haskell, John Moore.

January 14: Brigita Conant, Maura Devereaux, Bob Donahue, Marion Doyle, Shirley Hoffman, Edith Hunnewell, Paul Kourkoulis, Pasquale Macone, Deborah O'Connor, James Passanisi, Jean Sigourney.

January 15: Maura Bagley, Polly Bradley, Jennifer Carbone, Dave Desmond, Diane Desmond, Kathy Eisenbiegler, Matt Kennard, Gertrude Landergan, Mary Myers, Katarzyna Wabno.

January 16: Gloria Barbacoff, Angela Bardgett, Jennifer Carbone, Carolyn Cummings-Saxton, Gwen Davis, Kalliope Koukonaris, Edgar Moreno, Sara Nieves, Elaine Sullivan, Peter Pappavaselio, Dot Santosuosso, Susan Snow.

January 17: Joe Majchrzak, Andrea Norton, Maureen Palangi, Madison Warren.

January 18: John Flebbe, Liam Mahoney, Aimee Meuse, Meghan Reardon, Robert Roland, Mike Tufts.

January 19: Karen Barisano-Gordinas, Alex Caloggero, Roger DiMinico, Don Howarth, John D'Orlando, Christine Liscio, Jason Morley, William Rogers, Anne Wachtel, Brian Wilson.

January 20: Bill Boyan, Kelsey Dill, Bill Hatfield, Joan Kavanagh, Sam Livingston, Carl Oswald.

January 21: Mary Bongiorno, John Dineen, Bob Gilbert, Richie Lombard, Tyler McCurdy, Rosa Melanson, Jia Hua Mo, Bill Waters.

January 22: Lisa Bell, Bonnie Bishop, Frances

Casey, Pete Elias, Robert Haskell, Kim Leisey, Augustus Lombardi.

January 23: Debra Baldwin, David Doucette, Anne Kennedy, Diana Mason, John Mosher, Richard Ponticelli, Christina Priftakis.

January 24: Maria Bello, Darlene Conigliaro, Cynthia Costin, Gladys Flynn, Jane Gale, Bonnie Lamando, Frances Moleti and Pete Sherber.

January 25: Richard Arzillo, Grace Barile, Darcy Ochs, Emily Potts.

January 26: Susan Arzillo, Marie Esler, Bill Kelley, Pete Malatesta, Angelina Pitsas, Maureen Sinewski, James Walsh, Lisa Wrenn.

January 27: Patricia Adolph, Barbara Alessi, Steven Clavel, Donna Lee Leonardo, Frank Pitizi, Erin Stevens, Evelyn Turner.

Also, on this date, in 1926, the first public demonstration of television was given by John Logie Baird, at his workshop in London.

January 28: Marsha Billias, Norma Brooks, Mike Gomperts, Tom McDonough, Barbara Merrill, Seta Michaud, Gayle Poulin, Allan Tassel.

January 29: Patrick Bozarjian, Judi Comfort, John Decamp, Jennifer Faulkner, Michael Lucantonio, Bernadette McCaffrey, Eileen Peterson, James Munro, Helen Nichols, Ed Poulin, Maria Rynne, John Sarpi, Michael Szczawinski, Donna Ventura.

January 30: Gerald W. Butler, Michelle Ferguson, Christopher Hyde, Jeanne Marini, Yuka Mori, Dawna Nocera, Wayne Papagelis, Julie Smith, Luke Tsokanis.

January 31: Stevie Bartholomew, Joe Bongiorno, Dr. Colleen

Collins, Mark Conway, Wendy D'Agata, Bonnie D'Orlando, Chris Hyde,

Annie Li, Dara Mosher, Paul Nardone, Jim O'Connor, William Schuman.

Nahant Veterans

The members of the Mortimer G. Robbins American Legion Post/Nahant Veterans Association, consists of 22 Vietnam veterans, 14 World War II veterans, 9 Korean veterans and 5 Gulf veterans. If you have served your country, you should join this highly respected organization. You can obtain a membership application, by calling Peter Przybycien at 781-593-2511.

The Anns, Annas and Annes of Nahant

Nahant is loaded with Annies: Anna Barbaro, Ana Martin, Anna Rooney, Anne Howard, Anne Spirn, Anna DiMascio, Anna Bonafonti, Anna Burke, Ann McNulty, Anne Senke, Anna Dragon, Ann Marie Watt, Anne O'Brien, Ann Wachtel, Anne Bromer, Anne Callahan, Anna Ortiz, Ann Hudson, Anne Carter, Ann Passanissi, Anne Farr, Anna Manzano, Ann Marie Sullo, Anne Kennedy and Mary Ann Putnam. We also have three Angels: Angela Sansone, Angela Lowell and Angelina Pitsas.

According to The Runic Interpretation of the names Ann, Anne and Anna, they understand people better than they understand themselves. She is also a woman at ease with herself and a conversationalist, witty and actively intelligent. As for the name Angela, her connection to Angel ensures that her interest is in good conversation and no malicious rumor. Amen.

Where's Hoompa?

Here's HOOMPA with Mary Valeri and her daughter, Julia Elassaad. This is the Mission Beach neighborhood of San Diego, CA.

Check out the name on the street sign!



Democrats Collect Coats For Kids

More than sixty Democrats, from the Democratic Town Committees of Marblehead, Nahant and Swampscott, gathered recently for their annual Tri-Town Holiday Party and potluck dinner. In addition to bringing food to share, the guests also brought along “gently used” winter coats, as donations to the “Coats for Kids” project.

“The event served to reunite the party, behind the Democratic Senate nominee, Martha Coakley, and gear up efforts to re-elect Gov-



ernor Deval Patrick,” said Ralph Edwards, Chair of the Swampscott Democratic Town Committee (SDTC). “State Representative, Lori Ehrlich, brought greetings from Attorney General Martha Coakley, who urged supporters to work hard throughout the

holidays, for the Senate election and to take nothing for granted,” said Edwards.

William Galvin, Secretary of the Commonwealth, described a statewide project, to accurately count all Massachusetts residents, for the upcoming Census. “Without an accurate count, Massachusetts is at risk of losing a Congressional seat. This not only reduces our voice in Congress, but it is also a loss of an electoral vote. With elections being so closely contested, there are obvious national implications,” said Galvin. Since the Census counts everyone, funds are available for outreach to linguistic minorities and immigrants. “Many immigrants are fearful of exposure due to their citizenship status. We need to emphasize that the census is completely confidential and that no one is at risk by giving their information. We need everyone to be counted,” Galvin stated.

Jim Walsh, Chair of the Nahant Democratic Town Committee and Edwards, acknowledged the leadership of Kathy Lique (Nahant) and Steve Iannaccone (Swampscott) for their coordination of the Reduce Hunger Project. “Our towns worked together, to collect several tons of food and personal care items, for food pantries in Lynn and Swampscott. With the increase of families with food insecurity, caring citizens can help to address the immediate needs, through our donations. With education, we can influence the policies that contribute to this situation,” said Walsh. Iannaccone and Lique were presented with flowers and certificates of appreciation.

State Senator, Tom McGee, joined in recognizing Swampscott member, Laura Coppola Spathanas, for her coordination of the “Coats for Kids” project.

“Dozens of children and adult coats were collected tonight,” Coppola Spathanas said. “They will be taken to Anton’s Cleaners, the organizer of “Coats For Kids,” for cleaning and distribution. The generosity of local Democrats shows how the holiday spirit can be turned into concrete action.”

The Swampscott Democratic Town Committee will next meet on Thursday, January 21st, 7:00 p.m., at the Swampscott Senior Center. “All Democrats registered in Swampscott are invited to join us for discussion of issues, civic engagement, and election activities,” said SDTC Chair Ralph Edwards.

For more information, email info@swampscottdems.org

Photo Caption: State Senator Tom McGee and Laura Coppola Spathanas display some of the coats collected by local Democrats. Press contact: John Moynihan (781) 598-8981 Moynihan_John@Hotmail.com

Democrats to Collect for Local Food Pantries

On Sunday, December 27th, the Swampscott Democratic Town Committee (SDTC) will join again with the Nahant Democratic Town Committee (NDTC), in their “Reduce Hunger Project,” by continuing a monthly food drive for local food pantries. In cooperation with the Swampscott Stop and Shop in Vinnin Sq., non-perishable foods will be collected for the eight food pantries located in Swampscott and Lynn. Customers will be asked to take a “wish list” of needed food items, to refer to as they shop and to purchase one or more of the items from the list. When they leave the store, customers are asked to contribute one or more of these items. Cash donations will also be appreciated.

“Hunger has become a national problem,” said Ralph Edwards, Chair of the SDTC. “Perhaps many have seen the TV Public Service Announcement, based on a recent speech by President Obama. He stated that 1 in 8 Americans are struggling with hunger and many of these are turning to food banks for help. But as those people reach out, Obama noted, food banks across the country are often unable to keep up with demand.”

“Most often, those who come for the food, are single mothers with children, who aren’t receiving child support,” said Tom Maccarone, a volunteer at the Swampscott food pantry. Across the country, there is an increase of the newly unemployed, who are supplementing their weekly grocery shopping with food from pantries.

Swampscott’s Steve Iannaccone and Nahant’s Kathy Lique have brought together volunteers from the two communities, to collect food and educate the two towns on hunger. The volunteers will be on duty at the Stop & Shop store, from 10:00 a.m. to 6:00 p.m.

“Winter is an especially difficult time for those who depend on food pantries,” said Lique. “We hope that people will be extra generous, at this time of year.”



Iannaccone echoed Lique’s words when he said, “The food pantries we serve have reported a doubling in demand, just since we started this program in August.”

For more information, email info@swampscottdems.org

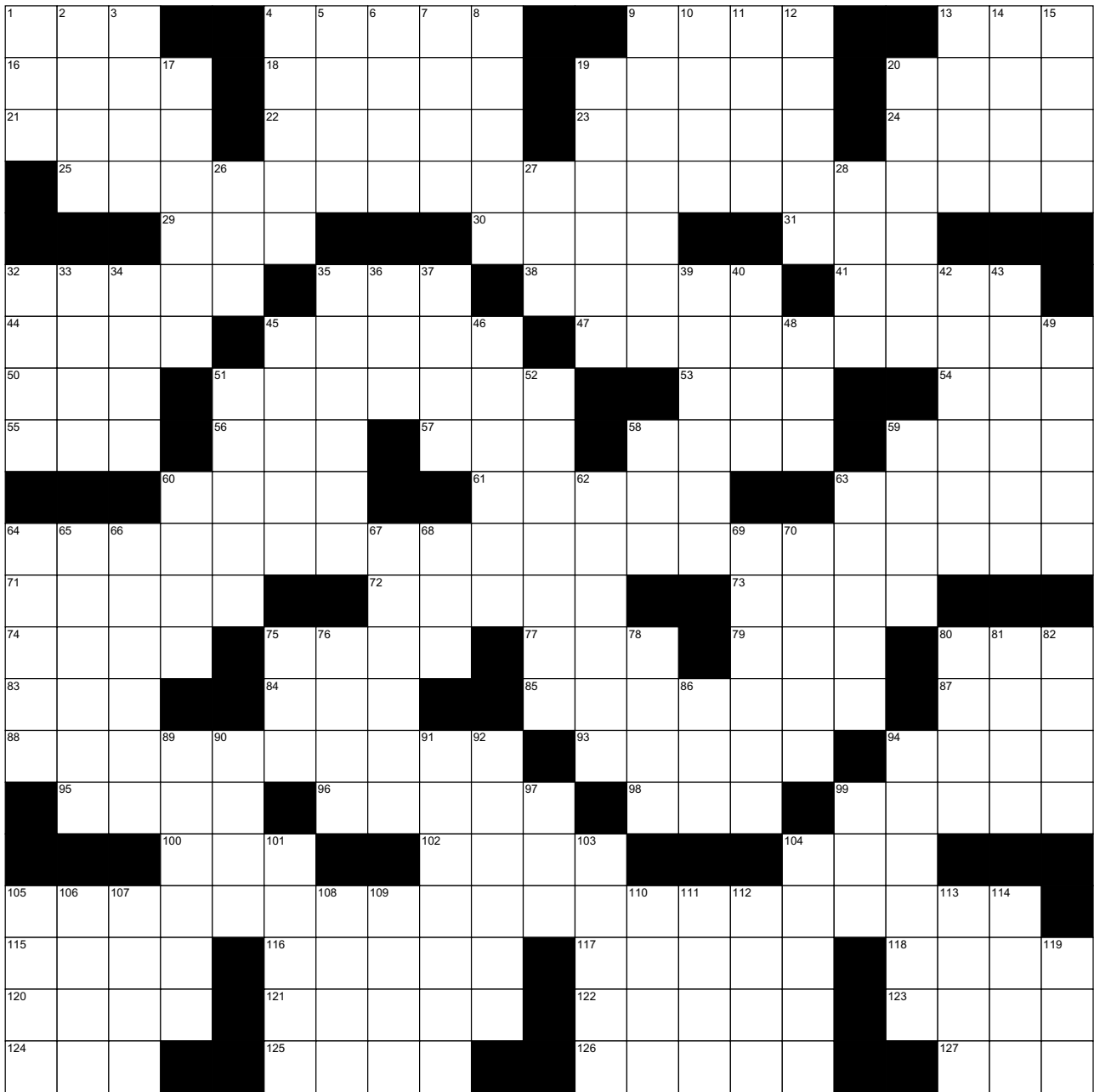
Photo: Democrats Kathy Lique of Nahant and Steve Innacone and Laura Coppola Spathanas are shown with a truck full of food collected during an autumn food drive.

Many Thanks !
Captain’s Seaside
Tides Restaurant
Kelley Greens

**For your generous contributions to the Gifts of
the Magi Christmas Fair, held at the Nahant
Village Church, on December 5th.**

NAHANT PUZZLE PAGE

The Power of 10
by Rick Kennedy



- Beefsteak
45 Unsuitable
46 Radial patterns
48 Ike's W.W. II command
49 Synthetic fiber
51 Functional
52 Having deep pockets
58 From ____ Z
59 Feedbag's fill
60 Red, maybe
62 Going nowhere
63 Suspends
64 In a lather
65 Grammy winner Krauss
66 Team esteem
67 Trojan War sage
68 Posed
69 Not susceptible
70 Ill-tempered
75 "American ____"
76 Boat in "Jaws"
78 The same to vous?
80 Germany's ____ Valley
81 Spicy cuisine
82 Brown alternative
86 Be shy
89 "Fighting" collegiate team
90 Lead
91 Where to find Lions and Tigers
92 Timeless, in verse
94 The Amish grow them
97 82 Down student
99 Bolted things down
101 Old PC software
103 Bamboozles
104 Nosed (out)
105 Start of something big?
106 Kiln
107 Extremely
108 Pinball no-no
109 Auto shaft
110 Pluck
111 Scourge
112 Formerly
113 Iroquoian language
114 King ____
119 Dowel

ACROSS

- 1 It's half due
4 Tickle
9 "Yeah, right!"
13 Irish dance
16 Hiking equipment
18 Promising beginner
19 County north of Limerick
20 Paltry
21 Twinkie alternative
22 Distinguished
23 Vice President Burr
24 Grating sound
25 10
29 Crash site?
30 Palm smartphone
31 Family nickname
32 Smile scornfully
35 Oklahoma city
38 Yield slightly
41 Faction
44 Disgusting one

45 "____ my case"

47 10

50 "Right on!"

51 Part of URL

53 Long-distance inits.

54 Author Tan

55 Maximal ending

56 Chinese "way"

57 Keanu's "The Matrix" role

58 "Now I get it," facetiously

59 Kind of history

60 Tears

61 Hill of Hill hearings

63 Was compelled

64 10

71 Take the honey and run

72 Gut course

73 Staffs

74 Flag

75 Washington daily

77 Bard's before

79 Chinese food

additive

80 Pigpen

83 Ryder Cup team

84 N.Y.C. subway line

85 Bench areas

87 Expression of surprise

88 10

93 Like a lion's coat

94 False god

95 Actress Carter

96 Rugged ridge

98 Loser at Gettysburg

99 Eagle's home

100 Abner's radio partner

102 BlackBerry nos.

104 Touchdown info

105 10

115 Tied

116 Surveyor Jeremiah, for whom a famous line is partly

named

117 Big ape

118 Fall

120 Spice Girl Halliwell

121 North of Virginia

122 Pained reaction

123 Kind of wave

124 Whichever

125 "Leave it in" mark

126 War horse

127 Silly Putty container

DOWN

1 "Yuck!"

2 Tavern light

3 Diamond Head locale

4 Pimply

5 Anchor

6 Convexity

7 Ego

8 Build

9 Fashionable

10 ____ Lee cakes

11 Wood alternative

12 Wards (off)

13 San ____

14 Part of M.I.T.: Abbr.

15 Swindles

17 Frolicked

19 Arose

20 Like default figures

26 Tavern

27 Poet's planet

28 Catchall category: Abbr.

32 Eye infection

33 Passage blockers

34 Orient

35 Melodious

36 ____ Leppard

37 "...unto us ____ is given"

39 Kind of cracker

40 Young newts

42 Poet John who wrote "Lives of X"

43 Brandywine or

Toys and Goodies

By Rick Kennedy

Last month’s winner was Paul Kalapinski of Sea Breeze Lane. He has won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the 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.

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

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
FEBRUARY 2010

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
FRIDAY, January 15th • 5:00 P.M.
Home Delivery: Saturday, January 30th.

Staff, Volunteers & Contributors

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

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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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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 - January 2010

Fri	1	NEW YEARS'S DAY – DINING ROOM CLOSED
Mon.	4	12:00P Blood Pressure & Glucose Clinic – Tiffany Room
Fri	15	1:00P Movie – DRIVING MISS DAISY
Mon	18	HOLIDAY – DINING ROOM CLOSED
Tues	19	12:30P Soup Preparation Demonstration – Sonja Nathan
Tues	26	12:00P January Birthdays–Birthday Cake by Roz, Tiffany Rm
Fri	29	1:00P Movie – JULIE & JULIA

Monthly SHINE Representative – Call for appointment
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
Weds. 12:30 P	Shopping Trip from Tiffany Room or call for pick-up
Thurs 10:15A	Senior Exercise – Community Center

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

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

Nahant COA Sponsors Two Seminars Health Plan Options and Medicare, January 13th and Social Security and Retirement, February 3rd

For many the age of Social Security as well as signing up for Medicare is getting closer. But what do we really know of the acronym maze and regulatory speak that is Medicare and Social Security. To shed some light on the topic the Nahant Council on Aging will offer two informative seminars. On January 13, 2010 a seminar titled Health Plan Options When you Retire and Medicare will be held at 7:30 PM at the Council on Aging Room in the Nahant Community Center, 41 Valley Road.

Heather Hurd, a representative from Blue Cross and Blue Shield, will offer this informative talk which lasts about 1 hour, and will review individual health plans that people can enroll in at retirement, when they are not yet eligible for Medicare as well as discuss options for when they become Medicare eligible. The speaker will provide handouts and reference materials for all who attend.

On February 3, 2010 at 7:30 PM Richard E. Prout, JD, LLM, President and Founder of Wealth Management Group, LLC will discuss Social Security. According to Richard, signing up for Social Security is the easy part. Deciding when to sign up is hard. Considering that you will be receiving Social Security for a long time your decision is important and difficult.

On February 3, 2010 we will discuss: 1) How to apply? 2) Should you collect prior to full retirement age? 3) Do you intend to work during retirement? 4) What about delaying until you are age 70? 5) A discussion of spousal and survivor benefits. 6) Taxation of Social Security benefits. 7) Strategies based on the respective income of each spouse. 8) High wage earner with a deceased spouse. 9) Individuals with younger children. 10) Divorced spouse.

Bring your questions!

Mr. Prout is an attorney with his Master of Law Degree in Estate Planning. His firm, Wealth Management Group, LLC., has been recognized as one of the top Financial Planning Firms in both Boston Magazine and the Boston Business Journal. Richard has spent his career developing a first class experience for his clients.

If you have any questions on these two programs, please contact the Nahant Council on Aging at (781) 581-7557. We look forward to seeing you!

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

COA NOTEBOOK

By Diane Desmond

WELCOME 2010! The Council on Aging would like to thank the Nahant Community for all its' assistance and support for the many seniors in our town. We have tried to plan activities, events, and educational programs for our Nahant Seniors in 2009. We cannot do this without community involvement. We would like to single out individuals and organizations that have been such a great help to us – but would surely leave a name out. The Council hopes that you know who you are and we thank you. Volunteers are key to any success we may have. The COA could not function without them. We are grateful for their service and dedication and we thank them also. We look forward to their continued support in 2010.

In December we scheduled a surprise Christmas lights trip. Now that the trip is over we can reveal our destination. The COA van transported us to Avon Ma. where Jordan's Furniture Company has restored the "Enchanted Village". They have done a wonderful job of restoring this Boston Tradition. If anyone missed it put it on your calendar for next December and be sure to take the children with you. Finishing the day the seniors were treated to a tour of Boston to view the Christmas lights. The city was beautiful with the many lights at night.

We are fortunate to have a SHINE Representative monthly to advise seniors regarding their health and prescription plans. This is a new program for the COA . Please call for the date and time in January for an appointment.

After the busy holiday season in 2009, we will use January to reenergize ourselves. On January 19th at 12:30 p.m. we will welcome Sonja Nathan from the Jesmond Nursing Home. She will prepare a soup recipe and the seniors attending will be treated to a sample. It should be fun and all are invited. Lunch that day will be our famous hot dogs. Please reserve a seat at 781-581-7557.

The Nahant Council on Aging wishes all our Community friends and family a very healthy, happy and prosperous New Year.

Where's Hoompa?

Here's HOOMPA with Maisie and Anton Vasquez at Plimoth Plantation in a Native American We Tu.



Community Calendar • January 2010

SUN	27	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
MON	28		Nahant Girl Scout Cookie Sale Begins. Call 781-592-5272 for cookies and more information.
THU	31		New Year's Eve HAPPY NEW YEAR TO ALL!

January

FRI	1	Noon	New Year's Day Dip at Short Beach
SUN	3	9:00A	Choir Rehearsal. Nahant Village Church, 27 Cliff Street. New singers are welcome.
SUN	3	10:30A	Sunday Worship Service in the Chapel and Sunday School. Nahant Village Church, 27 Cliff Street. All are welcome.
MON	4		Online Little League registration opens.
MON	4		School Resumes. Holiday break ends.
TUE	5	TBA	Coffee with the Principal. Johnson School.
FRI	8	8:00A	Free breakfast at the Nahant Village Church. Guest speaker, Steve Apostolides, topic: "You Can't Predict, but You Can Prepare!"
SUN	10	9:00A	Choir Rehearsal. Nahant Village Church, 27 Cliff Street. New singers are welcome.
SUN	10	10:30A	Sunday Worship Service in the Chapel and Sunday School. Nahant Village Church, 27 Cliff Street. All are welcome.
SUN	10	2:00 p.m.	Library Open House. Till 5:00 p.m.
MON	11	7:00P	Safer Waters in Massachusetts (SWIM) meeting at Northeastern University Marine Science Center, Nahant.
TUE	12	10:00A	Aquatic Arthritis Exercise Class. FMI, call Susan Finigan, 781-631-8250.
WED	13	7:30P	Health Plan Options When you Retire and Medicare Seminar at Nahant Community Center, 41 Valley Road.
THU	14	10:00A	Aquatic Arthritis Exercise Class. FMI, call Susan Finigan, 781-631-8250.
THU	14	6:00P	St. John's Prep, Memorial Dining Hall, Empty Bowls fundraiser for Haven from Hunger, \$10 per bowl donation. Music by SwingTown!
THU	14	7:00P	Nahant Village Church, Bible Study, the Gospel of Luke. FMI and study guide, call 781-581-1202.
THU	14	7:30P	Public Meeting. Community Preservation Committee. Nahant Town Hall.
SUN	17	9:00A	Choir Rehearsal. Nahant Village Church, 27 Cliff Street. New singers are welcome.
SUN	17	10:30A	Sunday Worship Service in the Chapel and Sunday School. Nahant Village Church, 27 Cliff Street. All are welcome.
SAT	23	7:00P	Joanne Trentsch Fundraiser. Nahant Knights of Columbus. Tickets \$20 at the door. Till 11:00 p.m.
SUN	24	9:00A	Choir Rehearsal. Nahant Village Church, 27 Cliff Street. New singers are welcome.
SUN	24	10:30A	Sunday Worship Service in the Chapel and Sunday School. Nahant Village Church, 27 Cliff Street. All are welcome.
SUN	27	10:00A	Volunteers staff Food Drive at Stop and Shop in Vinnin Square until 6:00 p.m. FMI email info@swampscottdems.org
SAT	30		Library Book Sale Begins
SUN	31		Online Little League registration ends.
SUN	31	9:00A	Choir Rehearsal. Nahant Village Church, 27 Cliff Street. New singers are welcome.
SUN	31	10:30A	Sunday Worship Service in the Chapel and Sunday School. Nahant Village Church, 27 Cliff Street. All are welcome.

February

WED	3	7:30P	Social Security Seminar at Nahant Community Center, 41 Valley Road.
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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

Nahant Village Church
27 Cliff Street, Nahant

All Faiths Welcome!

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



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

EMERGENCY MANAGEMENT

Visit the **Emergency Management** page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website: <http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.

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

<p>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).</p>	<p>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.</p>
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Caroline



Jim

Wishing you a healthy and prosperous 2010

Quote for the New Year:

**"It takes 20 years to build a reputation and five
minutes to ruin it. If you think about that,
you'll do things differently."**

—Warren Buffett

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HAPPY, HEALTHY NEW YEAR**

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