



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 18 Issue 2

FEBRUARY 2011

Thanksgiving Meals for the Needy and Hungry



Brothers Deli of Lynn prepared hundreds of meals for those in need, this past holiday season. Every year, George Markos, owner of Brothers Deli of Lynn and resident of Nahant, prepares hundreds of meals for the needy. His children (above) enjoy helping with the preparation of the meals. See the story on page 5.

From the Town Clerk

Nomination papers for candidates running for Town Offices and Committee Members are now available in the Town Clerk's Office. The Town Election will be held on Saturday, April 30, 2011.

Candidates must obtain at least 32 valid signatures of Town residents. All nomination papers must be returned to the Town Clerk's office.

DEADLINES

Nomination papers must be submitted to the Board of Registrars of Voters for the certification of names by 5:00 p.m., Friday, March 11, 2011

Nomination papers with certified names, must be filed with the Town Clerk by 5:00 p.m., Friday, March 25, 2011.

For more information, call Margaret R. Barile (Peggy), Town Clerk, at 781-581-0018, or email mbarile@nahant.org. Office Hours: Monday – Friday, 8:00 a.m. to Noon.

About the "Review"

The Nahant Harbor Review is an independently-owned community newspaper, which is published monthly by Donna Lee Hanlon DBA Seaside Business Services, a woman-owned and operated, sole proprietorship, located in Nahant, Massachusetts. The Nahant Harbor Review receives no government, or public, funding. The Nahant Harbor Review newspaper is solely supported by advertising sales, voluntary subscriptions and donations from friends of the newspaper.

Nahant's Nine-Year-Old Michael Vecchia: Rock Star



Nine-year-old, Michael Vecchia, 4th grader at the Johnson School, has a passion for Rock-n-Roll. It all started about three years ago when his parents noticed he was constantly playing air drums to all of his dad's favorite bands. Guns-n-Roses, Van Halen, ACDC, Black Sabbath, you name it and Michael was air drumming it. And when his mom brought home his first snare drum to mess around on, Michael was hooked and hasn't stopped drumming everything since. Now that nice little snare drum was cute and all, but it was obvious it wasn't going to cut it, Michael needed a real drum kit, so off to Joe's Drum Shop, he went with dad.

Nearly three years after his first drum lesson with drummer extraordinaire John Georges of Swampscott, and six-months after bringing the house down, at the Johnson School talent show last year, Michael is preparing to take his talents to the next level. He attends the School of Rock in Watertown, MA (www.schoolofrock.com) and is rehearsing for a Van Halen tribute concert to be held at the Hard Rock Café in February. At nine-years-old, he's the youngest member of the band and I asked him how he keeps up with his 15 and 16 year old band mates and his answer was simple... "I love the drums and I just keep drumming, it seems to work out once they see me."

So come on down, February 6th and 13th, to the Hard Rock Café in Boston's historic, Faneuill Hall, to see Michael and Company, bring the house down, with a Van Halen tribute that is sure to please all you Van Halen fans out there. Show starts at 11:00 a.m. sharp. And don't worry, Michael always wears his ear protection.

Submitted by Chris Vecchia, proud Dad

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

Journey Through the Psalms at the Nahant Village Church

The Rev. Dr. Larry Titus will offer an 8-week, DVD-based, study of the Psalms, "Journey Through the Psalms." Classes are held on Wednesdays, though March 16th, at 7:00 p.m., at the Nahant Village Church.

The Massachusetts Conference of the United Church of Christ Resource Center says, of this study: "As a 'school of prayer,' the psalms teach us that there are many different kinds of prayer and many different ways of praying to God. The Psalms express the entire range of human emotion - fear, praise, anger, joy, thanksgiving and despair - experienced in the context of our relationship to God. Living with the Psalms enables us to be honest, as we faithfully bring our whole life before God."

This study is open to the community. For more information, call Rev. Larry at, 781-581-1202, or email - pastor@nahantvillagechurch.org

Come sing in the Easter Choir!

Ever wanted to sing in a choir? Here's your chance to be involved just for Easter! All levels of experience welcome - including no experience! Come join the Nahant Village Church Choir for rehearsals on the Sundays of Lent and sing with us at our 10:30 AM Easter Sunday worship service on Sunday, April 24th. The rehearsal schedule is:

- * Sunday, March 13th, from Noon to 1:00 p.m., in the Chapel
- * Sunday, March 20th, from Noon to 1:00 p.m., in the Chapel
- * Sunday, March 27th, from Noon to 1:00 p.m., in the Chapel
- * Sunday, April 3rd, from Noon to 1:00 p.m., in the Chapel
- * Sunday, April 10th, from Noon to 1:00 p.m., in the Chapel
- * Sunday, April 17th, from Noon to 1:00 p.m., in the Choir Loft, in the Sanctuary
- * Sunday, April 24th, from 9:00 to 10:00 a.m., in the Choir Loft, in the Sanctuary

Nahant Village Church is located at 27 Cliff St., Nahant. For more information, email Choir Director, Joe Stoddard, at josephstoddardjr@yahoo.com. You can also visit us on Facebook at: www.facebook.com/nahantchoir.

Animals, Big Ryan and Story Time at the Nahant Public Library

The Nahant Public Library (781-581-0306), located at 15 Pleasant Street, in Nahant, has scheduled some fun events, coming up.

On Thursday, February 10, 2011, at 3:00 p.m., "Big Ryan's Tall Tales" will be presented, at the Library. All children, with parents, are welcome. Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

On Thursday, March 3rd, at 10:30 a.m., the Library invites all families with children, aged 0-8, to the "Story Time," with Francie Sudak, LPS Program Teacher. This educational and entertaining program includes games, introduction to reading and various activities for children. This federal-funded program is operated by the Lynn Public Schools. Admission is free.

On March 10th, at 3:00 p.m, Matt Gabriel's "Animal World Experience," with live exotic animals, will be presented. The Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

Submitted by Rita Stepanova, Children's Librarian

Calling All Chili Chefs

Nahant Youth Soccer is holding its annual Chili Challenge fundraiser on Saturday, March 19, 2011, at the Knights of Columbus Hall, on Relay Yard, in Nahant, from 5:00 to 8:00 p.m. We are in need of Chili makers. All you need to do is make a crock pot of your chili and drop it off at the Knights, on the Saturday, between 3:00 and 3:30 p.m., prior to the official judging.

After the judging, from 5:00 to 8:00 p.m., that is when YOU get to taste all the wonderful creations from the Nahant Chili Chefs. We also will have hot dogs, cake and other yummy desserts, as well as all the chili you can eat.

Cost is \$10 per person, or \$25 for the whole family. Please email Sue Rosa at susancrosa@hotmail.com, to sign up to bring a crock pot of chili.

All funds raised go right into the soccer program which is for the children of Nahant. Submitted by Susan Rosa



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NVC Breakfast The Mass Coalition of the Homeless

The February 4th, Friday breakfast, at the Nahant Village Church, will feature a presentation on the Massachusetts Coalition for the Homeless, a statewide membership organization formed in 1985, dedicated to ending homelessness. The presentation will be given by Sister Linda Bessom, who is the coordinator for Faith Into Action Together (F.I.A.T.), a Coalition program now in its 15th year. She does outreach to faith communities across the state, to educate, train and organize, faith communities to become involved in the public policy work of the Coalition. The Coalition is headquartered in Lynn. Come and learn about the many opportunities to get involved through education, direct service and advocacy.

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.

Ring Out for Joy the Easter Bells

Here is your chance to learn to ring hand bells and perform at the Nahant Village Church Easter Service. Adult rehearsals are held on Mondays, from noon to 1:00 p.m. No prior experience with music necessary. Call Marrit Hastings at 781-581-5691, or email calhast@hotmail.com, for more information.

Tides Fundraiser to Benefit Lions Eye Research

On Thursday, February 3rd, from 6:00 to 9:00 p.m., take the night off from cooking and come to the Tides Restaurant, to help benefit the Nahant Lions Club and our drive to raise money for Eye Research. Come in and dine for the evening, OR take out anything you like! A portion of the food and beverage proceeds, as well as a 50/50 raffle, will raise money for our charitable works! The more the merrier, so come on down!

Submitted by Mark S. Reenstierna

V is for Valentine & Volunteers!

Volunteer Openings Now Available at Nahant Historical Society

The Nahant Historical Society has served the community faithfully for 36 years because our dedicated volunteers. The Society extends this special Valentine thank you to all our volunteers! Would you like to join our merry band? Come learn special museum skills. You may serve on a weekly, or monthly basis, even seasonally.

We now have openings in the following areas: Curatorial Volunteer - Learn to properly handle, store and catalog artifacts. Special research projects are also offered.

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 and do other small chores, to help keep the Society flourishing.

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

For the Love of Red

Please join us for the Love of Red, a Friendship Celebration to Benefit the Britte Roossien Family, on Friday, February 4, 2011, from 6:30 to 11:00 p.m., at the Nahant Country Club. A festive, strolling, dinner party with a silent auction and raffle fun, is being planned.

Dinner will be graciously provided by The Nahant Country Club, The Blue Ox, Henrietta's Table, The Porthole, Periwinkles Food Shoppe, Frank's Provisions, The Tides, Mount Vernon at The Wharf, Seaside Pizza and Thai Thani. Entertainment will be provided by White Lightnin'. Come on down and get your groove on with live music by White Lightnin'! This will be a great evening of fun and festivity, so pass this invite along to all your family and friends, old and new! All are welcome! In keeping with the theme, suggested attire is creative red!

Tickets are \$60 per person and includes a ticket for one complimentary serving of the evening's signature drink, which will be provided at check-in!

To RSVP, call Liz Carlson, at 339-927-4173, by January 21st. Please make checks payable to: "For the Love of Red" and mail to: For the Love of Red, c/o Liz Carlson, 36 Pearl Road, Nahant, MA 01908.

For more details, reservation and ticket information: visit the event website at: www.ForTheLoveOfRed.blogspot.com.



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Nahant Democrats to Elect Delegates to State Convention

Submitted by Jim Walsh

Registered Democrats in Nahant will be holding a caucus in the FinCom Room, at the Nahant Town Hall, on Saturday, February 12, at 2:00 p.m. The caucus will elect two delegates and alternates to the 2011 Massachusetts Democratic Convention, where Democrats from across Massachusetts will gather to adopt a new Action Agenda. The Convention will be held on Saturday, June 4th, at the Tsongas Arena, in Lowell.

“This is going to be an exciting year, as we build on our recent successes and prepare for the elections in 2012,” commented Massachusetts Democratic Party Chairman, John Walsh. “In addition to the normal proceedings, the June convention is going to focus on training in party building, electoral techniques and issue-based organizing.”

The caucus is open to all registered Democrats in Nahant and the Democratic Committee warmly welcomes participants. Delegates will be divided equally between men and women, and all ballots will be written and secret. In the spirit of inclusion, youth, minorities and people with disabilities, who are not elected as delegates, or alternates, may apply to be “add-on” delegates.

For more information on the caucus, or the committee, please email Jim Walsh at: nahantdemocrats@gmail.com.



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Happy Valentine's Day

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Help Support Our Troops

Submitted by Austin Antrim, Nahant Fire Department

This year, the Nahant Firefighters Union 2718 is selling t-shirts to honor and support the men and women in the armed forces. The union has designed and printed t-shirts that are for sale at the fire station on Flash Road. 100% of the money collected from the sale of the t-shirts will be split between two USO programs.

The first program, Operation USO Care Package, distributes care packages to Soldiers deployed overseas. Every \$25.00 gets a care package shipped.

The second program, Operation Enduring Care, provides support to returning soldiers who have been wounded, to their families, and to the families of soldiers who have been killed overseas.

For the past several years, the Nahant firefighters union has been collecting items for care packages. The Union members would pack care packages and the Union would pay the cost to ship these packages to troops deployed in Iraq and Afghanistan. This was a very successful program, however, the union wanted to come up with a way to support the troops in a more sustainable manner. We decided that donating money to existing programs through the sale of t-shirts, would be our best option.

The t-shirts are all red, in support of the nationwide “Red Shirt Fridays” movement, to show support for the armed forces. The shirts have the Nahant Fire Maltese Cross on the front. The back of the Shirt reads “Support Our Troops” and has the emblems of each branch of the military and a yellow ribbon.

We have both short and long sleeve shirts available. Short sleeve shirts are \$15.00 and long sleeve shirts are \$20.00. Please stop by the firehouse and purchase a shirt so we can continue to show the members of the armed forces that their sacrifices do not go unnoticed. Thank you.



Tudor Family Gives Thanks

With amazing help from Lynne Spencer, Roz Puleo, Jeff Musman and Robert Wilson, of the Nahant Preservation Trust, the Tudor Cocktail Ice Co. was able to host a “THANK YOU” party for many of our GO-TO event volunteers, at the newly renovated Nahant Life-Saving Station Boat Room, on New Year’s Eve. In a town of 3,700, these volunteers constantly give their hearts and souls to any and all of the hair-brained ideas the Tudors come up with, for Town fundraising.

Due to the size of the Boat Room, we weren’t able to get everyone in there that we wanted to, without Scotch-taping them to the walls. But, trust the Tudors, if you are looking for a unique venue for 50 to 65 people, the new Boat Room is it!

On a sad note, that evening, Nahant socialite and CEO, Ophelia Payne Tudor, the superb event greeter, evidently hid her concern for her suspiciously absent brothers, Duddie and Ponsie. Last seen, the boys took a break while setting up for the party. Wearing their New Year’s hats, they took a little cocktail stroll across the street along the “WEST NILE TRAIL.” That was the last time anyone saw them. Could it have been Nahant’s answer to a “Coyote Date”?

AGAIN, THANK YOU ALL FROM THE TUDOR COCKTAIL ICE CO.

Bravo to the gang at the Preservation Trust for putting another jewel in our Town’s crown!! Speaking of fundraising, there is a special group of ladies who are putting on a very special evening for a very incredible NAHANT RED HEAD.

“For the Love of Red” - The “For the Love of Red” a friendship celebration, being held on Friday, February 4th, from 6:30 to 11:00 p.m., at the Nahant Country Club. Great food from top local restaurants, great music from Tony Gallo’s White Lightnin’, all just in time for Valentine’s Day. To RSVP online and get more info, go to <http://fortheLoveofred.blogspot.com/> or call 781-254-6157.

“RED, VALENTINE’S DAY, LOVE, HEARTS, GIVING”... are you getting it?! Take your honey to the Valentine’s Ball, and in true Nahant Style, give your love to that “incREDible RED HEAD.” Trust the Tudors, your honey will thank you.

Submitted by staff proof reader,
Ms. Paige Turner, Tudor Cocktail Ice co.

What Happened to the Library's "Indian Cabinet?"

By Daniel A. deStefano, Library Curator

So many have asked about the empty space (and it is your library, after all), that I believe that you deserve an answer—so here it is.

Herbert Foster Otis established his collection of Native American artifacts as a local museum in 1904. Mrs. Otis gave it to the Nahant Public Library in 1925, after the death of her husband. Until 2010, the Otis collection sat in a set of cabinets that were poorly labeled, dimly lit, overcrowded and uninterpreted—a fascinating, but uninformative cabinet of curiosities.

Because the mission of the public library is essentially educational, the Library Trustees and I felt that such a marvelous collection should tell its ancient story; and that the Memorial Fund, contributed to by so many, was the perfect vehicle to fund this improvement.

At the moment, the most relevant of the Otis collection, stone tools from Nahant and New England, are being sorted, dated when possible and prepared for exhibition. The remainder of the collection, regrettably, must be stored against the time when the Library has the space to show it properly.

Dim lighting will be replaced by white light, brightening not only the artifacts, but the entire hall. Inaccurate labels will be corrected to reflect current knowledge and interpretation. Overcrowding will be eliminated. And we'll include a few surprises, too.

Mrs. Otis gave her husband's collection to you. When the exhibit re-opens in a few months, you will have the opportunity to see both this collection and your Town in a new way. The Library Trustees and I hope that you will be entertained and enlightened. We're well convinced that Mr. and Mrs. Otis would be pleased.

Lynn Auditorium's 2011 Winter / Spring Lineup

After a wonderful 2010 season, featuring Emerson & Lake, James Cotton with Billy Squire, Southside Johnny, The Rat Pack is Back and sellouts with Kenny Rogers and Julio Iglesias, The Lynn Auditorium is please to announce the official 2011 Winter / Spring Concert Series:

- | | |
|--------------|--|
| February 4: | Edgar Winter & Rick Derringer, with Brad Whitford of Aerosmith and James Montgomery. |
| February 13: | Marco Antonio Solis. From Madison Square Garden to the Lynn Auditorium. |
| March 12: | The Women of Ireland. A Special Saint Patrick's event. |
| March 19: | Kansas with Fortune, to open. |
| April 22: | The Texas Tenors from "Americas Got Talent" |
| April 30: | The Boston Gay Men's Chorus |
| May 20: | Howie Mandel |

Also, watch for announcements for upcoming performances for 2011 from: Big Bad Voodoo Daddy, Australian Pink Floyd, Southside Johnny and many others!

For tickets and information, please visit us at: www.lynauditorium.com, or call us at 781-581-2971. Our box office is open at Lynn City Hall, in Room 311, during City Hall's regular business hours.

Submitted by: James Marsh, Lynn City Hall, [jmarsh@ci.lynn.ma.us]

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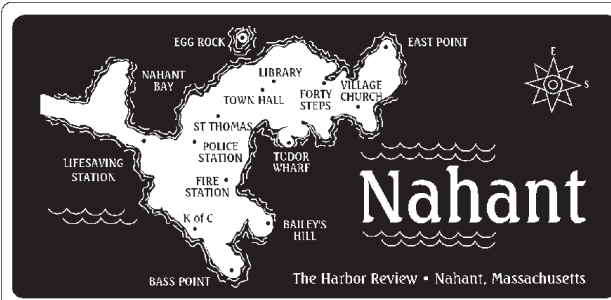
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Brothers Deli

Chef, Businessman, Philanthropist

by Andrew Norton, Guest Writer

In the world after Enron and Bernie Madoff, that combination sounds pretty rare. But a longtime Nahant resident, George Markos, fits that description to a “T”. Brothers Deli, on Market St., in Lynn, has been a popular dining destination for North Shore residents for over 24 years. Cooking family recipes in a healthful manner with speed, care and affordable prices, George and the crew at Brother’s have won the hearts and palates of thousands in the greater Boston area. And, with Markos’ cooking show on Lynn Educational Television and appearances with the 2004 Olympic team on the “Today” show, his fan base is not getting any smaller.



Chicago Uno ad

George is also well-known for his generous contributions to multiple charities for child abuse awareness, the Victory program for AIDS awareness, My Brother’s Table, The Wall Plaza, the Lynn Community Connection and the Salvation Army, as well as raising \$3,600 for the victims of the earthquake in Haiti, earlier this year.

George also donates his time at the local YMCA, mentoring youth on a weekly basis and recognizing an outstanding achiever among his group.

George has attained many awards for his charitable contributions, including the Lynn Area Chamber of Commerce’s Businessman of the Year award, for which he was recognized for his work during the holiday season. Every Thanksgiving George donates turkey dinners at his restaurant, and through deliveries to local organizations, amounting to over 10,000 dinners, over the years.

He also donates monthly to supporting organizations for the troops in Afghanistan and Iraq.

George’s unfaltering care for the less fortunate has led him to continuing success, both as a businessman and an example to us all. May we all honor the spirit of giving, that George and his family demonstrate, throughout the year. Our community, however small or large, will be a better place for it.

Porthole ad

Woman & Wishes Grants 10 Wishes

Women & Wishes of the North Shore is proud to announce that since our two fundraising events, our Tea Party and Kickin an’ Sippin, we have been able to grant 10 Wishes from the funds raised.

All of the wishes granted were to people that live and work in our own community. We advocated for a woman in Lynn that was going to be evicted from her home. We paid for a young woman and her children’s rent in Swampscott, so she would not get evicted. We gave a donation to the elderly woman that was mugged and beaten, on the streets of Lynn. We bought a family in Winthrop, clothing and groceries. We gave a donation to a young woman and her family, in Lynn, that was diagnosed with cancer. We bought tires for a woman in Nahant, whose husband was ill and could not work. We had a grandmother’s car repaired in Lynn, who looks after her grandchild. We repaired a woman’s car that lives in Peabody and works at G.E. in Lynn. We repaired an ill woman’s car and paid her insurance, so that she could take herself to work and her children to school. We just paid to fill the oil tank for a family in Peabody, because the father was in a very serious car accident.

Mailboxes ad

This is just the beginning of Women and Wishes and wish granting in our community to help people. We are making a difference, one person at a time. We are very happy to have been able to meet the needs of these families and we thank all of the people who helped to make this happen.

Healthy and Happy New Year!

For more information, or to donate: please visit us at:
www.womenandwishes.org

Uno Chicago Grill: Way Deeper than Pizza

Submitted by Clinton Norton

Located in Vinnin Square on 970 Paradise Road, in Swampscott. Open 11:30 a.m. - Midnight, Sunday through Thursday, with an extended hour until 1:00 a.m., on Friday and Saturday nights.

Uno Chicago Grill is the birthplace of the deep dish pizza, but the Swampscott restaurant is so much more than just pizza. Marcus Thompson, Nahant resident and general manager of the Swampscott Uno Chicago Grill, is proud of the relationships that his restaurant has established throughout the community.

The restaurant offers local schools, partnership programs that include kids awards, pizza maker field trips and Dough Rai\$ers. Dough Rai\$ers are a fun and easy way for schools, or any non-profit organization, to raise money. It's as simple as hosting an event at the restaurant and earning up to 20% of sales, generated from supporters, from opening until close. Many local schools, like Lynn's Thurgood Marshall Middle School and Swampscott's Clarke, Hadley and Stanley Elementary Schools, have all utilized Dough Rai\$ers to fund enrichment programs and school enhancements.

Uno's community relationships extend beyond schools. The restaurant is active with many non-profit organizations donating food for My Brother's Table Annual Summer Garden Party and the Nahant Youth Soccer's Annual Chili Challenge. Most recently, the Swampscott restaurant donated salad for the Saint Vincent de Paul Spaghetti Supper, at the Nahant Knights of Columbus Hall, organized jointly by Saint John the Evangelist and Saint Thomas Aquinas Churches.

Uno is a casual restaurant with a lively atmosphere. It is also one of the few bar/lounges in town, that is open late into the evening. Every month boasts a new calendar of events. Currently, Sundays host Stump Trivia – a team trivia contest with prizes, held from 8:00 to 10:00 p.m. For the Super Bowl, specials include wings, 2lbs. for \$12.99, 3lbs. for \$16.99 and 4lbs. for \$19.99, as well as \$10 off any take-out order of \$40, or more.

The menu goes deeper than pizza, too. There is something for everyone to enjoy at Uno, ranging from soups, sandwiches and salads, to entrees of seafood, steak, chicken and pasta. Uno also offers an entire menu of gluten-free selections, including a gluten-free pizza and beer.

There are more than enough reasons to come in and enjoy the Swampscott Uno Chicago Grill. And if you can't come in to eat, take out is always an option, too!

To book snack-hour parties, Dough Rai\$ers and catered events, please call Annie Pulaski, (617) 275-3184, or email unoswampscott@gmail.com.

Tower School ad

Ice VS Heat Controversy

Q&A with NS Physical Therapy

Q. I have heard that ice is good to use after an injury, but others say to use heat. I am confused!

A. The use of heat and ice is controversial. You will hear different opinions from various health care providers. Both ice and heat can help to relieve pain. Ice is the first choice when there is swelling and pain, ice is preferable to use over heat, because ice is better at decreasing swelling. Heat may increase swelling, thereby making the pain worse.

How do you know if there is swelling? After an injury, trauma, or surgery, there is generally some swelling and inflammation. Sometimes you can see swelling (the area looks puffy and less well-defined than normal), but other times the swelling and inflammation are internal and cannot be visualized. Even if you cannot see it, there is generally a significant amount of swelling immediately after a trauma, or after surgery.

The therapeutic benefit of ice 24 hours after an injury is common knowledge. However, because swelling often continues for days, weeks, or even months after an injury, ice may be a better pain reliever than heat, weeks after an injury.

So, when is it preferable to use heat? Heat is a good choice when there is stiffness, pain, or a chronic ache. Heat can be helpful in lengthening tight tissues to make stretching exercises more effective. Heat can help relieve pain with an arthritic joint, as long as there is minimal swelling at that time. Ice is generally a better choice, if an arthritic joint is both swollen and painful.

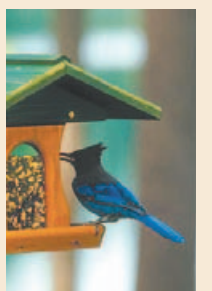
When using heat or ice, limit the application time to 10-15 minutes. Use one, or more, towels to cover the hot pack and a pillowcase over the ice. If your skin is fragile, you may want more covering than that. It is always a good idea to check your skin during the application of heat, or ice, to make sure the area does not become too red. It is okay to repeat the ice, or heat treatment, several times a day.

If you have any questions regarding whether you would be better using heat or ice in your particular situation, do not hesitate to ask your physical therapist, or physician.

Please feel free to submit questions about musculoskeletal problems to us in writing, to the NSPT Q&A, c/o Nahant Harbor Review, PO Box 88, Nahant, MA 01908, or Susan Finigan, c/o North Shore Physical Therapy, 1 Widger Road, Marblehead, MA 01945.

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More Tips for Managing Your Weight

By Sallee Slagle, Director, Dance Dimensions

Many of us try each year to lose some of the extra weight we may have put on. As we get older our metabolism slows down and on average we gain 1-2 pounds a year if we don't adapt some way to counteract this natural effect. It's no wonder that with our more sedentary lifestyles, statistics show more of us are overweight and the government health organizations are concerned. A recent report by the Center for Disease Control (CDC) reported more than 68% of all Americans are overweight including over 34% who are considered obese. The FDA is calling it an epidemic. The CDC shows that poor diet and inactivity are running a close second

to smoking in the list of preventable health risks. Activity recommendations for adults are moderate intensity for 30 +mins 5x a week or vigorous intensity for 20 + mins 3x a week.

There is no substitute for the simple formula that calories in must equal calories out in order to control weight. The corollary to this is of course, calories in must be less than calories out to LOSE weight. Something most of us have tried to do and many of us have tried many times and ways but still battle the bulge.

To see quick results we often try dramatic actions and radical lifestyle changes that are difficult to maintain. Even if we are

successful research shows that the weight loss is often regained in less than a year. Although you may not see dramatic results immediately small changes can result in maintaining your healthy weight or even losing some to reach a healthier level.

Many studies have been done regarding weight loss and here are some tips that have shown results. Previous articles have given you more information on many of these. Try incorporating those that seem easy to you at first, even one or 2 tips at a time till they become part of your everyday habits and lifestyle will lead to a healthier you.

Just eliminating 100 calories a day will help you maintain your current weight but increase it to 250 and pair this with a brisk walk 30-45 minutes each day and you will lose about a pound a week. This can be done by just changing what you drink. Drink more water and less sweetened drinks. I personally avoid diet drinks and any artificial sweeteners.

Eat apples. A small town in Washington lost an average of 17 lbs each in 3 months by balanced eating, exercise and an apple at every meal. Eating an apple before meals adds fiber to your diet and helps you control your appetite as you feel full sooner. Okay maybe before every meal may seem too much but try at least one a day! Even try juicing fresh apples if you have a juicer or create fresh "applesauce" in a food processor.

Add nuts to your diet. A Harvard study showed that a handful of nuts included in a balanced diet helped keep weight off participants and remember nuts have heart healthy fats. To keep portion control, count 15 almonds, cashews or 30 pistachios.

Start with salads. Women who had a salad 20

minutes before their meal ate fewer calories. Of course use low-fat or low-cal dressings. If you have dressing on the side try putting your fork in the dressing first, then add salad, or simply sprinkle w/ lemon juice or balsamic vinegar.

Drink more water. Your body often confuses thirst for hunger. Try drinking water between and before meals. Try adding a twist of lemon or lime to give it more appeal. If you like bubbles get seltzers or club soda.

Watch out for sucrose, fructose and other sugar additives in your bottled drinks. Sports drinks also hide calories.

Watch out. The fancy coffees and teas often have high calories. A 16 oz Starbucks Café Mocha is 400 calories! That's equal to a grilled chicken sandwich!! Find low-cal ways to add flavor, or spice, like fresh mint in iced tea, or steamed skim milk with a dash of cocoa powder on top.

Eat yogurt daily. A study in Tennessee found that the group cutting 500 calories and included yogurt 3 times a day, lost more weight and body fat than the group just cutting calories.

Do you get tempted at work by the vending machine, or other goodies? Why not start a community fruit bowl to help give you and your coworkers a healthy choice instead.

Move more. If you sit at work try to move more. If there is work you can do

standing, or walking, do so.

Fidget more. Wiggle in your seat. Take a walk while talking on your cell phone. Just keep moving.

Eat breakfast. It has again been proven by a study at Harvard that those who eat breakfast everyday cut their chances of becoming obese by 35-50%, as well as lowering their chance of developing diabetes. Whole grains in cereals and oatmeal have fiber which helps control appetite.

Choose whole grain breads. The fiber in whole grain breads can suppress appetite the same as cereals. Take care to check for whole grain as the first ingredient as many multigrain breads are often no better than white. Each slice should have at least 2 grams of fiber.

Sleep well. Lack of sleep and stress can cause cortisol, the stress hormone levels to be high. Cortisol regulates appetite and raised levels can cause binging and inhibit the body from burning carbohydrates. This translates into more stored body fat.

Pump it up! Muscles burn more calories than other tissues. Do weight bearing exercises, walking, running, press ups, calisthenics, dancing even windsurfing. Anything to build your musculature. More muscle means you burn more calories sitting and even sleeping!

Keep active and stay well. I hope these simple ideas help you to achieve and maintain a healthier lifestyle.

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Happy
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Working Wise

By Susan Cadigan, LMT, CNMT/MM, NCTMB, Nahant Therapeutic Massage

When working with chronic pain, taut, tight, knotted areas are frequently discovered. Repetitive strain is one of the most frequent causes of tender knots-trigger points. Although there is little movement, sitting at a computer, or workstation, for long periods of time can be a major cause of repetitive strain. With little, or no breaks, to stretch out the stiffness, some people consume plenty of coffee, to help keep going and to maintain productivity. Also, poor postural and dietary habits develop. Simply put, a trigger point is sensitive, shortened fibers found in muscle tissue.

Trigger points feel like a ball, a wad of tissue, or a knot under the skin. Often a trigger point's location can go unnoticed; that is, until one is located and palpated. It can be tender, painful to touch or grasp, but welcome because "that's it!" Palpating, or grasping a trigger point, can refer pain in areas beyond the knot and it can be fascinating. Usually, it is that referred pain and discomfort that is making its self known. The feeling, or discomfort, can be a nagging stiffness, or a burning, aching, pain, numbness, fuzziness, or a cold sensation. Besides strain there can be other causes of a trigger point in tissue.

Metabolic, hormone, nutritional and activity level, can induce trigger points to occur. A poetic description of a trigger point is of a leaf (strained muscle fiber) that has fallen into a brook, or stream, (healthy muscle tissue). As the water passes by, leaves, debris (calcium, metabolic waste) that may be floating in the stream gets caught on the first leaf and eventually creates an area of build-up. If left untreated, this build-up can stiffen and harden. Ischemia can occur and the area can provoke stress in other areas, due to compensation to the dysfunction. My approach is to clear the area, leaf by leaf.

When working at a computer for an extended period of time, a burning, tight, stiff feeling can often be felt at the base of the neck, or between the shoulder blades. It can be quite annoying. Of course, it is just out of reach. Most often, the request is to undo and loosen the painful tightness, all of it, now. But, if the area is too tight due to being stretched to its max, loosening too much too soon may result in spasm and ongoing discomfort. The deep tissue loosening may feel good for a few days, but the source remains and will again begin its pattern of discomfort. When working with chronic pain, discomfort and stiffness, I encourage a cluster of visits, scheduled close together. This way the areas can be thoroughly treated, deactivated of trigger points, lengthened in the appropriate direction, and the areas that are outside of the initial problem area, yet involved, or part of the cause with the dysfunction, treated as well.

An example of the tug of war the body may experience: The pectoralis/upper chest and sternocleidomastodeus/front-side neck muscles, are often very tight and short. They need to be relieved of any knots that have taken up residence, and then lengthened. Muscles in the back of the neck need to be relieved of the tension and ischemia from the chronic forward position of the head, and then encouraged to strengthen and shorten, to maintain structural integrity. The muscles between the spine and shoulder blades usually need to be relieved of trigger points, and then strengthened. This is where team work is important. With much of the loosening, alleviating painful knots and restrictions in range of motion it is important to re-educate and strengthen the area that was imprisoned in tension.

Doing simple, general exercise, such as scapular retractions, very gentle chin tucks, taking breaks at work to stretch the chest, back and hips, may be enough to encourage the muscles to work in harmony. Complex, or chronic issues, need a layer by layer approach and often, a referral to your primary care doctor, to inquire about physical therapy, is encouraged to help retrain and strengthen what is being freed up and loosened. Like a woodworker tightening the legs of a chair, a little tension to all screws, one at a time, will result in a chair with all its legs on the ground. Too much tightening to one screw and one leg may sit grounded, but the rest are off-kilter. The same goes with putting a tire on a car. Each of the lug nuts need to be tightened, little by little, to assure the rim will rest properly. It is all about balance and working wise.

Susan Cadigan is licensed and nationally certified in Therapeutic Massage & Bodywork. She is owner-practitioner of Nahant Therapeutic Massage located in the center of town in the Nahant Community Center; 41 Valley Road. Ms. Cadigan is experienced and certified in advanced deep tissue and specializes in relief from chronic pain, anxiety and stress. You may contact Susan on her cell phone: 617-240-4252, or leave a message on the office phone: 781-780-3733. For more information, please visit www.nahantmassage.com

CPR/AED Clinics continue at Nahant Therapeutic Massage. If you are interested in becoming informed and certified in lifesaving skills, please call Susan Cadigan, or email her at, susan@nahantmassage.com

Kim Anderson Joins All Care Hospice

All Care Hospice is pleased to announce that Kim Anderson has joined the Hospice Community Liaison team. Ms. Anderson joins us as we expand our efforts to provide the very best in customer service, to our referral sources, patients and families.

Kim is a life-long member of the local community. Prior to coming to All Care, she gained valuable knowledge working with nursing homes, rehab and assisted living facilities. Kim feels that her 25 years of healthcare experience, will be an excellent foundation for her position with the All Care Hospice team.



Kim can help you with all your hospice needs. She is your community resource for information on hospice care and services. She is available to attend family meetings to provide answers, education, guidance and support. Give her a call at: 800-351-8402 Ext. 597, or cell: 339-440-0525, or email: kanderson@allcare.org

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Marblehead School of Ballet to Host Ballroom Dance Party

The Marblehead School of Ballet is hosting a Ballroom Dance Party, on Friday, February 18th.

The Marblehead School of Ballet welcomes dance enthusiasts of all ages and skill levels, to dance the night away at the Winter Ballroom Dance Party, on Friday, February 18th, from 7:30-10:30 p.m.

Latin and ballroom instructors will offer mini-lessons, throughout the evening, in Argentine Tango, Waltz, Foxtrot, Salsa and other dances.

Light refreshments will be served and all ages are welcome.

The Marblehead School of Ballet is located at 115 Pleasant Street, near Five Corners in Marblehead. Ample street parking is available. The studio is also easily accessible via MBTA bus lines #441, #442, #448 and #449.

The cost for the event is \$10 for enrolled MSB students and \$15 for the public. Please call 781-631-6262 to RSVP and register.

Swampscott High School Quarter 1 Honor Roll 2010

High Honors: Ian Antrim, Daniel Barbacoff, Alexander Billias, Justin Chasse, Kaitlyn Dantona, Melissa Gavin, Peter Klee, Daniel Lamothe, Kenneth Li, Lindsey Marini, Haley McDevitt, Madeline McKie, Alexandra Mocci, Maggie Osbahr, William Ross, Aristana Scourtas, Emily Walls, Trachita Wheeler and Melinda Wilson.

Honors: Jesse Barbacoff, Marco Bauder, Victoria Bauder, Arianna Billias, Rebecca Bruno, Alexandra Chasse, Dimitri Christofordis, Elijah Clark, Kristen Connor, Jennifer Desmond, Taylor Eaton, Dayna Fernald, Emily Fiore, Patrick Gavin, Eric Greene, Anna Greene, Stafano Hernandez, Shannon Kelley, Thomas Lamando, Caitlin Ludke, Taylor Maccario, Victoria Malatesta, Christopher Mason, Christi Mazareas, Nicole McDermott, Colleen Meagher, Rosalie Moleti, Ian Munnelly, Charisse Nocera, Holly Noonan, Tyler Peterson, Edwin Peterson, Kirsten Rigol, Nicholas Sarcia, Casey Shanahan, Anthony Silva, Joseph Silva, Jessica Simons, Alexa Steriti, Leah Towe, Rita Tsokanis and Albert Wallach.

Commended: Matty Byron, Corey Carmody, Jared Dignan, Heather Doyle, Desiree Dufour-Carey, Jesse Haynes-Lewis, Mark Irvine, Anna Rusk, Tyler Scaglione, Evan Scourtas, Meghann Toomajian, Daniel Trentsh, Melanie Wilson and Gabriella Wootten.

Congratulations!

Swampscott Middle School Honor Roll 1st Quarter 2011

High Honors: Lydia Antrim, Emma Bartholomew and Anne Toomajian.

Honors: Jackson Allard, Olivia Aswad, Corey Bleau, Casey Carmody, Ryan Cole, Olivia Cooke, Liam Deveraux, Jason Dignan, Peter Doyle, Matthew Gooding, Mark Kamen, Victoria Laurano, Miriam Mangold, Ryan McDermott, Shea Nugent, Ratchanon Rittiboon, Ramon Rosa, Barry Tevrow and James Whitlock.

Congratulations!

News From the Johnson School

By Diane D. Mulcahy, Principal

The National Geographic Bee School Final was held on Wednesday, January 5, 2010, in the school cafeteria. Teachers conducted preliminary rounds in the classrooms and the finalists completed on Wednesday morning. Geography participants were: Grade Six finalists: Eric Castetter, Turner Christie, Maisie Vasquez and Christopher Moleti. Grade Five finalists: Arianna Alberti, Maddie Curtis and Olivia Barton-Medugno. Grade Four Finalists: Simone Nardizzi, Clarisse Cochran-Chipura, Francesca Alberti and Julia Carbone. After several rounds of very difficult questions, Eric Castetter, of Mrs. Tibbo's sixth grade class, emerged the winner. Eric 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.

On Friday, January 7th, students gathered in the gymnasium for an all school assembly. Lesley Smith's Theatre of Life Puppets and Band, presented Wizards and Knights Bully Prevention. Cheryl Lynne Stromski, master musician and keyboardist, accompanied Lesley Smith, world-class ventriloquist and puppeteer. Together they delighted the students with an interactive music and puppet show. The performance defines bullying behaviors, so that students learn when to report incidents, to a trusted adult. Students at the Johnson School will also receive more classes on bullying. We are beginning to define a curriculum in response to the recent Anti Bullying Law, passed in May of 2009. The Johnson School PTO and Kids OT to Play, in Danvers, MA, sponsored this event.

The first round of After School Activities program started on January 11th, at the Johnson School. There will be four offerings for the first session. Mrs. Roxanne Schena will lead Basic Tumbling for Preschoolers and Kindergarten students. Mrs. Jennifer McCarthy will lead Balloon Fun. Mrs. Susan Beebe will lead Exploring Art Materials and Ms. Terry Brown. Mrs. Carolyn Osbahr will lead a Computer Class. We are very grateful to our parent volunteers for taking part in the after school program, which is very popular with our students.

The sixth graders are in the middle of rehearsals for this year's musical production of Annie. This popular musical will be presented on Friday, February 18th, in the school cafeteria. Mrs. Cheri Spencer is directing the production. Mrs. Dianne Dunion and Mrs. Meredith Tibbo are class advisors for this event. The sixth grade play is always a popular event and we are all looking forward to Annie. So mark your calendars for February 18th and join us for this wonderful production.

Scholarships Available to SHS Seniors Through GLSS

Greater Lynn Senior Services (GLSS) is accepting scholarship applications from high school seniors, at Swampscott High School, through the Lique Human Services Scholarship. Two \$3,500 scholarships will be awarded to students who have an interest in, or are considering, a career in human services and who have made an impact in their community, or the world, through community service. Scholarship applications must be mailed to Greater Lynn Senior Services, to the attention of the Lique Human Services Scholarship, located at 8 Silsbee Street in Lynn, 01901, by Friday, April 10, 2011.

The Lique Human Services Scholarship will be awarded to two seniors who attend one of the seven high schools located in GLSS' service area of Lynn, Lynnfield, Nahant, Saugus and Swampscott.

The scholarship is named in memory of Vince Lique, the Agency's long-time Executive Director, who devoted his career to helping others, particularly vulnerable senior citizens and people of all ages with disabilities, demanding that all people be treated with dignity and respect.

"Vince's legacy is firmly rooted in his compassion for people. He measured success by the quality of his service to and advocacy for others. I believe in Vince's theory that one's individual success is directly related to the benefits received by those around us," said GLSS' current executive director, Paul Crowley. "The Vince Lique Living Legacy looks to honor the man and his service by encouraging others to do the same. We challenge you to succeed."

Application forms are available through the SHS Guidance Office, or on GLSS' website. For more information about GLSS, visit www.glss.net.

Submitted by Rachel Pennellatore, 781-586-8538

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donna@nahant.com.**

Free Admission for Nahanters on Nahant Community Day at the Phillips House Feb 20th

Historic New England invites Nahant residents to tour the distinguished 1821 residence on historic Chestnut Street in Salem, Mass. Learn about the lives of the Phillips family and their domestic staff in the early 20th century. View the collection of fine furnishings, paintings, Chinese export porcelain, ship paintings and architectural details.

Free admission will be offered exclusively to Nahant residents Sunday, February 20, 2011, for regular tours. Tours take place from 11:00 a.m. – 4:00 p.m., on the half-hour and last approximately 45 minutes.

The Phillips House is located at 34 Chestnut Street in Salem. Please call 978-744-0440 for more details. Please bring along proof of residency for admission.

The Phillips House is celebrating a century of the Phillips family, at 34 Chestnut Street, in 2011. Please visit www.HistoricNewEngland.org/historic-properties/homes/phillips-house for a listing of our special events commemorating this milestone.

Historic New England is the oldest, largest and most comprehensive regional heritage organization in the nation. We bring history to life while preserving the past for everyone interested in exploring the authentic New England experience from the seventeenth century to today. Historic New England owns and operates thirty-six historic homes and landscapes spanning five states. The organization shares the region's history through vast collections, publications, public programs, museum properties, archives, and family stories that document more than 400 years of life in New England. For more information visit www.HistoricNewEngland.org.

Submitted by Julie Arrison, Phillips House, 978-744-0440, jarrison@historicnewengland.org

Safe Boating Class Teaches Boating Skills & Seamanship

The U.S. Coast Guard Auxiliary's Boating Skills and Seamanship course is a comprehensive course designed for both the experienced and the novice boater.

The course, now in its 13th edition, consists of 8 core, two-hour lessons plus final, presented on Tuesday evenings starting March 22, 2011, at Marblehead High School, 2 Humphrey Street. The cost is \$65.00.

Topics include: Which boat is for you? Equipment for your boat. Trailering your boat. Handling your boat. Your highway signs. The rules you must follow. Inland boating.

Massachusetts Youth Certification is also offered at no additional charge. This course is accepted by all states that require a safe boating course to operate a powerboat.

Registration will be held at 6:40 p.m., on March 22nd, just prior to the beginning of the first class. For more information, visit our website, <http://a0130403.uscgaux.info/> or call, 781-581-1159.

The USCG Auxiliary, the civilian arm of the U.S. Coast Guard, is a public service organization dedicated to boating safety and education.

Submitted by: Gary Cordette FSO-PA, Public Affairs Officer, Marblehead Flotilla 43

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EVENING LECTURE SERIES WINTER 2011

Tuesday, February 15: Effects of Ocean Warming on Marine Species: History & Experiments for Predicting the Future, by Dr. Cascade Sorte, Instructor and Post-Doctoral Researcher, Department of Biology, Northeastern University

Tuesday, March 22: Restoring Aquatic Habits-From the Source to the Sea, by Tim Purinton, Acting Director, Massachusetts Division of Ecological Restoration Lectures are free, open to the public and begin at 7:00 p.m. They take place in the Murphy Bunker, on the MSC's campus, at 430 Nahant Road, in Nahant. Refreshments are served half-an-hour before the start of the event and there is no need to RSVP. Lectures generally last for one hour and include time for questions from the audience. For more information, call 781-581-7370, or email mscinfo@neu.edu.

ANNUAL RISER LECTURE

Friday, April 29, 4:30 p.m.: Biological Diversity as the Central Organizing Concept in Marine Conservation and Management: challenges and Opportunities, by Dr. Emmett Duffy, Loretta and Lewis Glucksman Professor of Marine Science, Virginia Institute of Marine Science, The College of William and Mary

Got Little Kids? The Sea Tots Program is for You!

The Sea Tots program is underway, and spaces are filling up fast. Young children will learn about New England's amazing marine life. Sessions features a particular animal, or topic, with opportunities for kids to get up-close-and-personal with live critters. Also included are hands-on games, or crafts, based on the day's topic.

WHEN: Tuesdays from 9:30 to 10:30 a.m.
Session 1: January 11 to February 15, 2011
Session 2: March 1 to April 5, 2011

WHERE: Northeastern Univ. Marine Science Center
430 Nahant Road, Nahant, MA 01908
Phone: 781-581-7370, x321

WHO: Ages 2½ - 6 years + chaperone
Maximum 16 participants

COST: 50% Discount for Nahant Residents =
\$40 for 6-week session, or \$7.50 per session

Fees must be received via check to Northeastern University before programs begin.

Session 1: The Rocky Shore (remainder)
Feb 1 Sneaky snails and slipper shells
Feb 8 Mighty mussels
Feb 15 Lurking lobsters!

Session 2: The Sandy Beach
Mar 1 What's a sandy beach?
Mar 8 All clammed up – and oysters too!
Mar 15 Mysterious moon snails
Mar 22 Wacky critters of the wrack line
Mar 29 Terns and gulls and plovers, oh my!
Apr 5 Move over, marine debris!

For more information, please call Carole at 781-581-7370, x321, or email c.mccauley@neu.edu, or visit www.northeastern.edu/marinescience.



Nahant's Bradley Wins Longard Volunteer Award

Submitted by Carole McCauley,
[C.McCauley@neu.edu]

On December 7, 2010, the Gulf of Maine Council on the Marine Environment, presented its annual awards at a ceremony in Portland, ME. The Longard Volunteer Award recognizes outstanding volunteers within the Gulf of Maine watershed, and is named in memory of Art Longard, a Nova Scotia resident and devoted conservationist who helped to conceive and launch the Gulf of Maine Council. The 2010 recipient is Polly Bradley, co-founder of the non-profit organization, Safer Waters in Massachusetts (SWIM).

Polly Bradley, an Oklahoma Sooner, never saw the sea until she was 16 years old. As a student at Radcliffe College in Cambridge, she and her future husband looked at a map one day, saw Nahant, and decided to take a day trip to visit this unique town. She was hooked, and now, over 40 years later, she is a fond fixture in the area.

For 14 years, Polly wrote a total of 709 columns about nature for state chapters of the Audubon Society. Writing remains her passion today, particularly poetry. Perhaps her greatest impacts have been felt through what she has achieved in her "spare time." Twenty-six years ago, Polly's passion for the environment led to her co-found the non-profit organization, SWIM (Safer Waters in Massachusetts). From its conception, Polly has functioned as a driving force within the organization. She organized lobbying trips to the Massachusetts State House and took part in countless public meetings and campaigns on topics related to offshore gas and wastewater pipelines, oil spill response, seabird migration, fisheries management and more. Through Polly's tireless work, SWIM has worked to educate the public about the resulting impacts of various human activities on the marine environment and has organized stewardship activities, such as dune-grass plantings and clean-ups.

In 2009, Polly received the River Stewardship Award from the Saugus River Watershed Council, for her work to help protect the environment. Bradley was named Citizen of the Year by Nahant Town Moderator David Conlin in 2002 and in 1990, she received the Citizenship Activist Award from what is now known as the Environmental League of Massachusetts.

In September 2010, Polly stepped down as leader of SWIM. Yearning to spend more time on the sea and with her four grandchildren. After resisting "retirement" for so long, Polly deserves to be lauded for her decades of service to marine conservation and education, within the Gulf of Maine watershed.

Through Polly's tireless work, SWIM has educated the public about the impacts of human activities on the marine environment and has organized numerous stewardship activities.

See the Gulf of Maine Council's website (<http://gulfofmaine.org/council/awards.php>) for a list of previous award winners.

The 2011 Boston Marathon: One Step at a Time

By Ann Marie LaRocca

I vaguely remember the first time I heard the story of Phidippides running 26 miles to announce the Athenian victory at the Battle of Marathon. The standout part of the story, for me, was that he died of exhaustion shortly after delivering his message. I never, ever, remember thinking I would like to emulate him.

Nevertheless, last April, I lined up at the Boston Marathon's starting line in Hopkinton, with 25,000 other runners and ran 26.2 miles, to complete my first Boston Marathon.

No one was more surprised than I was last year, when I announced my plan to run the world's oldest annual marathon. I was 54 years old when I stood at the starting line and despite the fact that I am a nurse, until my late 40s, I had some pretty bad health habits. I was exercise-avoidant to the point that if I couldn't get a parking spot directly in front of a store, I took it as an omen that there was nothing there for me and drove away. In addition, I smoked more than a pack of cigarettes every day for 32 years. I finally smartened up and realized I had to make some lifestyle changes: I stopped smoking, focused on better nutrition and began walking for exercise.

About four years ago, my friend Michelle, encouraged me to try a couch-to-5K training program. We trained together all summer, along the Charles River in Boston, in preparation for a 5K race in the fall. I still vividly remember the first time we ran, non-stop, along the Esplanade, from the Hatch Shell to the Massachusetts Avenue bridge, a distance of approximately one mile. For weeks after, I would look out at the route from my vantage point on the MBTA Red Line, and marvel at the fact that I had run all that distance. I was so proud of myself that I actually had to restrain myself from announcing my accomplishment to my fellow riders.

By the time Michelle and I crossed the finish line of our long-awaited 5K, I was hooked. I loved the energy and excitement of race day and I didn't want to lose the gains I had already made. I began pushing myself to run in more 5Ks, then in 10Ks and finally, half marathon. The more I participated in races, the stronger and more confident I felt. I looked different, too. Where I once found it unimaginable to appear in public wearing makeup, a baseball cap and spandex tights, I now not only routinely appeared at the starting line in this get-up, I also posed for photographs. I ran, and still run, very slowly, but although I was way at the back of the pack, I truly began to think of myself as a runner.

As I watched the 2009 Boston Marathon, I thought, "Well maybe, with training..." and the seed was planted. I knew I had a good base for training, so I applied and was accepted to Spaulding Rehabilitation Hospital's Race for Rehab team. Spaulding is an official charity of the Boston Athletic Association, so as a member of their team, I was exempted from having to achieve the qualifying time of 4 hours and 5 minutes, for women in my age group. Instead, I committed to raise funds for the programs and patients of Spaulding Rehabilitation Hospital. Although I had doubts about my abilities as fundraiser, as a nurse and employee of Spaulding, I had no doubts about my ability to describe and solicit support to for our patients' remarkable recoveries from stroke, brain and spinal cord injuries. On Patriots Day 2010, I was able to claim two huge accomplishments: I ran the Boston Marathon course in 6 hours and 15 minutes and had also raised over \$8,000 dollars for Spaulding.

The Boston Marathon was a wonderful, amazing experience. The journey started as a personal challenge, as a way for me to test my limits. I was surprised and humbled by the deep level of connection I felt with others, as a result of what I thought would be a lonely undertaking. So many people reached out and helped me with training advice, donations to my fundraising efforts, encouragement and support. Not one person questioned my ability, or sanity, in training for this goal. I am still so grateful to all my supporters; I simply could not have pulled this off without you. Because I had such a wonderful experience last year, I am running again this year with a goal of raising \$10,000 for Spaulding Rehabilitation Hospital.

I started my training about 4 weeks ago, so you may have seen me running around Nahant, as I log in my 2 short runs, one medium run and one long run, per week - my long run was 12 miles this week, but will reach 20 miles in March. To avoid overtraining and potential injuries, I won't run the full 26.2 miles, until the day of the marathon. The training goes beyond just running; I am also cross-training, stretching and using visualization, to ensure that I am physically and mentally prepared for the race.

I am still experimenting with nutrition and with fluid balance; the challenge is to stay well-hydrated without stopping at every public restroom along my route. My wardrobe is a challenge, on many levels. I do most of my runs outside, in the cold and dark of our winter mornings, so my running clothes need to be warm and protect against both frostbite and overheating. I assembled an all black outfit that was both flattering and slimming, but quickly realized I needed to add a bright orange safety vest, so that I could be seen by early morning drivers, on Castle and Nahant Roads.

I hope you will consider supporting my run by either making a direct donation to:

<http://www.firstgiving.com/annmarielarocca>

or by attending the fundraiser I am planning at Tides. All donations of any amount are welcome and appreciated. If you are looking for a guide for your donation, you might want to consider donating a dollar (...or two ...or five!) for every mile of the 26.2 mile marathon route. I would also really appreciate a friendly honk, a thumbs-up, or a smile and greeting if you see me pounding the pavement, in and around Nahant over the next few months. I have learned that the greatest part of marathon training is psychological, even a tiny bit of encouragement goes a long way. Thank you in advance for your support!



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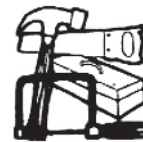
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Useless Information...By Ray Barron

Nahant's February Birthday Babies

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, Joshua
Potamis, 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
Szcawinski, 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, Annelia Bick,
Julia Carbone, Dan
Collins, Susanne D. Dick,
Thomas G. Ferguson,
Michael Golosovker, Ron
Hanlon, Charles Janvrin,
Michael C. O'Brien,
Jonathan Paula, Jennifer
Pethopoulos, Liam

Sanphy, Mary Swaine,
Keelyn Welch,
February 6: Phyllis
Crifo, Edith Kenneally,
Diane Perepelitza, Barbara
Sereda,

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

February 8: Lilian
Carr, Nicolle Carr, Mark F.
Connelly, Francis X.
Cullinan, Jr., Mary
Davinis, Jaclyn K. Davis,
Phoung Ehng, Suzanne
Heidebrecht, Manuel
Nunez, Ivanka
Vavaroutsos,

February 9: Leone
Barletta, Howard
Carleton, Jr., 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, June Borys, Louise
Carroll, 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, Stacey
Miliotis, Mary Nagle,
Barbara Sweeney,

February 13: Antonio
Barletta, Leone Barletta,
Peggy Barile, Brian
Denham, Ryleigh Lam-
bert, Kimberly A. Mello,
David O'Neil, John
Quinn, Tom Quinn, Jr.,
Britany M. Reed, Nancy
William,

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, Janet Munnely,
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, Lily Bennett,
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, Scott
Hamernick, Jesse J.
Haynes-Lewis, Janet
McIlveen, Medi Mirnasiri,
Alicia Quinn, Earl A.
Stickney,

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

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

Delisle, Ellen Klink, Amy
Tsokanis, Robert
Weinberg,

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

February 26: Lydia B.
Antrim, Dean Brackman,
Rose Galvao, Emily Lisa
Fiore, Elfrieda Gasarian,
Richard Kirouac, Natalie
Lueth-Peterson,

February 27: Martha
L. Brown, James Carroll,
Brian P. Fitzpatrick, Paul
Foley, Harry Janvrin,
Suzanne C. Tache,
Catherine Voto,

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, Edward
Webber.

Happy birthday to all
of you!

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

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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 re-
moved.

The Origin of St. Valentine's Day

Saint Valentine, Roman martyr priest, is honored on February 14th. The customs connected with him, in English-speaking countries, are probably a survival from a period when a pagan festival associated with love, occurred about February 14th. He is now popularly considered the Patron of lovers and the helper of those unhappily in love.

The lovers' greeting cards sent on this day (and parodies of them) are called Valentines for him.



NAHANT HARBOR REVIEW SUBSCRIBERS • FEBRUARY 2011

**Nahant Harbor Review Subscribers and Supporters
Updated January 26, 2011**

Ahoy, Nahanters! These are the Nahant Harbor Review Subscribers, so far, for 2011. Thank you! Thank you! The list has been updated as of January 26, 2011. The renewal date follows the subscriber's name. So, if you haven't done so by now, it's still not too late. Please become a new subscriber, or renew now, your subscription for 2011.

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New Year's Day 2011 the Nahant Sea Serpents Dash to the Sea

Ron and I arrived at the Nahant Life-Saving Station at 11:45 a.m. . There were at least 100 people on the beach at that time, with more coming from all over.

The temperature was a balmy 51 degrees, no wind to speak of and the sun was shining bright. The brown algae all over the beach, didn't deter the serpents. The tide was far out, the longest run ever, I heard someone comment.

Seconds before the noon hour, there were over 250 Nahanters and friends on shore. Over 100 people, at least, prepared to make the dash. To me, it seemed like this is the most people...and dogs...to ever take the plunge, to date.

Joe Klink from the Bass Point Apartments was the most senior serpent to make the dash

The Vikings were represented...a couple of New Year's babes in pink cone hats and bikinis...an older lady in a fur coat said she has taken the plunge every year, no matter what the weather...Mr Incredible was present as well as. Many thanks to John Welsh, organizer and founder, of this wonderful event...

It was a wonderful day, and a wonderful way, to welcome in the New Year! See you next year!



COUNCIL ON AGING - FEBRUARY - 2011

TIFFANY ROOM ACTIVITIES

Monday thru Friday - Lunch -11:30 a.m.

Monday	12:30	BINGO, till 1:30 p.m.
Wednesday	12:30	Shopping from the Tiffany Room, call for pick-up
Thursday	12:30	BINGO, till 1:30 p.m.
Monday, 7th	12:00 P	Blood Pressure & Glucose
Thursday, 10th	10:00	Dr Sanphy – Podiatrist
Friday, 18th	11:30	Special Presidents Lunch prepared by a guest chef
Wednesday, 24th	12:30 P	February Birthdays – Pizza, salad, cake and ice cream

COMMUNITY CENTER ACTIVITIES

Monday	9:00 A	Senior Yoga
Monday	10:15A	Senior Exercise
Tuesday	9:00 A	Quilting
Tuesday	1:00 P	Cribbage, cards, puzzles
Tuesday	5:00 P	Senior Exercise
Wednesday	8:00 A	Senior Exercise
Thursday	9:00 A	Senior Yoga
Thursday	5:00 P	Senior Exercise
Friday	1:00 P	Movies (February 11 & February 25)

The Movie will be posted on the Nahant Cable Channel at the Tiffany Room and the Community Center.

VAN TRANSPORTATION AVAILABLE FOR COA ACTIVITIES AND TRIPS – CALL 781-581-7557

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

NAHANT CLASSIFIED ADS

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NAHANT PUZZLE PAGE

"POTUS Notes" by Rick Kennedy

ACROSS

- 1 Chicago setting: Abbr.
- 4 Hindu wise one
- 9 Spill the beans
- 13 Military sch.
- 17 Lounge lizard's look
- 19 Burdened
- 20 Pitcher Satchel
- 21 One teaspoon, maybe
- 22 Women's magazine
- 23 Slangy commercial suffix
- 24 Come after
- 25 Took a card
- 26 President who later served as Chief Justice of the US Supreme Court
- 30 Parliament vote
- 31 Adolescent outburst
- 32 Ostrich cousins
- 33 Droop
- 35 Japan's capital until 1868
- 38 Slugger's stat
- 41 Sci-fi writer Asimov
- 44 Heroic tale
- 47 Catholic devotion
- 49 First President born in a log cabin

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
17		18		19				20				21				
22				23				24				25				
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120			121		122				123				124			
125					126				127				128			
129					130				131					132		

- 52 Bauxite, e.g.
- 53 Living ____
- 55 D.C.'s Pennsylvania, e.g.
- 56 Driver's lic. and such
- 58 "The Waltons" son
- 59 Stress, in a way
- 61 Genealogy chart
- 62 French articles
- 63 Andrea ____ (ill-fated ship)
- 64 Start to freeze?
- 66 Astronomical red giant
- 67 Only President sworn in by a woman - Judge Sarah T Hughes
- 73 Bye-byes
- 74 "Aeon ____", 2005 Charlize Theron movie
- 75 Basket material
- 76 Quantities: Abbr.
- 77 Bank no.
- 80 Deadlock
- 82 Uncooked

- 85 Shake
- 86 Amateur radioer
- 87 Coastal fliers
- 88 1 or 11, in twenty-one
- 89 One of two Presidents who were Quakers
- 95 Hostel visitors
- 98 Like hen's teeth
- 99 Blue eyes or curly hair, say
- 100 ____ Four (Beatles)
- 102 Beginning
- 103 Talk, talk, talk
- 105 Clinches
- 107 Demolish
- 109 Catch red-handed
- 112 At 42, he was the youngest President
- 120 Well-running group?: Abbr.
- 122 Synthetic fabric
- 123 Sandpapery
- 124 Cleveland's lake
- 125 Competed
- 126 Left Bank locale
- 127 Give out
- 128 Identify

- 129 Wild ____
 - 130 Ballpark figs.
 - 131 Extravagant parties
 - 132 "Casablanca" role
- DOWN**
- 1 Scotland Yard discovery
 - 2 Sub station?
 - 3 Narrate
 - 4 ____-Kettering Institute
 - 5 "Getting close"
 - 6 Wife of Esau
 - 7 Office note
 - 8 Amazed
 - 9 Shop tool
 - 10 Roster
 - 11 Río contents
 - 12 Complaints
 - 13 Do sum work
 - 14 Moonshine ingredient
 - 15 Between ports
 - 16 Moist, as morning grass
 - 18 Connect
 - 20 Read thoroughly
 - 27 Computer picture

- button
- 28 Mideast ruler: Var.
- 29 Job
- 34 Petrol
- 35 Door opener
- 36 Days of old
- 37 Pizzeria fixture
- 39 Shots may increase it
- 40 Swenson of "Benson"
- 42 Open
- 43 Grotto
- 45 Choose, as a career
- 46 Like llamas
- 48 Old Olds
- 50 Micromanager's concern
- 51 Middling grade
- 54 X ____ xylophone
- 57 Lithuania or Estonia, once: Abbr.
- 59 Partner of cones
- 60 Listlessness
- 61 "____ the season ..."
- 62 Reagan's "evil empire"

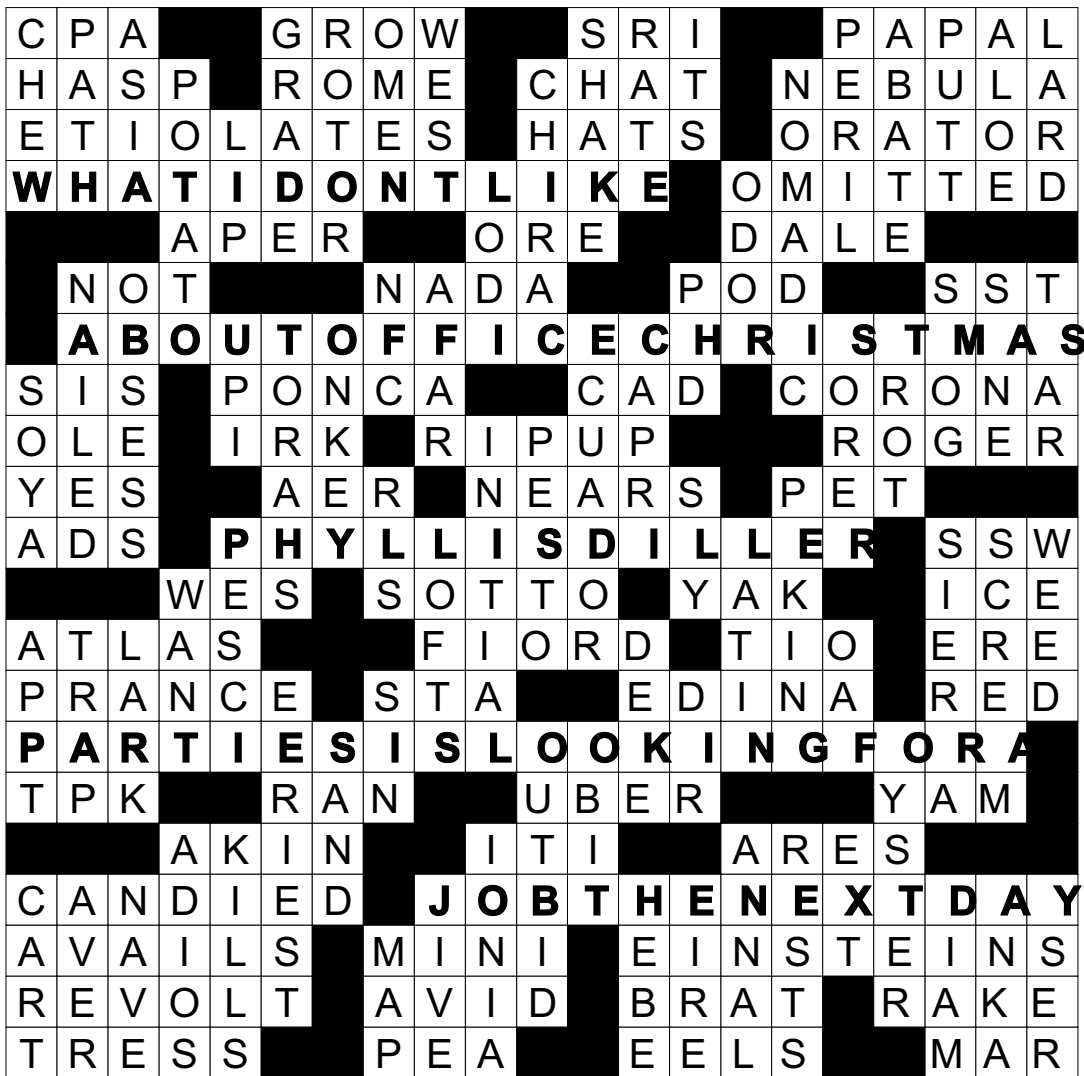
- 63 Genetic materials
- 65 Spicy cuisine
- 66 Old-fashioned knife
- 67 "Blazing Saddles" villain Hedley ____
- 68 Oxide used in television tubes
- 69 Sternward
- 70 Actress Barnes or Kerns
- 71 Bone: Prefix
- 72 Kind of fit
- 73 ____ Mahal
- 77 "I get it now"
- 78 Grocery carrier
- 79 Naval officer: Abbr.
- 81 Univ. lecturer
- 82 "Darn it!"
- 83 Dull pain
- 84 Rapper Kanye
- 90 Have a bawl
- 91 Miami basketball team
- 92 Unmarried girls
- 93 Actress Kidman
- 94 Roman road
- 96 Move like molasses
- 97 Jagged

- 101 Irish accent
- 104 Terrible twos, e.g.
- 106 Stroke in calligraphy
- 108 Campfire remains
- 109 De ____ (from the start)
- 110 Samoan capital
- 111 Borscht ingredient
- 113 "____ Tu" (1974 hit)
- 114 Not procrastinating
- 115 Pink wine
- 116 Dethrone
- 117 Bullpen stats
- 118 Peru's largest city
- 119 Abound (with)
- 121 Savings acct. alternatives

The Agony of Defeat

By Rick Kennedy

January's puzzle winner was Susan Snow. Congratulations! She has won 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 crossword puzzle, bring it to Captain Seaside's Restaurant, on Nahant Road, then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.



About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. The **Nahant Harbor Review**, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148.

Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher. The Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

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

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

The views and opinions expressed in this publication do not necessarily reflect those of the management and staff of the Nahant Harbor Review, or Seaside Business Services.

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



Nahant Harbor Review

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

DEADLINE INFORMATION

MARCH 2011

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

TUESDAY, FEBRUARY 15th • midnight

Home Delivery: SATURDAY, February 26th.

Staff, Volunteers & Contributors

Owner/Editor/Sales

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

Harbor Review Delivery Crew

Tyler Peterson	781-596-0505
Route 1 & 2: 1/2 Little Nahant & North Big Nahant	
Matt Ryan	781-595-0957
Route 1 & 3: 1/2 Little Nahant & Nahant Road	
Elijah Clark	781-581-0027
Route 4: SW Big Nahant & Willow Road	
Michael Coffey	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.

Harbor Review Subscription Information

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Send \$20 for home delivery, or \$30 for an Out-of-Town Subscription, with delivery address, to:

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Thank you for your support!

Got something to share...

with your neighbors and friends?

Put 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.

In Loving Memory

Paul A. Devereaux

Mar. 22, 1929 - Dec. 20, 2010

Mr. Paul A. Devereaux, 81 years, of Nahant died Monday, December 20, 2010 in a local nursing home after a brief illness. He was born in Nahant, the son of the late James J. and Rose (Murtagh) Devereaux. He was raised in Nahant, he attended St. John's School in Swampscott and was a graduate of St. Mary's Boy's High in Lynn. He also was a graduate of St. Michaels College in Winooski, Vermont.

He was a member of the Nahant Knights of Columbus. He enjoyed golf, sailing and skiing. He was involved in youth sports for many years as a coach, umpire and director. He was involved with Nahant Little League, Lynn and Ashland Youth Hockey.

He worked for many years for the Hugh Nawn Company and left to join his brother as vice president of the Robert J. Devereaux Corp. He was superintendent of public works for Ashland for 4 years.

He is survived by his daughters, Paula Devereaux and her husband Richard Arzillo of Nahant, Ellen Johnson and her friend Andrew Foord of Pompton Lakes, NJ., his sons, James Devereaux and his wife Maura of Nahant, Michael Devereaux and his friend Jennifer Startek of Nahant, a sister, Jeanne Arsenault and her husband Richard of Ipswich and a brother Robert Devereaux of Boston. He was the former husband of Mrs. Jean E. Devereaux of Nahant. He was the proud and loving grandfather of Christopher and Timothy Johnson, Caroline and Liam Devereaux. He is the brother of the late James J. Devereaux, Jr. and Mary D. Ogar.

Joseph Angelo Luise

Aug. 15, 1912 - Oct. 14, 2010

Joseph A. Luise, age 98, of Nahant, died Thursday October 14, 2010, at the Jesmond Nursing Home, after a lengthy illness. He was the husband of the late Florence C. (Luongo) Luise.

Born and raised in Lynn, he was the son of the late Angelo and Anna (Fabiano) Luise. He attended St. Mary's Grammar School and was a graduate of Lynn Classical High School, class of 1931. He earned a BBA from Boston University. Joseph had lived in Nahant since 1957.

He had worked for 38 years for GE in many management positions and retired in 1977 as a Development Supervisor.

A Communicant of St. Thomas Aquinas Parish, he was a former president of the Holy Name Society, as well as a former chairman of the usher club. He had written grants for the Nahant Council on Aging to raise funds for the Tiffany Room and Spendthrift. Active in sports in high school, he was a varsity basketball player, and was on the 1931 team that won the city council cup. He had served on various boards in Nahant and was a former referee and member of the National Board of Basketball Officials. He was a member of the YMCA for most of his life and had served as an auditor for the YMCA men and

women retirement club.

Joseph is survived by his son Joseph M. Luise, of Rockport and a sister Susan Gandolfo. He was also the brother of the late Mary and Ralph Luise.

Frank J. Novello

Dec. 19, 1925 - Dec. 23, 2010

Mr. Francis J. "Frank" Novello, 85 years, Owner of wholesale produce company. husband of Mrs. Rose (Serio) Novello, died December 23, 2010 in the Kaplan Family Hospice House in Danvers after a year long battle with cancer. He was born in Charlestown, the son of the late Vincenzo M. and Rosalia (Busacacchi) Novello. He was raised in Charlestown and was a graduate of Charlestown schools. He lived in Medford and in Nahant since 1981.

Mr. Novello was a Navy Veteran of WWII. He enjoyed Suffolk Downs and the horses. He liked to travel, dance, cook and sports. He loved his family and was a devoted husband, father and grandfather. Mr. Novello was a distributor of wholesale produce. He owned New England Grape, Novello Brothers and was known as the "watermelon king".

In addition to his wife with whom he shared 64 years of marriage he leaves his children, Rosalie and her husband Peter Elias of Nahant, Victoria "Vicky" and her husband Thomas Settiani of Saugus, Linda F. Novello of Nahant, Frances "Frankie" Arsenault-Murray and her husband Robert Murray of Revere, his grandchildren, Gina Marie Cobbett, Nicole Norton, Deidre Kobus, Stacy Webster, Frank Arsenault, Thomas Settiani and Robert Murray, great grandfather of eight and uncle of many nieces and nephews. He is the brother of the late Russell Novello, Josephine Amoroso, Beatrice Grispi, Augustina Marino and Ann Mudd.

Thomas W. O'Connor Sr.

Aug. 31, 1913 - Dec. 31, 2010

Thomas W. O'Connor Sr., age 97, of Nahant died suddenly on Friday December 31, 2010 at his home where he had been stricken ill. He was the husband of the late Mary K. (Rycroft) O'Connor.

A lifelong resident of Nahant, he was the son of the late Thomas P. and Delia (Casey) O'Connor.

He had served in the US Army during World War II.

Mr. O'Connor had served as the superintendent of Greenlawn Cemetery in Nahant for over 35 years until his retirement in 1968.

An active Parishioner of St. Thomas Aquinas Parish, Nahant, his entire life, he currently continued to serve the Parish as Head Usher and Sexton.

Tom enjoyed life and most especially yard work around his home in Nahant. He was a member of AOH, Lynn, the Knights of Columbus, Nahant, and the Nahant American Legion. He enjoyed the time he spent with his children, grandchildren, and great grandchildren.

He is survived by two daughters Marjorie Clancy and her husband James, of Lynn, Mary Sucharewicz and her husband James, of Lynn, one son Robert O'Connor and his wife Sherry, of Florida, a daughter in law Arlene O'Connor, of New Hampshire, nine grandchildren Brendon, Devin, Jim, Kevin, Michael, Colleen, Heather, Shannon, and Tyler, and seven great grandchildren, Colin, Michaela, Courtney, Kaitlin, Emma, Thomas, and Olivia. He was also the father of the late Thomas W. O'Connor Jr., and the brother of the late Eileen Walsh, and Robert and William O'Connor. Family Services of NH 464 Chestnut Street PO Box 448 Manchester, NH 03105.

Gene W. Regnante

Apr. 12, 1917 - Dec. 21, 2010

Gene W. Regnante, age 93, of Nahant, died Tuesday, December 21, 2010, in a local nursing home after a lengthy illness. He was the husband of Lee C. (Ferrando) Regnante, and the son of the late Carmine and Giovannina (Finelli) Regnante. Born and raised in Lynn, Gene has lived in Nahant for over fifty years. A graduate of Lynn schools, Gene took courses at Bentley College where he was pursuing a career in education. He entered the United States Air Force where he flew 56 missions during World War II.

Gene loved to go to work every day at the Unemployment Security Office, as office manager until his retirement. He also worked in real estate as a side job. Gene enjoyed working with people and helping people. He was Chairman for the Board of Appeals in Nahant for over thirty years. He loved his friends and family and was an avid baseball fan.

Besides his wife Lee of over fifty years, Gene is survived by his daughter Karen Regnante of Marblehead, his brother Theodore Regnante and his sister Georgina Connors. He was the brother of the late Ida Gallo. He also leaves several nieces and nephews.

A memorial mass will be held on Wednesday, December 29, 2010 in St. Thomas Aquinas Church, Nahant at 10AM. Interment will be in Greenlawn Cemetery, Nahant. Relatives and friends are respectfully invited. Directions & guest book www.solimine.com

Source: Solimine, Landergan & Richardson Funeral Homes, 426 Broadway (Rt. 129), Lynn, MA 01904, (781) 595-1492, www.solimine.com

If your deceased loved one has a Nahant connection, we will publish their obituary. Please submit obituaries to: donna@nahant.com. In the subject line, please state "Obituary" or "Death Notice." To submit a photo, please attach a separate .jpg file to your email. Thank you.

Community Calendar • February 2011

FEBRUARY 2011

THU	3	6:00P	Lion Fundraiser at the Tides.
FRI	4	8:00A	NVC Free Breakfast. Mass Coalition for Homeless
FRI	4	6:30P	For the Love of Red at the NCC
SUN	6	9:00A	Sunday Choir Rehearsal, Village Church. All welcome.
SUN	6	10:30A	Communion Worship Service & Sunday School, Village Church.
SUN	6	11:30A	After Worship Refreshments and Fellowship, Swansburg Hall, Village Church
SAT	12	2:00P	Democrats Caucus at Town Hall
SUN	13	9:00A	Sunday Choir Rehearsal, Village Church. All welcome.
SUN	13	10:30A	Worship Service & Sunday School, Village Church,
SUN	13	11:30A	After Worship Refreshments and Fellowship, Swansburg Hall, Village Church
MON	14		ST. VALENTINE'S DAY
SUN	20	9:00A	Sunday Choir Rehearsal, Village Church. All welcome.
SUN	20	10:30A	Worship Service & Sunday School, Village Church,
SUN	20	11:30A	After Worship Refreshments and Fellowship, Swansburg Hall, Village Church
SUN	20	11:00A	Nahant Community Day at Phillips House in Salem.
MON	21		PRESIDENTS DAY
SUN	27	9:00A	Sunday Choir Rehearsal, Village Church. All welcome.
SUN	27	10:30A	Worship Service & Sunday School, Village Church,
SUN	27	11:30A	After Worship Refreshments and Fellowship, Swansburg Hall, Village Church

GLSS Thanks City and Emergency Services for Rescue of Drivers at Roof Collapse

Greater Lynn Senior Services (GLSS) expressed its thanks to the City of Lynn and its emergency response personnel who assisted in the rescue of two employees trapped inside a private vehicle at the agency's Transportation Department Headquarters, located at 330 The Lynnway, after the building's roof collapsed early this morning. The collapse, which occurred during yet another major snowstorm, is thought to be the result of a large, heavy snow drift that accumulated on the building's flat roof, creating an excessive load.

"I cannot say enough about the care and attention that went into ensuring the safety and rescue of our staff, as well as the safety of the firefighters who responded to the scene," said Paul T. Crowley, Executive Director of GLSS, who noted that the emergency response personnel themselves were at risk during the rescue. "This was a very positive outcome to what otherwise could have been a very dire situation." Both of the drivers, who were trapped in a private vehicle parked inside the building, were rescued at about 8 a.m. and taken to Massachusetts General Hospital for evaluation. "Safety is always a paramount concern in our transportation operation," Crowley said, noting that staff reacted quickly to the crisis and brought in the MBTA immediately, according to protocol. He also specifically thanked the MBTA personnel who responded, as well as specialized teams from Boston and Beverly who were brought in to assist in the rescue.

The Lynnway facility houses the Agency's Transportation Department, which serves as the MBTA's contractor for the North Territory of "The RIDE," the state's paratransit system serving the critical transportation needs of disabled people living in 23 communities north of, and including, Boston. It also is home to the Agency's own Medical Transport service, which provides rides to medical appointments for a small fee to senior residents of Lynn, Lynnfield, Nahant, Saugus, and Swampscott.

GLSS is the Area Agency on Aging and Aging Services Access Point helping seniors, adults with disabilities, and their families and caregivers in Lynn, Lynnfield, Nahant, Saugus, Swampscott, and beyond. Every year, GLSS provides a broad range of in-home assistance services to over 1,500 home care clients and more than 300,000 meals to seniors, many of whom are homebound. Through the range of over 20 programs and services provided, 3,000 people depend on GLSS every day.

Nahant Village Church

27 Cliff Street, Nahant

Sunday Worship Service

at 10:30 a.m.

Social Hour at 11:30 a.m.



All Faiths Welcome!

An Invitation

Are you new in Nahant? Seeking a new church home? Or, are you lonely? Bored? Want to give back to the community? Then the Nahant Village Church is the place for you! The members of the Nahant Village Church represents a Union of all Protestant church groups in Nahant. We invite you to share in our fellowship and worship, to make this your church home and to call upon us for service.

Please visit the Village Church's web site at www.nahantvillagechurch.org, or call 781-581-1202, for more information.

The Nahant Village is affiliated with the United Church of Christ, a progressive Protestant denomination with roots in the founding of our country.

Public Library Hours • 781-581-0306

Mon. thru Thurs. 10:00 a.m. to Noon.

& 2:00 to 8:00 p.m.

Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.

Saturdays and Sundays: 2:00 to 5:00 p.m.

SCHOOL ORGANIZATIONS

MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays
• 7:00 p.m. • Town Hall

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

PTO • first Tuesday • 6:00 p.m. • Johnson School

FREE Nahant Dory Club Decal for your Cars.

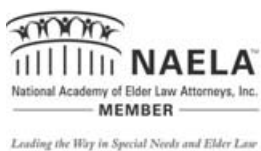
Call Rob Scanlan, 781-595-6225.

The Nahant Historical Society is open to the public on Wednesdays, Thursdays and on the first Sunday of each month, from 1:00 to 4:00 p.m. (except holidays).

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

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Happy St. Valentine's Day!



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