



# Nahant Harbor Review

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

Donna Lee Hanlon, Editor • PO Box 88 • Nahant, MA 01908 • donna@nahant.com

Volume 13 Issue 2

FEBRUARY 2006

## Artist Lucy Doane Celebrates 97th Birthday



Artist Lucy H. Doane celebrated her 97th birthday at the Jesmond Nursing Home on December 22nd.

Born in Nahant in 1908, she was educated in local schools, graduated from Massachusetts College of Art, received her MFA from Columbia University and studied at the Netherlands Institute of History and Art.

An avid traveller she enjoyed trips to Europe and Asia, during her summer vacations from her work as Director of Art, in the Public Schools of Rutland, Vermont.

An illustrator of children's books in her early years, she later became well-known for her landscapes and seascapes of her native New England. She has exhibited widely throughout the area and her paintings are in many collections, including the National Gallery in Washington, D.C.

She enjoys good health, excellent care and is pleased to be celebrating another landmark year in her hometown, surrounded by family and friends and the unique beauty of Nahant.

## Be a VALENTINE for the Nahant Life-Saving Station

We'd LOVE for you to join the Tides Family Valentine's Party and Fundraiser on Monday, February 13th, from 6:00 p.m. to 9:00 p.m. There will be activities for everyone, as well as a special raffle. You may purchase tickets at the event, or at the Town Hall, on Saturday, February 11th.

You may be the LUCKY winner of Maurice Poulin's hand-crafted ship-in-a-bottle. Maurice, the former Officer-in-Charge of the Nahant Coast Guard Station from 1960 to 1962, has LOVINGLY replicated "his version" of the U.S. Coast Guard Eagle, in a gallon bottle, for our grand prize. The Eagle replica has taken Maurice over two months to complete. This LABOR of LOVE, valued in the hundreds of dollars, will make a PRICELESS Valentine gift for any Nahanter.

We will also be selling a limited amount of Harbor Sweets candy at the Town Hall on Saturday, February 11th, and at the Tides Restaurant on the 13th, for you to give to your Valentine. There are

also many other wonderful, donated raffle items including gift certificates, art work, jewelry by Donna's Treasures, Patriots and Red Sox articles, a Valentine quilt—to name just a few. Raffle tickets are \$2.00, or 6 for \$10.00.

If you would like to donate an item, sell raffle tickets, or deliver items to winners, call Esther at 781-581-1274, or Mary at 781-581-1272. Photo at right by Paul Wilson.



## The Annual Johnson School Winter Carnival

Saturday, March 4, 2006 • 9:00 a.m. to 1:00 p.m.

Featuring: A Moon Bounce, Cake Walk, Games and lots of fun for all! We need volunteers to work 2 hour shifts. Please call Sherri McDermott at the Johnson School at 781-581-1600, or Patty Toomajian, 781-596-2727.



**God Bless Our Troops at Home and Abroad**

## PARKING BAN IN EFFECT

The winter Parking Ban is in effect from December 1, 2005 until April 15, 2006.

No overnight parking is allowed.

Ticketing and towing will be strictly enforced, especially during snow emergencies when towing will be in full effect.

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**Girl Scout Food Drive to Benefit  
Local Food Pantries**  
by Mary Jo Ludke

Please watch for your favorite Girl Scout to leave an empty plastic bag at your door on Saturday, February 4th. It will include a request to put non-perishable food items in the bag and place it outside your door the following Saturday, February 11th. No obligation, no one will ring your bell. This is the neediest time of the year for food pantries, and with increased fuel costs, the need is expected to be even greater this year.

Food items will be donated to My Brother's Table, Bridge House and Ryan House, in Lynn. Thank you for your continued support.

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**LynnArts Annual Gala February 11th**  
by Steve Negron, Coordinator of Programs & Special Events,  
LynnArts

LynnArts' annual gala will take place on Saturday, February 11th, from 7:00 to 10:00 p.m., at 25 Exchange St., in Lynn. This year's event, the "Red Hot, Wine Tasting and Auction" celebrates the artists in the community, while raising funds to support LynnArts, a private, nonprofit organization dedicated to promoting cultural activity and arts programming in the city of Lynn and the region. The evening will include wine-tasting, live and silent auctions, hors d'oeuvres and live music performed by musician, Julio Bare.

Steve Walsh, Executive Director of LynnArts and event auctioneer stated, "We have seen an extraordinary show of support from area artists and businesses. We are truly honored to have their contributions to this year's event. The North Shore boasts some of the Commonwealth's most talented artists and the work being auctioned on the 11th promises to make it a special night." Joining Walsh as co-auctioneer is Susan Fader, owner of Ditto Editions in Marblehead. Among the pieces to be auctioned will be work created by Lynn artists Donna Baldassari, Jeff Fioravanti and Kathleen Speranza.

A special gallery preview of selected art and items for auction, begins Saturday, January 28th, from 2:00 to 4:00 p.m., in the LynnArts Community Gallery, at 25 Exchange Street. Items may also be previewed on the web at [www.lynnarts.org](http://www.lynnarts.org). Additional information and tickets are available by calling 781-598-5244, or by going to [www.lynnarts.org](http://www.lynnarts.org). Tickets are \$35 for regular admission and \$25 for members of LynnArts.

Proceeds from the gala will assist LynnArts in their continuing mission to provide exhibition opportunities for artists, theater and music programming for the local and regional community, affordable studio space for individual artists and nonprofit arts organizations and low cost classes for children and adults.

**Save This Date: Texas Hold 'Em in Nahant**

Yes, it's back. The Nahant Lions Club will host its second annual Texas Hold 'Em Poker Tournament, at the Nahant Country Club, on Saturday, February 4th. This is the Saturday before the Super Bowl. Get in the mood for the game, by participating in this unique and exciting evening. Sign-in is at 6:00 p.m., with play beginning at 7:00 p.m.

The field is limited to 120 players, so sign up early. There will be no opportunity for a "re-buy" this year, so the entry fee has been set at \$150. A Registration Form is available on the web at [www.nahantlions.org](http://www.nahantlions.org)

Mail \$200 and registration form to: Nahant Lions Club, P.O. Box 100, Nahant, MA 01908. Got questions? E-mail [poker@nahantlions.org](mailto:poker@nahantlions.org), or call 617-279-3399 for information. Proceeds from the tournament will be donated to Lions Club Charities

Hope to see you there. Get in early. This will sell out!

The Nahant Lions Club thanks the Townspeople of Nahant for their continued support in our activities. Consider joining the Lions and participating in community service, with a group that knows how to do it, while having a great time. For membership information, call Secretary Steve Switzer at 781-599-8702.

**Special Education Basic Rights Workshop**  
submitted by Tina Priftakis

The Nahant Special Education PAC and the Swampscott SEABOARD PAC will co-sponsor a "Basic Rights Workshop" on February 9th from 7-9 in the Swampscott High School Teachers Lounge. The workshop will be conducted by the Federation for Children with Special Needs.

This workshop provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB). It is designed to help parents learn how to be effective partners with the school, to decide the child's eligibility for special education, to plan, make decisions and to monitor the educational progress of their child. All are welcome.

**Nahant's Snowy Owl**  
submitted by Linda Pivacek

The Snowy Owl continues to claim the Nahant Causeway as its wintering site. It can be seen anytime on the light poles, but especially after dark, preferring one with a lamp that's out. A favorite place during the day is the channel marker nearest the boat ramp at Lynn Harbor, across the causeway from the Ward Bath House.

have also seen it dining on a rat in the middle of the ball field adjacent to the boat ramp. Sure makes commuting a bit more interesting! Drive carefully.

## Nahant Democrats to Hold Caucus

submitted by Susan Bonner

Registered Democrats in Nahant will be holding a caucus at the Nahant Town Hall (lower level) on Saturday, February 4, 2006 at 2:00 p.m. to elect 4 delegates and 2 alternates to the 2006 Massachusetts Democratic Convention. Delegates will be divided equally between men and women.

The Convention will be held on Friday, June 2nd and Saturday, June 3rd at the DCU Center in Worcester. At that time, Democrats from across the state will gather to endorse candidates for the office of Auditor, Treasurer, Attorney General, Secretary of the Commonwealth Lt. Governor, Governor, and U.S. Senator. The names of those candidates who receive 15 percent of the state convention vote will be placed on the September 19, 2006 Democratic Primary Ballot.

The caucus is open to all registered Democrats in Nahant. Candidates for delegate and alternate must consent to nomination in writing and must be present at the caucus. All candidates may make a two minute statement and may distribute materials on their behalf. All ballots will be written and secret. Those not elected as Delegate and or Alternate, who meet the qualifications, may apply to be add-on delegates in the following categories: youth, minority and disabled.

Discrimination on the basis of race, sex, age, color, creed, national origin, religion, ethnic identity, sexual orientation or economic status in the conduct of the caucus is strictly prohibited. Challenges to the delegate selection process can be filed with the Massachusetts Democratic Party, 56 Roland Street, Suite 203, Boston, MA 02129 no later than ten days after the caucus date.

For more information, please call the Democratic State Committee at 617-776-2676.

## Valentine's Book Sale

The Friends of the Nahant Public Library announce a Book Sale from Sunday, February 12th, through Sunday, February 19th, during regular library hours, which are Mondays through Thursdays, 10:00 a.m. to noon and 2:00 p.m. to 8:00 p.m.; Fridays, 10:00 a.m. to noon and 2:00 -5:00 p.m. and Saturdays and Sundays, 2:00 to 5:00 p.m.

There will be best sellers, biographies, non-fiction, coffee table books and many other interesting books for sale. There will also be a limited amount of CDs, audio and video tapes available. Please bring your book donations to the library prior to and including February 1st. We will not be accepting magazines.

Thank you for supporting your library.

## Undergraduate and Graduate Scholarships

submitted by Polly Bradley

The General Federation of Women's Clubs of Massachusetts is offering three scholarships in undergraduate studies and five in graduate studies, to Massachusetts students. The undergraduate scholarships are for Study Abroad, up to \$800; Education/Teaching, for \$600; and Public Health, for \$500. The subject areas for graduate study are Cancer Research, for \$3,000; Nurse Practitioner, for \$3,000; Communication Disorder/Speech Therapy, for \$800; Study Abroad, up to \$800 and Public Health, for \$500.

Applications are available in the Swampscott High School Guidance Office and are due to the State Scholarship Chairman, postmarked no later than March 1, 2006. For any questions, call 781-581-1385.

## Military Sealift Command is Hiring

submitted by Carly Kaufman [carlyk@mediacross.com]

Military Sealift Command (MSC) recruiters will be in the Boston area, recruiting for open seagoing positions, on March 10th, at the Careerbuilder.com Career Fair. This event will be held at the Sheraton Boston Hotel, 39 Dalton Street, from 10:00 a.m. to 3:00 p.m.

Military Sealift Command transports equipment and supplies to U.S. Forces worldwide. MSC is seeking to fill several vacant Civilian Mariner (CIVMAR) positions in the upcoming months. Our seagoing positions offer CIVMARS on-the-job training, career advancement opportunities, steady pay and Federal benefits. CIVMARS work in state-of-the-art environments, with excellent living accommodations. Interested candidates, that would like to find out if they have the skills and experience to fill one of our Deck, Engine, Supply, or Communications positions, or would like to learn more about our opportunities, can visit us at the event, call the CIVMAR Support Center at 1-877-JOBS-MSC, or visit [www.sealiftcommand.com](http://www.sealiftcommand.com).

## February 3rd Breakfast

The Nahant Village Church will host its monthly breakfast meeting on Friday, February 3rd, at 8:00 a.m. The program will feature a presentation by R.N. Marion Garfinkel and Marilyn Long, both of Greater Lynn Senior Services (GLSS). Marion Garfinkel will talk about Men and Women's Health Issues and Marilyn Long will discuss the wide array of services that GLSS provides to Lynn, Nahant and surrounding communities. This promises to be very educational and informative.

The breakfast is free and is held at the church. All are invited to attend and please feel free to bring your friends.

Got a story, poem, or photo to share with your neighbors? Email it to [donna@nahant.com](mailto:donna@nahant.com), or mail to Editor, PO Box 88, Nahant, MA 01908.

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**Great News for Nahant Home Buyers and Sellers**  
by George Meimeteas, Broker/Owner, Coldwell Banker Commerce



We are pleased to announce that Judi Moccia has joined Coldwell Banker Nahant Team. Judi comes to us with many years of experience in every aspect of real estate.

Judi has lived in Nahant for nearly 20 years. Her son Joseph and her daughter Alexandra both attended the Johnson School. Her husband Joe is also very much involved in local real estate. Judi is very active in both church and town activities. She teaches religious education, substitute teaches at the Johnson School and is always ready to pitch in for volunteer projects.

Judi is a wonderful addition to our team of Nahant professionals, including Mike McKie. Please call Judi at 781-592-0075 if you are thinking about selling your home and would like a Free Market Analysis. Judi can also answer any real estate concerns you have about buying or selling your home. Thanks again to all our Nahant customers for making Coldwell Banker Commerce your real estate company.

**Thank You!**

submitted by Roz Puleo and the Parade Committee

For your support of our Annual Christmas Parade. Without it, it would be impossible to bring it to you each year. This year was our Tenth anniversary parade and was our biggest and best so far. (Even the weather cooperated).

We were again able to decorate and "Light up the Town" in the Holiday Spirit, as well as donate \$1,000 to the Item Santa, who through the Salvation Army, give gifts and toys to local needy families in our area. We were also able to aid and add to the collection of toys for the "Toys for Tots" program, run by the Marines through our local Fire Department.

Again this year, we will be awarding scholarships to at least two Nahant-resident, High School graduates. Last year, we were able to award three, \$500 scholarships. Depending on the number of applicants we have this year, we hope to increase the \$500 amount. We try to accommodate all applicants that apply and fit the criteria for the award.

See you next year on Saturday, December 23rd, for our 11th Annual Santa Parade. Keep the date open and have a Happy, Healthy and Prosperous 2006.

Thank You!, again, from the Nahant Santa Parade Committee: Roz & Andy Puleo, Lt. Tom Hutton, Karen & Bruce Marshall, Mike "Jim" Kairevich, Sr., John & Joanna Paula, Karen Wilfert, Nancee & Rich Peters, Jeanne Mullen and Paula Smith.

**Greetings from the Oxford St. Grill**

submitted by Lowell Gray, Proprietor

Welcome to a bit of news from our downtown Lynn restaurant at 191 Oxford Street.

The Oxford Street Grill offers fine European-influenced cuisine, with modern, urban ambience and uses only all-natural, New England-raised meats, cheeses, sustainably-caught seafood and organic produce. All our breads are baked fresh daily. Everything is made in-house, including our own original desserts. If you are looking for great, authentic food, expertly prepared, we are confident that you will enjoy our restaurant.

We are pleased to announce our first Valentine's Day dinner. Call now to reserve your table, for a special evening with your love.

New menu items offered are: Every Sunday is Wine Flight Night. For only \$9, enjoy three tasting portions of different wines, by estate or variety, and complimentary appetizers. Every Tuesday is Neighborhood Night. For \$11, enjoy special entrée selections, with your choice of meat, seafood, or vegetarian. If you are looking for a quick bite at the bar, Oxford Street Grill has a new Bar Menu. We also offer our full menu to-go and are available to host private parties. Give us a call to book your next catered event.

All your well-loved, classic dishes are still here, priced from \$17 to \$24, with soups, salads and appetizers, starting at \$5. Every week, Chef David Fitzgerald offers a new Prix Fixe Menu, three or more courses, which start at \$30.

We wish to thank all our lunch customers, whom we greatly enjoyed serving, but we have decided to return to a dinner-only schedule. We are now open for dinner at 5:00

p.m., Please keep the Press alive in Nahant and the Nahant Harbor Review coming to your door in 2006. Become a Voluntary Subscriber. Thanks.

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## Senator McGee Named to Special Commission to Examine State Beaches

submitted by Frank Valeri, 617-722-1350

Boston – Senator Thomas M. McGee-(D) of Lynn has been appointed to the Special Commission for the review of the maintenance, operations and infrastructure needs of the beaches, currently run by the Massachusetts Department of Conservation and Recreation. (MDCR) Senate President Robert Travaglini-(D) East Boston, also named Senator Jack Hart-(D), South Boston, as the Chairman of the Commission.

Senator Thomas McGee, of Lynn, whose district also includes the communities of Lynn, Nahant and Swampscott, which are directly affected by the conditions of the beaches and the surrounding infrastructure, is looking forward to the examination of the management practices and funding alternatives of the beaches. "The Special Commission will give me an opportunity to work with the administration and other interested parties, to examine and identify the problems at these beach reservations and develop a plan to provide the required resources and revenues required, to make them real world-class recreational facilities." Senator McGee stated.

The nineteen-member Commission, established in the FY06 State Budget, was created because of growing concerns surrounding the administration of the "Back to the Beaches" program, within the newly-created Department of Conservation and Recreation. All of the beaches under the review of the Special Commission are formerly MDC-controlled reservations that were transferred to the consolidated MDCR in 2003. Since that time, legislative constituencies and municipal hosts serviced by these beaches have voiced serious concerns about the lack of maintenance and capital improvements throughout the facilities. In an effort to make sure the "Back to the Beaches" program progresses in the right direction, to address the concerns of the affected public and private entities, a broad-based membership was incorporated. The Commission membership includes six legislators, eight municipal appointees, three private non-profit associations from the Boston area, as well as both State Officials responsible for the operation of the beaches, the Commissioner of DCR and the Secretary of Environmental Affairs.

The Commission will hold hearings to reach out to the "interested stakeholders" and solicit testimony from them. In addition to the executive officials from the State environmental agencies, other State Authorities, whose jurisdictions extend to the Harbor and Metropolitan area, communities, non-profit organizations, friends groups, business and community leaders, will all be encouraged to voice their opinions and suggestions.

"I am very anxious to participate on the Commission, because it will provide a forum very focused on a specific problem that has negatively affected the access, quality of recreational activities and beautification of these great natural resources," said Senator McGee.

A final report is scheduled to be submitted to the legislature by April 30, 2006. Prior to the final report Senator McGee indicated that he intends to convey to the Commission membership the problems experienced along the beaches of Lynn and Nahant and Red Rock Park "I intend to state very clearly to the Commission that we have encountered continual overall maintenance problems, serious infrastructure issues on the Nahant Causeway and a significant algae odor in the Red Rock neighborhood that needs to be addressed," McGee stated.

For a text of the budget language, please call the number above.

## News from Northeastern by Tracy Hajduk, Outreach Program Assistant

Dr Joe Buttner, Associate Professor and Coordinator of the Northeastern Massachusetts Aquaculture Center, at Salem State College, will be presenting an Evening Lecture at the Marine Science Center, on Tuesday, February 7th, at 7:00 p.m. The talk is titled, Sustainable Aquaculture of Softshell Clams on Massachusetts' North Shore: Restoration, Enhancement, Industry. Aquaculture is used to harvest much of the seafood and shellfish that we consume today. Dr. Buttner will present the mechanics behind aquaculture, specifically for Soft-shell Clams. Aquaculture occurs on the North Shore, both privately and publicly. Find out why this type of producing has become so popular and what influence it has on the marine community and our community.

Light refreshments served at 6:30 p.m. This lecture is free to the public. For more information, call Tracy Hajduk at (781) 581-7370 x321, or e-mail: t.hajduk@neu.edu.

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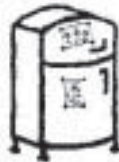
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Got a story, poem, or photo to share with your neighbors? Email it to [donna@nahant.com](mailto:donna@nahant.com), or mail to Editor, PO Box 88, Nahant, MA 01908. As space allows, it will be published. If you want photos back, please send a SASE with your submission.

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## Letter to the Editor

### Legion/Nahant Veterans Association Update

by Peter E. Przybycien, Adjutant, Legion Post #215

I am writing to address an item that was mentioned in Ray Barron's column last month. Mr. Barron, much to his journalist credit, did accurately quote a letter that I sent to all American Legion Post #215 members. It was my belief, upon reading last month's column, that public discussion of the letters content was very premature. However, since the appearance of Mr. Barron's column and a recent front-page article in the Boston Globe, involving the sale of a Legion Post in Brighton, many questions have been asked of my fellow Legion members, as to what is going on with the Legion and more specifically, the property at 5 Coolidge Road.

To set the record straight, squash any wild rumors and as a well-deserved courtesy to our many supporters, I will be providing periodic updates in this publication, as to the status of the American Legion Hall.

The Legion membership has reached a crossroads and has chosen a path. We realized that we have spent too much time, money and effort in the property management business and not enough time taking care of the needs and memories of Veterans. In December, the American Legion Post #215 (the operators of the Legion Hall) informed the Nahant Veterans Association (the owners of the Legion Hall and grounds) that the American Legion wishes to be relieved of operating responsibility and that the property can be disposed of as the Nahant Veterans Association see fit.

What is the Nahant Veterans Association (NVA)? First, they are the owners of the property at 5 Coolidge Road. Who are the Nahant Veterans Association members? They are all members of the American Legion Post #215 and members of Club215. Club215 members are other Nahant Veterans that have joined the NVA but, due to dates of service, did not qualify for membership in the American Legion.

What is the NVA going to do with the property? That is yet to be determined. As we continue to weigh our options, we welcome input from the community, regarding the future use of the property. We also realize that the sale of the property may be in the best interest of the Veterans and the Town.

The one thing the voting members of the NVA are emphatically clear about, is that UNDER NO CIRCUMSTANCES will the property be sold and the proceeds divided among the membership. I wish to stress that any proceeds realized from the property sale would be placed in trust and used for such things as helping a Nahant Veteran in need, keeping the memory of Nahant Veterans alive and to support the community at large.

### Mad, Hot Ballroom! Dance Dimensions announces Children's Ballroom

by Sallee Slagle, Director, Dance Dimensions

Dance Dimensions is very pleased to bring Gene Murray, of Salem, to teach Children's Social Dance for the first time, in Nahant. Mad, Hot Ballroom! is available for boys and girls, ages 9-12. They will learn such dances as Fox Trot, Waltz, Salsa, Rhumba and Swing! Proper dress will be required.

The instructor, Gene Murray, is one of the nations most sought after teachers and judges of young talent. He trained and performed in New York City with such notable companies as American Ballet Theater and June Taylor, as well as appearing in numerous Broadway productions. Included is instruction in manners and proper etiquette. The students will gain greater self-confidence and social ease with classes that are structured, but fun. The final class in the series will be an opportunity to show their new skills with a Dance Party. Classes will run Friday evenings, starting March 3rd. Advance registration is required. For information and registration please call Sallee Slagle, Director of Dance Dimensions, at 781-599-1476.

### Winter Ice Skating Classes

submitted by Rosemary Cloran, Bay State Skating School

Winter Learn-To-Skate classes for children, ages 4½ and up and adults, at the Lynn Connery Ice Rink on Sheppard Street, just off the Lynnway in Lynn. Classes are held on Sundays, at 1:40 p.m. Cost for the six-week series of lessons for children is \$96 and adults, \$105. Use either hockey, or figure skates. Beginner, intermediate and advanced classes taught. For information and to register, call Bay State Skating School at 781-890-8480, or visit us online at [www.baystateskatingschool.org](http://www.baystateskatingschool.org).

## The Sleep Factor: Diet, Exercise and Sleep?

by Sallee Slagle, Director, Dance Dimensions

We've all heard that to loose weight you must "diet AND exercise." But what about sleep? Sleep is a very important part of our lives. Too little sleep effects many aspects of our daily life including our mental faculties, emotional stability, and physical wellness. More and more studies are showing proper sleep is as important as diet and exercise for a long and healthy life.

Our bodies have a 24 hour clock inside that has cycles which recur each day known as "circadian rhythms." These rhythms are influenced by body temperature, hormones, and exposure to light or darkness. It determines when we are supposed to sleep and when we should be awake. Research has shown that 8-10hrs of sleep everyday is optimal for peak performance. Studies also show that the average American gets only 7 hours a night. Well below optimum for us all. Early 1900's we averaged 8.5 hours a night. We have evolved to a more sleep deprived society maybe without even being aware of it.

Maybe no one told us the importance of a good night's sleep. Maybe we are still fighting back against "bedtime" and curfews. Maybe we are experiencing difficulty sleeping or falling asleep. Our lifestyles certainly demand more of us than 100 years ago. But you need to know the consequences of lack of sleep or sleep deprivation.

Adequate sleep is necessary for proper physical function and health. The immune system, our best defense against illness and disease is compromised by lack of proper sleep. Those with sleep disorders have been found to be at greater risk of developing high blood pressure, coronary heart disease, heart failure and stroke (Lusardi et al. 1999).

Lack of sleep also increases your risk of obesity and diabetes as well as bringing on age-related disorders prematurely. Lack of sleep has been proven to contribute to weight gain as well. SO how can we get more sleep or better sleep? Planning will go a long way. If you have a regular daily schedule this helps keep your body rhythms tuned. Try to go to bed and get up at about the same time each day and ensure that it allows you sufficient hours of sleep. Try to keep it the same even on days off get up the usual time. Staying up later or sleeping in occasionally will not upset your rhythms dramatically. There will be times when physical or emotional stress may increase your need and desire for sleep. Taking a nap if it is physical can revitalize you or even a short walk can help.

Do you toss and turn at night not sleeping deeply? Do you have trouble getting to sleep? The advertisers are right on this one. Mattresses have evolved and it is a very worthwhile investment to purchase a new mattress. Also try some ways to unwind before bedtime. Plan some time to prepare for sleep. Don't just head for bed and then try to get to sleep. Many things can keep us from falling asleep, our mind often won't allow us to drift off. We can worry over things that happened today or things coming up tomorrow. Plan for the next day, clothes, lunch, papers, etc., so you feel ready for the day when you go to sleep and not stressed over an important meeting or early start. If you are tossing and turning over something you said or did get up and write a letter. It is the writing that may help you let go. Then in the morning you can decide if you will send it or not.

To calm your mind at night try relaxation or breathing techniques. Instead of counting sheep try counting breaths. If your spouse is asleep try timing your breath to theirs. Soft music can help also. Daily exercise can also be a factor. Do some exercise each and every day. Get out in the sun during the winter as much as you can. Sunlight helps us keep our natural rhythms. Walk more, drive less. If something is on your mind talk about it. Find some creative outlets that make you happier, dance, paint, play music. All of these will help create a well rounded lifestyle that can handle the demands of daily life and yet satisfy our personal needs and allow you to sleep better every night and wake with a sunny attitude in the morning.

## LETTER TO THE EDITOR

I have lived in Nahant for three years, together with my partner, to whom it has been home for 15 years. When I meet fellow Nahantians, I always feel a welcome part of the community. It was therefore a shock to discover that dozens and dozens of Nahantians had signed a petition to outlaw all (yes, ALL) legal recognition and protection for same-sex families. Could it be that my fair-minded neighbors are democracy Jekyll and Hydes?

Then I learned that the signature gatherers had used lying and trickery involving multiple petitions, where a person signing the hateful petition thought they were signing for something else. These abuses have recently been made illegal by the State Legislature, but do not back-date to invalidate this hateful attempt to hurt people like my spouse and I, for no good reason.

If you signed a petition recently, please make sure it was not the anti-marriage equality petition. If it was, you can ask for your name to be removed. Even if you knew what you signed, please reconsider. Don't all Nahantians deserve equal protection under the law? A good site to check for your name is [www.MassEquality.com](http://www.MassEquality.com).

—Carol Gebert, Nahant

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### Paintings of people and places in Nahant



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**Facial Rejuvenation Through Acupuncture**

by Cory Walsh, Lic.Ac.

Facial Rejuvenation Acupuncture is a painless, non-surgical method of reducing the signs of the aging process. Though Facial Rejuvenation Acupuncture can sometimes be referred to as an "Acupuncture Facelift," it is more than a cosmetic procedure. It is a rejuvenation and revitalization process designed to help the whole body look and feel younger. The Facial Rejuvenation Acupuncture treatment is based on the principles of Traditional Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, trunk and legs, along channels, or meridians, of energy, or Qi (pronounced chee). Specific points are chosen to manipulate the movement of Qi in the body according to the individual's needs. Practitioners of Facial Rejuvenation Acupuncture know how to specifically affect the face, while simultaneously treating the underlying factors that can contribute to the aging process.

Facial Rejuvenation Acupuncture may erase as many as five to fifteen years from the face, with results apparent after just a few treatments. Fine lines may be entirely eliminated and deeper wrinkles diminished. Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, droopy eyelids lifted and double chins minimized. Other likely results include: moisturizing of the skin with increased local circulation of blood and lymph to the face; increased collagen production, muscle tone, and dermal contraction; tightening of the pores; brightening of the eyes; improving of hormonal balance to help acne; reduction of stress evident in the face – bringing out the innate beauty and radiance of an individual.

The course of treatment consists of 12 sessions, although, depending on an individual's underlying health issues, more may be needed. The effects become most noticeable and lasting on or about the seventh session. Each person responds differently, depending on his or her condition and lifestyle, prior to treatment. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years.

While not a replacement for surgery, Acupuncture Facial Rejuvenation is an excellent alternative. It is far less costly than cosmetic surgery and is safe, virtually painless, has no side effects or risk of disfigurement. Unlike surgery that may have an extended recovery period, with swelling and discoloration, there is no trauma from Facial Rejuvenation Acupuncture. While Facial Rejuvenation Acupuncture cannot reshape one's nose or chin, it is a more subtle rejuvenation that takes years off one's face—safely and naturally, while improving overall health. Facial Rejuvenation Acupuncture is a good alternative to Botox and Restalin treatments, which involve the injection of foreign substances into the skin and can have serious side-effects, or allergic reactions. In addition, these treatments are costly and typically last only 3 to 6 months. Acupuncture is a safe, natural and long-lasting alternative with proven results.

Acupuncture Facial Rejuvenation treatments should only be performed by a licensed acupuncturist, who is trained and certified in the specialization of this technique.

**Q&A with North Shore Physical Therapy**

by Nancy DeMuth

Please feel free to submit questions about musculoskeletal problems to us, in writing, by sending them to: NSPT, 1Widger Road, Marblehead, MA 01945, c/o Nancy DeMuth.

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

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

Using an ergonomically-designed shovel will help lessen the stress on your back. It has a curved handle, which shortens the length of the lever arm, thereby decreasing the load to your spine. While shoveling, stand in a lunge position, with one foot in front of the other. Bring your belly button in toward your spine, to engage the abdominal muscles. Shift your weight forward, bending your knees and keeping your back straight, in order to pick up a small load of snow. Draw the load straight back toward you, then step around and turn your whole body in the direction that you want to put the snow. Avoid twisting your back. Instead, keep your spine in a neutral position. Turn the shovel over in order to drop the snow. Do the work with your arms low and close to your body, in order to decrease the stress on your shoulders. If you are shoveling deep, or heavy snow, mark off the snow into squares the size of the shovel, and lift off the top layer, square by square. Be sure to pace yourself. Take breaks often, especially when the snow is heavy, or wet. Stay aware of how your body is feeling as you shovel, rather than becoming goal-oriented and ignoring warning signals (e.g. pain, shortness of breath, fatigue). Remember that shoveling is vigorous exercise, and because it is often done in very cold weather, it creates a great deal of work for the heart and the musculoskeletal system. Take whatever precautions you normally take in cold weather, with respect to medications and dress and be sure to drink plenty of water.

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## When To Get An Eye Exam by Dr. Neil Gross, Ophthalmologist

Most adults know that they need an annual physical exam. However, few people seem to know exactly when they need a routine eye exam. Anyone who has an eye complaint should certainly be checked. But, what do you do if you don't think you have an eye problem?

Today, I will outline a routine schedule for those who have no eye complaints. These guidelines are based on recommendation from the American Academy of Ophthalmology and the American Academy of Pediatrics. This schedule also presumes that you or your children have no specific medical problems, or genetic risk factors, for eye disease. Next month, I will modify the schedule, to include people with these types of eye problems.

**Newborn-Preschool Age Children:** A newborn's eyes should be checked at birth by their pediatrician. The pediatrician should repeat an eye exam during the first few months of life, at six months to one year, at age 3 and at age 5. They should specifically look for cataracts, crossed eyes, or droopy eyelids. These problems can lead to decreased vision (amblyopia.) All children with eye, or eyelid, problems should be referred to an ophthalmologist who is trained to care for children. (An ophthalmologist is an eye doctor who graduated from medical school and completed an accredited residency. Ophthalmologists are trained to perform routine eye exams, fit glasses, care for medical eye problems, like glaucoma, or diabetes and perform eye surgery.)

**School-Age Children:** School-age children should be checked every two years. As the eye grows, nearsightedness frequently develops. If undetected and uncorrected, nearsightedness can lead to amblyopia and poor school performance. These exams can be conducted by vision-screening programs in schools, community centers, or by volunteer organizations like the Lions Club. (Note: Some physicians recommend that all children in this age group undergo a comprehensive exam, at least once, by an ophthalmologist.)

**Puberty to Age 40:** Individuals, from puberty to age 40, should be examined at least once by an ophthalmologist. If their exam is normal and they do not wear contact lenses, they do not have to be examined again, unless they have a specific complaint. Studies performed by the National Eye Institute show that the incidence of eye disease in this age group is very low.

**Ages 40-64.** Individuals in this age group should have an exam by an ophthalmologist every two-to-four years.

**Age 65 and above:** Individuals age 65 and above should be examined by an ophthalmologist every one-to-two years. I hope this schedule will "clear up" any confusion. Use it to keep your eyes in top shape!

Dr. Neil Gross is an ophthalmologist (Eye MD.) His office is located next to the Porthole Pub at 152 Lynnway. He does eye surgery and treats all types of eye diseases. His office number is 781-593-3939.)



## THE SAND DOLLAR LEGEND by Rob Scanlan, Marine Surveyor

The sand dollar is one of the most unusual specimens of marine life. Markings on the sand dollar shell symbolize the birth, crucifixion and resurrection of Jesus Christ.

On the top side of the shell, a clear outline of the Easter Lily is clearly seen. At the center of the lily a five pointed star that represents the Star of Bethlehem.

The five slits in the shell are representative of the four nail holes and spear wound inflicted in the body of Christ during the crucifixion.

On the reverse side of the sand dollar shell you will recognize the outline of the Christmas Poinsettia. If broken, inside the shell are five small birds known as the Doves of Peace.

Find a sand dollar shell, I will point these out to you.

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**Nahant Woman's Club News**

submitted by Polly Bradley

**Valentine's Day at the Library**

"110 Things You Did Not Know about Nahant (except for Calantha Sears)" will be the topic of a talk by Dan de Stefano, Director of the Nahant Public Library, at 10:30 a.m. Tuesday, February 14, at the Library. After diligent searching for something not known by Calantha, Dan was forced to modify the name of his talk to recognize the fact that Calantha Knows All. Nahant Woman's Club members hope that possibly sometime between now and Valentine's Day, Dan may be able to find a 111th thing that will surprise even Calantha. After the talk, members may ask questions of Dan but are not allowed to try to trip up Calantha.

Hostesses for the February meeting will be Miriam Ostrovitz and Margie Parisi. The invocation will be given by Calantha Sears. Many of the award-winning pictures from the Children's Art Contest are still on display at the Library. The contest was held in September at the dedication of the Sears Pavilion at Bailey's Hill Park (formerly called the Bailey's Hill Gazebo). The accompanying photo of the Sears family at the dedication was taken by Sears family member Melinda Hatfield.

**Federation Day at the State House**

Nahant Woman's Club members are invited to attend a luncheon and meeting with legislators sponsored by the General Federation of Women's Clubs of Massachusetts at the State House on Wednesday, March 22, 2006 from 10 a.m. until 3:00 p.m. Enjoy the beauty of the Massachusetts State House/Great and General Court, hear legislators speak, and look for the Nahant flag hanging in the Great Hall.

Club members may invite local legislators to the luncheon to bring them up to date and learn from them about issues impacting Nahant. Cost is \$15, plus \$15 to be paid by club members for any legislator accepting a luncheon invitation. Deadline for reservations is March 13. For more details, call Claire Burns, Reservations Chair for the event, at 978-474-0527.

**Sears Family at Dedication of Sears Pavilion at Bailey's Hill Park**



Back row (left to right): Paula Hatfield, Erik and Amy Hatfield, Ted Riboudi, Cindy Oxtou, Bob Kershaw, Ken Oxtou, Joshua Oxtou, Melinda Hatfield, Rick Pomeroy, Lucy Pomeroy, Dick Pomeroy, Michelle Messer, Diane Lunt, Jeff Lunt, Crystal Pomeroy. Front row (left to right): Adam, Jr., and Adam Hatfield, Jessica Oxtou, Libby Comeau, Calantha Sears, Mia and Nancy Hatfield, Alexie Pomeroy, Christopher Ambrose. (Photo by Melinda Hatfield)

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## Useless Information

by Ray Barron

### Nahant By-The-Numbers

We have no shortages of lawyers in Nahant. To date, there are 41 lawyers living in Nahant.

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

There are 98 teachers / educators in Nahant. We certainly are not a town of dummies!

There are 9 educators who reside on Summer Street. Of course, they have a lot of street smarts. Oops.

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

Emerald Road is perhaps one of the only streets in Nahant housing individuals with diversified occupations such as, a carpenter, wine sales agent, court reporter, fisherman, electrician, brick mason, UPS driver, flight attendant, DPW worker, florist, postal clerk, musician, machinist, psychologist and a nurse.

Nahant Road is "Retiree's Road." There are 106 individuals living on Nahant Road listed as retirees.

Comfortably settled in on Sea Breeze Lane properties are 170 individuals! Yes, the Franchi complex is Nahant's liveliest area. We heard Joe Klink, who resides at 18C, is the unofficial Mayor of Sea Breeze Lane. Sea Breeze Lane is also the home of Nahant's distinguished Calantha Sears, and Nahant's lovable couple, Tom and Dorothy Johnson.

Which reminds me, the only people who really listen to an argument are the neighbors.

### Overworked Women

American women have been overworked for years, says a new study—and it's starting to get to them. The Marshfield Clinic in Wisconsin surveyed 1,500 women about their vacation habits, over the course of five years. They found that the fewer vacations the women took, the more likely they were to suffer from insomnia, or depression, to be stressed out and to be dissatisfied in their marriages. And whether it's because of pressure at the office, or their responsibilities at home, most working women take amazingly little time off. About one in four women take two vacations a year—enough to keep them sane. But, a third take just one vacation, leaving them in danger of severe grouchiness. "Nearly one in five women we studied, reported taking a vacation only once in six years," researcher Cathy McCarty says. "It's shocking."

Mary Dill, of Cary St., says, "Vacation is a time when you get away from the people and places you love best, so you can put up with them when you get back."

Mary's handsome husband, Dan Dill, claims a vacation is a success, if we manage to change the color of the circles under our eyes from black to tan.

Cynthia Bailey Manning, of Fenno Way, says, "Vacation is a brief period of recreation, preceded by a period of anticipation, and followed by a period of recuperation."

### Nahant's January Birthday Babies!

February 1st birthdays: Captivating Judy VanLoon, Richard Koehler, David Dunn, Michelle Daugherty and Danny Desmond. Also born on February 1st, Clark Gable, film actor, pop singer Don Everly and Princess Stephanie of Monaco.

Our February 2 birthdays: Personable Mark Lucantonio, Alma Smith, Richard Brown, Mary Davinis, Lorraine Doran, the personable Carroll Gates, Colorado's gift to Nahant, Sarah Sullivan and the spirited and alluring Erin Kennedy. Other notables born on February 2, Farrah Fawcett, Tom Smothers and jazz great, Stan Getz.

February 3, birthday babies: Carol Szczawinski, Minervena Nobrega and Barbara Demakis will be opening their birthday gifts.

Our February 4 birthdays: personable Gilberte Spinelli, Joyce Griffin, Gail Woodhead and Ernie Priftakis. Also born on February 4, Charles Lindbergh, Vice President Dan Quayle and rock singer, Alice Cooper.

February 5: wish a happy birthday to our editor's loving husband, Ron Hanlon and Mary Swaine. Other notables born on this date, Red Buttons, comedian, Adlai Stevenson, presidential candidate and Bob Marley, Jamaican reggae singer.

February 6 birthdays: Edith Kenneally who is Gaelic & Garlic, Kelly King, the alluring Phyllis Crifo, and such other notables as Ronald Reagan, 40th US president, Zsa Zsa Gabor and former news anchor Tom Brokaw of NBC-TV.

Our February 7 birthday candle blowers: Sheila Barry, Mary Cullinan, Suzie Hamill, Leo Moleti, John Quinn and John Vanmaanen. Also born on February 7th, baseball great Babe Ruth, country singer Garth Brooks and novelist, Charles Dickens.

February 8 birthdays: Sweet Mary Davinis and Suzanne Heidebrecht. Others born on February 8, actors Jack Lemmon, James Dean and Nick Nolte.

February 9 birthdays: the noted designer and sculptor Reno Pisano, Jim Konowitz, and Cathy Duffy who will still be the same young age. Others born on February 9, actor Ronald Coleman, Kathryn Grayson, actress and singer, Carole King, singer and songwriter, and film actress, Mia Farrow.

February 10: Lovely Courtney Dolan, Olivia Crupi, Leonarde Desilets, Deborah Locke, Nahant's Mister Hospitality, Peter Dawson, Bill Crawford and handsome Carmen Barile.

February 11 birthdays: A joyous day for Mary Evos, Eleanor Collins and the stunning Beverley Dawson. On this date, in 1858, Bernadette Soubirous, a peasant girl, allegedly had a vision of the Virgin Mary in a grotto in Lourdes, France. Gee, it was on this date I left home to join the U.S. Army.

February 12, Lincoln's Birthday, birthday kids: the alluring Nancy Caggiano, Gene LeBlanc, Phil Joyce, George Wright and Justin Roy. Barbara Sweeney and Mary Nagle are also celebrating their birthdays on that day.

February 13 birthday babies: Lovely Peggy Barile, Tom Quinn, Jerry Fox and actresses Kim Novak and Stockard Channing.

February 14, Valentine's Day, birthdays: Kathy Kavanagh, Fred Ahern, Mary Brumm, Dr. Clement Trempe and Christopher Sholes, inventor of the typewriter in 1819. Also, wish Town Treasurer, Joni Bingham, a very happy birthday!

February 15: Suzie Brubacher, Lewis Moody and English actress, Jane Seymour.

February 16: Janet Kelly, nice guy, Fred Hyde, Jr. and John McEnroe, the tennis player.

February 17 birthday-cake eaters: Lovely Eva Murphy, Bonnie Budryk, adorable Jeannie Buckley and Kew Carpenter. Also celebrating a birthday on this day is Yassir Arafat, the late Palestinian leader.

February 18, birthday parties: Nahant's "Gardening Angel" Adam Hatfield, Francis Fallon, Dr. Cathy Silva, Melinda Kershaw, Susan Alessi, lovely Joanne Sullivan and such other notables as actors, John Travolta and Matt Dillon.

February 19 birthdays: Gee, as far as I know, we do not have any Nahanters born on this date. Some notables born on this date, bandleader Stan Kenton, actor Lee Marvin and Margaux Hemingway.

Our February 20 birthday-cake eaters! Tess Munro, Geraldine Walton, Charlie Langevain, Paul Gaudet and the handsome, Dick Manzano. On this date in 1985, contraceptives went on sale in the Irish Republic for the first time.

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

Washington's Birthday, February 22 birthdays: Ted Cronis, Alicia Quinn, Kathy Chiklis, the warm-hearted Janet McIlveen and actress Drew Barrymore.

Celebrating their birthdays on February 23: Charlie Riley III, Bob McCahey, Dave Winer, Joe Lamando, Mike Mahoney, personable Thom Donahue and actor Peter Fonda.

(Continued on next page.)

February 24: Lovely Ellen Klink and Amy Tsokanis.

**February Birthdays, Continued**

February 25: Drop off birthday gifts to Margaret Moyer, Jack Hagerman, Morgan Reiner and Elaine Caira. Also celebrating a birthday that day, George Harrison, former member of the Beatles.

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

February 27: Tim Donegan, also celebrating birthdays on February 27, actress Elizabeth Taylor and Chelsea Clinton, daughter of President and Senator Hillary Clinton.

February 28 birthday kids: John Mahoney and my old friend Dick Bailey, Leatrice Devens and Peggy Tobin. Also born on this date was Rene Antoine de Reaumur, French scientist and inventor of a thermometer scale.

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.

Happy birthday to all of you!

**Nahanter's Thoughts About Love**

Cal Hastings of Nahant Road, says, "When a man is in love for the first time, he thinks he invented it."

Cal's attractive and brilliant wife, Marrit, says, "Falling in love is awfully simple, but falling out is simply awful."

Cal's neighbor, Henry Hanagan, says, "Love at first sight saves a lot of time and money."

Henry's alluring wife Peg, asks, "If love is blind, how can there be love at first sight?"

Joanna Reardon, of Nautical Lane, says, "Some girls believe in love at first sight; others believe in waiting until he hangs up his hat and coat."

The electrifying Ed Poulin, of Irving Way, says, "People fall in love, but they have to climb out."

Ed's stunning wife, Gayle, says, "Half the fun of being in love is the worry of it."

Gayle Poulin's adorable mother Annie Rooney, says, "A girl can always tell when she's in love and usually does."

For the record, the personable Annie Rooney, a native of New Orleans, was a guest speaker at the Arlington Men's Club. There she stood, facing close to four-hundred men talking about her life and times in New Orleans. She surely lived an interesting life in New Orleans! What's more, she revealed why she left New Orleans and how much she enjoys living in Nahant.

Perhaps Dan deStefano should have Annie Rooney appear at the Nahant Public Library as a guest speaker. This much I will reveal, Annie Rooney's mother was one of 18 children! Yes, Annie has beaucoup cousins!

**Nahant Women With Captivating Smiles**

According to Charlie Seagull, Nahant is noted for having many women with captivating smiles. So who are some of the captivating women? Lissa Keane, Maura Devereaux, Librarian Carole Brophy, Cynthia Pierce, Sarah Riley, Annie Rooney, Pam Motley, Dorothy Vitale, Barbara Lombard, Sheila Hambleton, Ellen Klink, Joanna Reardon, Gayle Poulin, Peggy Silva, Martha Keller, Barbara Lombard-Anguilo, Ruth Brownell, Barbara D'Amico, Gina McCoy, Mary Dill, Janet Dolan, Barbara Mackey, Gail Guiney, Karen Canty, Florence McDonough, Tracy Simpson, Lynne Spencer, Gertrud Joyce, Paula Smith, Marcia Gaudet, Darlene Conigliaro, Maria Welsh, Patricia O'Shaughnessy, Joy Pechinsky-Spinelli, Molly Conlin, Bonnie Blydell, Linda Jenkins, Peg Hanagan, Nancy Risch, Harriet Steeves, Donna Lee Hanlon, Bonnie Jane Lombard, Marion Capano and Mary Irene Dickenson.

As Richie Lombard will tell you, there's face -lift you can perform yourself, that is guaranteed to improve your appearance. It is called a smile.

The noted popular Nahant hunk, Jim Devereaux, says, "If there is a smile in your heart, your face will show it." Of course, Jim's face shows it when he attends Rolling Stones concerts, and when he is skiing. Of course, Jim smiles on and on when he is with his alluring wife Maura and their beautiful children.

Tim Moran, whose Irish eyes are always smiling, says, "A smile is the same in all languages."

As Mark Cullinan, would say, "Why not wear a smile? It's just about the only thing you can wear that isn't taxed."

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# Summer In Nahant

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



## Nahant's Most Famous Carpenter

When the new lighthouse stood finished, Dexter Stetson moved on to the other construction sites at Bodie Island and Currituck Beach and then disappeared into relative obscurity, at least from the perspective of the island inhabitants. Like most artists, he attempted to leave his name on his work by installing a small plaque. The plaque, however, was removed in 1874. As a result, little was known about the man who was behind three of the seven most well-known lighthouses in North Carolina.

Over time, as the lighthouse came to be treasured by a wider audience than the seaman who navigated by its light, people have wondered about the man who facilitated the construction. Many presumed that, like the workers who laid the brick and wielded the paintbrushes, he was from the area, maybe not an islander but surely a Southerner. They were surprised to learn that he was a carpenter from New England.

Stetson was born November 8, 1815, in Durham, Maine, to Charles Stetson of Scituate, Mass., and his wife, Abigail, of Freeport, Maine. Once source claims that Dexter was born in Freeport, which bordered on Durham at the time. Charles and Abigail had seven children: two daughters—Asenath and Almira—and five sons—Charles C., Washington, Albert, Dexter and Solomon.

As a youth Dexter was known for his love of nature and a penchant for roaming, traits he was said to have inherited from his father. "He lived in Durham, just one town in from the water," Margaret Wentworth of the Durham Historical Society pointed out in the strong accent of the region. "He lived in a small town adjacent to Brunswick and Freeport, only a short distance from the Portland Head and Hendricks Head lights. Dexter was surrounded by shipbuilding. In fact, an ancient road, called the 'Mast Road', went right through Durham. There are still traces of it today after winter leaves. Back then logs were carried from inland—and Durham has always been heavily wooded, it's part of the great Northeastern Woods. They made up the masts of the magnificent sailing vessels, but they had to pass down this road. Dexter would have seen this every day he lived here."

Stetson's family members worked with their hands, and he likewise earned the documented title "housewright." He might have acquired a love for shaping wood while watching the deft shipbuilders coax straight pieces of raw wood into the sleek curves of a ship's bow and stern. At the same time, people all around him were making their living from the sea.

He hauled logs in 1840 and erected a fashionable log cabin in Nahant for a friend during the presidential election when cabins and hard cider were symbolic of the supporters of John Tyler's bid for the White House. It is likely that memories of a grandfather's log cabin influenced his building, but Stetson demonstrated an artistic touch when he installed diamond-paned windows. (These windows still remain in the house now situated at 100 Castle Road, which is owned by gardener extraordinaire, Franco Macera and his sweet wife, Rose.)

In the 1840s Stetson moved to Lynn, Mass., northeast of Boston. The town had a population of several thousand, and its primary industry was shoe manufacturing. In such a setting, a carpenter stood out from the masses.

On July 6, 1846, he married Ann Maria Hood of Nahant—a peninsula off of Lynn—whose family was influential in the area and had significant real estate holdings. The new couple operated a boardinghouse on some property Stetson purchased from his in-laws. Their only child was born on April 4, 1847, in Nahant, and her name was Helen Louise.

After Stetson settled in Nahant, he joined John Hammond, an old friend from Maine, in forming a construction business. They were credited with building the "finest summer cottages Nahant proudly claimed," according to Stanley C. Paterson and Carl Seburg in a 1991 article written for the Nahant Historical Society.

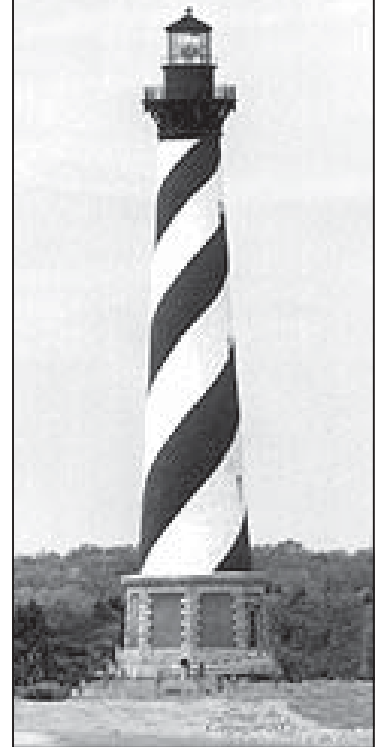
Stetson's reputation may have been made in 1851 in Nahant when he was credited with building the original village church on the Nahant road in Lynn. It was a nondenominational meetinghouse, and the task carried a heavy responsibility in the community. The construction job was a prestigious project, and its completion won Stetson the community's respect.

"It was built so well for \$2,258 that part of a Sunday sermon included praise for Stetson on his handiwork," observed Calantha Sears of the Nahant Historical Society. The village church still stands today, minus its tower and clock, as a private residence."

In 1841, Stetson built a house called the Log Cabin on Pleasant Street (or School Street, its earlier name), Nahant, for the Joy family of Boston. The logs were brought from Maine by vessel. Another object of interest is that the glass doorknobs incorporated an image of Harrison.

In 1892, when this house was taken down, or remodelled, Stetson retrieved its diamond-paned windows and incorporated them into a building that he had moved from the Black Rock Wharf area, where it served as a waiting station for the steamships, to Castle Road, where it served as his home.

Cape Hatteras Lighthouse, NC



In a letter to Rose Macera, current owner of 100 Castle Road, who resides there with her husband, Franco, Calantha Sears, Curator of the Nahant Historical Society, wrote:

"This house was built in the log cabin style in 1841 by Joseph G. Joy, son of John Joy who lived on the corner of Joy and Beacon Streets, Boston. Some of the diamond shaped windows were taken from the log cabin, and put into a house made by Dexter Stetson, out of the waiting room for the boats which used to come to the wharf at Black Rock. He moved it to the corner of Castle and Harbor View Road, remodelled it and occupied it with his family."

"Alonzo Lewis, the historian and surveyor, planned this house of Joseph G. Joy in 1841. Logs were brought by vessel from Maine by Dexter Stetson, the contractor. This "Log Cabin" was of "Tippecanoe and Tyler, too" times." The second quote is from "Some Annals of Nahant" by Fred A. Wilson, c. 1928."



# Dexter Stetson



*Builder of America's Most Famous Lighthouse*

## Black Rock Cottage



In 1878 Stetson remodeled a former steamship terminal into his own home. He retrieved the diamond-paned windows from the cottage he had built in 1840 and installed them in the new home, calling it Black Rock Cottage. Stetson is the gentleman on the porch. The woman in the carriage is probably his daughter, Helen Louise, and the three women on the porch likely include his two sisters-in-law, Amelia and Julia Hood.

### Dexter Stetson

A well-known resident of Nahant, passed away at 40 Tudor Street, this city, on Friday, at 5:00 a.m., at the age of 84 years and 23 days. Four years ago, he suffered a paralytic shock, and ever since that time, he has been incapacitated and an invalid and death came as a relief. Mr. Stetson was born in Durham, ME, Nov. 8, 1815, his father being a descendant of the old Stetson family of Scituate. The young man inherited his father's traits of love of nature and roaming, but finally settled down in Nahant, where he entered the building business with John O. Hammond. Many of the oldest buildings on the peninsula were built by him, among them the "old log cabin," built for a Mr. Joy during the Harrison campaign in 1841. In 1858, when the Egg Rock Lighthouse was built, he became well-acquainted with the government engineer, by whom he was introduced to the Lighthouse Board, whose employ he entered soon after, remaining with them until about 15 years ago. Many of the best lighthouses along the coast were built under his direction, notably the one at Cape Hatteras. When the war broke out, he was in New Orleans, having charge of the building of several government buildings there. He had in his possession, a valise full of gold coin, the property of the government, and had considerable of a trip getting it back safely to New York.

Mr. Stetson married the eldest daughter of Benjamin Hood, who was one of the sons of Richard Hood, one of the earliest settlers of Nahant. She died some 27 years ago. A daughter still survives. The funeral services will be held on Sunday at 2:30 p.m. (Ed. note: He is buried in the Pine Grove Cemetery in Lynn.)

OBITUARY FROM LYNN DAILY EVENING ITEM DEC. 1, 1899

Recently, Christa Matherson of 126 Castle Road asked what I knew about the Gingerbread-style home located at the corner of Castle and Harbor View Roads.

Well, Christa, here is what I learned. Enjoy!

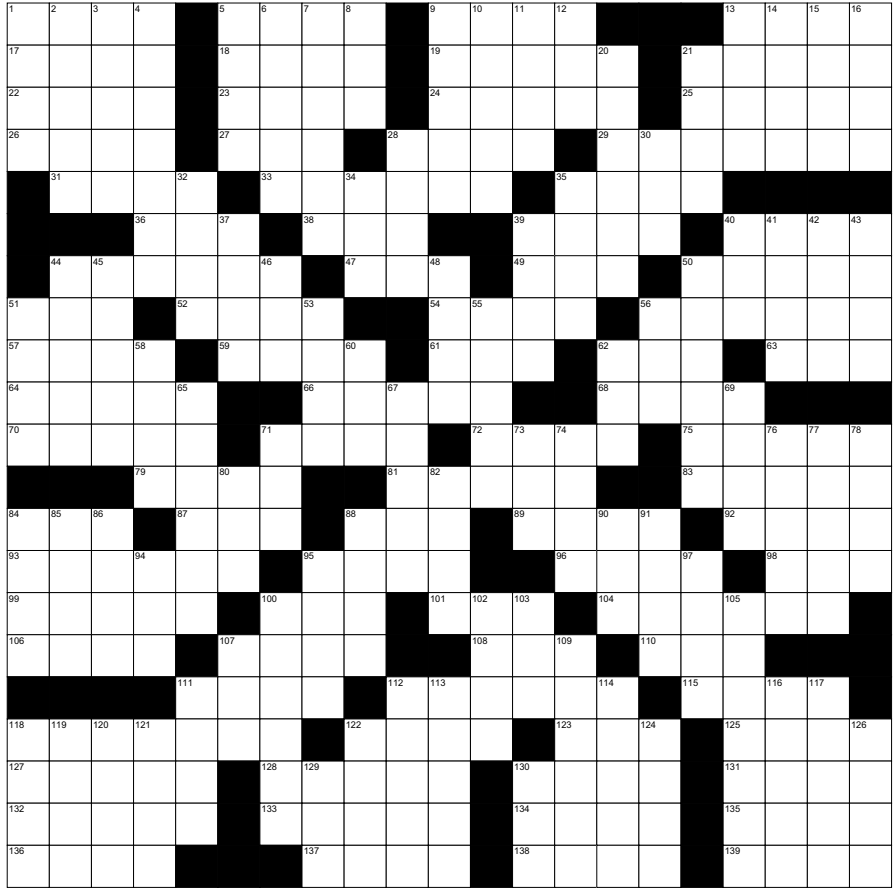
SOURCES: Dexter Stetson of Nahant, Builder. Original copy of "Cape Hatteras, America's Lighthouses - Guardian of the Graveyard of the Atlantic" is in the Nahant Historical Society library. All text and photos on both pages were provided by the Nahant Historical Society.



If you have something you would like to share on this page, please contact the author:  
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Or email: [sumnerkimball@aol.com](mailto:sumnerkimball@aol.com)

# NAHANT PUZZLE PAGE

## This One's for the Birds by Rick Kennedy



**ACROSS**

- 1 Slice
- 5 Part of UAE
- 9 Competently
- 13 Business note
- 17 Decant
- 18     -throated Hummingbird
- 19 Legal document
- 21 Emblem
- 22 Destroy
- 23 Lazy
- 24 Maritime
- 25      Finch
- 26 Harness
- 27 Hoopla
- 28 Heredity component
- 29 Flycatcher type
- 31      Pigeon
- 33 TCBY product
- 35 Arizona Indian
- 36 Bath towel possessive
- 38 Bad (prefix)
- 39 Glasses part

- 40 "Mama Mia" group
- 44      tap
- 47 Sandwich type
- 49 Carney or Linkletter
- 50 Chinese or Japanese
- 51 "The Greatest"
- 52 Agassis' doubles partner?
- 54 Sub
- 56      Sandpiper
- 57 Hemingway, familiarly
- 59 White
- 61 Sturdy tree
- 62 Speed meas.
- 63 The blue
- 64 aka Gordon Sumner
- 66 Raise one's shoulders
- 68 "Heat Of The Moment" band
- 70 Organic compound
- 71 Mets' home

- 72 Airy
- 75 Aspiration
- 79 Vocation
- 81 Thrush type
- 83      Wren
- 84 Foreign Agric. Serv.
- 87 "Yes, Pierre"
- 88 Password
- 89 Spot
- 92 Delta dirt
- 93 Spry
- 95      Warbler
- 96 Blue-winged
- 98 Ball holder
- 99 Sandhill
- 100 Write quickly
- 101     -whet Owl
- 104      Ibis
- 106 Arctic
- 107 Peel
- 108 Blue or Gray
- 110 Long time
- 111      Swallow
- 112 Mental pictures
- 115 African river
- 118 Both lane driver (2

- wds)
- 122 6th Jewish month
- 123 Luxurious spot?
- 125 Golf scores
- 127 Undo the laces
- 128 Blunder
- 130      mater
- 131 Black
- 132 Wilson's      Petrel
- 133 Brings in a fish
- 134 Neat
- 135 Remake
- 136 House
- 137 Elan
- 138 Went for a dip
- 139 Killed

**DOWN**

- 1 Lapland Long
- 2 Recluse
- 3 Sound
- 4 Lung parts
- 5 Opera solo
- 6      Duck
- 7 In flower

- 8 Adieu
- 9 Lil'
- 10      Goose
- 11 Reside
- 12 Affirmative vote
- 13 Disposition
- 14 Needle case
- 15 Tableland
- 16 Sign
- 20 Show off
- 21 Siamese
- 28 Bonaparte's
- 30 Nervous system
- 32      Eider
- 34 Talk
- 35 Nada
- 37 Asian dress
- 39 Horned
- 40 Amer. sign language
- 41 Prejudice
- 42      Swallow
- 43 Raggedy Ann's friend
- 44 Thin flat strips
- 45 American
- 46 Scientist's milieu

- 48 10 Commandments word
- 50 Plant parasites
- 51 Niche
- 53      Crow
- 55 Golden
- 56 United Parcel Serv.
- 58 Fresh
- 60 That girl
- 62 Cape      Warbler
- 65 Furrow
- 67 Crow relative
- 69 Greek god of war
- 71 Schuss
- 73 Exist
- 74 Saclike structure
- 76 Changes
- 77 Awry
- 78 Allot
- 80 Regret
- 82 Potato sprouts
- 84 Information
- 85 Land unit
- 86 Heavenly light
- 88 Swallow-tailed
- 90 Dowel
- 91 Harvard's rival
- 94 Hotel
- 95 Read attentively
- 97 Red-throated
- 100 Parasitic
- 102 Open
- 103 Wave
- 105 Marksmen
- 107 For
- 109      Rail
- 111 Not us
- 112 Heathen gods
- 113      Wren
- 114 Island country
- 116 Mark
- 117 Eat away
- 118 Haste
- 119 Upon
- 120 Molecule
- 121 Dreadful
- 122 Domain
- 124      Warbler
- 126      Bunting
- 129      Phalarope
- 130 Window boxes?



### Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Here is the list to date. If you find that you are not on this list, and did send in a subscription, please let me know and I will update the list in the March issue. If you wish to remain anonymous, please indicate so with your subscription gift.

Many "Thanks!" are extended to Margaret Antrim, Kenneth Bibber, Larry and Polly Bradley and gift subscriptions to Randolph Bradley, Scott Bradley and Cynthia Young, Joanne Bryanos, Judith Bryant, Bill and Carol Crawford, Frank and Cay Cusack, Leon and Carol Delano (gift of Diane Desmond), Shirley Fessenden, Joyce Gaudet, Gail Guiney, Edith Hunnewell, Don Huston, Barbara Kairevich, Joseph Klink, James Konowitz, Paul and Michelle Lenzi, Claire Loftus, Joyce Loguercio, Dennis Maroney, Mary Jane Mitchell, Margaret Pelley, Octavia Porter Randolph, Raymond and Judith Robidoux and a gift subscription to M/M David Robidoux, Paul and Nancy Sciaba, Calantha Sears, Alma Smith, Maria Welsh, Emlen Wheeler and Nancy Reid Whitman.

The master mailing list will be updated for the February issue. Subscribers will have their name, or family name, printed on the address label. If you have subscribed and did not receive your personal issue, please let me know. Just drop a note in the Harbor Review box at the Equitable Bank on Nahant Road, or mail it to the Harbor Review, POB 88, Nahant, MA 01908, or send an email to donna@nahant.com. Many THANKS!

The www.nahant.com website is being updated during the month of February. In particular, the Nahant Business Community page will be updated to include emails and web site information of the consistent advertisers in the newspaper. Regular advertisers in the Nahant Harbor Review who have not submitted their updated web site / email information, please send the information by email to donna@nahant.com before February 15th. Thank you very much for your support. Without advertisers and voluntary subscribers there would be no Nahant Harbor Review!

### JANUARY 2006 PUZZLE WINNER

**A. Smith, of Central Street, Nahant, was the winner in January. Just see Chris to claim your prize. You, too, can win FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at**

*Outside Breakfast*

### Happy New... by Rick Kennedy

Solution:

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

## Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

### DEADLINE INFORMATION for MARCH 2006

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
Wednesday, February 15th • 5:00 P.M.  
Mail Date: Tuesday, February 28th

### STAFF

Owner/Editor: Donna Lee Hanlon 592-4148  
Sales Director: Suzanne Hamill 592-1263  
Assistant: Mary Lowe  
Proofreader: Harriet Steeves

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, Donna Lee Hanlon, Owner, Editor & Publisher.

Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

Anonymously submitted articles and / or letters, 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 **fax**, (781) 581-0158, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop-off box** at the **Equitable Cooperative Bank** on Nahant Road.

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.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation.

Help support Nahant's ONLY community newspaper. Become a voluntary subscriber today! Send \$15 per subscription with mailing address to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Thank you.

### Breakfast at the Seaside

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**Help Support Your Community Newspaper**

Happy New Year to you all! Many thanks to those of you who had opportunity to send in a subscription last month. The Thank You list is on page 17.

If you haven't already done so, there is still time to renew your voluntary subscription to the Nahant Harbor Review, or to begin a new subscription, for the year 2006. Although the Nahant Harbor Review is FREE to all Nahanters, your voluntary subscription check for \$15 will help defray the cost of mailing to your door. Send name(s), mailing address(es) and \$15 for each subscription of 12 monthly issues, beginning with the January 2006 issue, to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Or, save a stamp! Drop an envelope with your subscription info and check in the black box on the Teller's counter in Equitable Bank on Nahant Road.

**Nahant Community Classified Ads Page**

Advertise your yard sales, moving sales, car and boat sales, apartment rentals, personal messages, birth announcements, memoriams, holiday and birthday greetings in the MARCH 2006 issue of the Nahant Harbor Review!

Fill out the form below, cut out and mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.....OR..... Save a stamp! Take the envelope to the Equitable Cooperative Bank on Nahant Road and drop it in the black box on the Teller's counter. Payment must be included with the form and made payable to Seaside Business Services. Photos will be returned if accompanied with a self-addressed, stamped envelope.

**Deadline for the MARCH issue is WEDNESDAY, FEBRUARY 15th.**

Name: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Photo Enclosed? \_\_\_\_\_  
Ad Size: \_\_\_\_\_  
Amount enclosed: \_\_\_\_\_  
Print Message (or attach to form): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Price List	
One column wide by	
1" box	\$12.00*
1.5" box	\$18.00*
2" box	\$24.00
2-1/2" box	\$30.00
3" box	\$36.00
Two columns wide by	
1" box	\$24.00*
1.5" box	\$36.00*
2" box	\$48.00
*Text Only	

For more info., call Suzanne at 781-592-1263.

# Community Calendar • FEBRUARY 2006

To have your event listed on the Nahant Community Calendar, please mail note, letter or postcard to: Community Calendar, Nahant Harbor Review, PO Box 88, Nahant, MA 01908 or email: donna@nahant.com

FRI	3	8:00A	Nahant Village Church Breakfast. All welcome.
SAT	4		Watch for Girls Scouts Bags for Food on door knobs
SAT	4	2:00P	Democratic Caucus at Nahant Town Hall (lower level)
SAT	4	6:00P	Texas Hold 'em at the Nahant Country Club.
SUN	5	10:30A	Communion Worship Service & Sunday School. Nahant Village Church
TUE	7	6:30P	Evening Lecture at the Marine Science Center, East Point, FMI call 781-581-7370.
TUE	7	7:00P	Nahant Acupuncture Open House. FMI 781-599-2711.
THUR	9	7:00P	SPED Workshop at Swampscott High in School Teachers Lounge.
SAT	11		Nahant Life-Saving Station Fundraiser Candy on sale at Town Hall
SAT	11	7:00P	LynnArts Annual Gala. Red Hot Wine Tasting and Auction. FMI call 781-598-5244.
SUN	12	10:30A	Sunday Worship Service & Sunday School. Nahant Village Church
SUN	12		Library Book Sale Begins
SUN	12		LINCOLN'S BIRTHDAY
MON	13	6:00P	Nahant Life-Saving Station Fundraiser at the Tides Restaurant. Till 9:00 p.m.
TUE	14		HAPPY VALENTINE'S DAY
WED	15	5:00P	DEADLINE March Harbor Review
SUN	19	10:30A	Sunday Worship Service & Sunday School. Nahant Village Church
SUN	19		Library Book Sale Ends
MON	20		PRESIDENTS' DAY
WED	22		WASHINGTON'S BIRTHDAY
SUN	26	10:30A	Sunday Worship Service & Sunday School. Village Church

## MARCH

SAT 4 9:00A Winter Carnival at the Johnson School. Till 1:00 p.m.

School Committee meetings are held on the 2nd and 4th Tuesdays of each month. Meetings start at 7:00 p.m. and are held at the Town Hall.

School Council Meetings are held on the 3rd Tuesday of each month. Meetings start at 6:30 p.m. and are held at the Johnson School.

### Starting in 2007, the United States will have new dates for Daylight Saving

**Time:** Daylight Saving Time will begin on the second Sunday in March (2007), at 2:00 a.m., local time. We will return to standard time on the first Sunday in November (2007), at 2:00 a.m., local time.

NHT and HOOMPA Stickers are available FREE at the Nahant Cleaners. Compliments of Rob Scanlan.

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).

The American Legion meets on the first Tuesday of every month, at 7:00 p.m., at the American Legion Hall, 5 Coolidge Road, in Nahant.

### Public Library Hours

**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.  
**781-581-0306**

## EMAIL FROM DOWN UNDER

**Sent To:** Summer In Nahant author, Bumper Gooding  
**Subject:** Thomas Roland

I have been reading online the article titled Nahant Greenhouses, published in June 2005, about Thomas Roland and in the November edition the article on Nahant's First Inhabitants and would like to thank you for such interesting articles.

I found them both particularly interesting as Thomas Roland was my Great Uncle, being the elder brother of my Great Grandmother Lily Adams (Rowland).

I have been researching the Roland/Rowland family for the past two+ years and have traced the Rowland line back to 1700, in Cheshire, England.

I thought perhaps Katherine deStefano, as a descendant of Thomas, may also be interested in his ancestors, assuming of course, she doesn't already know. I would be very happy to share with her my research. If she would like to email me at my email address: sueadams37@hotmail.com, or snail mail, 14 Eltham Court Wodonga 3690 Australia.

It may be of interest to know that Thomas changed the spelling of his name from Rowland to Roland because it was being pronounced incorrectly ... this information was passed on to me by his Grand Daughter Edie Roland who has recently returned to and taken up residence in Nahant. Kindest regards, Sue Adams, Australia

## LETTER TO THE EDITOR

I found your website and though I might write to see if you can help me. I am Al Bowman (born Butler, 1-11-1936 in Washington, D.C.). My Dad was a Nahant resident at that time, Theodore William Butler (or Wm Theo.). They must have married around 1930-31. My mother's maiden name is Helen G. Chandier. they had a daughter, Barbara Joy, born either March or April 1932.

I think my Dad, who I never saw, died 6-25-75 or 76 and is buried in Salem. I tried to contact back in 1973 to my Dad, trying to meet a sister I never met, so I could find out about Dad and tell her of her mother.

Anything you could do for me would be greatly appreciated. Mr. Al Bowman, 7703 Jasper Ave., Apt 313, Jacksonville, FL 32211

### How about it, dear readers?

Does anyone have any information to share with Mr. Al Bowman. His email is bowm572@clearwire.net, or call him at 904-724-1624

## Nahant Village Church

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at 10:30 a.m.



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for more information and the deadline schedule.  
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