

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.

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Volume 14 Issue 2

FEBRUARY 2007

Nahant Village Church Welcomes Joseph Stoddard as New Church Musician

Newly appointed Church Musician, Joseph Stoddard, Jr., was welcomed by Rev. Dr. Larry Titus and the Nahant Village Church congregation during worship services on Sunday, January 21st. Joe filled the church with the sounds of magnificent music played on the famous Hook & Hastings organ and directed the choir in several choral pieces. Music is a very important part of church worship services and Joe hopes to grow the church choir.



Joe is a very skilled musician—he received his Bachelor of Music Degree from Oberlin College in Ohio and his Master's in Music Education from the University of Massachusetts in Amherst. Previously, Joe was Organist and Choir Director at St. Peter's Episcopal Church, in Salem. He is a music teacher at Marblehead Public Schools and teaches Grades K-6.

Joe succeeds Tom Bold, who, for health reasons, is unable to continue as our Organist and Choir Director. We are most thankful to Tom for giving us two years of his musical leadership and look forward to Tom's continued leadership with the Nahant Village Church bell choir, which he founded in 2005. The Church is in the process of buying the third octave of bells, with one of the bells dedicated in Tom's honor.

The Nahant Village Church welcomes all who are interested in joining with the Choir, or the Bell Choir, or the Church, please call the Nahant Village Church at (781) 581-1202, for more information.



Winter blossoms: Pink flowering trees in front of Nahant Public Library on January 7, 2007. Beautiful, but an ominous sign of global warming. Photo by Polly Bradley. Below: Paul, Grace, Ryan and Megan Demit welcoming in the New Year in Aruba with Hoopa.



WHAT'S GOING ON AT THE BAYSIDE?
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Winter Parking Ban

Winter parking ban for all residents is in effect through April 1, 2007, from midnight to 6:00 a.m.: no on-street parking is allowed. Residents may apply, in person, for an on-street parking waiver at the Nahant Police Station. The fee is \$30 and is non-refundable, should the police disallow the waiver.

All cars must be removed from the street during snow emergencies, including those with a waiver, or cars will be ticketed and towed.

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5th Annual Blues Night To Be the Hottest Yet

Save Saturday night, March 10th, for the 5th annual Blues Night, at the Nahant Country Club. This year's party will once again benefit the Johnson School PTO and is sure to draw a huge crowd of dancers and music lovers, as it does every year.

Bandleader Chris Whitlock will fire up the Mojo Slim Blues Band, augmented with many guest artists. There will be a whole room full of fascinating raffle items and surprises. So kick the midwinter blues and get out of the house for great music and a great cause, at Blues Night.

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Boat-In-Bottle Demonstration at Free February Breakfast

Maurice Poulin, a Nahant resident and Retired Master Chief Boatswain's Mate, will give a demonstration of how he creates unique boats in bottles, at the February 2nd, free breakfast, at the Nahant Village Church. He learned this art in 1947, when he was stationed on a lightship. He has built 300 to 350 boat-in-a-bottle specimens since, including the Coast Guard Cutter "Eagle" now on exhibit at the Coast Guard Museum and Academy in New London, CT, and the "Constitution," which he created, as a gift, for a former skipper of that vessel.

The breakfast starts at 8:00 a.m., on Friday, February 2nd and is free to all. Please bring one or more friends.

The March 2nd breakfast will honor Donna Lee Hanlon, founder, owner and editor of the Nahant Harbor Review, as she celebrates the paper's 13th anniversary/ 14th birthday. She will give a presentation on the history and highlights of the paper over the years. Please join us to thank her for all that she has done and continues to do for the Nahant community.

An Evening of Music

On Saturday, February 3, 2007, the Follow Hymn Music Ministries will present Lynne Jackson and Mike Palter, internationally-acclaimed jazz and cabaret artists, in *An Evening of Elegance and Love*, in the Rantoul Vault Theatre, at the Lynn Arts Center on 25 Exchange Street, in Lynn. Jackson and Palter will be performing "The Joys of the Great American Song Book," a very popular program. The program begins at 7:00 p.m.

Tickets are limited and cost \$20. Dress at this event is creative black tie, or after-five attire. All proceeds will benefit the Follow Hymn Music Ministries performance arts community outreach. For information and tickets, please call (781) 321-2052, or (781) 953-1849, or go to www.followhymn.org.

The Follow Hymn Music Ministries is committed to promoting cultural enrichment, spiritual uplifting and community experience, utilizing gospel and spiritual and inspirational music, as a means of multi-cultural education, committed to using the power of music through song, movement and spoken word, as a tool to bridge cultural gaps and provide greater understanding and awareness of all people. The Follow Hymn Interfaith Choir itself, is made of men and women from a diverse set of religions and ethnicity, that join together in song. Members come from Lynn, Swampscott, Marblehead, Topsfield, Salem and other North Shore Communities.

Submitted by Alvah Parker, 781-598-0388

Quilt Workshop

The Forty Step Quilters, a group of Nahant women who meet regularly to quilt, will sponsor a quilt workshop on Saturday, February 10th, from 10:00 a.m. until 4:00 p.m. in St. Thomas Aquinas Church Hall. The workshop is open to beginners, as well as experienced quilters. Basic quilting skills will be demonstrated.

The workshop is free, but each participant is requested to donate one yard of 100% cotton, new, or laundered and pressed, for the project and to bring their sewing supplies and machines, if possible, but supplies will be available at the workshop.

Many quilts have been made at previous workshops which are given to Nahant residents, or folks with Nahant ties, to help celebrate special occasions, or to give comfort to those recovering from illness, or loss.

Pizza and soft drinks will be provided. Call Molly Conlin at 581-0296, for details

Learn to Skate at the Lynn Connery Rink

New ice skating classes will begin soon at The Lynn Connery Memorial Rink. Registrations have begun for the upcoming 10-week session. Lessons are available to children ages 4 ½ through adults. Separate skill classes are held at the beginner, intermediate and advanced levels. Skaters can wear either figure, or hockey, skates. Each class includes a small group lesson and a supervised practice. Instructors are professional and patient! The Lynn Connery rink is located at 190 Shepard Street. Classes are held on Sundays, at 1:40 p.m. The Lynn Connery rink is convenient for residents of Nahant, Swampscott and Marblehead.

Come join the fun at the Lynn Connery rink, or at any of the other 13 Boston area rink locations. To register for classes, or for any additional information, please call the Bay State Skating School, at 781-890-8480, or visit www.baystateskatingschool.org. Ice skate and feel great!

Submitted by Rosemary Cloran, 781-890-8480.

Nahant K of C to Host a Pasta Dinner

The Nahant Knights of Columbus will be hosting a Pasta Dinner extravaganza on Saturday, February 10th, at 7:00 p.m. The event, organized by Grand Knight Scott Grieves, is open to the public. There will be music and dancing, in addition to the delicious dinner. It will be a casual and fun-filled evening. The cost is \$15 per person, or \$25 per couple. All proceeds will go to the Nahant Knights of Columbus Charity Fund, which is donated to local groups in town. Tickets can be purchased, in advance, at the Nahant Knights of Columbus, or at the door.

K of C Helps Children's Library Start the New Year

The Nahant Knights of Columbus recently made a donation to the Nahant Public Library. A check was presented to Rita Stephanova, to help the Children's Section of the Library begin the New Year on a positive note. This donation was made from the Knights of Columbus T-Boy LeBlanc Charity Fund, which supports Nahant Youth groups and activities.

Music with Dara at the Nahant Public Library

Nahant Public Library invites you to Dara VanRemoortel's music program for children on Thursday, February 22, 2007, at 3:00 p.m. This music program includes finger puppets, familiar songs, nursery rhymes, new easy-to-learn songs, rhythmic activities, creative movement, and instrument playing. Dara, local children's songwriter, performer, and Early Childhood Music Specialist, has recently released her CD "Echo in My Playroom." Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

Submitted by Rita Stephanova, Children's Librarian

Representative Walsh February Office Hours

After a holiday break, State Representative, Steve Walsh, will once again be holding office hours, at the Nahant Town Hall, on Friday, February 2nd, from 9:00 a.m. to 11:00 a.m. Representative Walsh hopes that his constituents will stop by at that time, to discuss issues of concern, or just to say hello.

As always, if a Nahant resident has a matter to discuss with the Representative and is unable to attend the office hours, feel free to call Representative Walsh at his State House office, at anytime, at 617-722-2396.

For more information on the office hours, or to set up a meeting during that time, please call Representative Walsh, or Lainey Titus at 617-722-2396.

Nahant Democrats to Hold Caucus

Registered Democrats in Nahant will be holding their annual Caucus at Town Hall, February 3rd, at 2:00 p.m., to elect delegates and alternates to the 2007 Massachusetts Democratic Convention. Delegates will be equally divided between men and women, in accordance with Democratic Party rules. Any one, at least eighteen years old and registered as a Massachusetts Democrat, as of December 30, 2006, is welcome to attend the Caucus and run for a delegate position.

This year's Action Agenda Convention will be held on Saturday, May 19th at UMASS, Amherst. All Massachusetts Democrats chosen at their caucuses, will gather, to develop a new Action Agenda, outlining grassroots, party-building initiatives, to prepare us for the Presidential election in 2008. This year's Action Agenda will incorporate strategies that led to our overwhelming victory in the gubernatorial election, and provide recommendations for attracting more people to the Democratic Party.

Candidates for Delegate and Alternate must be present at the Caucus and consent to nomination in writing. Candidates may make a one-minute statement and may distribute materials on their behalf. All ballots will be written, secret and recorded by the caucus teller. Those people not elected as Delegate, or Alternate, may apply to be "add-on" Delegates in the following categories: youth (35 and under), 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 MUST be filed with the Massachusetts Democratic Party, 56 Roland Street, Suite 203, Boston, MA 02120, within ten days after the caucus.

For more information please call Sue Bonner, Chair, Nahant Democratic Town Committee, (781) 581-0216.

Submitted by Maddy Davis, Secretary, Nahant Democratic Town Committee

Jess't Pet Care Celebrates Grand Opening

Jess't Pet Care, 161 Burrill St., Swampscott, celebrates its grand opening on Sunday, February 25th, from 10:00 a.m. to 3:00 p.m. All pet lovers are invited to stop by! Owner/operator Jessica Mihovan also looks forward to seeing her many Nahant friends and family members. She has been offering pet grooming, pet sitting, dog walking and transportation, since April of 2006, but now has moved her thriving business into a new location. Jessica says, "The grand opening is dedicated to my grandmother, Pauline Gatz, who was, and will forever be, my inspiration."

During the grand opening celebration, first-time customers will receive a 10 percent discount on their first pet grooming, when they schedule an appointment. "We'll be open Monday to Saturday, for customers' convenience," Jessica adds. "If you're interested in a career in pet care, stop by, or give us a call at (781) 477-0847. Be sure to check out our ad in this issue of this paper."

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Cooking (and Eating) Class For Nahant Woman's Club

Chef Peter Davis, Nahant resident and Executive Chef of Henrietta's Table, Charles Hotel, Cambridge, will preside over a cooking class at the next meeting of the Nahant Woman's Club, Tuesday, February 13th, at 11:30 a.m., at the Nahant Village Church. Cooking class will be followed by eating the delicious lunch, prepared on the spot. Hostesses for the meeting will be Pauline Anderson and Linda Lehman.

Chef Davis, whose motto is "fresh and honest," as in "fresh from the farm and honest to goodness New England cooking," came to the Charles with impressive credentials from around the world. After working in highly-ranked international hotels, including the Hyatt-Singapore, the Bali Hyatt, and the Grand Hyatt in Hong Kong, and a stint at the Beverly Hills Peninsula, as opening Executive Chef, he returned to his native city of Boston (and his native town of Nahant) to become Executive Chef at Henrietta's Table in Cambridge.

Known for his reliance on organic and native ingredients, from local producers throughout and beyond Massachusetts, Chef Davis has created an original and simple approach to classic New England cuisine. His keen awareness of the integrity of food in its natural state, eye for color and instinct for balance of tastes, has earned him critical acclaim by *Travel & Leisure Magazine*, *USA Today* and the TV food networks. Henrietta's Table was also awarded "Best Power Breakfast 2000" by *Boston Magazine* and "Best Brunch 2000" by *The Improper Bostonian*.

Honored by the James Beard Foundation, as one of the Best Hotel Chefs in America," Chef Peter Davis has created a popular, beloved culinary destination and earned himself a devoted following with Henrietta's Table.

Nahant is proud of her native son and the Nahant Woman's Club is honored to have this opportunity to taste-test a menu created just for us. The menu is: Field Greens with Fresh Herb Vinaigrette, Seared Chicken Breast, Cranberry Chutney, Roasted Cauliflower Polenta, Chocolate Bread Pudding and Vanilla Ice Cream.

RSVP by February 5th to Marrit Hastings, President, Nahant Woman's Club, by email at calhast@hotmail.com, or by phone at (781) 581-5691. There is no need to bring food to the meeting, as stated in the Nahant Woman's Club yearbook. Lunch will be provided to you after the cooking class. Space is limited and members of the Nahant Woman's Club will be given first priority.

Husbands and friends who do not attend the cooking class at the Nahant Village Church are expected to ask their favorite Nahant Woman's Club member to duplicate the menu she learned to cook at her earliest convenience. In exchange, members are expected to negotiate a trip to Henrietta's Table. Submitted by Polly Bradley.

Q & A by North Shore Physical Therapy

Q: I feel my steps are shorter and more hesitant than they used to be; sometimes, I feel unsteady on my feet. How can I improve my balance?

A: Balance depends on many different body systems; a problem with any one of them can make you feel unsafe on your feet, at times. Dizziness can cause a loss of balance. Dizziness can come from a medication interaction, low blood pressure, or can be a sign of a more serious illness. Let your doctor know if you are experiencing dizziness. S/he may want to schedule you for a vision exam, since a change in your vision can cause dizziness and may be easily corrected. Subtle changes in vision can change our depth perception, making it harder to maneuver on uneven surfaces.

Many treatable inner ear problems can cause vertigo. If you do experience vertigo (a spinning sensation, which can cause balance problems), talk with your doctor about treatment options. Specialized physical therapy can treat many types of vertigo.

Certain senses do tend to decline with age. Our reflexes tend to become slower, making recovery from a fall more difficult. As we age, strength and flexibility may decrease; this also interferes with your ability to move and react to uneven terrain. Footwear selection can affect balance and risk for falling. Wearing flatter, stable shoes with a closed heel, can help, and not walking barefoot at home will decrease the risk of falling. High heels, shoes with very soft, thick soles, or sandals, have been linked to falling.

The good news is that you can improve your balance with the right activities or training. First, clarify the source of the problem with your doctor. S/he can order physical therapy, if it's appropriate; physical therapy can help reverse strength or flexibility losses, and can show you how to improve your balance skills. The Council on Aging has strengthening classes to improve strength and stability. If you enjoy a class setting, ballet, or line-dancing, may be for you; if you enjoy the outdoors, try trail walking. Tai chi has been shown to increase balance and decrease fall risk in older adults. If you are concerned about your joints or have arthritis, water aerobics is a great, safe way to get a cardiovascular workout, while exercising your core, an important player for better balance. Make sure you've cleared any activity with your doctor first. Each of these activities, when done safely, may improve your balance so you feel more confident.

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



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Send In Those Mid-20th Century Memories

Got the winter blahs? Do you remember special times growing up and living here in Nahant? The Nahant Historical Society continues to invite you to go down memory lane and share your personal joys and stories. We also encourage photographs, or other memorabilia. Arrangements can be made to copy and return originals to you. We welcome either those who wish to come by the Society or those who are far away and can only mail their hand written stories. We encourage those who have friends who moved away from Nahant to share their memorable days of long ago, by e-mailing their memories to info@nahanthistory.org, or mail them to the Nahant Historical Society, 41 Valley Road, Nahant, MA 01908. We are open each Wednesday and Thursday, from 1:00 to 4:00 p.m. and on the first Sunday of the month, from 1:00 to 4:00 p.m., except holidays. We plan to publish these wonderful mid-20th century stories of living the good life here in Nahant. Please participate and thanks so much for your help! Just to encourage you here are delightful reminiscences by Helen Baldwin Flynn:

"It all began in 1949 when our family relocated from Somerville, Massachusetts to this small sea coastal town. There were five of us: Chester, my Dad, Marietta, my Mom, two daughters; Helen aged 12, 6 year-old Mary and our newborn brother, Phillip. Whether fate or destiny, the Baldwin's, along with a few worldly possessions, took up residence in Bass Point. Our new address was 14 Colby Way. Our families, as well as generations before us, were city dwellers. The butcher, grocer, cobbler and movie theater were all within walking distance. My friends and I attended the Saturday matinees; Audie Murphy was my hero. The sounds of the city were constant with shrilling, whistling sounds of trains speeding along on the railroad track. The double doors of the big yellow buses opening wide, passengers ascending, or descending, the steep stairway. In contrast, everything in this small peninsula was still. Where one could clearly hear the chirping of the birds perched high on the limbs of the tall trees. The only other sounds were the waves splashing against the craggy rocks. We had only been in town less than a year, when Leo LeBlanc approached my Dad and asked if our family would be interested in purchasing his grocery store. Zelda, his wife, ran the business. They arrived from Canada many years before and raised their family in the apartment located above the store, if my memory serves, one daughter and me—four, or five boys. Both Leo and Zelda both spoke with a French accent; it was charming to hear them speak. The basement was converted into space utilized as a grocery store. The location was at 271 Castle Road, Bass Point. From 1950 to 1964, my Dad, Chester Baldwin, was proprietor of this small emporium. We had a refrigerated deli case with a variety of cold cuts and cheeses. Dad served breakfast and lunch. Most of the customers were town workers—by definition "The Townies." Comments from the guys were "Chet we don't come here to see you, we just come for your famous coffee." I can still picture my Dad leaning on the faded yellow Formica counter, conversing and laughing with his faithful customers. Dad would heap the bacon on the grill and turn the eggs, cooking them to perfection. At least the customers thought they were good. Smoke clouds would fill the store; different cooking smells would permeate the air. A place that exists in memory and legend, for me that place is Nahant."

Submitted by Bonnie Ayers D'Orlando

Marine Science Lecture Series

All are welcome to attend the next Evening Lecture Series, at the Marine Science Center at Northeastern University at East Point. Dr. Jeremy Long, Northeastern University Researcher, will speak about "The Art of War in Marine Life" on Tuesday, February 13th, at 7:00 p.m.

Plants and animals in the sea evolved complex offensive and defensive strategies, long before the creation of the first human militia. Finding your next meal and avoiding becoming someone else's next meal, are critical components of oceanic survival. These components created unusual and surprisingly sophisticated weapons in marine life, including chemical warfare, espionage, fortification and retreat. For example, some seaweeds detect enemies remotely and some invertebrates produce yucky chemicals. This talk will highlight these and other recent discoveries of defenses in marine prey and why they are important to us. Dr. Long is a postdoctoral researcher at the Marine Science Center. This lecture is free to the public. Please call (781) 581-7370 x 321, for more information.

Submitted by Tracy Hajduk

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Not feeling well? Should I Exercise?

This mild winter has spoiled us, but life's stress still compromises our immune system and makes us more susceptible to colds, virus and flu. After all, it is still cold and flu season. What do you do if your not feeling well? You may be asking yourself, "Should I exercise?," Here are some guidelines to follow:

First of all, what are your symptoms? If they are all above the neck; a head cold, or sore throat, etc., moderate exercise is considered safe, as long as you don't have a fever. More intense workouts can be resumed, once you feel better and have no more symptoms. If your symptoms are below the neck; coughing, aches, tiredness, nausea, diarrhea, chills, swollen glands, you should take a break from exercising and start back exercising gradually, from light to moderate and allow two weeks before resuming intense workouts.

If you have a fever, do not exercise. Your body is using the fever to help get your immune system working faster, and hotter, to fight off the invading virus or bacteria. Don't divert its energy. Besides, you need to keep well-hydrated with a fever. Exercise would only dehydrate you further. Drink water, decaf or herbal tea, fresh juices, etc. Drink LOTS of fluids!

Intense exercise may make you feel worse. Moderate exercise, which doesn't raise your heart rate, or body temperature, is fine, if you feel up to it. Be aware of your stress level and recognize when your immune system may be compromised, as you are more prone to catch something then. Research has proven that regular exercise actually improves your immune system. Get extra sleep, when you feel your reserve is low. Eat healthy (remember minimum 7 fruits/vegetables a day) and take nutrition supplements like vitamin C, Zinc, Echinacea, as well as multivitamins, to keep your body's defenses strong. Be smart. Stay home and rest, when you need to, and don't forget to drink plenty of extra fluids. Get plenty of fresh air and avoid crowds. If you are sick avoid passing it on to others in the same way.

For gentle to moderate exercise during a cold or flu, try stretching, or basic yoga. Focus on flexibility and relaxation. Take an easy walk, if the weather permits. Return to your regular fitness program, as soon as you can, but take care not to try to make up for lost time, by overtraining and over-exerting, as you can drain your system and cause a relapse. Give your body plenty of time to recover. One formula is to exercise at a lower intensity, for 2x as long as you were sick. If you were sick 4 days take 8 days to build back up to your normal intensity.

Don't let this time away from your fitness plan put you off track. Make a plan for yourself, on how you will return to health and fitness. Use the above formula. We all try not to get ill, but if you do, recover wisely and get back on track quickly and smoothly. It is key to keep stress away. Find ways to simplify your life. Get enough sleep, eat nutritiously, supplement as needed, exercise wisely and stay healthy all winter!

Submitted by Sallee Slagle, Director, Dance Dimensions.

Old Towne MPB

We at Old Towne Meat Produce Bread are persistent about opening our store at 2 Castle Road. We have promised the people of Nahant the best quality products at the best valued price. We will continue to pursue our goal, and keep our promise to the community. Thank you for your past support; we look forward to your ongoing support and encouragement!

The Husband's Leather Gloves by Rozi Theohari

Her husband died in January
It was a terribly cold day.
Bewildered by grief
She lost her gloves—so
She put on his leather gloves.
Amazingly
She touched her husband's hands.
She felt the warmth and the caress
Of his fingers!
She never bought new gloves.

Essential Friends Spa

Essential Friends Spa is now offering hair threading, a hair removal technique, using 100-percent natural cotton thread, that is the healthiest alternative to waxing and tweezing. This ancient method has been used in India and the Middle East for centuries. This technique can be done all over the body; traditionally threading is used on the entire face, upper lip, cheeks and jaw line. Eyebrow threading has gained the most popularity, due to its clean, crisp, defining edge.

Threading is inexpensive, fast and neat. It is considered less painful than plucking for many people. It can be used for clients with sensitive skin (rosacea) who use Retin A or Accutune; it is good for clients with diabetes. It improves circulation of the skin, giving your skin a healthy glow. Threading does not peel off a layer of skin. The majority of clients experience no redness, or swelling. Threading removes even the finest of hairs; skin feels as smooth as a baby's skin. Hair does not grow back as quickly, and regrowth is finer and more sparse, after regular treatments. At Essential Friends Spa, a natural antiseptic of essential oils is applied, to calm the skin when threading is complete.

Most cosmetologists are not trained in this hair-removal technique. Here at Essential Friends Spa, we are very excited to introduce our new staff member, Eti Pastaky. A licensed cosmetologist, with 40 years of experience in the hair-removal technique of threading, Eti also is trained in esthetics, massage therapy, pedicures and manicures. Eti is now available to take appointments. Please call us for an appointment, 781-254-3799 or www.essentialfriends.com.

Submitted by Maria Nigro, Essential Friends Spa

Tired of Dull, Dry, Flaky Winter Skin?

Is your skin dull, itchy, extremely dry and/or flaky? What can you do to make it through this winter? The answer is quite simple. Exfoliate. What is exfoliation? It is the process by which you rid the skin of dry, dead skin cells.

There are a couple of different kinds of exfoliation techniques: manual or chemical. Manual exfoliation can be performed at home and is done with a product that has a grainy consistency. The granular ingredients rub the dead skin cells off the surface of the skin, leaving your skin radiant and soft again. Any brand is good. Be sure to use a different one for your body than you do on your face. The skin on your face is much more sensitive and thinner than the skin on your body. You could do more damage to your face, by using a product that is too harsh. My favorite retail product for the face is Origins – Modern Friction. It is a rice-based, granular exfoliant and enzyme together. It makes your skin feel soft as a baby's skin. Origins also has an fabulous Ginger Salt Scrub to exfoliate your body. Be careful if you use it, as it has a tendency to make the bathtub slippery. Do not over exfoliate. You should only exfoliate your face once a week and your body 2-3 times per week.

Chemical exfoliants are products that use chemicals and/or enzymes that automatically eat away at the dead skin cells. You have to go to a spa and have a skin care professional perform these exfoliation techniques for you. Going to the spa for a quick chemical exfoliant, can be just what you need, in order to get a little pampering for yourself this winter. If you don't have time, or can't afford the full facial, make an appointment for a chemical peel. Most spas offer Glycolic Acid, Lactic Acid, numerous types of enzymes, such as pumpkin, pomegranate or pineapple. Seaport Salon and Day Spa, in Lynn, has a fabulous 30 minute Glycolic Peel, with a Lymphatic Drainage Massage (a massage using pressure points), for \$30, as well as quick 15-minute Enzymes and Glycolic applications for \$25.

So, whether at home, or at a spa, enjoy clean, bright refreshing skin this winter!

Submitted by Tabatha Kempton, Esthetician. Seaport Salon and Day Spa, Lynn

Happy Helper

Determining where your priorities lie can be as easy as making two lists. Outline those obligations that are vital to your well-being, such as work, exercise, meditation. To simplify your schedule, consider which unnecessary activities add little value to your life and edit them from your agenda.

Your willingness to pare down your agenda, no matter how gradual your progress, will empower you to retake active control of the life that defines you! You will feel more energetic and enthusiastic about life in general. Remember, you may need to ask for help; that's where the Happy Helper services are invaluable. We can do your grocery shopping, run errands, pick up or deliver items for you. We'll take care of your light cleaning needs, pack or unpack your home; our master barber can even take care of that much-needed haircut!

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She's Baaaack!”To Save Our Town”

Ophelia Payne Tudor, a.k.a. “La Contessa”, our kid sister, is back from a 15-year hiatus to “Gay Paree,” sporting a teenage son, Jon-Bleu, who has been blessed with his father’s culinary flair, and a daughter who seems to be a chip off her mother’s block. Evidently, Ophelia’s relationship with French chef “Lucky Pierre” did not work out and she’s back, once again, to be bailed out by dear old dad. And bailed out he did!

Upon hearing he had two grandchildren, dad, the Ice King, Frederic Tudor, bought her an opulent waterfront 12-room Mc-mansion with drop-dead-gorgeous Nahant sunset views, while Duddie and I still live in a room above the mullooster stable, at the Tudor Cocktail Ice Company.

It seems Ophelia has had an epiphany, and her philanthropic juices are flowing. The Tudors have a long history of giving back to Nahant. Dad started by planting trees in the early 1800’s. Duddie and I have continued, by organizing fundraising events, like the first “Blues Night,” held every March, at our family home, now the Nahant Country Club. The first proceeds went to the Nahant Little League; currently, the beneficiary has been the Johnson School PTO. We brought back the “Mitchell’s Cahnah” Labor Day block party, with past beneficiaries being the Nahant Fireworks Fund, Nahant Fire Department and the Nahant Veterans Association. The Tudor family distributed the original Nahant causeway pass with proceeds helping fund the block party. Also, back in the 1980’s Duddie, myself, along with “par excellence” mechanic Enzo Barile, brought the Nahant fireworks back to Short Beach, after a few years of absence.

Born with her family’s philanthropic nature, Ophelia has commissioned famed French artist, Toulouse Forewordz, to design a new ice company logo, that will shamelessly grace sweatshirts, tee shirts, sun visors, etc., to help support upcoming Town fundraising events. Also, she has with dad, discussed relocating our ice company corporate headquarters to the “evidently” abandoned construction site of the Nahant Causeway Halfway House. (Hey, what’s up with that anyway? It’s starting to make Boston’s Big Dig debacle look good!)

On a different tack, The Tudor Family had a great holiday season, enjoying Roz Puleo’s amazing Christmas Parade and the annual New Year’s Day swim, on Short Beach, that John and Maria Welsh put together.

As many of you know, Toulouse Forewordz is also a frequent exhibitor at our own “Visions of Nahant” art show held, each November, at the Nahant Country Club.

This is what our unique, little town is all about..... Kudos to all that join in on all these wonderful events throughout the year, and to all, a Happy and Healthy 2007.

HOOMPA Invited to Wedding



Jeff and Heather (Williams) Mitchell were married at the Corinthian Yacht Club in Marblehead on October 1st, 2006. They honeymooned in St. Lucia and now are residing on Wilson Road.

Lif-long frineds and Nahant residents Paul Foley and Best Man Ed Mihovan help Jeff Mitchell celebrate his marriage. Submitted by Jane Mitchell.



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News from the Johnson School

Happy New Year!!! With 2006 and the building project behind us (almost), we are preparing for FY'08. We continue to interact with Swampscott over mutual issues. As our partnership continues, the coordination of curriculum, professional development, policy, special education programs, to name a few, can only strengthen our academic programs. And we continue to assess our programs at the Johnson School, examining, modifying and expanding the teaching and learning that take place.

Thanks to the support of the Nahant community, teaching and learning are taking place in a modern, clean, warm and brightly-lit facility. The cafeteria was reopened on January 2nd and we are now serving hot lunch again. The inside work, that has been approved by the support of the building renovation vote, is just about finished, with minor 'punch list' items being addressed. You can't help but notice the new outside look of the Johnson School and we look forward to the spring completion of the grounds, playground and any paving that may be done. The work on the outside would not be as complete and first-rate, if not for the efforts of the Nahant DPW. Thanks to Bob Ward and his staff, for getting us to where we are.

It has been mentioned before but the energy behind the start, and now the completion of the project, comes from Laura Michaud. She has consistently and tirelessly addressed every issue related to this building project. Laura has protected the interest of the school, listened to concerns and made herself available at all times. The additional time commitment to her already busy life, has not gone unnoticed. Thank you Laura!

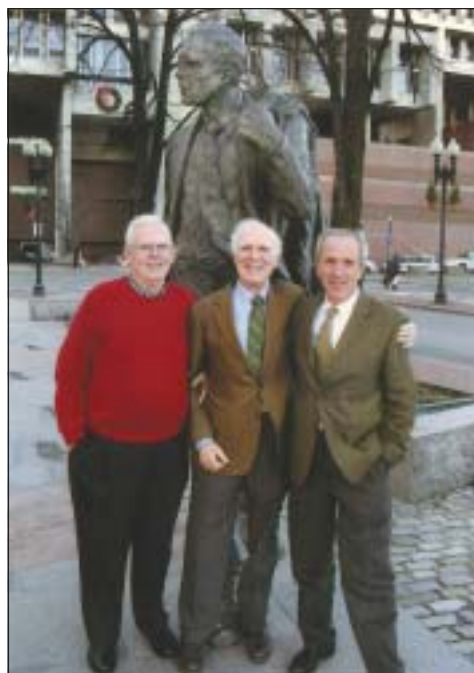
Meanwhile, the daily operation of the Johnson School continues. Congratulations to the winner of the annual geography bee, Corey Carmody, a sixth-grade student. The geography bee is held every year, thanks to the efforts of Diana Hennessey, sixth-grade teacher. Olivia Aswad and Melissa Gavin had admirable performances and were runners-up with their knowledge of geography.

The Junior Achievement curriculum has been introduced to the Johnson School, implemented by volunteers, thanks to the efforts of Stacie Nardizzi. Stacie has also been coordinating a first-of-many other education-enrichment programs, Volunteer Reader Program. Working through Cora Long, volunteers will be in the school during specific reading times, at different grade levels. This is just one way we hope to tap into some of the energy and expertise of the Nahant community. If you are interested in participating, please call the school and we will direct you to Stacie and Cora.

The Nahant Firefighters Association has generously donated an AED (Automated External Defibrillator) to our school. Early defibrillation is an important element in the chain of survival for cardiac victims. The school nurse, Cheryl DiLisio, has been instrumental in putting this together for us. On behalf of Cheryl and the entire school community, thank you to the Nahant Firefighters Association.

We are in the middle of building the FY'08 budget for the entire school system. Net school spending is a figure that comes from the MA Department of Education, which is the minimum that a district must spend. It is based on a complex formula that the DOE implements, to assure adequate funding of the schools. As with all other school systems in the Commonwealth, Nahant must make some hard decisions about how to fund our needs. The School Committee and administration are working together to build the best possible budget. There will be a public hearing about the budget at the end of the month, during which a discussion of needs and priorities will take place. In the meantime, the School Committee meets the 2nd and 4th Tuesday of every month and everyone is encouraged to attend, or watch from home, as all meetings are televised. Again, thank you for your continued support of students.

Submitted by Dr. Denise Littlefield, Nahant School Superintendent and Principal



Mark Cullinan, our Town Administrator and former Mayor of Boston, Kevin White, at the dedication of a new statue honoring Mayor White at Faneuil Hall in Boston. Also in the photo is Jim Hosker a long time friend of Mayor White. Mark began his career in Boston in 1975, working for the Mayor, as his Deputy Commissioner of Parks and Recreation.

Photo at left, from left: Jim Hosker, Kevin White and Mark Cullinan.)

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A HOOMPA FROM A FRIEND...

This is Knut R. Fischer.

I enjoy seeing people from Nahant with the HOOMPA sticker, all over the world. Thus, I took one with me when Barbara and I went to the Antarctic, over the year-end.

The picture, at left, was taken January 1st, 2007, at the Almirante Brown station in the Paradise Bay, which is on the Antarctic continent, approximately 65 degrees South and 64 degrees West. Feel free to publish it in the Harbor Review, if you choose too.

Just write: Hope all is well. Knut





Summer In Nahant



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

She held a unique position as a woman in 19th-century America



Jessie Benton Fremont (1824-1902) was a Victorian original. As daughter of United States Senator, Thomas Hart Benton and the wife of the controversial explorer and politician, John Charles Fremont, she held a unique position as a woman in 19th-century America. She was instrumental in shaping her husband's career — particularly as the co-author of his famous published descriptions of the American West and through her informed involvement in Washington politics.

For part of 1849, the Fremonts lived in Monterey, as guests of Dona Modeste Castro. It is believed Jessie Benton Fremont was in Monterey during the Constitutional Convention.



If you have something you would like to share on this page, please contact the author:
Summer In Nahant
c/o BUMPER GOODING
PO Box 5, Nahant, MA 01908
Or email: sumnerkimball@aol.com

Fremont Cottage, 171 Willow Road

Fremont Cottage, (on Willow Road) with its tiny, diamond-shaped window panes and tree-trunk porch posts, opens a page in the history of our country, as well as of Nahant itself.

In the early days of the town, when the house was built by Edward B. Phillips, the lot covered much of the surrounding territory including Crystal (later Sandy) Beach and Nipper Point. These two areas played an important part in Nahant's fishing industry. The beach, which is near Tudor Wharf, was perhaps the most commonly used for landing. Here the fishermen brought in their catch, sometimes amounting to 1,000 pounds per man per day, and on the nearby slopes were the flakes used for drying fish.

Off Nipper Point, so called because of the numerous "nippers" or perch, found offshore, was anchored Nahant's fishing fleet, one of sizable proportions considering the smallness of the community. Later, when the town became a fashionable summer resort, yachts of the well-to-do residents lay anchored where once the fishing schooners had been.

In the mid-19th century, the cottage and the land were purchased by John C. Fremont, the "Pathfinder of the West," as a summer home for his wife and daughter. His wife, Jessie Benton Fremont, was the daughter of Thomas Hart Benton, prominent American statesman and senator from Missouri.

The Fremonts, like many of the other wealthy summer residents, contributed to the community's welfare. In 1863, when the town was unable to build a much needed road from Cliff Street to Summer Street and ways to Nipper Point and Crystal Beach, Mrs. Fremont generously paid for their construction and thus the present Willow Road came into being.

Although Mrs. Fremont and her daughter were fairly regular summer residents for a few years, John Fremont lived here only occasionally. One look at his spectacular life explains his absences, for John C. Fremont was one of the greatest explorers our country has ever known.



From an article by Dorothy (Flynn) Haywood, Chief Librarian, Lynn Public Library. January 9, 1957.

Influential Nahant Women

Part 2: Jessie Benton Fremont 1824-1902

Whither Thou Goest

A one-woman play based on the life and writings of Jessie Benton Fremont.

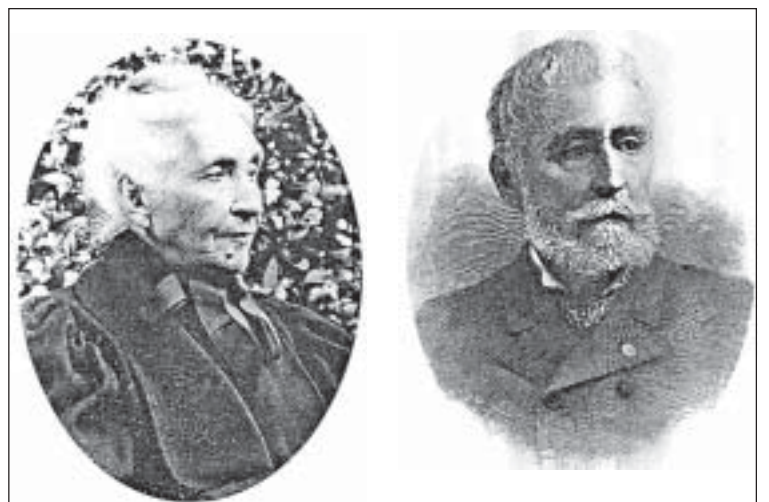
Jean Marie Ackermann's first play (1965) was about Jessie Benton Fremont. It was an epic — with everything on stage but the Panama mules. It won a Shubert Playwriting Award, praise from historian Allan Nevins, and a staged reading by the San Francisco Actor's Ensemble. Ms. Ackermann left playwriting to pursue a career as an intercultural trainer for a multinational business.

In 1976, she returned to Monterey, a site of her early Fremont research. She began writing plays again in 1983 and last year turned to her old friend and subject. *Whither Thou Goest* reflects the added flavors of Ms. Ackermann's talks with Jessie Benton Fremont's nurse, grandchildren and others who had known her in their youth.

Whither Thou Goest: Jessie Benton Fremont crosses Panama on muleback in 1849 to hold potluck salons in Monterey and help California become a free state and her mercurial husband become Senator. When their gold mines go sour, she becomes a popular writer to support her family. An enchanting hero.

Jean Marie Ackermann also penned another full-length play with Jessie Benton Fremont cast as hero entitled, *Jessie*. "Fremont and Jessie" was the battle-cry of their supporters in the 1856 Presidential campaign, one of the dirtiest on record. Jessie Benton Fremont enchanted everyone but Lincoln; her wit and grit brought her out of repeated chaos.

Credits include the following dramatic plays: *A Pride of Heroes* (1983, 1984, 1987), *The Clean Fun Laundromat* (1990, 1992), *Auld Lang Syne* (1984, 1989), *Train of Events* (1990) and *Welcome Strangers* (1992). Musical plays include *Sing O Sing of Lydia Pinkham!* (1988, 1989, 1991, 1992) and *Princess* (1991). Ms. Ackermann is a member of the Dramatists Guild.



Jessie Benton Fremont, 1895. Photograph by Charles F. Lummis (courtesy of the Southwest Museum, Los Angeles).

John Charles Fremont, before his death in 1890. Engraved from a photograph by Doremus (from *Harper's Weekly*, July 26, 1890).

In her memoirs,

Jessie Benton Fremont (1824-1902), recalled that during her childhood she was often at the Capitol with her father, Missouri Senator Thomas Hart Benton, "postured" in the chamber that housed the Library of Congress, where she was free to browse among Thomas Jefferson's books and John James Audubon's bird plates. At home in St. Louis she became proficient in Spanish and French, and her education was completed at Miss English's Female Seminary in Georgetown. Her elopement at seventeen to John Charles Fremont, a handsome army surveyor of illegitimate birth, enraged her father. He soon forgave the pair, however, and Jessie later declared, "We could count on each other—my father Mr. Fremont and I, as one."

At left: Jessie Benton Fremont by Thomas Buchanan Read (1822-1872), oil on canvas, 1856. Southwest Museum, Los Angeles, California.





Useless Information

by Ray Barron

The Origin of Valentine's Day

Saint Valentine, Roman martyr priest, is honored on February 14. 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 14. 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.

Rudolph Valentino of Short Beach thinks Valentine Day originated in Nahant, because Nahant's serenity inspires lovers.

Nahant's Sweethearts

Some women who would probably appreciate receiving a Valentine from you. Lissa Keane, Maura Devereaux, Carole Brophy, Sheila Hambleton, Karen Barisano, Lisa Scourtas, Anne Manzano, Cynthia Pierce, Sarah Riley, Annie Rooney, Pam Motley, Dorothy Hagoort, Nancy Wilson, Mary Magner, Dorothy Vitale, Barbara Lombard, Maureen Palangi, Cynthia Mantzoukaas, Ellen Klink, Diane Mason, Linda Maccario, 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, Mary Davinis, 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, Carolyn Manley, Angela Bonin, Kerry Gordinas, Nancy Smith, Allison Twiss-O'Neill, Robin deStefano, Susan Pillsbury, Barbara Mackey, Janet Malatesta, Margaret Dragon, Marguerite Rizzo, Suzanne Tarlov, Darlene Terminello, Madeline Tanen, Elizabeth Steriti, Jeanne Adamo, Emily Potts, Dianne Desmond, Paula Devereaux, Susan Arzillo, Loreen and Rose Tirrell, Mary and Melanie Barletta, Suzanne Bailey, Judith Walsh, Nancy Risch, Harriet Steeves, Donna Lee Hanlon, Bonnie Jane Lombard, Mary Medeiros-Donahue, Marion Capano, Rose Macera, Marrit Hastings and Mary Irene Dickenson.

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?"

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."

Nahant's February Birthday Babies!

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

Our February 2 birthdays: Personable Mark Lucantonio, Alma Smith, Richard Brown, Mary Davinis, Michael Golosovker, Lorraine Doran, 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, Ron Petrucci, 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 publisher's loving husband, Ron Hanlon, Kathy Alexander, Mary Swaine, Dan Collins, Jonathan Paula and Lina Read. 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, Jaclyn Davis and such other notables as Ronald Reagan, 40th US president, Zsa Zsa Gabor and former newsanchor, Tom Brokaw, of NBC-TV.

Our February 7 birthday candle-blowers: Ruth Carter, Sheila Barry, Mary Cullinan, Suzie Hamill, Elizabeth Maroney, Marlene Locke, 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, Suzanne Heidebrecht and Bob Piccola. 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, Robert Bois, Kyle Kelley 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, Michael Scalise, 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, Sean Kaplan, Eleanor Collins and the stunning Beverley Dawson and the great Don Huston. 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, Dave Johnson, Antonio and Leone Barletta.

February 14, Valentine's Day, birthdays: Town Treasurer Joan Bingham, Kathy Kavanagh, Fred Ahern, Mary Brumm, Dr. Clement Trempe and Christopher Sholes, inventor of the typewriter in 1819.

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

February 16: Janet Kelly, Jeff Baldini and John McEnroe, the tennis player.

February 17 birthday cake eaters: Lovely Eva Murphy, Bonnie Budryk, adorable Jeannie Buckley and Ken Carpenter. Also celebrating a birthday on that day is Yassir Arafat, 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.

February 20 birthday cake eaters! Tess Munro, Geraldine Walton, Charlie Lanevan, 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 Hargrave, Moira Crowley and singer Nina Simone.

Washington's Birthday, February 22: Alicia Quinn, Nancy Ayers, 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.

Birthdays (continued)

(Continued on next page.)

February 24: Lovely Ellen Klink and Amy Tsokanis.

February 25: Drop off birthday gifts to Greg Mazman, Margaret Moyer, Morgan Reiner and Elaine Caira.

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

February 27: Tim Donegan, 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, Michael Petrillo, Leanice Devens and Peggy Tobin. Also born on this date, Rene Antoine de Reaumur, French scientist and inventor of a thermometer scale.

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.

Nahant By-The-Numbers

We have no shortages of lawyers in Nahant! To date, there is a total of 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 loveable couple, Tom and Dorothy Johnson.

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

The Nineties of Nahant!

Joe Lermond is Nahant's oldest citizen! Joe is almost 100 years-old! Nahanters who are in their nineties! Ed Murphy, Luciano Montefusco, Lucy Doane, Marie Schepens, Eva Cieri, Jean Kirkman, Boyages, Irma Greenlaw, Florence Spinney, Michael Georges, Florence Coombs, Joe Luise, John Benson, Tom O'Connor, Laura Burke, Rose Carr, Eleanor DalPozzal, Joe Parshley, Helen Niosi, Jean Budnik, Patricia Conway, Barbara Kairevich, Dorothy Bilsbury, Dorothy Collins, June Whalen, Marie Lea Conley, Irene Mack, Mary Bongiorno, Anne Marie O'Connor, Martha Caloggero, Marion Keaney, Anna Bonfanti, Wilhelmina Kettell, Francis and Catherine Cusack, Emma O'Connor, Mary Owens, Anthony Beatrice, Geraldine Catoggio, Cecil Hollingsworth, Pasquale Macone, Helen Nichols, Marion Leavitt, Gene Regnante, Charles Piasecki, Helen Taylor, Helen O'Hare, Joe Koscielecki, Walter Perepelitza, Barbara O'Rourke, Bernadette Gaynor, Edith Malatesta, Anna Dragon and Adrienne deStefano.

For the record, our distinguished and inspiring seniors do not look or act their age! Old age is like everything else: to make a success of it, you've got to start young.

Also, for the record, Mary Schiazza, a resident at the Jesmond, will celebrate her 110th birthday on March 19th this year!!!

NAHANT - Moving to Florida Sale

New Cherry Dining Room Set: 6 chairs & china cabinet. Leather Sofa, chair & ottoman. Maple Bureaus. Outside (Rattan) Loveseat, chairs & table. Dressing room organizer cubes. New patio umbrella and stand. Floor model Zenith 25" color TV and miscellaneous household items.

Call Sally at 781-596-3699

What is a Computer Virus?

By William G Letourneau

Anyone who surfs the internet, even on an occasional basis, is prone to infection by a computer virus. The term "Computer Virus" originated through the similarity to biological viruses, which are passed from one person to another. These electronic "infections" replace files that are vital to your computer's functionality. The viruses can then access your address book and consequently send itself to all of your contacts.

Most computer viruses are the creation of programmers who are fueled by the goal of taking credit for a particularly crippling virus. Some viruses are advertising orientated (uncontrollable pop-ups) which force you to visit their web site. Almost always though, the user is tricked into installing the infectious program unwillingly. The term "Trojan Virus" refers to exactly this, because you think you're opening an unfamiliar attachment. When this happens, the virus installs itself, affecting your computer progressively until you can't perform every day simple tasks.

There are many programs that claim to remove viruses, however most are invasive programs that run constantly. This results in a slow computer, which is still at risk. The best way to avoid becoming infected with a virus is to never open emails from unknown senders. Also, when closing a pop-up window, be sure to use the small red "x" in the upper right corner. Sometimes the "click here to close this window" button is a trick.

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All Care VNA Wins Pinnacle Award for 8th Consecutive Year

Submitted by Kelli Hartley, Marketing Coordinator, All Care VNA

Non-profit home health care provider, All Care Visiting Nurse Association, headquartered at 16 City Hall Square in Lynn, Massachusetts, was awarded the prestigious Pinnacle Award for Excellence in Patient Satisfaction among large home health care agencies in New England for the 8th consecutive year. The Visiting Nurse Associations of New England (VNANE) presented All Care VNA with this honor at their annual meeting in Enfield, Connecticut.

"It is an honor to be the recipient of the Pinnacle Award for the 8th year in a row," says Marilyn Murphy, Senior Vice President of Clinical Services at All Care VNA. "We have an outstanding team of clinicians and managers who's goal it is to serve our patients. Winning the Pinnacle Award is a high honor that recognizes the superior care we strive to provide for every patient."

All agencies that belong to the VNANE are required to use the Fazzi Patient Satisfaction questionnaires (Pat/Stat), a national patient satisfaction database and benchmark system. These surveys are sent to patients after discharge. Former patients are then able to rate the agency on their home health care experience, the quality of care and staff as well as their overall rating of the health care provider. VNANE awards first place and runner-up recipients annually to small, medium and large agencies based on the results from the Pat/Stat. All Care VNA is the recipient of 1st Place among large agencies for 2006.

Founded in 1911, All Care VNA is a Medicare/Medicaid-certified agency offering the services of nurses, home health aids, specialists in geriatrics, oncology, diabetes, physical, occupational and speech therapies as well as palliative care. All Care also offers All Care Resources, our private pay division for flexible in-home services. All Care Hospice provides the highest quality medical and emotional care for those with life-limiting illness, as well as respite care, spiritual support and bereavement counseling for families. All Care employs nearly 600 people between its Lynn headquarters and Wakefield, North Andover and Charlestown satellite offices. For information please call 1-800-287-2454.



It's Not That Easy Being Green!

By Julie Arnold

Let me begin by making one thing perfectly clear: this is not a self portrait. I was humorously reminded of Kermit the Frog's popular song, "It's not that easy bein' green" as I was having coffee with a dear friend of mine in Nahant. I was squawking about all the road blocks citizens and environmental activists crash into when dealing with giant energy corporations and outdated laws in Massachusetts. With my look, I can imagine, of sheer exasperation, my friend began singing Kermit's famous song, in her best frog-like voice, and I laughed out loud; naturally, lightening up mood and feelings.

Thinking about the lyrics, I realized in a lot of ways this song is about anyone who cares about preserving the earth and our natural resources. And like anything important in life, it is never easy: a good marriage, career, friendships and raising healthy children all take a tremendous amount of effort. And I think most people will agree that these things are worth it, because the rewards can be immense. For me, raising environmental awareness and protecting our natural resources merits my energy. Each time I talk to a child, catch sight of a seal off Nahant's coast, or watch the sunset from my back porch, I am reminded it is worth it. And despite the obstacles, being in the heart of the environmental community is downright FUN!

And more fun is what SWIM hopes to bring to Nahant. We are brewing a resurging year for Safer Waters in Massachusetts (Nahant SWIM, Inc.) environmental group. Our principal goals are to: educate the community on environmental current events, collaborate with other local organizations (such as HealthLink, Friends of Lynn and Nahant Beach, and Alliance for a Healthy Tomorrow) to unify mutual efforts and respond to environmental emergencies by taking thoughtful, educated action, and create and implement a Nahant Earth Day 2007 celebration (pending town approval). The day will hopefully include enjoyable festivities for all ages, music, food and merriment. If you are interested in helping SWIM with the celebration in April, please call me at 781-592-4514 or email juliearnold@comcast.net.

In response to several questions about S.W.I.M.'s opposition to the liquefied natural gas terminal proposals off Stellwagen Bank National Marine Sanctuary (see The Harbor Review Jan. 07); I will try to clarify this stance. SWIM is not against LNG terminals as a bridge to carry us to long-term, emission-free energy sources but is opposed to the locations. Carol Groom, a former Nahant resident, summed it up, "I think we're right! There are plenty of LNG applications out there and plenty of other locations. The industry doesn't have to be handed one that involves three marine sanctuaries (extremely rare and special), a habitat for endangered whales and sea turtles and generally some of the most prolific waters in the Western Atlantic. Not to mention the applicants' ignoring the presence of a radioactive waste dump and warnings by the Boston pilots that the narrowed shipping lanes will endanger everyone." The Department of Environmental Protection in Massachusetts continues to dismiss these facts as well. Because LNG is a depleting fossil fuel, offshore LNG terminals are a band-aid solution most assuredly due to cause irrevocable damage to endangered species and the fishing industry in Massachusetts.

Escrow Money Held for Spring

By Rob Scanlan, CMS/MMS/ACMS USMMS.

During the winter months, or lay-up period here in New England, escrow funds are put aside for the sea trials that are conducted when the spring rolls around and the boat, or yacht, is launched. Over the past 12-14 years, I have been able to run gasoline, or diesel, engines in my pre-purchase surveys, during the winter months. Engines built 6 to 8 years ago, have data ports that I can plug-in my SCAN-TOOLS or computers, to obtain the engine's history and operational readings. I then proceed on to my compression tests, as well as additional, independent test readings on the engines and generators. I will lubricate the shaft struts, cutlass bearings and stuffing box so I can run the engines in and out of gear repeatedly.

After full warm-up, I will read the helm gauges, but rely mostly on my own instrumentation gauges and computer read-outs. After all my tests are completed, I re-winterize the engines and genset. An escrow account is set up to hold funds for the sea trials, to follow later in the spring, to cover any problems that develop during the sea trials.

What happens after the yacht is purchased and money put in an escrow account is insufficient to cover additional mechanical or operational problems that might develop during the sea trial? You cannot go back to the selling party or broker and report that there are unforeseen or undetectable problems and that the escrow amount is not sufficient to cover the problems. You already own the boat or yacht.

Who makes the determination of how much should be held? In very pre-purchase survey I conduct, I make the determination, as the attending surveyor, not the selling party, not the broker and not my client, who is purchasing the yacht. This is made loud and clear initially, to all parties concerned, that it is I, the attending marine surveyor, who makes the determination of the escrow amount and that the money is not just for mechanical systems. No outside arbitrator will be involved and all parties agree to this.

I have never, ever had a situation, that escrow money I recommend to be held was not enough. I am retained by my client, the buyer of the yacht and this is where my allegiance is. Not the broker and not the selling party.

Rob Scanlan, is an Accredited and Certified Marine Surveyor in the United States, Canada, England and Australia. Currently, there are 124 Master Marine Surveyors in the United States and Rob is on the Board of Directors. www.mastermarinesurveyor.com

The Nature of Nahant: A Visitor From The West

By Linda Pivacek

It was mid-January, the weather was unusually warm in Nahant, and cherry trees were in blossom. Two Baltimore Orioles were still at my suet feeders, instead of seeking the warmth of southern climes.

I decided to put my work aside and see what other treasures I could find in this balmy weather. As I walked the wooded path in the Massachusetts Audubon Thicket, I realized it was winter after all, as I stared at the leafless tree limbs. The only signs of life were a Song Sparrow and a Cardinal, silently foraging. I began thinking about how I missed the fresh green leaves, flowers and bird song of spring. I wondered if that beautiful Wilson's Warbler was still around. It had been lingering in the Thicket well into December, due to the warm weather. It should have been in Central America by now, but my friend Tom Martin had recently seen it in the wood lot across Walton Road.

I walked slowly through the drab winter landscape, searching the underbrush for motion and listening for any sounds. Nothing. Then, suddenly, a flash of yellow and the familiar thrill of finding the treasure. I stood still; occasionally catching fleeting looks at the bright yellow setting off the black cap of the Wilson's Warbler. It was so out of place in this subdued winter scene. Then, there it was. The prize, out in the open. As I admired this gorgeous creature, it hit me. This Wilson's Warbler was different. I had never seen one so richly hued. The color was more golden, with an orange tint and the green back was infused with yellow and almost iridescent. I began to ponder the possibility that this bird could be a subspecies from one of the western states. Maybe that was, in part, the reason for wintering much later than expected.

After writing a few notes, I returned home and hit the books. Yes, this male Wilson's Warbler had the characteristics of the Pacific Coast subspecies, *chryseola*! This subspecies breeds in a restricted range in British Columbia and California and should be wintering in Mexico or Panama. My friend, Rob Kipp, a nature photographer from Marblehead came over and took some fabulous pictures - the documentation needed to substantiate this sighting to Massachusetts Avian Records Committee. Another friend, Rick Heil, an expert and extraordinary birder also came to see the bird and agreed that it was a western subspecies.

As of this writing, this exquisite little bird appears to be doing fine. Its main diet consists of insects, not easy to find in winter. However, Nahanter Henry Hall, owner of Wild Birds Unlimited in Danvers, has been generously providing mealworms for our visitor from the west.

Think about it. This little bird, less than 5 inches long and weighing less than 3 ounces, probably traversed the entire country. Amazing. There are always more questions than answers. If it survives the frigid temperatures ahead this winter, will it stay in the same location? Where will it go in the spring?

I know it's not a good idea to give a wild creature a name, especially when it is at risk. But I couldn't resist. Let's hope Willy makes it.

The nature of our beautiful Nahant continues to amaze and enrich.

World Renown Dr. Sheldon Sevinor, Plastic Surgeon, Lecturer and Mentor

Twenty-nine years into his distinguished career as a plastic surgeon, Dr. Sheldon Sevinor has become a trusted resource of the national media.

The world-renowned plastic surgeon, who has offices at Union Hospital, in Lynn and the Copley Plaza, in Boston, has appeared on the Oprah Winfrey Show, Good Morning America, ABC World News, PBS, Eye on America, Good Morning America, CNN, the Discovery Channel, The View, Inside Edition and other national television shows.

Sevinor's appearance on The View, hosted by Barbara Walters, drew some of the show's highest ratings ever. In a two-part series, the View's production team followed Sevinor during a five-day period, as he performed plastic surgery on five different family members, all female, ranging in age from age 27 to 80 and representing three generations.

Video clips of the actual surgery were shown on The View. The five women, from an 80-year-old grandmother to the 27-year-old granddaughter, went through the procedures together. "They supported each other emotionally," said Sevinor. And they are all very happy that they did the surgery together."

Sevinor was also in the news for his plastic surgery work on a STAR 93.7 FM radio promotion in which he performed an ultimate makeover on the winning contestant.

Hundreds of people sought to have the makeover and the winner was Jo-Anna Robyn D'Apolito of Revere, who is a schoolteacher in Saugus. Sevinor performed an eyelid lift, a facelift, a neck lift, a chemical peel for wrinkles, and a breast enlargement.

"It changed her life," says Sevinor proudly. "People were in awe of the transformation."

Born in Marblehead, Sevinor knew, as early as the age of four, that he wanted to be a physician. "My hero was my pediatrician, who was Dr. Arthur Berson," said Sevinor. "I used to see him take care of 30-40 kids in his waiting room. I said, 'how can one man be so talented and capable of making these sick children well. He's a hero. I always looked forward to seeing him.'"

Ironically 20 years later, Sevinor was doing a clinical clerkship in surgery at Beth Israel Hospital and Dr. Berson's son, Dr. Frank Berson, turned out to be the intern to whom he was assigned. "It was so ironic that all those years later I met my hero's son."

A University of Alabama School of Medicine graduate, Sevinor realized, during a clinical clerkship at Harvard Medical School, that he wanted to be a surgeon rather an internal medicine specialist.

"I'm the kind of a guy that identifies a problem and wants to solve it and see the results," said Sevinor. "I knew I wanted to be a surgeon."

Sevinor began his internship and residency in general surgery at Brown University Rhode Island Hospital and in August, 1972, an experience in the emergency room led to his decision to become a plastic surgeon.

"It was about 2 o'clock in the morning and I was called down to the emergency room," recalled Sevinor. "A 26-year-old man was in a serious car accident and he was brought into the emergency room. He was taken to the operating room and there was an entire surgical team waiting to work on him. The primary objective was to save this man's life. I left the operating room 10 hours later, while the plastic surgeon did his best to reconstruct his face. The plastic surgeon had to do four more surgical procedures on the patient's face and the result was absolutely remarkable. "It was so inspiring to me that I was determined to pursue a career in plastic surgery," he said.

Sevinor became chief resident in plastic surgery, at University of Florida-Jacksonville Hospitals, where he was trained in all aspects of plastic surgery.

"After spending almost 30 years in the art and science of plastic surgery, about 90 per cent of my practice is now cosmetic," said Sevinor. "Cosmetic surgery is only one aspect of what we do as plastic surgeons."

Sevinor has maintained the same philosophy since the day he began his career as a plastic surgeon. "My philosophy is that everyone in life must have a passion," said Sevinor. "My passion is cosmetic surgery. Everything that we do as plastic surgeons is visible. There's no room for mistakes. It's a total commitment. You can't give a little. You have to give 100 per cent. I'm totally committed to my work."

Sevinor continues to be in demand as a speaker and lecturer. He recently gave a lecture to Harvard Medical School students about the psychology of self-image from the perspective of a plastic surgeon. Sevinor is a Senior Fellow Mentor to students at Harvard Medical School.

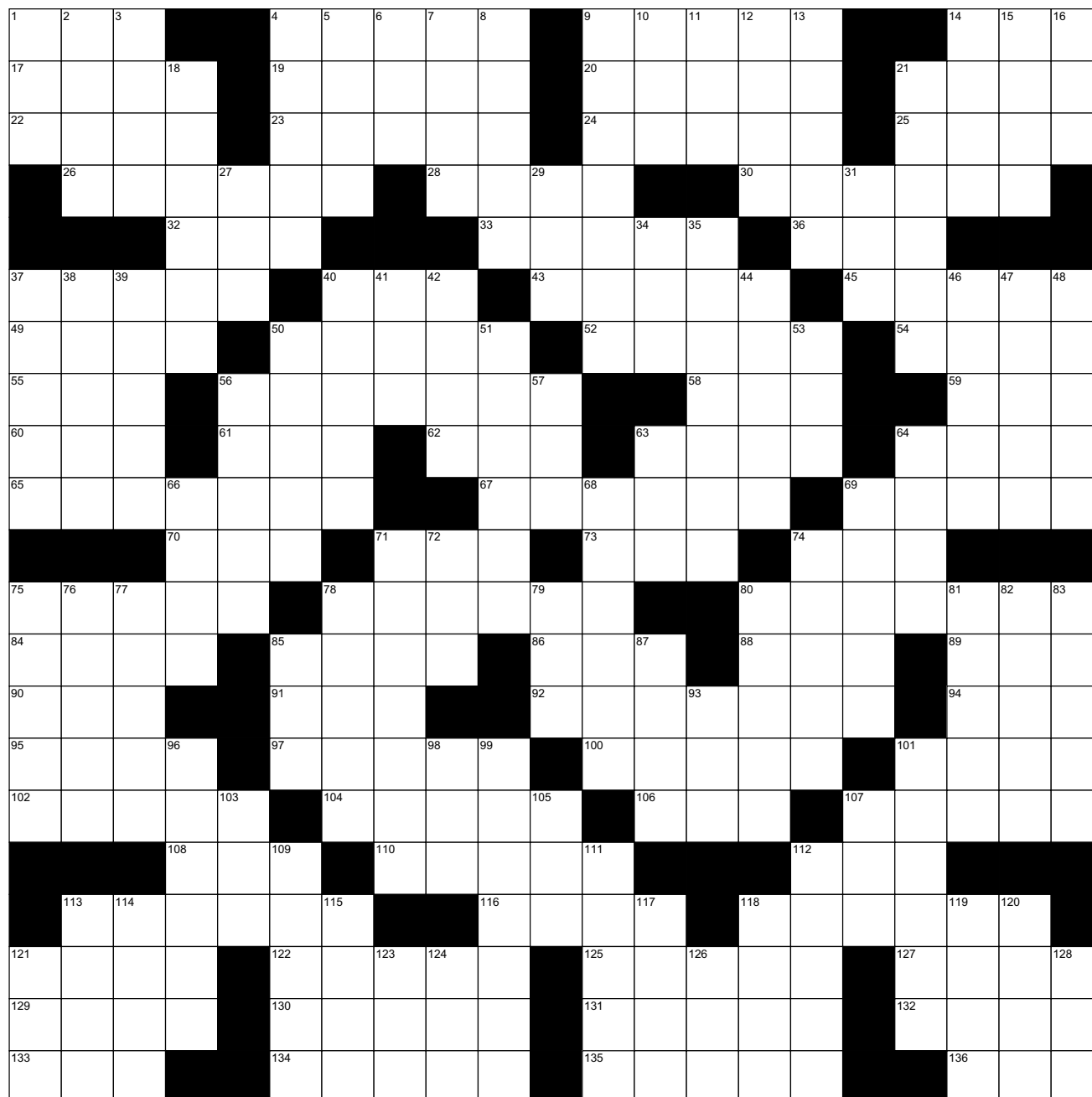
Here's what the *Improper Bostonian* said about Dr. Sheldon Sevinor in its Famous enough among the nip-and-tuck-arati to be crowned simply as Sevinor, he's nationally respected (he's sat under the hot lights with the likes of Oprah, Sally Jessy, and Geraldo), but locally cherished as well. Why? Because Bostonians frown at the fake, and this doctor knows how to erase flaws so adroitly, no one suspects scalpel. With work this delicate, conservative and successful, he's a secret-keeper's best secret.

For more information about Dr. Sheldon Sevinor, please visit his website at www.drsevinor.com, or contact his office at 781-592-3632.

NAHANT PUZZLE PAGE

Thinkin' About Lincoln

by Rick Kennedy



ACROSS

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- 4 Toothbrush brand
- 9 Braid
- 14 Three-toed sloths
- 17 Every
- 19 *With 79 Down, Lincoln's conflict*
- 20 Iditarod dog
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- 30 *Lincoln son*
- 32 Long stretch
- 33 Shabby
- 36 Feel ill
- 37 Deteriorate
- 40 Urban transport

- 43 Nighttime images
- 45 *Lincoln trademark*
- 49 Part of MIT
- 50 Title of Islam's head
- 52 Enter
- 54 Elder
- 55 Sedona maker
- 56 Tropical disease
- 58 Pair
- 59 Peaked
- 60 Wing
- 61 Computer makers
- 62 *Foe of 114 Down*
- 63 Group of criminals
- 64 Angler's need
- 65 Arch rival
- 67 *Lincoln's Secretary of State*
- 69 Items rarely stolen at Fenway
- 70 Thief's hideout
- 71 Sup
- 73 Shade tree
- 74 Randy's skating partner
- 75 *Lincoln's Interior*

- Secretary*
- 78 Spread
- 80 0 for 4, say
- 84 Sign gas
- 85 Heroic
- 86 3-time heavyweight champ
- 88 Pub quaff
- 89 Expert
- 90 Tax agency
- 91 Plead
- 92 Cues
- 94 Family member
- 95 Concluded
- 97 Small hat
- 100 Lace
- 101 Allows
- 102 Caffeine pill brand
- 104 *Lincoln's counterpart*
- 106 Bro.'s sibling
- 107 "___ makes waste"
- 108 Pillow place
- 110 Doctor
- 112 Animal foot
- 113 Laughing dogs
- 116 Computer image

- 118 Half men, half goats
- 121 Parch
- 122 Street urchin
- 125 Be worthy of
- 127 Ogled
- 129 Rave
- 130 Great ape
- 131 *Gettysburg general*
- 132 Prego's competition
- 133 Gall
- 134 Shaving cuts
- 135 Snake
- 136 Doze

DOWN

- 1 Business exec.
- 2 Talk back
- 3 Civil rights grp.
- 4 Indian, e.g.
- 5 Tease
- 6 Street crosser (abbr)
- 7 Droopy

- 8 *Lincoln's Postmaster General*
- 9 *Ford's ___*
- 10 *Battle of Bull ___*
- 11 D.C. hours
- 12 Alter
- 13 Asian country
- 14 Quattro makers
- 15 Man or Dogs
- 16 Haggard novel
- 18 *With 57 Down, Lincoln nickname*
- 21 Chunk of firewood
- 27 Fawn's mom
- 29 *Lincoln son's nickname*
- 31 Women's ___
- 34 Perfection, to some
- 35 Horizontal spar
- 37 Equate
- 38 Senile
- 39 Sacred song
- 40 Lulls
- 41 *Member of 1 Across*

- 42 Ethiopian currency
- 44 Hill
- 46 Zodiac sign
- 47 *1 Across Gen.*
- 48 Dales
- 50 *See 53 Down*
- 51 Ford model
- 53 *With 50 Down, Lincoln birthplace*
- 56 Tightwad
- 57 *See 18 Down*
- 63 Young lady
- 64 *"Illinois ___ - Splitter"*
- 66 First place?
- 68 *Lincoln's Secretary of the Navy*
- 69 *A Lincoln Attorney General*
- 71 Witty statement
- 72 Curve
- 74 Keyboard key
- 75 *The North*
- 76 Power controlling device
- 77 Sprayed down
- 78 *A Lincoln Attorney General*
- 79 *See 19 Across*
- 80 *Nancy ___ Lincoln (Mother)*
- 81 Comforts
- 82 *General Winfield ___*
- 83 Perceive
- 85 Recede
- 87 Pixies
- 93 Three
- 96 *Lincoln's oldest son*
- 98 First lady?
- 99 Happenings
- 101 *Lincoln's early occupation*
- 103 Type of Buddhism
- 105 Attack
- 107 *Lincoln's stovepipe*
- 109 Chief god of the Philistines
- 111 Punctuation mark
- 112 Latin father
- 113 Judge
- 114 *Bluecoat*
- 115 Frock
- 117 Require
- 118 Not front or back
- 119 Baseball's all-time strikeout leader
- 120 Lily type
- 121 *___ Lanka*
- 123 IBM Competitor
- 124 Sign
- 126 Really cool
- 128 Flop

**Thank you to Harbor Review Voluntary
Subscribers 2007**

Thank you for all the cards and letters of encouragement that you continue to send in with your subscriptions. Many "Thanks!" are extended to these voluntary subscribers who sent in \$15 for a voluntary subscription for the year 2007: Doris Bongiorno, Larry and Polly Bradley and for their children, Randolph, Scott, Cynthia. Judith Bryant, Carmella Cormier, Bill and Carol Crawford, Pat & Bob Del Castillo, Julia Ellassaad, Mary Evos, Karl Forsell, Lucy Grimm and subscriptions for two friends, Betsy Hickey, Pauline Howarth, H. Hollis Hunnewell, Gail and John Landry, Mayland P. Lewis, Jr., Robert Lewis, Joyce Loguercio, John and Eleanor Lowell, Kevin and Terri Maguire, Ruth Maurer, Shaun McCormack, Donald McCormack, Pamela Motley, John and Elizabeth Olsen, Faith Peterson, Joanna Reardon, Jean Sigourney, Linda Tanfani and Dave and Jane Wilson. Thank you all very much.

Now is the time to consider giving a gift subscription to an out-of-town friend or family member, or renewing your voluntary subscription to the Nahant Harbor Review. Please consider how important this little newspaper is to you and this community and become a voluntary subscriber.

Thanks again for all your support, Nahant!

JANUARY 2007 PUZZLE WINNER

Dick Nagle, of Castle Road, was the winner of last month's puzzle contest. He has won "breakfast for two" at Seaside Breakfast on Nahant Road. You, too, can win breakfast for two at Seaside Breakfast. It is easy to enter and win a 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 Seaside Breakfast.

**First Things First
by Rick Kennedy**

Solution:

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Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

**DEADLINE INFORMATION for
MARCH 2007**

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

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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.

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 **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.

Got something to share with your neighbors and friends? Jot it down and put it in an envelope and drop it off at the Nahant Harbor Review Box at the Equitable Cooperative Bank. As space allows, it will be published. If you want photos back, please send a SASE with them.

The Nahant Preservation Trust

It seemed while looking out on this rainy first day of 2007 a particularly good time to reflect upon the year just completed.

Our Year In Review...Looking Back at 2006

Much occurred and was accomplished during the last twelve months, but 2006 forever will be inextricably tied to the Nahant Life-Saving Station, and with and through it, the deepening partnership between the Town and the Trust. On the Trust's part, the commitment to undertake another major project, and the Town's willingness, in turn, to entrust that responsibility. A brief review of 2006:

- In early March, the Board of Selectmen voted to approve and then signed a twenty-five year lease for the Nahant Life-Savings Station with The Nahant Preservation Trust, effectively turning over the stewardship of that property, for the foreseeable future, to the Trust.
 - In April, at the 2006 Annual Town Meeting, the Town voted to award The Nahant Preservation Trust a matching grant of \$450,000 to complete the restoration of the Nahant Life-Saving Station.
 - In early May, we had a small fundraiser at Kelley Greens hosted by Darlene Conigliaro and then later in the month of May, under the guidance of Carol Hanson, the second annual Nahant Arts at The Nahant Community Center was held.
 - In June, we were pleased to welcome Esther Johnson, Paula Devereaux, Mary Magner, Roz Puleo, Cathy Bartholomew, Kathy Ryan, Bumper Gooding and Emily Potts to the Board of Directors of The Nahant Preservation Trust. Paula Devereaux promptly assumed a leadership role in the Life-Saving Station Committee, with Mike Rauworth and Esther Johnson chairing sub-committees. The Life-Saving Station Committee is supported by a number of other Board members, Cathy Bartholomew, Mary Magner, Bernie Yadoff, Emily Potts, Sue Branga, Roz Puleo amongst others.
 - In early July, under the guidance of Cathy Bartholomew and Kathy Ryan and with the help of a committee that included Bernie Yadoff and Emily Potts, Amy Klee, Sue Branga, Andy and Roz Puleo, Mary Flannery and Chris Whitlock, we held the magnificent and beautiful Black & White Ball at the Paterson family residence.
 - In late July, we were notified that The Nahant Preservation Trust was awarded the prestigious Milestone in Heritage Preservation Award by the Essex National Heritage Commission. The award was given in honor of the 10th anniversary of the designation of Essex County as a National Heritage Area in recognition of the most significant preservation projects of the decade.
 - In August, we welcomed some 500 people to Short Beach for the fabulously successful Jamaican Me Crazy party. Jamaican Me Crazy was the brainchild of Bumper Gooding, and every aspect and detail of the party from set up to tear down was orchestrated under his direction (with more than a little assistance and a lot of understanding from Betty Gooding.)
 - In September, Roz and Andy Puleo with Nancy Wilson and the North Shore Striders, organized the first of two road races for the benefit of the NPT, a 30k Road Race.
 - And in October, The Sea to Shining Sea Race for the benefit of the NPT was run, again under the direction of Roz and Andy Puleo.
 - In November, The Visions of Nahant was held at the Nahant Country Club for the benefit of The Nahant Preservation Trust under the guidance of Chris Whitlock and the rest of the Board of the Nahant Country Club.
 - And in December, we finished off the year by celebrating the 10th Anniversary of The Nahant Preservation Trust with as yet another party at North Spring, 66 Ocean Street, the home of The Nahant Preservation Trust founder, Stanley Paterson.
- While all of this was going on, The Nahant Community Center at the Valley Road School continued to be run smoothly by the management team led by Karen Falat, Robert Wilson and Bob Steeves.
- The Richardson Serenity Auditorium and Sears Multipurpose rooms continue to serving as a spaces for concerts, recitals, performances, lectures, shows, exhibitions, conferences, dances and classes and has been used regularly by Dance Dimensions, the Nahant Recreation Commission, the Boy Scouts, the Girl Scouts, the Parent Play Group, the Council on Aging and the Nahant Historical Society, to name but a few.
- We will remember 2006 also for the loss of Vince Lique and John Cort, both of whom exemplified the highest form of Civic Engagement, dedicating their lives to social good.

Our Future... Looking Forward To 2007 Challenges and Goals

- We need to raise more than \$500,000 for the restoration of the Life-Saving Station.
- We are committed to completing the next phases of the restoration of the Life-Saving Station, the exterior renovation of the garage building and the construction of the privy building and public shower.
- We will continue to explore ways to increase educational programs, community access and other sympathetic long-term uses for the Life-Saving Station.
- We are working with The Town to examine revisions to the Town and Zoning By-Laws, to look at the possibility of creating one or more historic districts and other controls, provisions to preserve open space, and a demolition delay for historically, or culturally significant properties.
- We hope to expand our role in preserving open space.
- We will continue our activities to preserve the Nahant Country Club property as open space, and the building as historically significant.
- We will work to establish a partnership with the Nahant Veterans Association and the American Legion to develop solutions for that property.

Most importantly, we, once again, want to express our deepest thanks to all of you for your continued commitment and dedication to the efforts of The Trust and above all for your friendship.

We leave you with this message of Dan and Robin DeStefano, who we honor Robin for her extraordinary ten-year commitment as Treasurer of The Nahant Preservation Trust...

Hope, Peace, Love and Joy. We have passed it on and request you do likewise.

Letter to the Editor

Dear Editor,

My name is August Salliman, resident of 148 Wilson Road, Nahant and I am writing to you my observation, with a request if accepted, for publication in the Nahant Harbor Review. Through this article I want to share my thoughts and findings, to make our resident drivers aware of the hazardous intersection we encounter daily, as we enter the rotary at the end, or beginning, of the causeway.

It is a State Law; when entering the Rotary, incoming traffic should yield to motorists already traveling in the Rotary. But very often, drivers are zooming onto the Rotary without yielding to those motorists already in the rotary. Many times, I had to step on my brakes, when driving in the rotary, to avoid collisions, due to drivers entering the rotary and ignoring the posted yield signs.

I was very curious and took some time to investigate why drivers ignored the signs. I have been watching the traffic from the restaurant parking lot and it is interesting what happens. I came to the following conclusion and would like to share my thoughts with the general public.

There are traffic lights as well as yield signs, located at the Lynnway/US-1 North, just when approaching the Rotary, and also on Lynn Shore Drive/ US-1-South approaching the Rotary. (See attached illustrated picture taken from the parking lot of the restaurant across from the rotary).

Motorists traveling from Swampscott as well as from the Lynn way approaching the rotary, often having the "GREEN LIGHT" and in their minds, thinking they have the right of way and ignoring the yield signs. These traffic lights are probably causing more confusion.

As a Dutch educated Engineer; suggesting it would be much saver if these lights could be turned into "RED FLASHING" lights. This will certainly remind all drivers that they have to yield to traffic in the rotary. Maybe our Police force could be of service, if this is possible? Would they be able to bring this to the attention of the authorities responsible for these traffic devices and make the changes? These lights are also being used by pedestrians crossing the road, by using the buttons.

Thanks to our Nahant officer, who reacted so quickly on Monday evening, January 8th, at the Rotary, who witnessed how an accident almost occurred, when a taxi cab, coming from Lynn Shore Drive almost crashed into my truck.

I very much appreciate your understanding and thanking you in advance for taking time to read my note. As a Nahant resident, I feel it is also my duty to help protect our residents. Sincerely, August Salliman



Healthy Eating During Winter Gatherings for People with Diabetes

Winter is a season of holiday celebrations, football play-offs, and other occasions when family and friends get together over meals and snacks. For people with type 2 diabetes, it can be especially challenging to stick to a meal plan. Mouth-watering options such as honey-baked ham, buttery mashed potatoes, and sweet yams are popular for festive dinners, while chicken wings, cheesy nachos, and chips are among the favorites at football play-offs and other gatherings. However, you don't have to completely sacrifice all of your favorite foods. The key is to make a variety of healthy food choices and limit portion sizes.

Follow these tips from the National Diabetes Education Program (NDEP) to help you eat healthy during gatherings throughout the winter season:

Eat a healthy snack. Eating a healthy snack prior to leaving home can prevent overeating at the party.

Plan ahead. Check out the party food options before you begin eating, and make a mental note of what and how much you will eat. Your food choices should fit into your meal plan.

Bring a dish. Share your healthy dish with family and friends.

Move away from the buffet. Fix your plate, and then step away from a table of finger foods to avoid grazing while chatting.

Savor the flavor. Eating slowly reduces your chances of overeating.

Drink H₂O. Water is a healthy, no-calorie beverage. Drink plenty of it.

Trim it down. Eat smaller portions of food. Trim extra skin and fat from meat.

Party hard! Focus on family, friends, and activities rather than food. Stay active by participating in games or dancing.

Follow these tips if your goal is to serve healthy feasts to your guests:

Bake it. Broil it. Grill it. Consider healthy alternatives to traditional meats. Choose skinless meat or poultry and avoid fried dishes.

Increase fiber. Serve whole grain breads, peas, and beans as part of your meals.

Easy on the toppings. Lighten your recipes by using reduced-fat or fat-free mayonnaise, butter, sour cream, or salad dressing.

Focus on fruits. Serve fresh, or canned fruits, instead of ice cream, cake, or pie. Transform high fat, high-calorie desserts by replacing whole milk or whipped cream with 1 percent or nonfat milk.

Serve low-calorie beverages. Offer guests sparkling water or diet beverages.

We're all in this together. Support your family and friends by encouraging them to eat healthy during the winter months and throughout the year. To find out more information about the Control Your Diabetes. For Life. campaign and to order free materials and resources, visit www.ndep.nih.gov, or call the National Diabetes Education Program (NDEP) at 1-800-438-5383.

They took to the sea in droves...



A wonderful sight to see, over 200 Nahanters and friends on Short Beach. It was a cold, drizzly day. A crowd quickly assembled on the beach minutes before noon...which instantly evaporated by 12:10 p.m.

What fun! Maybe next year, I might put on a 'suit!



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Community Calendar • FEBRUARY 2007

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

WINTER PARKING BAN IN EFFECT UNTIL APRIL 1, 2007

FEBRUARY

THU	1	NA	Deadline to register for Smartclub at Library.
FRI	2	8:00A	FREE Breakfast at Village Church: Maurice Poulin
FRI	2	9:00A	Office Hours with Rep. Steve Walsh at Town Hall
SAT	3	2:00P	Democrats Hold Caucus at Town Hall
SAT	3	6:00P	Nahant Lions Texas Hold'em Charity Tournament. Knights of Columbus. FMI www.nahantlions.org
SAT	3	7:00P	Evening of Elegance and Love. Lynn Arts Center
SUN	4	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.
THU	8	4:00P	First meeting of Smartclub at Library.
SAT	10	10:00A	Quilter's Workshop at St. Thomas. Till 4:00 p.m.
SAT	10	7:00P	Pasta Dinner & Dance at Nahant K of C
SUN	11	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.
TUE	13	11:30A	Woman's Club Meeting with Chef Peter Davis
TUE	13	7:00P	Marine Science Lecture Series: Dr. Jeremy Long
THU	15	5:00P	DEADLINE for MARCH Harbor Review
SUN	18	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.
THU	22	3:00P	Music with Dara at Nahant Public Library
SUN	25	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.

MARCH

FRI	2	8:00A	FREE Breakfast at Village Church: Donna Hanlon
SAT	10	TBA	5th Annual Blues Night, Nahant Country Club

RECYCLING SCHEDULE 2006-2007

January 26th • February 9th • February 23rd • March 9th • March 23rd April 6th • April 20th • May 4th • May 18th • June 1st • June 15th • June 29th

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 Monday • 7:00 p.m. • 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 Roberts 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.
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Nahant Village Church

Join us for Sunday
Worship Service &
Sunday School
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EMERGENCY MANAGEMENT

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



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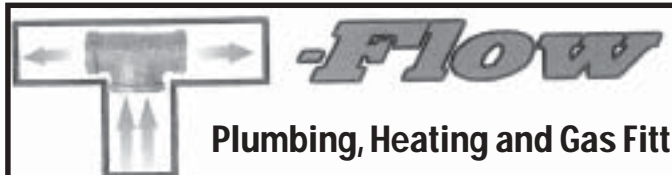
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