



# 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.*

Volume 15 Issue 1

JANUARY 2008

## Nahant Little League Registration



Nahant Little League 2008 Baseball Registration will be held on Saturday, January 5th and Sunday, January 6th, from Noon to 3:00 p.m., in the lobby of the Johnson School. First time players, please bring a copy of your birth certificate.

Nahant Little League Baseball Tryouts are tentatively scheduled for February 10th, at Lynn Technical School Gymnasium. Photo by Lisa Doyle and Eric Peterson. Submitted by Bumper Gooding.

## Northeast Youth Ballet's Presents Jackie Ball of Nahant



Jacquelyn Ball of Nahant is a Principal Dancer in the Northeast Youth Ballet's Nutcracker production. She is the Dew Drop Fairy and plays many other soloist roles, as well. Jackie has danced for many years at the Northeast School of Ballet in Melrose. She has also danced in the Northeast Youth Ballet's Nutcracker Production, for many years. Each year she has taken on more challenging roles and has danced beautifully. Jackie is graduating from Swampscott High in 2008.

Photo above: Jackie Ball as the Dew Drop Fairy. Submitted by Elaine LeGendre

## Nahant Resident Launches New Family Publication and Web Site

Bass Point Road resident, Suzanne Provencher, along with business partner, Michael Mascolo, PhD, of Salem, have recently launched a new publication and website, for families throughout the North Shore, entitled: North Shore Children & Families.

North Shore Children & Families is an online and print forum, promoting the development of children, families and the parents who care for them. We are the local, community resource and information source for families throughout the North Shore. We share practical, insightful, useful information to help North Shore families, like yours, thrive and survive in a complex world. We offer "need to know" information, not just "nice to know" information.

We are a safe haven, a forum, where parents can ask our editor, a child psychologist, PhD, educator and expert, any question they need answered. We don't charge for this valuable information and resource, it's the core of our being. We are all about sharing helpful information and achieving positive results, for our readers, the families throughout the North Shore and for our marketing partners and sponsors.

This free publication is distributed monthly at many family-frequented locations throughout Nahant and the North Shore. Each current issue is also available online at [www.northshorefamilies.com](http://www.northshorefamilies.com). We hope you'll pick up our publication, visit our website and engage with us often.

Suzanne M. Provencher, Publisher/Advertising Director/Managing Partner, was born and raised in Salem, Mass., and since 1995, is a homeowner in Nahant. Suzanne has over 20 years of experience in advertising, publishing, marketing and sales management and in helping businesses of all sizes positively impact their bottom line through creative, thoughtful and effective marketing programs. Ms. Provencher earned her BS in Communications (Advertising and Public Relations), from Emerson College, Boston.



## Christmas Tree Sales

The Johnson School PTO would like to give a big "THANK YOU!" to all of the volunteers who helped with selling the Christmas trees, delivering the trees and unloading the trees. It certainly wouldn't be such a successful fundraiser, if it weren't for all the volunteers. Also special "Thanks!" to Dave Doyle and Doyle Electric, John Connolly and ATS Equipment and to Mark Cullinan and the Town of Nahant, for chipping in to give us lights and electricity.

To all who purchased a Christmas tree in Nahant, thank you for supporting our town's elementary school and helping us to raise over \$5,000 for the school's PTO. This money not only goes to supporting children's field trips outside of the school, but helps to pay for enrichment programs brought into the school.

Submitted by Christine Kendall

## Important Voters Notice

**The March 5th Presidential Primary has been moved up to February 5th, 2008. Therefore, the last day to register to vote, if you are not already registered, will be Wednesday, January 16th, from 9:00 a.m. to 8:00 p.m., at the Nahant Town Hall.**

**— Harriet Steeves, Nahant Town Clerk**

**New Year's Day Sale**  
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**Village Church Breakfast Resumes Friday, Jan. 4th**

The monthly free breakfasts will start up again on Friday, January 4th.

The Rev. Dr. Larry Titus will be the presenter. He will share the story of Equal Exchange, a Fair Trade organization specializing in coffee, chocolate and cocoa products. Find out how we can each have a positive impact on lives and the environment, each time we buy coffee. The Nahant Village Church has been serving Equal Exchange Fair Trade coffee for our fellowship gatherings.

All are cordially invited to this free breakfast, at 8:00 a.m., on January 4th, which includes a great cup (or two) of Equal Exchange coffee. Learn how we can make a difference one cup at a time.

**An Invitation**

**Affordable Housing • Historic Resources • Open Space**

You are cordially invited to meet Nahant's Community Preservation Committee, on Wednesday, January 16, 2008, at 7:30 p.m., at the Nahant Town Hall.

Meet the Committee members. Learn about the Community Preservation Act. Learn about the grant application process. Discuss eligibility for funding grants of a variety of project scopes. Develop an appreciation of Nahant's unfunded needs. Provide the Committee with local insight. Discuss recent changes to the Community Preservation Act.

**Nahant Country Club to host Faith's Gift Gala**

On February 9th, at 7:00 p.m., the Nahant Country Club will be hosting "Faith's Gift Gala," a "pink tie" fundraiser and silent auction to benefit children through The Faith Tilk Fund and Girls Inc.

Faith Tilk, a cousin of Yasmene Dawson of Nahant, passed away last November, just before her ninth birthday. She went into the hospital complaining of stomach pains and 72-hours later, Faith died without any explanation. To pay tribute to Faith, her parents created the Faith Foundation, which has raised \$162,000 through the first Faith's Gift Gala that was held in Faith's hometown of London, Ontario, Canada.

Tickets to Nahant's "Faith's Gift Gala" are \$25, which includes appetizers, music and dancing, silent auction and an automatic entry into the drawing for the raffle prize.

For more information about this benefit for children, please call Yasmene at (781) 581-0515, or email [sales@nahantcountryclub.com](mailto:sales@nahantcountryclub.com)

Submitted by Yasmene Dawson.

**Thank you! Thank you! Thank you!**

On behalf of St. Thomas Aquinas Church, we would like to thank everyone for the tremendous success of the Christmas Bazaar that was held on December 1st, at the church. Thank you to everyone who attended, volunteered, donated and/or supported this event. The celebration would not have been a success without the help of everyone. There were beautiful handmade quilts, knit items, jewelry, crafts, sporting tickets for auction and raffle, a wide array of generous donated gifts at the White Elephant Table and food to dazzle all taste buds in town. It was a culmination of Christmas spirit and joy for all, as we began Advent and our preparations for Christmas.

While we will not list each volunteer and individual who donated within this article, let it be said that it would not have been a success without you! Thank you!

We would also like to take a moment to thank the many commercial sponsors of this event as well. Thank you to the American Laser Center, Boston College, Capital Diner, Cranmore Mountain, Dillon's Russian Steam Bath, Dream Dinners, Sanphy Podiatrist, Essential Friends Spa, Elizabeth Grady, Harbor Sweets, Honor Thy Self, Kelley Greens, Nahant Therapeutic Massage, North Shore Cycle, North Shore Music Theatre, Paradiso, Periwinkles, Raphael's Salon, Roz Puleo: the delightful & talented cake lady, Seaside Florist, Seaport Spa, Stowaway Sweets, Sonny's Car Wash, Tangles Hair Salon, The Wharf, Tides, Trader Joes, Whole Foods and Zimman's.

It was wonderful to see so many people together to celebrate the start of this enchanting and precious time of the year. Happy New Year!

**Coming up at LynnArts**

Through January 4th, The LynnArts Fabulous Holiday Show & Sale, featuring the work of over 70 artists. Don't miss this opportunity to purchase fabulous affordable art!

Call for entries "Works on and of Paper," juried by Bryan McFarlane, drop off dates January 26, 10:00 a.m. to 4:00 p.m. and Jan. 29, 9:00 a.m. to 5:00 p.m.

Opening "Works on and of Paper," February 2, 2:00 to 4:00 p.m.

LynnArts is located at 25 Exchange St., in Lynn. For more information, call LynnArts, 781-598-5244, or visit our website, [www.lynnarts.org](http://www.lynnarts.org)



## Nahant Historical Society Partners with Tufts University

The Society is pleased to announce collaboration with the museum studies class in exhibit planning at Tufts University, for a major exhibition of works of art on paper, featuring Nahant views. Nahant's rugged landscape, bounded by the sea of many moods, has inspired artists for three centuries.

Opening in May, at the Nahant Community Center, this retrospective will feature many works of art on paper, rarely, if ever seen, publicly, including watercolors, lithographs and sketches from the 19th and 20th centuries. The graduate students will be working under the direction of Adjunct Professors Kenneth C. Turino (exhibit manager of Historic New England) and Cara M. Iacobucci. The Society's Curator, Calantha D. Sears and Assistant Curator Bonnie Ayers D'Orlando, will assist all these efforts. In addition to displaying its own works, the Society is most grateful for the wonderful response, so far, by private individuals and other museums, in lending art. The Society is still seeking the loan of other materials. If you have anything that you would like us to consider, please call either Calantha Sears, or Bonnie D'Orlando, at the Society, 781-581-2727, or [info@nahanthistory.org](mailto:info@nahanthistory.org). Please watch future issues of the Harbor Review for more information.

## Northeastern's January Lecture

Our guest speaker, Dr. Michael Tlusty, of the New England Aquarium, will present "Shell Disease: A Sad Lobster Tale?" on Tuesday, January 29th, at 7:00 p.m., at Northeastern's Marine Science Lab at East Point.

Lobsters live on the bottom of the ocean where there are an abundance of bacteria. These bacteria constantly try to eat through the lobster's shell and when successful, will cause "shell disease," or "ugly lobster syndrome." Shell disease is spreading northward and scientists are diligently working to understand the disease and factors causing it to spread. Come hear about new and unique research tools that have been developed to help us understand this disease and the scientists' efforts to make sure this tale ends happy, delicious and dunked in drawn butter.

## Grief and Support Programs Offered by All Care VNA

All Care Center for Grief and Loss Support Groups and Programs are held at 598 Chestnut Street, Suite 6, Lynn, MA. For more information, call 781-586-1608.

**General Grief Support Groups:** Tuesdays, January 22nd through April 1st, from 12:30 to 2:00 p.m. and Wednesdays, Jan. 23rd through Feb. 20th, from 6:00 to 7:30 p.m.

**Loss of a Child:** Tues., January 29th through March 11th, from 6:00 to 7:30 p.m.

**Loss of a Parent:** Weds., February 27th through April 2nd, from 6:00 to 7:30 p.m.

## Nahant Goes National in Coastal Living

Fellow Nahanters, did you see the article on Nahant in the November issue of the nationally-published Coastal Living Magazine? Local Interior Designer, Liz Carlson, was contacted by the magazine and asked to help develop the story. Other residents, including the delightful Calantha Sears, also contributed to the article. It was terrific to see our wonderful seaside town get a bit of national acclaim! To celebrate our bit of Nahant glory, residents are invited to claim \$50 off any interior design/home staging consultation, when they present this announcement to Liz Carlson, between now and June 1st, 2008. To inquire about redeeming this offer, please call (339) 927-4173.

## Local Student Performs in Concert

Ruth Carter, an Earlham College first-year student and daughter of David and Katharine Carter of Nahant, MA, performed in Earlham's Instrumental Ensembles Concert on November 30th, in Goddard Auditorium. Ruth is a member of the Orchestra.

Earlham is a selective, liberal arts college in Richmond, Indiana. Engaging students with a changing world, Earlham is dedicated to the development of effective ways to integrate international perspectives in education. The College offers 40 majors in the sciences, humanities and social sciences. More than 75 percent of Earlham's graduates pursue postgraduate study; many will go on to earn doctoral degrees. Earlham is a National Collegiate Athletic Association Division III school.

Submitted by Denise Purcell, Public Affairs Assistant

## Ice Skating and Feeling Great

Winter Learn-To-Skate classes for adults and children, ages 4½ and up, are ongoing now, at the Lynn Connery Ice Rink, on Sheppard Street (just off the Lynnway).

Classes are held on Sundays at 1:40 p.m. Skaters may use either hockey, or figure, skates. Beginner, intermediate and advanced classes are taught.

For information and to register, call Bay State Skating School, at 781-890-8480, or visit online at, [www.baystateskatingschool.org](http://www.baystateskatingschool.org).

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## Notice For RFP

**American Legion, Post 215**

**5 Coolidge Road, Nahant, MA 01908**

Qualified buyers are invited to submit bids for the purchase of the Nahant Veteran's Association, Inc., also referred to as the Nahant American Legion, Post 215, property located at 5 Coolidge Road, Nahant, MA 01908.

The property consists of a two-story building located on a 22,143 square foot lot with 341 feet of frontage on improved public ways. The property is located in an R-2 Residential zoning district which requires a minimum lot size of 10,000 feet and 75 feet of frontage.

The property is being sold in its "as-is" condition.

Bids are due at 3:00 p.m. on Friday, February 1, 2008. Bids must be submitted in sealed packages to Attorney Stephen L. Smith, 85 Exchange Street, Suite 230, Lynn, MA, 01901.

Interested Bidders may pick up informational packages at 85 Exchange Street, Suite 230, Lynn, MA, 01901, between the hours of 8:00 a.m. and 2:00 p.m. on Monday, January 7, 2008, through Friday January 11, 2008, or by contacting Attorney Stephen L. Smith, 85 Exchange Street, Suite 230, Lynn, MA 01901, 781-595-3456, [ssmithlaw@comcast.net](mailto:ssmithlaw@comcast.net).

A site visit shall be held at 10 a.m. on Saturday, January 26, 2008, at 5 Coolidge Road, Nahant, MA, to allow potential bidders and their agents to view and inspect the property and ask any questions.



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## Nahant Cub Scout Pack News

by Kevin Nugent

The Nahant Cub Scouts had a busy month completing numerous achievements and earning recognition and badges. The youngest members of Nahant's scouting community, the 1st Grade Tiger Cubs, have been very busy, they have put Cub Scouts' teachings into action in their homes and community, by learning the importance of being helpful at home and at school. All earned recognition for their efforts; Kevin Coffey, Anthony Conigliaro, Matthew Connolly, Jack Herman, Ryan Graciale, Jack Maguire, Arthur Michaud, David Przybycien and Colin Reiling. The Tiger Cubs, led by Richard Reiling, hiked in the Lynn Woods, to see the "haunted cave" and also went to a working farm, to see how pumpkins grow.



The 2nd Grade Wolf Den, led by Lori Nugent, shared and talked about their collections. They also learned the importance of taking care of the environment and put their lessons into work, by cleaning up Tudor Beach. The following Wolf Cubs earned their Bobcat Badge this past month: Justin Bennett, Zak Lowe and James Lang, joining the other Wolves that have previously earned their Bobcat Badge: Parker Cook, Benjamin Hunt, Matthew Luti, Owen Nugent, Tristan Reenstierna, Steven Toomajian, Michael Upton and Dean Warren.

The 3rd Grade Bear Cub Den visited the State Police Barracks, on Revere Beach, with Den Leader Eric Warren and were given a fantastic tour of the facility by Trooper Peter Burns. They learned what the State Police do and how the Troopers gather information. They also had opportunity to see the police cruisers and all of the equipment and devices used by the police. The Scouts were also given an important lecture by Trooper Burns on safety in their neighborhoods, schools and homes.

Our oldest Scouts, the 4th and 5th Grade Webelo Scouts; Charlie Arena, Brian Fitzpatrick, James Dunleavy, Jason Dignan, Nathan Howard, Ryan McDermott, Gus Michaud, Shea Nugent, Anthony Rizzo, Ray-Ray Rosa and Jake Whitlock, worked with Den Leader, Pete Fitzpatrick to complete their Fitness Badge. In order to earn this badge, all the boys had to learn basic nutrition, meal planning, hygiene and the importance of exercise and sleep.

The Pack ended the month celebrating the holidays, by helping the Swampscott Senior Center prepare for its annual holiday party, by making decorative gift bags and writing cards for the seniors, as well as donating canned food items to The Greater Boston Food Bank, which is the largest hunger-relief organization in New England.

## HAPPY NEW YEAR!!!

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## Santa at Nahant Lions Pancake Breakfast

Here are two photos taken at the Nahant Lions Pancake Breakfast held Sunday, December 9th. The breakfast helps the Lions raise money for Eye Research, as well as provide an opportunity for kids to see Santa. A good time was had by all and the pancakes were great. —Submitted by Michael Billias



## COA Notebook

by Diane Desmond, Director

The Council on Aging wishes one and all a VERY HEALTHY AND HAPPY NEW YEAR! January 2008 will be a planning month for the COA. We are looking toward senior exercise programs, computer education, fun events and activities. We will also be sponsoring talks such as with an Elder Affairs Lawyer and Medicare Representatives. Please call for information and updates, at 781-581-7557.

Beginning Tuesday, January 8th, from 7:00 to 8:00 p.m., the Nahant Council on Aging will host a knitting group, so named, the Nahant Knit In. This group is meant for anyone interested in knitting, from beginners through advanced. All are most welcome. The Nahant Knit In will be held on Tuesday evenings, from 7:00 to 8:00 p.m., at the Community Center, 41 Valley Road, Nahant. If you would like, please bring patterns to exchange with others joining Nahant's Knit In!

The COA was unable to submit an article in December and are now submitting some old, but good, news.

Recently the Nahant Council on Aging has received a \$15,000 grant from GLSS to be used for a Senior Fall Preventative Program. We are very pleased to have been awarded this grant. It is our hope to help keep our seniors safe from injuries resulting from falls and sometimes long rehabilitations.

The Smoke Alarm Project has been very successful. At this writing, seniors may still add their names to the list, by calling Nancy Wilson, at 781-581-0482.

These grants and several others have been awarded to us, through the efforts of our Board Treasurer, Emily Potts. She has devoted many hours to procuring the grants and we thank her on behalf of our seniors.

Finally, the COA board wishes to congratulate our Vice Chairman, Mary Magner, on being nominated for North of Boston Business Woman of the Year, in the civic non-profit category. For more than 20 years, Mary has been serving those in need. She has raised thousands of dollars, each year, to feed the hungry at My Brother's Table and mentors youth groups who serve there.

Mary sits on many civic and charitable boards and we consider ourselves fortunate to have her. CONGRATULATIONS, MARY!

Our weekly shopping trips continue. Feel free to join us, or just visit us any time, at the Center, in this upcoming new year.

## Avoid Invasive Plants for Holiday Decorating

by Linda Pivacek

As part of the upcoming holiday season, many people use plant material to decorate their homes, or businesses. MassWildlife highly recommends that people avoid using certain invasive exotic plants, such as Oriental bittersweet (*Celastrus orbiculatus*) and multiflora rose (*Rosa multiflora*), in holiday decorations.

Though these plants are attractive, it is best to refrain from using them. Birds eat and carry away the fruits from wreaths and garlands and the digested, but still viable, seeds re-sprout where deposited.

These exotic, invasive plants create severe environmental damage, invading open fields, forests, wetlands, meadows and backyards, crowding out native plants. Bittersweet can even kill mature trees. Both plants are extremely difficult to control. When cut off, the remaining plant segment in the ground will resprout.

Many people may be unaware that it is illegal to import, or sell bittersweet and multiflora rose, in any form (plants or prunings), in the state of Massachusetts.

For the Massachusetts prohibited plant list, visit the Department of Agricultural Resources website at: [http://www.mass.gov/agr/farmproducts/proposed\\_prohibited\\_plant\\_list\\_v12-12-05.htm](http://www.mass.gov/agr/farmproducts/proposed_prohibited_plant_list_v12-12-05.htm).

Other information on invasive plants can be found on the MassWildlife website at: [http://www.mass.gov/dfwele/dfw/nhesp/conservation/invasives/invasive\\_plant\\_info.htm](http://www.mass.gov/dfwele/dfw/nhesp/conservation/invasives/invasive_plant_info.htm).

## Before you Fall, Call the Nahant Fall Prevention Program

The Nahant Council on Aging has received a grant from Greater Lynn Senior Services, for the purpose of helping Nahant Seniors prevent falls in their homes.

Since home falls are often such devastating and disabling events for seniors, this program is designed to identify and correct some of the conditions which may lead to falls. A free, confidential in-home evaluation will be performed by an All Care Nurse. These nurses are experienced in home safety evaluations for fall prevention. Their services are often used by people who are returning home, after a hospitalization. The Nahant Council on Aging is hoping that Seniors (age 60+) will take advantage of this program, to identify problems before they experience a fall.

To take part in this program, just call the Council on Aging at 781-581-7557 and tell them that you would like to sign up for a Fall Prevention Evaluation. Your name and phone number will be forwarded to VNA All Care and they will call you to schedule a visit. Once the evaluation is complete, VNA All Care will provide you with a written report and recommendations, to improve your home safety.

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## A New Greener You

by Sallee Slagle, Director, Dance Dimensions

Well, this New Year, let's look at creating a more healthy internal environment in our bodies, as well as a greener planet. We should look to eliminate, or at least reduce, the chemical exposures we encounter in our daily lives. Have you read food labels recently? Do you know what is in your food, snacks, or even your cosmetics? We all eat convenient fast food and processed foods that may not actually provide the nutrition our bodies need. Many chemical additives can stress our body's systems and inhibit its function, even just eliminating it, or trying to balance it in our bodies. Now is a good time to review our habits and make some green choices for our bodies, too.

Many personal care products we use have toxic ingredients that should be avoided. Our shampoos, conditioners, gels and certainly hair coloring; skin care lotions, cleansers, after shave, moisturizers, sunscreens; and of course, cosmetics, lipsticks, eye shadows, foundations, all include ingredients that are less than natural, even if you buy "natural" products. These days you must read the labels!

From the various sources I have read, I've learned to avoid products containing sodium laurel(laureth) sulfate (SLS), Toluene (in any form), i.e. butylated hydroxytoluene (BHT), all parabens, propylene glycol, mineral oil, or other petroleum based ingredients. Your skin is your largest organ and it DOES absorb these chemicals into your body. These chemicals can and do interfere with a range of natural functions. Protect your skin so it can do its job and protect you.

Water is an essential part of all of us. So be aware of what is in your water. Fluoride is in most tap water and is controversial. Several European countries have banned fluoride use. It has been labeled toxic by many reports. Chlorine levels vary from town to town and is also a chemical that is under debate as to how safe it is to consume. For drinking, both of these minerals can be removed by reverse osmosis filters, or by distilling. Also, the bottled water we drink, is often not pure. And pure, imported waters may consume and create hazards for natural resources. It is simpler and certainly more environmentally friendly to filter and reuse your own water and container.

Over the holidays there are lots of sweet indulgences we all enjoy, but now that it is over, we should pull in the reigns on the sweet stuff and build up our health without sugar, or sweet substitutes. Many of us will be dieting to lose some extra pounds this year. Well why not cut out all sweet stuff? Why not rely on your attitude and personality to sweeten up your life and eliminate refined sugars and sugar substitutes! Diet drinks and diet foods often contain aspartame, sucralose and other manmade, chemical sweeteners, that are FDA approved, but still debated daily as to their safety. They can have side effects and they will not help you lose weight. These zero calorie sweeteners create cravings and certainly add toxic chemicals, into your body. I would choose sugar over any of these any day. Just burn the extra calories in daily activity and reap the benefits instead!

Now each of the subjects above deserve an article of their own. I have only touched the surface, but take a look at consuming greener foods, greener personal products and create a healthier environment in your body. Do some research online and read your labels! We will help create a less toxic environment for all. By not consuming these chemicals, we can influence the production and use of them. Your body deserves the same effort to be green this year. Make a greener planet and a greener you.

## High School Students 1st Quarter Honor Roll

**SENIORS: HIGH HONORS** - Jacquelyn Ball, Elizabeth Cleary, Leah Gomperts, Kevin Li, Edward Maroney, John Mason, Jenna Mazzaferro and Brian Palangi. **HONORS** - Lauren Baumeister, Alex Caloggero, Janelle Mazzaferro, Michaela O'Donnell, Jon Pellegrini and Mary-Lynn Taylor. **COMMENDED** - Allison Colson, Ryan Gravel, Brendon Hambleton, Catherine Norton and Matthew San Roman.

**JUNIORS: HIGH HONORS** - Mary Bartholomew, Kelsey Dill, Bianca Munoz, Maggie O'Callaghan, Jonathan Poth, Brandon Poulin, Kelly Walton and Owen Welsh. **HONORS** - Briana Canty, Emily Cook, Heather Irvine and Trevor Wheeler. **COMMENDED** - Victoria Desmond, Brian Fiore, Michael Gillis, Nicholas Lamando, Amy Simons and Emma St. Jean.

**SOPHMORES: HIGH HONORS** - Amelia Antrim, Thomas Ball, Olivia Barba, John Blank, Monique Bleau, Rebecca Gray, Kate Hall, Julianna Liscio, Lillian Pillsbury, Patricia Silva and Kyle Taylor. **HONORS** - Casey Connolly and Stephen Meagher. **COMMENDED** - Tucker Allard, Jennifer Cleary and Hugh Mosher.

**FRESHMEN: HIGH HONORS** - Ian Antrim, Alexander Billias, Dimitri Christoforidis, Patrick Gavin, Nicole McDermott, Maggie Osbahr, Casey Shanahan and Leah Towe. **HONORS** - Frank Barba, Thomas Lamando, Taylor Maccario, Christopher Mason, Dara Mosher, Emma O'Donnell and Gabriella Wootten. **COMMENDED** - Daniel Barbacoff, Jennifer Desmond, Eric Greene and Jessica Simons.

Best wishes for a happy and prosperous New Year.



## News from the Johnson School by Joseph F. Lisi Ed.D., Superintendent of Schools

The new calendar year for the Johnson School has us looking forward with promise, from events of the past and exciting events of the future, that will enable us to learn and grow and be the best we can be, in 2008. Much has happened since the Johnson School opened its doors to students on September 5th.

**MCAS Testing:** The Johnson School's spring 2007 MCAS progress report, even though it was described as a "High Performance Rating" in both Mathematics and Language Arts, did not meet the required improvement "target" in Language Arts. Teachers have been reviewing test results from last year and have already begun to incorporate into their lessons, approaches that will focus on areas of weakness, prior to Spring 2008 testing. Parents play an important role in monitoring home assignments and it is hoped that this partnership will result in improved MCAS scores, next spring.

**New Johnson School Principal:** The Johnson School Principal Search Committee selected two excellent finalists, Barbara McKinley, Assistant Principal at the Page Elementary School, in West Newbury and Diane Mulcahy, Assistant Principal at the Welch Elementary School, in Peabody. Each finalist then visited the Johnson School, met with parents and teachers and had a final interview. The announcement of the finalist, who will lead the Johnson School, will be made the week of December 16th and the new Principal will begin on January 22, 2008.

**Playground Installation Completed:** The Intermediate Grades' playground was installed the 1st weekend in November, with help from the Department of Public Works and a volunteer workforce, led by Erin DiGrande. Many thanks, from the students and staff of the Johnson School, to all who were involved in this effort.

**New Library Begins to Take Shape:** An aggressive schedule, for the completion of the School's Library, cites the date of February 1st, for work to be completed. Then, the organizational work begins, relocating the computer lab to the library and getting all books shelved and cataloged for the official opening. Town Librarian, Dan deStefano, was very helpful and has identified individuals who could help out with the organization, once the structure is completed.

## Fresh Starts at Marian Court College in January 2008

There are many opportunities for a fresh start, in January, at Marian Court College in Swampscott. The spring semester of day classes starts on January 23rd and a new session of evening classes starts on January 28th. The Advanced Dental Education Institute is launching a Dental Office Management certificate program, starting on January 26th.

Whether you're a day student who started college elsewhere, or opted not to start college in the fall, it's not too late to start at Marian Court. "We have many students who start with us in January," says Gretchen Manning, Vice-president of Advancement and Enrollment. "It could be that the larger college environment, or a far-from-home school, wasn't the right fit for a student, or that circumstances made it difficult to start in the fall. We offer the benefits of a private school (small classes, individualized attention and a personal campus) with the perks of a commuter school (close-to-home, no room and board costs). That combination works well for many people."

The evening session is a great option for those who work, or have other responsibilities during the day. Each class meets one evening a week, for ten weeks.

Starting January 26th, the newly formed Advanced Dental Education Institute at Marian Court College, will offer a Dental Practice Management program developed in partnership with NextLevel practice, founded by Gary Kadi, the nation's leading dental practice strategist and author. The certificate program was created in response to a growing need for well-trained dental practice managers. The one-year, for-credit program, which can also lead to a degree, includes courses in dental marketing and sales, dental terminology, dental reimbursement and coding, dental practice productivity, the use of technology in a dental practice, plus others.

To learn more about the many options for a fresh start at Marian Court College, there will be an Open House and On-the-Spot Admission event on January 9th, from 6:00 to 8:00 p.m. Tour the ocean-side campus and talk with admission and financial aid counselors. Students who bring a transcript and schedule an interview for that evening, could be accepted on the spot. To schedule an interview, please call Marian Court College at 781-595-6768, or visit [www.mariancourt.edu](http://www.mariancourt.edu), for more information.

*Marian Court College is certified by the Massachusetts Department of Revenue as a non-profit organization.*

## 15th Annual Providence Boat Show

The 15th Annual Providence Boat Show, is being held from Thursday, January 3rd thru Sunday, January 6th, at the RI Convention Center, in Downtown Providence, Rhode Island.

There will be 250 exhibitors, 180 booths with over 300 boats and various equipment on display, as well as Children's Activities, Demonstrations, Workshops and Seminars running all day, everyday, during the show.

The Rhode Island Convention Center is conveniently located, right off Route 95 with indoor parking on-site. Show Hours are Thursday: Noon to 8:00 p.m.; Friday/Saturday: 10:00 a.m. to 8:00 p.m.; and Sunday: 10:00 a.m. to 5:00 p.m.

Tickets are \$12 for adults and children 12 & under are admitted free with an adult. Avoid standing in line and save money, advance discount tickets are available on-line for only \$10! Military Discount: half-price ticket with proper ID all four days.

For more information, call 401-846-1115, or visit [www.providenceboatshow.com](http://www.providenceboatshow.com)

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## **Discovering Good Pain in Deeper Tissue Massage**

**by Susan Cadigan, LMT, NCTMB**

A deeper tissue massage should involve a thorough warming of the area that will be worked on. It is important to prepare the area, so the tissue is not damaged and pain can be kept minimal. Deep-tissue massage will not be had for the whole session. It will be incorporated where problem areas need to be resolved.

A most frequent area of the body that gathers tension, is the neck and shoulder area. This area is usually over-worked and has suffered some kind of injury. An injury can result from something as simple as repetitive motions. These motions can be as simple as doing the same thing at work on the computer, or holding the head a certain way while driving.

After warming the tissues and the area to receive the deeper tissue massage, the fibers will be explored with trained and intuitive hands, until the area that exhibits the most pain, when squeezed, is found. This area will have tender, fibrous knots/ small tissue contractions often known as trigger points, or myofascial points.

These fibrous knots, adhesions and shortened tissue, usually lead to more everyday discomfort from the chronic aching, loss of range-of-motion and stiffness.

A symptom of a true trigger point is referred pain. This is when the trigger point may send pain to some other sites. Often, when deactivating an area on the shoulder, pain is felt in the ear, or on the scalp, or jaw. Often, when deactivating a trigger point on the neck, the trapezius muscle will twitch, causing the muscle to relax. Massaging the area, after deactivating a trigger point, will flush the area of accumulated waste and allow oxygen and nutrition to flood the area, to promote repair and recovery. Often, the session will be followed up with a home stretching routine to the affected area.

Trigger points can be the cause of headaches, neck pain, low back pain, tennis elbow and carpal tunnel syndrome. These trigger points have predictable patterns.

By manually searching the area, a trigger point can be “deactivated” with simple techniques. This is where some discomfort is felt. Communicating with the therapist is crucial to maximize the effectiveness of the treatment. Working as a team will assure success. This is how good pain can actually decrease discomfort.

It is important to discuss your aches, or pains, with your primary care physician. They can look into symptoms and assure you that your attempt to remedy the situation is appropriate for the situation, or they may order other tests to rule out other factors.

Wishing you a happy and healthy New Year.

*Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She is the proprietor of Nahant Therapeutic Massage, at Dr. Deborah Feinbloom's Healing and Chiropractic offices at Nahant Natural Healing; 41 Valley Road (the Community Center). Ms. Cadigan is also employed with Partner's and provides deep tissue and therapeutic massage at North Shore Medical Union/Salem Hospitals. She is a two-time cancer survivor. Ms. Cadigan can be reached at 617-240-4252, or e-mailed at [momentsofpeace@comcast.net](mailto:momentsofpeace@comcast.net)*

## **The Nocera Family of Nahant Performs at Boston's Tree Lighting**

The entire Nocera family, of Ocean Street, Nahant, recently performed at Boston's Official 2007 Tree Lighting Ceremony. Mark and Dawna Nocera are the owners of Studio 665, a ballroom dance studio, with locations in Woburn and Needham. They were joined onstage, during the performance, by their daughters, Charisse (12) and Miranda (10).

The Tree Lighting Ceremony was held at the Boston Public Gardens in front of the live audience in Boston, as well as the television audience watching the show “Chronicle.” The Noceras and other dancers from Studio 665, wowed the crowd as they started the show with their Viennese Waltz. The crowd was very impressed at the beautiful picture, as the dancers whirled and twirled around the stage. The dancers took a break and caught their breath during perfor-



mances by the Boston Children's Choir, the cast of the musical “White Christmas,” vocalist Gisela Johnson, and Grammy award winner Jose Feliciano.

For their second performance, the Noceras danced a Swing. During the dance, Charisse and Miranda Nocera had the crowd laughing as they cut in and began dancing with their father. At the end of the performances, Santa Claus paid a visit and the Nocera family joined all of the evening's performers onstage to sing Christmas Carols. Mark Nocera said, “It was a wonderful experience for our family, to be part of this long-standing Boston tradition. We hope that we will be able to come back and do it again.”

The Noceras are the owners of the Eastern Ballroom Dance Competition which will premiere in Boston, at the Park Plaza Hotel, on February 8th thru 10th, 2008. Spectator tickets are still available at [www.easterndancesport.com](http://www.easterndancesport.com).

For more information about Studio 665, or the Eastern Ballroom Dance Competition, call (781) 932-6237.

## **Apogee Media Services Moves to Nahant**

Apogee Media Services, LLC, formerly of Needham, has set up operations in Nahant. Apogee Media Services specializes in making multi-media “memories” productions, bringing clients' old photos and videos to life, using the firm's specialized digital editing and production technology. The Media Memories Video Photo Albums are often the focal point of family celebrations, gatherings and milestone events.

Apogee Media Services, established in October of 2003, is owned and operated by Doug Frauenholz, a resident of Nahant, and an award-winning producer, with over 20 years experience working with broadcast media, including, WB56 and WCVB Channel 5, in Boston. In addition to the Media Memories Video Photo Albums, Apogee Media creates Reel Life Video Biographies, for weddings, anniversaries, graduations and Bar/Bat Mitzvahs and provides corporate clients' with multi media presentations, digital design and enhanced web marketing services.

“We're excited to set up shop right here in our home town,” Doug Frauenholz said. “We all have stars in our lives - family, friends and colleagues - right here in our own community,” he explained. “We bring that Hollywood magic to Nahant.”

Whether it's a Media Memories Video Photo Album for your child's Bar Mitzvah, or a Reel Life Video Biography for Mom and Dad's anniversary, Apogee Media helps you organize, prioritize, and sort through piles of old photos, videos, and 8mm/16mm movie film, then, with expert editing, the right music (and a few secret techniques) you are in possession of a gift that is truly priceless – your family's own personal “Biography” show!

Call Doug at 781-581-8811, or visit on-line at [www.apogeemediaservices.com](http://www.apogeemediaservices.com), to learn more about the company, products and services.

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## Food Allergies and Sensitivities

by Dr. Devorah Feinbloom, Director, Nahant Natural Healing

How do you know if you are allergic to something you are eating? Most people associate skin rashes, hives and bloating with a food allergy, but the signs can be very varied and worth looking at. There are four major categories of ways that food allergies may express themselves: the skin, the respiratory passages, the intestines and in the behavior. Signs on the skin include: hives, red sandpaper-like facial rash, dry, scaly, itchy skin (mostly on the face,) swelling in the hands and feet, puffy eyelids, dark circles under the eyes, lip swelling and soreness and cracks in the tongue.

Signs in the respiratory passages are: sneezing, runny nose, stuffy nose, wheezing, watery eyes, rattling chest, congestion, bronchitis, recurring ear infections.

Signs to look for in the intestines would be: constipation, vomiting, bloating, gasiness, excessive spitting up, mucousy diarrhea, "burnlike" rash around anus, abdominal discomfort, intestinal bleeding and poor weight gain.

Most people would never think that behavior would be affected by a food allergy. Look at these signs. Fatigue, migraines, headaches, hyperactivity, crying, irritability, night-walking, anxiety, and crankiness.

Most reactions to food tend to happen 45 minutes to 2 hours after ingestion, but can be delayed as much as 4 days.

The most allergic foods tend to be the ones we eat the most: milk, cheese, ice cream, wheat, gluten, corn, rice, soy, brewers and baker's yeast, peanuts, tree nuts, egg yolks, egg whites, chocolate, cola, coffee, alcohol, artificial sweeteners, white and brown sugar, and gluten (wheat, rye oats, barley.)

How to determine if you have food allergies or sensitivities: If you don't want to spend a lot of money on medical tests, to see if you are allergic, the simplest thing to do is eat vegetables, fruits, meat, chicken and fish, oils and take out of your diet all the possible allergens for a few weeks. Then add back only one new food every 3 to 4 days, in pure form, and eat that new food, at least twice each day, during the test period. Butter is the one dairy product that is better tolerated, because it is pure fat, without any protein. The protein part of foods is most allergenic. Margarine has both protein and chemicals added, and is never preferred. Of all the grains, long-grain brown rice is least likely to cause problems. If cooked rice is sticky, it contains gluten-like material that tends to be more allergic. If the cooked grains of rice do not stick together, they are less allergic. Since gluten is what makes almost all bread, crackers, chips, dough, hold together, some sensitive people choose to go through life without that type of food. Although corn is said to be "gluten free," experience indicates that grain-allergic patients often do not usually tolerate it well.

At Nahant Natural Healing, we can determine if you have food allergies and sensitivities using kinesiology, which was described in a previous issue. This is a painless way to evaluate the body, without having to use needles.

*Dr. Devorah Feinbloom is the director of Nahant Natural Healing located at 41 Valley Road. She shares her office with Susan Cadigan, director of Nahant Therapeutic Touch. We provide full service holistic healing and stress management. For more information: www.drdevorahfeinbloom or call (781) 592-5500.*

## New England & Greater Boston Antiques Festival

The Greater Boston Antiques Festival is scheduled for Saturday, January 19th and Sunday, January 20th, at the Shriner's Auditorium, in Wilmington, where over 160 diverse dealers will display antiques from all over the world. Forty of the dealers display their antiques in sophisticated room settings.

Dealers will specialize in a large variety of antiques from the mid 1700's to mid-century modern design. Specializing in Fine oriental antiques is Jim Dolph of Durham, NH. Displaying a large selection of Victorian drapery tiebacks is Donald Harford, of Falmouth, ME. Specializing in country furniture and hooked rugs is Cathy Consentino of Timber River, New Brunswick. Other country furniture dealers include Vermont dealers Joan Korda, of Bridport and Howard Graff, of Townshend, Pauline and John Sambain, of Foster, RI, Harry Hepburn of Harrison, ME, Pru Fraser of Swanzey, NH and Chris Doscher, of Walkill, NY. Dealing in ironstone pottery and yellowware is Paula Cohen of Brooklyn, NY. Rare books, maps and other historical documents will be displayed by dealer Richard Gosselin, of Hookset, NH. There is always a large variety of American art pottery, glass, fine art and estate jewelry on display at the show.

Admission to the Greater Boston Antiques Festival is \$8 per person. Children 12 and under are admitted free. Hours are Saturday, 10:00 a.m. to 5:00 p.m. and Sunday, 10:00 a.m. to 4:00 p.m.

For more information, call (781) 862-4039, or visit [www.neantiqueshows.com](http://www.neantiqueshows.com). Free parking is available. The Greater Boston Antiques Festival is produced by Marvin Getman of New England Antique Shows.

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Submitted By Duddie & Ponsie Tudor "The Ice King Twins"

## Our Goals for 2008

"Happy New Year!" everyone, from the staff of The Tudor Cocktail Ice Company!

In the spirit of our Dad, Nahant Philanthropist Frederic Tudor, we are committed to follow through on all the proposals we made to our Town last year.

Our family foundation has earmarked \$1,700,000 to the Nahant Archeological Society for the preservation of the Home of Fandango, (the stone house on the corner of High St. Ext. and Spring Rd.). The funds will be used to finance the on-going archeological dig on the property, for his skeletal remains. Also, to commission our town artisans to create and erect a life-size 4' 6" bronze statue of that magnificent bird, on said property. As many of you know, there are ongoing renovations to the outside and basement of the existing structure, and a "Fandango" commemorative plaque has been placed on its door.

In keeping with the trend of other New England coastal towns, we have set aside additional funds to revamp the antiquated hard cider mill, located in the basement and convert the equipment to the manufacturing of Nahant's own label fine wine. The original hard cider was made of apples from Dad's own town orchards.

Next on the agenda, we are donating \$975,000 for the design and manufacturing of not one, but two mule-driven Fandango wagons. These will be designed in the shape of that rooster (Nahant's answer to the combining of the Boston swan boats with the duck boat tours.). They will be stationed at the Short Beach parking lot this upcoming summer, to help our non-resident, parking-sticker owners discover all of our town's other beach gems.

As a New Year surprise, we have saved the best for last. Bass Pointers seem to have a traffic concern with the possibility that the 12 former Coast Guard housing units will be adjusted to 32 mixed income units.

Not to worry folks, The Tudor Cocktail Ice Company will tap into its JUMBO FUND and finance a tunnel that will run from Bailey's Hill Park to Boston's inner city, which will alleviate most of the new volume of traffic through town.

In return for this donation, we ask that the tunnel be named after our Dad. Boston has the Ted Williams Tunnel, fondly referred to as "The Ted," we ask that Nahant's tunnel be called the Frederic Tudor Memorial Tunnel, to be fondly referred to as "The Fred."

— Submitted by Ophelia Payne Tudor, C.E.O., The Tudor Cocktail Ice Co.

## Nahanter Ted McCarthy Achieves Home Marketing Specialist Certification

Submitted by Ronnie Northrop, Coldwell Banker

Coldwell Banker Residential Brokerage is pleased to announce that Ted McCarthy, of the Coldwell Banker Residential Brokerage office in Swampscott, has been awarded the Certified Home Marketing Specialist (CHMS) national designation, created by Martha Webb, renowned author and producer of Dress Your House for Success.

To obtain the CHMS designation, Ted successfully completed a comprehensive course focusing on specific marketing strategies, such as property positioning, to appeal to specific, home-buying emotions and pricing tactics, that assist in selling houses faster and at a higher price. Ted attended the course at the Coldwell Banker Residential Brokerage state-of-the-art training facility, in Canton.

"This marketing perspective is especially important in today's environment where houses are competing for buyers," said Ted. "Also, learning to stage the property correctly assists buyers in seeing the true potential of a home, an essential element in the purchasing decision."

Ted McCarthy is a resident of Nahant and focuses his real estate business there and in the surrounding North Shore communities.

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## Let's Green Up Nahant!

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

### Busy December, Busy January For Nahant Environmental Activists

by Polly Bradley

Safer Waters in Massachusetts (SWIM) will meet twice in January: on Thursday, January 3rd, at 7:00 p.m., at 33 Summer Street, Nahant, to determine whether SWIM should apply for a grant under the Community Preservation Act and on Tuesday, January 22nd, at 7:00 p.m., at Northeastern University, Marine Science Center, to prioritize SWIM's many concerns about protecting Nahant's environment.

Bailey Clear, Karen Regnante, Tracy Hajduk, and Stacie Nardizzi (in photo), along with Polly Bradley, met several times in December, to prepare for the event for Johnson School children. This event is part of the Johnson School's "Amazing People in Nahant" series. It is designed to become aware of and tap into the great people resources we have right here in Nahant. The program was coordinated by SWIM Education Committee chairman, Karen Regnante, who has a Master's degree in Marine Biology, from the University of California in Los Angeles (UCLA).

In addition to making posters, the children were taught about the protected eel grass environment, where so many species vital to Nahant's beach ecosystem reproduce and the brant, a small black and white coastal goose that winters over in Nahant, its northernmost habitat. Students also learned about Marine Mammal Hotlines, that rescue stranded beach animals. Stories about other species that can be saved from extinction were shared. The major emphasis of the event was to teach children how they can make a difference in protecting and saving the environment.

Considerable progress was made at a December 10th meeting, on the proposed local "No Discharge Area." The meeting was organized by Lainey Titus, Chief of Staff for State Representative, Steve Walsh and attended by a small working group from Swampscott, Lynn, Nahant, Saugus and Revere, as well as Congressman Tierney's office. Kathryn Glenn, North Shore Regional Coordinator for the Massachusetts Office of Coastal Zone Management, met with the group, to explain the process for applying for a No Discharge Area. Boston Harbor and Salem Harbor are in the process of making certain that all boats must either discharge their wastewater at a pumping facility, or outside the three-mile limit, but the lower North Shore is not yet protected.

At its December meeting, SWIM voted unanimously to strongly support the Conservation Restriction that the Hall family is offering on its land on Wharf Street. SWIM wrote to the Nahant Selectmen, "This land is particularly important as a bird and animal habitat, especially since it is so close to the Massachusetts Audubon Society's Nahant Thicket and therefore permanently extends that protection to a wider area. The low-lying area in that vicinity supports a wide variety of bird life, particularly during spring and fall migration. So much coastal land is being lost to development that it is more and more important to protect what remains." Representatives from the Open Space Committee, the Massachusetts Audubon Society, and SWIM, plus Henry and Liz Hall, braved the wild and windy snowstorm of Thursday, December 14th, to voice their support for this Conservation Restriction. The Board of Selectmen voted unanimously to accept the Conservation Restriction.

There is a possibility of funding from Nahant Community Preservation Committee (CPC), which has about \$285,000 dollars available, to spend on grants, 10% of which must go to open space projects, 10% to historic preservation and 10% to affordable housing. The other 70% can go to any of the above or to recreation. The competition for grants is strong, but even a minor grant to SWIM, could open up the possibility of worthwhile projects SWIM had never considered before, because of its very limited budget. Some possible SWIM projects discussed at a December 11th meeting of the CPC, are the spring Beach CleanUp/Earth Fest; outreach for the No Discharge Area project, an eel grass restoration project with Northeastern; environmental education; improvements on Nahant Beach (the causeway) and hiring a summer intern or part-time assistant, to help on a SWIM project. The Thursday, January 3rd, SWIM meeting will explore grant possibilities.

SWIM decided, at its December meeting, to devote its next regular meeting on Tuesday, January 22nd, to discussion of SWIM's priorities and plans for 2008. An overwhelming number of environmental problems face Nahant, from global warming to toxics in toys to pepperweed, an invasive species which Salem Sound Coastwatch (SSC) is trying to control in Salem Harbor and which SSC has informed us is found on the Lynn Harbor side of the causeway. Clearly SWIM has neither the financial, nor the human resources, to tackle everything that threatens the environment, and it is essential to clarify where SWIM can be effective and what its major focus should be. All concerned about Nahant's environment are invited to attend.

### SWIM Environmental News



Bailey Clear of Northeastern University, Marine Science Center, Karen Regnante of Safer Waters in Massachusetts (SWIM), Tracy Hajduk of Northeastern and Stacie Nardizzi, parent and volunteer Outreach Coordinator at the Johnson School in Nahant (above photo, left to right), on December 10th, led a program about protecting the ocean for about 75 third and fourth grade students. Students made posters, from materials donated by SWIM and Northeastern, featuring what students love about the ocean, what threats endanger the ocean and what kids can do to protect the ocean.

### Toxics in Toys

One day, I went into Boston, to the offices of the Alliance for a Healthy Tomorrow (AHT) and Clean Water Action, to have those little rubber duckies and some of my grandchildren's other toys tested for lead and other contaminants. The rubber duckies did not have lead, but a little rubber whale had a very small amount of bromine in its rubber "sunglasses." The rubber duckies and whales tested high in chlorine, an indicator of polyvinyl chloride (PVCs), which are often softened by phthalates.

The object that really tested dangerously high, was a bracelet, that tested 22% for lead. It was an adult bracelet my daughter got, maybe 15 or 20 years ago, BUT she had been planning to put it in with her daughters' dress-up clothes. It occurred to us that yet another hazard is old costume jewelry, that parents let their little girls play with. Heaven forbid my little granddaughters, Summer, Maggie and Ivy Young, who chew on everything, or anybody else's grandchildren, should ever carelessly suck on that bracelet. I wouldn't even touch the thing again — just gave it to AHT to get rid of. If you would like up-to-date and accurate information on toxics in toys, please go to [www.healthytomorrow.org](http://www.healthytomorrow.org) or [www.healthytoys.org](http://www.healthytoys.org).

— Submitted by Polly Bradley

### Snowfall - December 2007

Summer, Maggie and Ivy Young (left to right), daughters of Will and Cynthia (Bradley) Young. Their grandparents are Polly and Larry Bradley of Nahant and Peggy and Dave Young of Arizona. Cynthia and her family now live in Exeter, New Hampshire.





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## Walking In A Town Called Clinton

January 2006—on a sunny winter day  
I do pass,  
Through Clinton, Mass.  
Thirty-five miles west of Boston,  
Experiencing the traditional, walkable downtown,  
Surprised by the Victorian homes  
And numerous churches' architecture.  
Admiring the sunset over the Wachusett reservoir,  
The smell of snow in the air  
And the blue-red sky there,  
Reflecting on tidbits from Clinton's past:  
Mark Twain lectured here in November 1869  
Talking to Clintonians about his travels to Hawaii.  
President Rutherford B. Hayes visited Clinton in 1877,  
No one knew he was coming.  
But when former President Carter's motorcade  
Entered Clinton in 1977, they did know.  
A crowd of Clintonians alongside applauded  
With ovations and cheers.

X X X

On January 2006 I look  
Across the gray defoliated trees' scene  
Viewing the fluttering of the American Flag.  
Maybe, one day, Mrs. Hillary Clinton  
As a President, will visit the town of Clinton.

—ROZI THEOHARI



**HAPPY  
NEW YEAR  
2008!**



## Our Destiny

I was Captain of a side-wheel steamer.  
We sailed to America where grass was greener.  
Aboard the ship was more precious than gold.  
Filled to capacity with the young and old.

We arrived at the coast, fog was severe.  
All we wanted was for land to appear.  
We chugged on slowly, no coast in sight,  
As we entered Salem Harbor that fateful night.

The fog bell warned of the dangerous shoals,  
I started to pray for the onboard souls.  
The bell range louder, it was too late.  
We reversed the engines, I realized our fate.

The trees started emerging from the ghostly mist.  
My ship grazed ledge, then started to list.  
The hot boiler exploded with a thunderous blast.  
No one knew that day was their last.

Our bodies are gone, our spirits still here,  
So don't feel bad, we'll always be near.  
We found our place where grass is greener,  
Sailed into destiny on a side-wheel steamer.

—Dave Watson, 11-06

## State Rep. Steve Walsh Receives the Providers' Council's Legislator of the Year Award

Submitted by Mark Kennard, Executive Director, Project Cope

The Massachusetts Council of Human Services Providers recognized Lynn State Representative Steven Walsh, as the Legislator of the Year for 2007. Drawing in excess of 1,000 healthcare professionals from around the state, at its annual convention in Boston, The Provider's Council recognized Representative Walsh for his "outstanding leadership in responding to the statewide public health epidemic of prescription-drug abuse by young people."

"Representative Walsh noted the complexity of the prescription drug epidemic and the lack of any statewide coordination, or policy review," said Council member Mark Kennard, Executive Director of Lynn-based Project COPE. Kennard added, "He took action to save the lives of vulnerable young people."



Representative Walsh filed a budget amendment in 2005, to provide "for the investigation by a special commission, into the effects of OxyContin and other drug use." After a series of public hearings around the state, and numerous meetings to review public information, hear from key informants and develop "best practice" policies, the Final Report of the Massachusetts OxyContin and Other Drug Abuse Commission was released to the public on July 13, 2006.

The result is a nationwide model that addresses all of the complex components of illicit prescription-drug use, including prevention and education, distribution, dispensing, handling, prescribing, monitoring and access to substance-abuse treatment. The report serves as a road map for state agencies, to address this issue in a broad, effective and cost efficient manner, that will ultimately result in the saving of young people's lives. At the same time, it establishes clear guidelines of reporting and accountability, to ensure that the work is getting done.

Walsh said, "I was honored to be chosen by the Council of Human Service Providers as their legislator of the year. Reducing prescription drug abuse, by young people in the state, has been one of my main priorities and by working together, with social service agencies, elected officials and families, we are starting to make some real progress. Also, to be nominated by Project COPE was truly special. COPE is an organization doing so much to help families and individuals struggling with addiction. They are an organization well respected and regarded statewide and we are fortunate to have them doing such good work in the Lynn community."

Mr. Kennard also noted, "Representative Walsh continues to lead the way, statewide, by ensuring that key legislative recommendations from the OxyContin Commission are being implemented."

In 2007, Representative Walsh sponsored bills regulating the disposal of prescription drugs, requiring prescription-drug abuse training for medical providers, safeguarding and monitoring prescription drugs, establishing a reporting system on drug overdoses, and legislation, making it a felony, for anyone to possess certain chemicals, with the intent to personally manufacture methamphetamine, or PCP (following an approach adopted by the State of California).

Representative Walsh was described by the Council as "filled with numerous creative ideas, about how legislation can improve the lives of every member of the Commonwealth. Representative Walsh has been on the forefront of proactively identifying important issues and using the legislative process to address them, in ways that make common sense. He has made a commitment to develop public policies to address the state public health epidemic of substance abuse and prescription-drug abuse, which have resulted in countless overdoses and deaths of young people. Over the past three years, he has not wavered from this commitment, as he has worked diligently to use our legislative process to help save lives."

The Providers' Council is the largest statewide membership association for community-based organizations providing social, rehabilitation, education and health care services.



**Senator Thomas M. McGee Awarded  
Legislator of the Year Award by YMCAs of  
Massachusetts  
Submitted by Mike Cahill**

Senator McGee has been named the YMCAs of Massachusetts “Legislator of the Year,” along with Representative Marie St. Fleur. Senator McGee and Representative St. Fleur are Co-Chairs of the legislature’s Special Commission on After-School and Out-of-School Time. The Ys honored the two for their tireless work on behalf of the children of the Commonwealth. Over the last 8 months, the Commission traversed the Commonwealth to conduct 10 hearings on After-School and Out-of-School Time issues. As a complement to the hearings, the Commission also attended 10 site visits at a diverse collection of programs. In addition to an extensive public hearing process, the commission conducted many meetings among commission members to hammer out a strong set of recommendations. The members met both as a full commission and in smaller working groups, broken up by issue: Information and Access; Quality, Workforce and Professional Development and Sustainability.

In recognition of this extraordinary effort and the excellent report produced as a result, the YMCAs of Massachusetts honored Senator McGee as “Legislator of the Year.” At the YMCAs of Massachusetts’ annual meeting, Senator McGee conducted a work shop on the work of the Commission for YMCA staff members from across the Commonwealth. During the workshop, McGee urged Y staffers to reach their local legislators and other public officials, to express how important after-school and out-of-school time is to the well-being of young people in Massachusetts.

Following the workshop, was a dinner, during which McGee received the award. Michael P. Cahill, Public Policy Director of the YMCAs of Massachusetts and Bruce McDonald, Executive Director of the Greater Lynn YMCA, presented Senator McGee with the award.

“The young people of Massachusetts, with all the dangers and obstacles they face in growing into the educated, contributing and healthy adults we all want them to become, could have no more effective, nor more determined and committed advocates on Beacon Hill, than Senator Tom McGee and Representative Marie St. Fleur. We at the YMCAs of Massachusetts are honored to be able to recognize their great works,” said Mike Cahill.”

Bruce McDonald, “Senator Tom McGee is always there for the youth of Lynn and the surrounding communities. He spends time at our Y. He listens to our kids and our dedicated staff. He takes the time to understand our families’ needs and their hopes and dreams for their children. Senator McGee has always fought for children and families...Senator McGee is committed to making state government do what it is supposed to do...provide real opportunities and support for the kids and teens of Lynn and all communities. At the Greater Lynn YMCA, our motto is to help build strong kids, strong families, strong communities. Senator Tom McGee is a dedicated and tireless partner in that effort. We are proud to call him our State Senator and to honor him tonight with our YMCAs of Massachusetts 2007 Legislator of the Year award.”

Senator McGee said, “I’m honored to receive this award from an organization that plays such a powerful role in the lives of our kids. We’ve worked very hard over the last year to examine the role of after school time in the lives of kids and the Y’s have been a great partner in that effort. It is especially meaningful to receive this award from Bruce McDonald, who has been such an extraordinary champion for kids in and around Lynn.”

The Special Commission found that after school programs provide a critical place for young people to develop positive relationships with their peers and with caring adults which become the foundation for their lifelong success. The Commission plans on ensuring that after-school and out-of-school time remains a high-priority for the state by creating a statewide Pubic/Private Coordinating Council, to continue the important work of the Commission and to better coordinate existing resources for after-school and out-of-school time.

**Christmas At Sea**

**My Favorite Christmas Poem.  
Submitted by Rob Scanlan, US Marine Surveyor**

The sheets were frozen hard, and they cut the naked hand;  
The decks were like a slide, where a seamen scarce could stand;  
The wind was a nor’wester, blowing squally off the sea;  
And cliffs and spouting breakers were the only things a-lee.

They heard the surf a-roaring before the break of day;  
But ’twas only with the peep of light we saw how ill we lay.  
We tumbled every hand on deck instanter, with a shout,  
And we gave her the maintops’l, and stood by to go about.

All day we tacked and tacked between the South Head and the North;  
All day we hauled the frozen sheets, and got no further forth;  
All day as cold as charity, in bitter pain and dread,  
For very life and nature we tacked from head to head.

We gave the South a wider berth, for there the tide-race roared;  
But every tack we made we brought the North Head close aboard:  
So’s we saw the cliffs and houses, and the breakers running high,  
And the coastguard in his garden, with his glass against his eye.

The frost was on the village roofs as white as ocean foam;  
The good red fires were burning bright in every ‘long-shore home;  
The windows sparkled clear, and the chimneys volleyed out;  
And I vow we sniffed the victuals as the vessel went about.

The bells upon the church were rung with a mighty jovial cheer;  
For it’s just that I should tell you how (of all days in the year)  
This day of our adversity was blessed Christmas morn,  
And the house above the coastguard’s was the house where I was born.

O well I saw the pleasant room, the pleasant faces there,  
My mother’s silver spectacles, my father’s silver hair;  
And well I saw the firelight, like a flight of homely elves,  
Go dancing round the china-plates that stand upon the shelves.

And well I knew the talk they had, the talk that was of me,  
Of the shadow on the household and the son that went to sea;  
And O the wicked fool I seemed, in every kind of way,  
To be here and hauling frozen ropes on blessed Christmas Day.

They lit the high sea-light, and the dark began to fall.  
“All hands to loose topgallant sails,” I heard the captain call.  
“By the Lord, she’ll never stand it,” our first mate Jackson, cried.  
...”It’s the one way or the other, Mr. Jackson,” he replied.

She staggered to her bearings, but the sails were new and good,  
And the ship smelt up to windward just as though she understood.  
As the winter’s day was ending, in the entry of the night,  
We cleared the weary headland, and passed below the light.

And they heaved a mighty breath, every soul on board but me,  
As they saw her nose again pointing handsome out to sea;  
But all that I could think of, in the darkness and the cold,  
Was just that I was leaving home and my folks were growing old.

**Merry Christmas and Happy New Year  
from my decks & docks to yours.**

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## Useless Information by Ray Barron

### Our Nahant Veterans

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

### Nahant's Alarming Men!

Yes, we do have some handsome "alarming men" in Nahant! Who are they? Paul Wilson and Dave Doyle. We have them to thank for alarming homes in Nahant. Paul and Dave have been installing the alarms at no charge.

### Nahant's Noted Punsters!

Cal Hastings: Adam and Eve lived appley ever after.

Marritt Hastings: Adam and Eve were thrown out of the Garden because they were too noisy—they raised Cain.

Sheila Hambleton: Don't lend people money. It gives them amnesia.

Henry Hanagan: Sheep get their haircuts at the baa baa shop. Peg Hanagan: I know a girl who lost 150 pounds recently. Her husband left her.

Peggy Barile: To have your dreams come true, stay awake!

Ed Poulin: What does Dracula take when he has a cold? Coffin syrup. Gayle Poulin: The cookie was crying because his mother has been a wafer so long.

### Nahant in 1968

Selectmen: Charles A. Kelley, Robert Steeves and Ron Garmey. Town Clerk: Edward J. Dunn. Treasurer and Collector: Florence M. Hubbard.

We had a total of 2,209 registered voters. The tax rate was \$60.50. The Nahant Police Department reported a total of 596 arrests. The majority of the arrests were for drunkenness and trespassing.

John Lowell was the Town Moderator. Births recorded in 1968: 28 males and 30 females. Marriages recorded: 52. The town collected \$771.50 for dog licenses. Town collected \$854,963.50 in taxes. Salary of Nahant's Police Chief, \$7,375.36. Salary of the Nahant Fireman's Chief was \$7,701.20. Our dog officer earned \$250.00 per year. Our Nahant Library Librarian earned \$5,285.96 per year. The Nahant Annual Town Report listed the names of individuals who failed to pay personal property taxes, and Motor Vehicle excise taxes. Our Nahant Library had 69,611 books including 12,765 fiction books and 20,946 kid's books. Guy J. Rizzo was the Superintendent of Schools and Joseph DiClerico served as the school's physician.

Ah, 1968 when the first astronauts, the Apollo 8 team, orbited the moon. The Beatles' "Hey Jude," was popular with our young Nahanterers. It was also the year Richard Nixon was elected President of the United States. And it was the year Jackie Kennedy wed the tycoon, Aristotle Onassis.

### Happy New Year!

## JANUARY BIRTHDAYS

January 1: Fascinating Kim Yannetty, Linda Nolan, Mike Smith, Matt Cardile, the fig tree grower, Mario Pasciuto and Paul Lerman. Also born on January 1st, J. Edgar Hoover, director of the FBI and pop singer, Madonna.

January 2: Donald Polcaro, Pam Szostakowski, Fred Morley, Billy Morrison, Colleen Edwards and handsome Jason Anguilo.

January 3: Francesco Macera, film actor Ray Milland, pianist and comedian, Victor Borge.

January 4: Lovely Gertrud Joyce, Jill Koldewey, Alice Forbush, Paula Smith, Susan Fintonis, Diane Gallagher and the brilliant Christian Manzano.

January 5: Janice Blair, Muriel Castronova, Eva Cieri, Sal Cavallaro, Mark Harrell and Tony Alessi.

January 6: Kathy Toomey, delightful Dorothy Hagoort, personable Ann Fuccione, Danielle Gorham, Christine Sonis, Helen Niosi, the charming Robin deStefano.

January 7: Lovely Dorothy Johnson, sweet Mary Lou Brown, Carolyn Manley, Rose Quinn, Peter Davenport and Ron Branga.

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

January 9: Lisa Clark, Martha Caloggero, Cathy Bartholomew, Inza Teague, Don Nogueira, Dan Baker, Stuart Woodrow and Stojan Maksimovic, a native of Yugoslavia. Stojan is an internationally-known architect who designed and constructed a modern house, perched on a cliff, on Lafayette Terrace, here in Nahant. Stojan's attractive wife Mirjana is also an architect.

January 10: Carol Hanson, Irma Greenlaw, Aldona Palmer, Jeanne Postal, Tom Famulari, the brilliant Len Kavanagh and Sheridan Maguire.

January 11: Lovely Fran Ahern, Tracey Ross, Ana Maria Cunha, Ed Lonergan and Dave Carter.

January 12: Lovely Katie Hyde, Maryanne Parr, Debra Duffy, Dr. Christine Blaski, Nancy Pantano, Marilyn Girard, the inspiring Greek goddess, Gina McCoy and the charming, Heather Butler Cook.

January 13: Gail Guiney, Jennifer Marshall, Marie Bongiorno, Nancy Depinet, Ann Haskell, John Moore, Frank Botta, Joe Alessi and Dick Erikson.

January 14: Marion Doyle, Marjorie Logan, Shirley Hoffman, sweet Edith Hunnewell, Maura Devereaux, Jean Sigourney, Bob Donahue, James Passanisi Pasquale Macone, Paul Kourkoulis and Hannah Pelletier.

January 15: Shirley Fessenden, Sandra Chagaris, Diane Desmond, brilliant Polly Bradley, Dave Desmond, the personable Bob Scanlan, Matt Kennard and Andrew Ryan DelCastillo.

January 16: Congenial Carolyn Cummings-Saxton, Susan Davis, Gwen Davis, Dot Santosuosso, Gloria Barbacoff, Marie Schepens, Steve Baker and lovely Jennifer Carbone.

January 17: Michelle Locke, Andrea Norton, Maureen Palangi, Madison Warren, gangster Al Capone and boxing champion, Muhammed Ali.

January 18: Lovely Andrea Puleo, Kathy Baker, Aimee Meuse, Liam Mahoney, Mike Tufts and John Cadigan.

January 19: Michelle Mueller, Christine Johnson Liscio, Sharon Coletti, Roger DiMinico, John D'Orlando, Jason Morley, John Harkins, Brian Wilson, and my dearest daughter, Karen Barisano, a townie!

January 20: The native of Philadelphia, lovely Joan Kavanagh, Eleanor Bunker, Heather McNeill, Steve Blasdale, Bill Hatfield, Herman Floeck, tycoon Bill

Boyan, actress Patricia Neal and Edwin "Buzz" Aldrin, US astronaut.

January 21: Adeline Flynn, Rosa Melanson, Darlene Landry, Nellie Drewicz, Mary Bongiorno, Bob Gilbert, Bill Waters, Ross Falzone, the dedicated, public servant, Richie Lombard and the devout Gaelic, John Dineen.

January 22: Tom Simpson, Bonnie Bishop, Cathy Brown, Frances Casey, Augustus Lombardi and Pete Elias.

January 23: Anne Kennedy, Christina Priftakis, Maria Migliaccio, Debra Baldwin, Debra Stamm, Kevin Dwan, John Mosher, Bill Julien and Diana Mason.

January 24: Darling Darlene Conigliaro, Cynthia Costin, Frances Moleti, Bonnie Lamando, Kathy Hamill and Pete Sherber.

January 25: Personable Emily Potts, lovely Grace Barile, Bob Leff and authors, Robert Burns and Virginia Woolf.

January 26: Lovely Susan Arzillo, Maureen Sinewski, Marie Esler Abbott, Angelina Pitsas, Bill Kelley, Pete Malatesta, Ryan Cronin, John Collins, Matt Pescaia, actor, Paul Newman and singer, Eartha Kitt.

January 27: Evelyn Turner, Stephanie Tuttle, Barbara Alessi and Pat Pica. Also, on this date, in 1926, the first public demonstration of television was given, by John Logie Baird, at his workshop in London.

January 28: New Orleans native, sweet Gayle Poulin, Norma Brooks, Seta Michaud, Nancy Mirabello, Mike Gomperts, Tom McDonough and the personable, stunning, Barbara Merrill.

January 29 birthdays: Gayle Poulin's handsome husband, the electrifying Ed, sweet Eileen Alessi,

Continued on next page.



## 10 Ways to Reduce Winter Energy Use This Winter

This week's survey (December 20, 2007) of statewide heating oil prices conducted by the MA Division of Energy Resources, showed the highest average price yet — \$3.27 per gallon — 85 cents higher than last year. Propane is also at an all-time high of \$2.77 per gallon, 53 cents higher than last year, at this time.

Winter hasn't even officially begun yet and we're experiencing a third winter storm in eight days and temperatures this month have been much colder than normal. Heating and energy bills are going through the roof — plus it's the holidays. People need help.

In light of an unusual cold winter season, record high energy prices and oil at a staggering \$3.27 a gallon, the Massachusetts Affordable Reliable Electricity Alliance (Mass AREA) has outlined ten ways, at little, or no cost, that Massachusetts residents can cut down on energy costs and increase their savings through winter energy efficiency measures. We know you see energy efficiency tips often, but we believe now is a great time to share ten simple ways to reduce heating and electricity bills, without breaking the budget.

1. Cover Your Windows: Close your curtains and shades at night to reduce air flow and associated heat loss; open them during sunny days to allow passive solar energy to warm the home.

2. Lower the Water Heater Temperature:

Lower the thermostat on your hot water heater to 120 degrees Fahrenheit. For more savings, install a water heater blanket, low-flow shower heads and faucet aerators.

3. Install a Programmable Thermostat

Installing a programmable thermostat compatible with your heating and cooling system can save you hundreds of dollars over the course of a year. Make sure to set it comfortably low in the winter and comfortably high in the summer, and consider setting a weekly program that automatically lowers the heat while you are at work and sleeping. Reducing the temperature by 10-15% (for example from 72 to 65 degrees) can lower your heating costs by as much as 10%.

4. Use Power Strips:

Plug your electronics into power strips. When you're done using them, turn the power strip off to prevent the stand-by mode that exists in many electrical appliances from drawing unnecessary electricity.

5. Use Compact Fluorescent Lighting:

Use compact fluorescent bulbs to light your home. Not only do these bulbs use less energy, but they last longer than traditional bulbs.

6. Look for the Energy Star Label:

Buy products that have the Energy Star label on them. All Energy Star products meet strict energy efficiency guidelines set by the U.S. Department of Energy.

7. Stop Leakage:

Weather-strip windows, doors and attic access routes. Caulk frames around windows and doors from the inside using clear, pliable caulk.

8. Insulate Your Attic:

Insulate your attic — recommended amount for this zone is 18 inches.

9. Check Filters:

Check filters on your warm-air heating system monthly and replace as needed.

10. Wrap it up:

Wrap your heating hot air ducts and hot water pipes with insulation. By doing this you will save money and energy resources.

Please remember to always use common sense and keep safety in mind while taking any sort of energy efficient measures. Always keep in mind the well being of the very young and the elderly. They might need special circumstances and care to stay well and to keep warm through the winter months.

For additional information, go to [www.mass.gov/doer](http://www.mass.gov/doer) and click on the winter heating tips link.

Submitted by Joyce McMahon, Director of Communications, Mass AREA, [www.maarea.us](http://www.maarea.us).

*About Mass AREA: Founded in January 2006, Mass AREA ([www.maarea.us](http://www.maarea.us)) is a diverse group of business, labor, and community leaders working to ensure that Massachusetts's has reliable, affordable, and clean electricity, which is essential to maintaining the state's quality of life and future prosperity. The Massachusetts Affordable Reliable Electricity Alliance recognizes that it is imperative to address Massachusetts tremendous electricity challenges today, so that Massachusetts stays a great place to live and work.*

## January Birthdays, continued

Michael Lucantonio, Donna Ventura, Helen Nichols, Maria Rynne, John Sarpi, Jim Munro and actors, Tom Selleck and Victor Mature.

January 30: Pleasant Gerald W. Butler, Ann Parkinson, Audrey Norris, Dawna Nocera, Erin Kelley, Christopher Hyde, Luke Tsokanis, Wayne Papagelis and Julie Smith.

January 31 birthdays: Bonnie D'Orlando, Dr. Colleen Collins, the wondrous Susan Dineen, Joe Bongiorno, Ed Peterson, Jim O'Connor, Stevie Bartholomew, sweet Dara Mosher and Wendy D'Agata.

*Designs by Donna Lee*

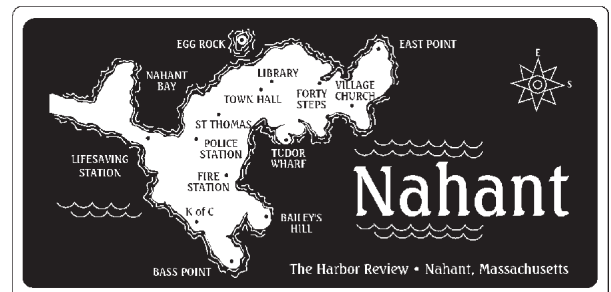
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## Winter's Coming Feed the Birds!



During the winter months, food for the wild birds becomes limited. Help your backyard buddies through the winter! Visit, or call, the Wild Birds Unlimited store in Danvers, to purchase quality birdseed, feeders, waterers, etc., for your feathery friends.

**Wild Birds Unlimited**

Center St. Village, Rte 1 S between Rtes 62 & 114  
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Open 7 Days: Mon-Sat: 10-6 • Sun: Noon-4  
Visit our website at [www.wbu.com](http://www.wbu.com)

Wild Birds Unlimited

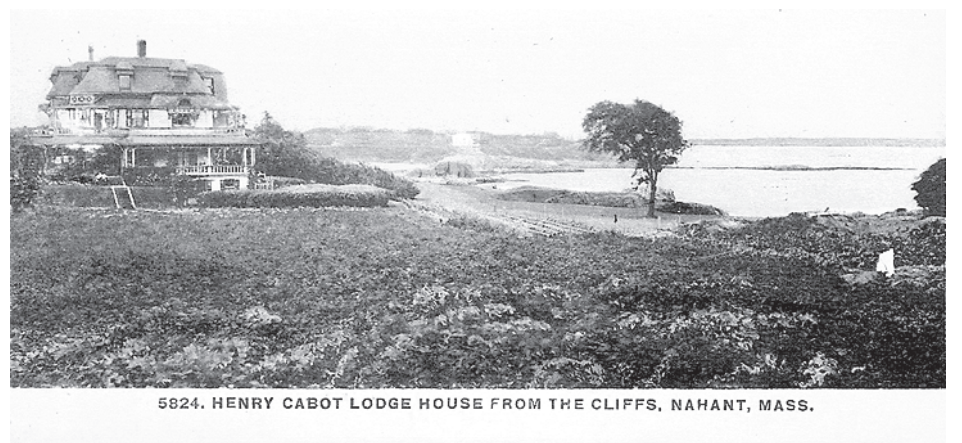
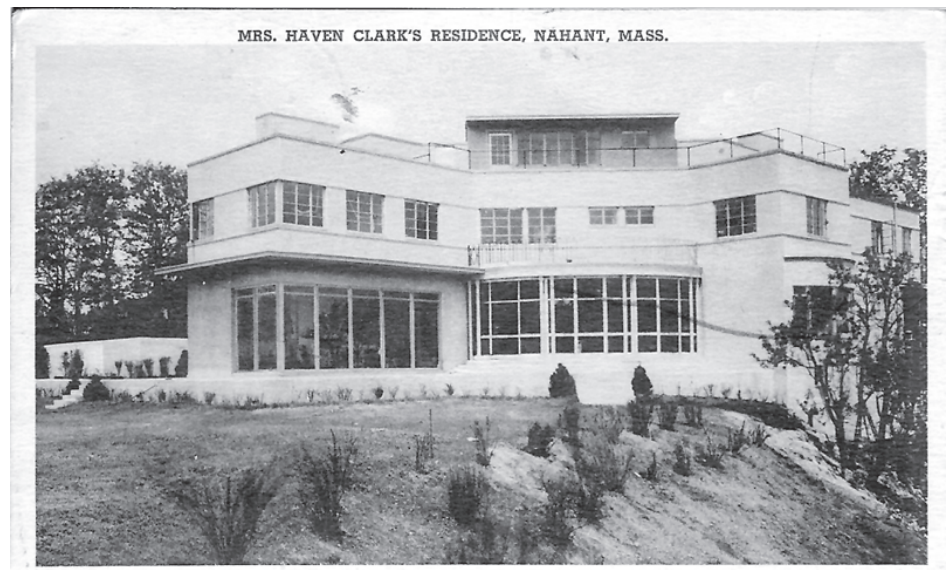
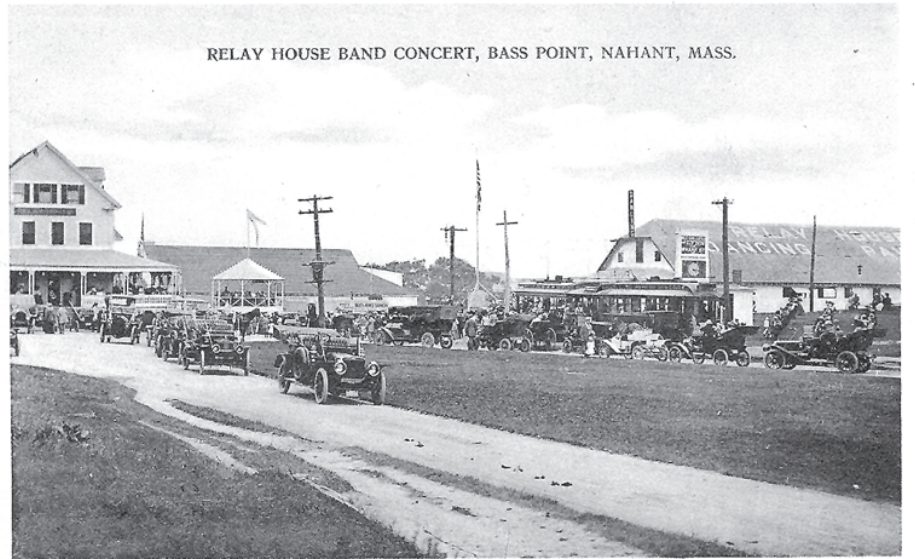






# Summer In Nahant

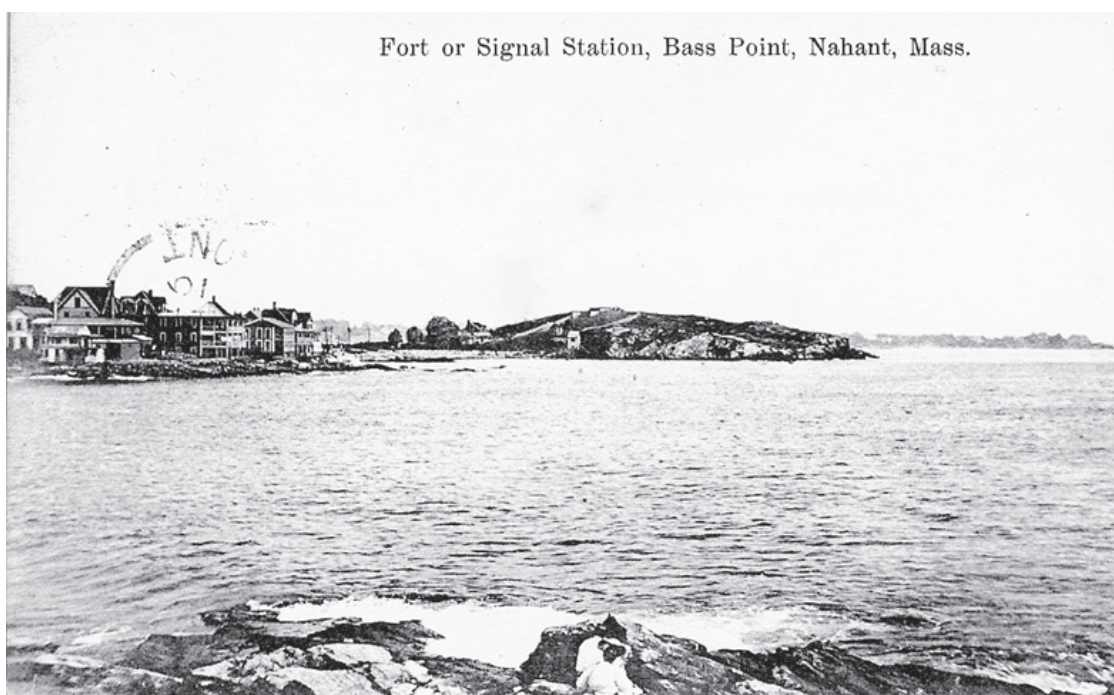
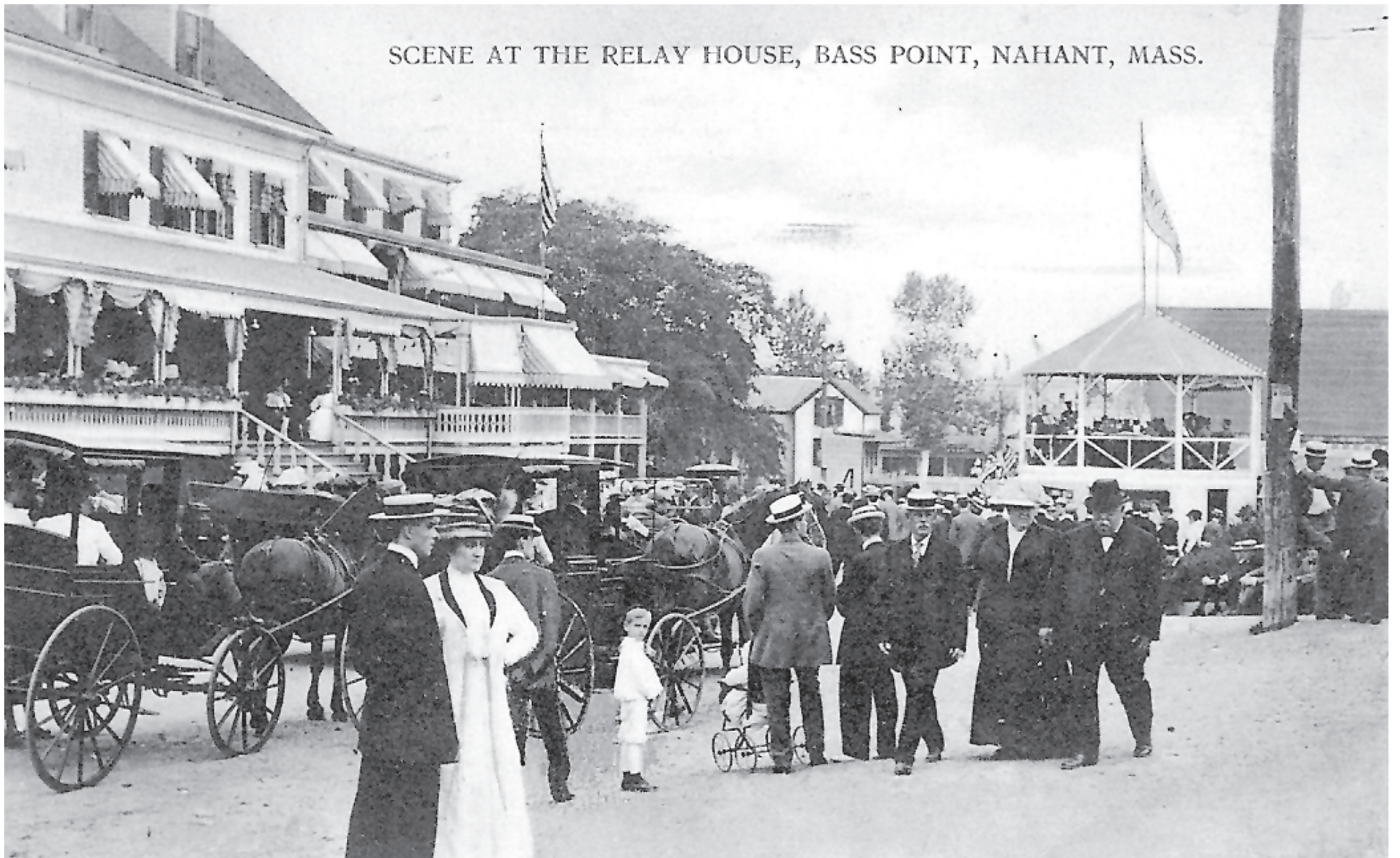
A collaboration of old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us.





# Scenes from Nahant

*Nahant Post Card Junkies Unite!*



## Nahant Past and Present Post Card Collection Challenge

The Nahant Harbor Review asks all Nahanters, and friends, past and present, to gather up all of your Nahant post cards and help us build the greatest Nahant post card collection ever assembled!

Once completed, the post card collection will be digitally scanned and formatted to CD and made available for sale. Proceeds to benefit the Nahant Historical Society.

Details about when and where to bring your precious and unique post cards for scanning, recording and archiving, will be published in next month's Nahant Harbor Review.

Until then, "Happy hunting!"

— Bumper Gooding



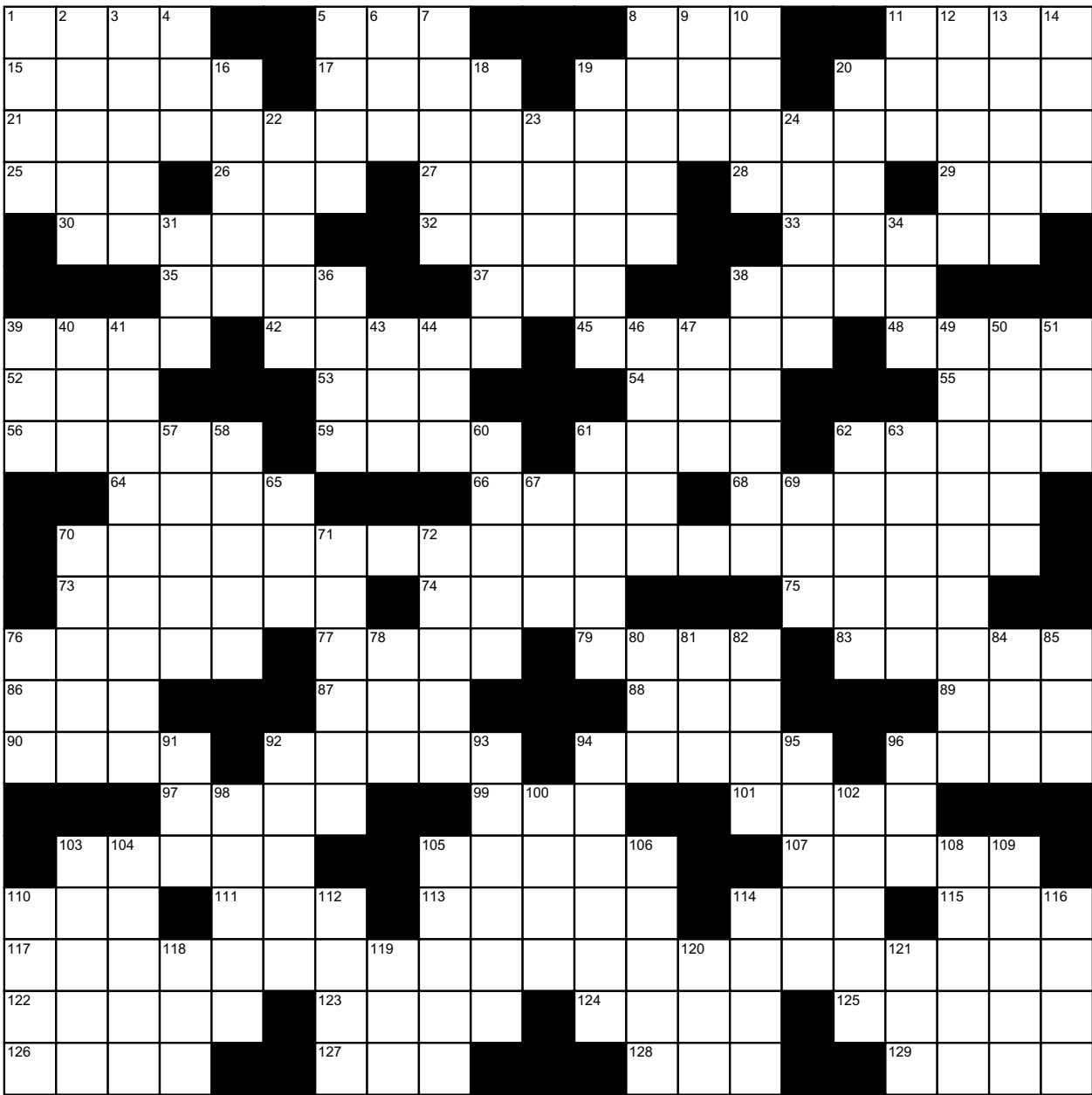
If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at [harold@steamtrapconsultants.com](mailto:harold@steamtrapconsultants.com)

SOURCES: All post cards on these pages are from the author's collection and represent some of the rarest and unique post cards in his collection.



NAHANT PUZZLE PAGE

Gone But Soon Forgotten  
by Rick Kennedy



ACROSS

- 1 Cut into pieces  
5 Baste  
8 Boy  
11 Melt  
15 Summary  
17 Snare  
19 Women's magazine  
20 Strong cord  
21 Start of New Year quip  
25 Undergarment  
26 Skate  
27 Boisterous  
28 Total  
29 Part of a web address  
30 Surmise  
32 Word with home or in  
33 Induct (2 wds.)  
35 Fired  
37 X  
38 As well as  
39 Offers  
42 Mortimer Snerd, e.g.  
45 Texas A&M student  
48 Roe

- 52 Sash  
53 Earl Grey, e.g.  
54 Possessive pronoun  
55 Time period  
56 Midwestern city  
59 Women's assoc.  
61 Doorway part  
62 Lisa who played Denise Huxtable  
64 Male elk  
66 \_\_\_\_ tetra, tropical fish  
68 Boulevard's partner  
70 Part 2 of quip  
73 Lark genus  
74 Ahmadinejad's country  
75 Small bird  
76 Steel's partner  
77 Shiny  
79 Soft drink  
83 Inscribed pillar  
86 Ship initials  
87 Haggard novel  
88 Part of UCLA  
89 Women's \_\_\_\_  
90 Title  
92 Sumptuous meal  
94 Work \_\_\_\_  
96 Colors

- 97 Pub quaff  
99 Road \_\_\_\_  
101 Deteriorate  
103 Secret clique  
105 Constellation  
107 Shaving cuts  
110 Male swan  
111 Cable TV network  
113 Construct  
114 Sward  
115 Wonder  
117 Final part of quip  
122 Anew  
123 Musical composition  
124 Coffee alternative brand  
125 \_\_\_\_ panel  
126 Tap in lightly  
127 Before (prefix)  
128 Grain  
129 Pans

DOWN

- 1 Ghost \_\_\_\_  
2 \_\_\_\_ Matisse  
3 Indian, e.g.  
4 Bear foot  
5 Bide  
6 Be human?

- 7 Bees' cousins  
8 Former Senator Bentsen  
9 Laundry detergent brand  
10 \_\_\_\_ ex machina  
11 Pair  
12 Sanskrit language  
13 Charged particle  
14 "My Little Chickadee" co-star  
16 Glass kitchenware  
18 Coquettish  
19 Part of Iberia  
20 Life and \_\_\_\_  
22 Type of seal  
23 Dueling sword  
24 Net fabric  
31 Musical notes  
34 Digit  
36 Obligation  
38 Safety device  
39 Hiss  
40 Big Blue  
41 Devil worship  
43 Type of gull  
44 40 Down competitor  
46 African country  
47 Precious stone  
49 Sincerely

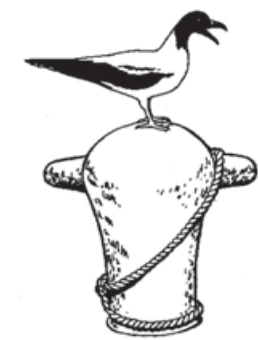
- 50 Envious  
51 Calendar abbr.  
57 \_\_\_\_ race  
58 Eskimo language  
60 Mad  
61 Kennedy and Adams  
62 Former Boston Bruin Bob  
63 Beginning  
65 Incorporated in the UK  
67 Terminal abbr.  
69 Wedding promise  
70 Fajita condiment  
71 Large rope  
72 Vetoes  
76 Glee  
78 Expression of surprise  
80 Halloween mo.  
81 Telegraphic signal  
82 Arabic letter  
84 Fib  
85 Muscle grp.  
91 Recede  
92 Gent  
93 Bronze medals  
94 Breakfast dish  
95 Cree craft

- 96 Calendar abbr.  
98 Devoured  
100 Sandwich cookie  
102 Tricks  
103 Dance  
104 Perpendicular to the keel  
105 Locus  
106 Web-footed creature  
108 Mexican painter Frida  
109 Perspire  
110 Jacket  
112 Photoshop function  
114 Footgear  
116 Goofs  
118 Shrill bark  
119 Effective int. rate  
120 Test  
121 Summit



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And that's not all, your business will also receive a FREE listing on the Community Business page, at the Nahant.com website.

Sign up now to get the most bang for your buck!  
Call Suzanne, at 781-592-1263, for more information.

Happy Holidays  
By Rick Kennedy

Bernie Yadoff, of Sea Breeze Lane, was the winner of last month's puzzle contest. He has won a "breakfast for two" at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside's Restaurant, on Nahant Road and then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.

Crossword puzzle grid with words filled in:

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

Nahant Harbor Review

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All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
**TUESDAY, JANUARY 15th • 5:00 P.M.**  
Home Delivery: Sat & Sun, JAN 26th & 27th

Staff, Volunteers & Contributors

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| Proofreader:              | Harriet Steeves         | 781-581-0715 |
| Birthday Greetings:       | Ray Barron              | 781-581-0809 |
| The Puzzle Guy:           | Rick Kennedy            | 781-592-8616 |
| Delivery/Dist.:           | Suzanne Hamill          | 781-592-1263 |

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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](mailto:donna@nahant.com), or mail, Editor, PO Box 88, Nahant, MA 01908, or to our drop box at the Equitable Cooperative Bank on Nahant Road. For ad rates and dates, call Suzanne Hamill, Sales Director, 781-592-1263.

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

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.

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Got something to share...

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

## 2008 Nahant Harbor Review Subscribers

### Many Thanks and Good Wishes for the New Year!

by Donna Lee Hanlon, Editor & Publisher

My most heartfelt thanks to all of you who took pen in hand, put stamp to the 2008 Subscriber's envelope and braved the elements to subscribe and renew subscriptions, to the Nahant Harbor Review's Home Delivery and Out-of-Town Delivery services. Thank you! If your name is not on the list and you sent in a subscription, please let us know. Send an email, or drop a note in the Harbor Review box, on the Teller's Counter, at the Equitable Cooperative Bank, on Nahant Road. Or, call Suzanne Hamill, 781-592-1263, if I am not available.

During the holiday season, this little newspaper's cash flow slows, so your subscriptions really have helped ease the crunch and keeps this paper coming to your door. I also appreciate the "little extra" that many of you have sent and the personal notes of encouragement and appreciation. I pray that the New Year brings all a level of prosperity to all Harbor Review advertisers, which will enhance everyone's financial "comfort zone" a wee bit.

I also want to thank the "Foundation Advertisers" for their continued support into the New Year. Here are the best of your friends and neighbors: Berry Tree Service, Car Service/Ride Rite, Center of Thought, Conley Carpenters, Dance Dimensions, Maddy Davis RE, Equitable Bank, Fox Cleaning, Galaxy Contractors, Leland Hussey, Jesmond Nursing Home, JP Construction, Carolyn Jundzilo, Kennedy Studios, Steve Lerman, Lynnway Auto, McCarthy Glass, McClosky Design, Judi Moccia RE, Mr. Jerry's Hair, MS Construction, North Shore Physical Therapy, Poulin Electric, Quinn of Lynn Insurance, Russo Plumbing & Heating, Rob Scanlan, US Marine Surveyor, Lisa Scourtas, T-Flow Plumbing, Thai Thani Restaurant in Swampscott, Unlimited Computer Services, Wild Birds Unlimited, Don Wilkinson and Wilson Brothers.

During the month of January, I will be updating the Nahant business page at [www.nahant.com/business](http://www.nahant.com/business). Please take a moment in early February to check out the new look. During the first quarter, I will be reworking the nahant.com web site, so visit often to see what evolves.

God bless our little town. My prayers and best wishes, for the upcoming New Year, are given to all in this unique and "little slice of heaven" community. Happy New Year!

### The Nahant Harbor Review Subscriber List for 2008

Here are your friends and neighbors who have subscribed for the year 2008: Frances Ahern, Robert & Christine Alexander, Joseph Balsama, Doris Barrett, The Benson Family, Anne & David Bromer, Rachael & Ted Brown, Judith Bryant, Kenneth Carangelo, Deborah & James Cashman, Malcolm Chamberlain, The Collins Family, Carmella & Robert Cormier, Dale & Michael Cullinan, Francis & Catherine Cusack (+2009), Josephine & Paul DiAmico, Charles Dean, Manuel & Maria Sousa, Carol & Thomas Doherty, Robert Donahue, Lorraine & Robert Doran, Mona Doss, Susan Edwards, Patricia Emberley, Dr. Kathleen Edwards, Julia Ellassard, Kristina Etter, Mary and Constantino Evos, Clifford Flynn, Nancy & Karl Forsell, Carolyn Fowle, Nora & John Gergely, Octavia Randolph & Jonathan Gilman, Michael Golding, Estelle Goodell, Michael Goyetche, Maria Glavas, Janice & S. Jeffery Hall, Margaret & Henry Hanagan, Susan & Matthew Hendrickson, Patricia & James Hickey, Lisa Hiland, Cecelia & Robert Hill, H. Hollis Hunnewell, Donald Huston, Robert & Phyllis Irvine, Elizabeth & Edward Johnson, Dorothy & Thomas Johnson, Mike Kairevich, Carole Keller & James McCurdy, Gina & James Lang, Donnalee Leonardo, Marion C. Lester, Lea & Jeffrey Lewis, Robert Lewis, Dana Lewis, Jeffrey Lewis, Alan Lewis, Madeline Long & Kathryn Famulari, Joan & Ralph Lowell, Vee & John Lynch, Peter & Richard Malatesta, Cynthia Manning, Cynthia & William Mantzoukas, Anna Marie & Edwin Manzano, Marie Martin, Mrs. J. Richard Jackson, Elaine Mavros, Shea Mavros, Jean & Thomas Mazzaferro, Linda & John McCarthy, Mary Lou & Noel

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Every month, over 2,300 newspapers are distributed to the Nahant community and to paid subscribers all over the United States. Your ad will also be seen in the internet version, online, at [www.nahant.com](http://www.nahant.com), for no additional charge. The internet version of the Nahant Harbor Review receives over 17,000 visits each month.

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**Sign up now to get the most bang for your buck!**  
**Call Suzanne, at 781-592-1263, for more information.**

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[www.nahant.com](http://www.nahant.com)



Community Calendar • JANUARY 2008

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

DECEMBER

SUN 30 10:30A Worship Service & Sunday School, Village Church  
MON 31 **HAPPY NEW YEAR!**

JANUARY 2008

TUES 1 NOON NEW YEAR’S DAY - HAPPY NEW YEAR!!!  
6th Annual New Year’s Day Swim at Short Beach.  
THU 3 7:00P SWIM meeting at 33 Summer Street  
FRI 4 8:00A Breakfast with The Rev. Dr. Larry Titus, at the Village Church  
SAT 5 NOON Nahant Little League 2008 Baseball Registration, in the Johnson School lobby.  
  
SUN 6 10:30A Sunday School and Worship Service. Nahant Village Church. All welcome!  
  
SUN 13 10:30A Sunday School and Worship Service. Nahant Village Church. All welcome!  
WED 16 9:00A Last day to register to vote for Presidential Primary. Till 8:00 p.m. at the Nahant Town Hall.  
WED 16 7:30P Community Preservation Act meeting at Nahant Town Hall.  
  
SUN 20 10:30A Sunday School and Worship Service. Nahant Village Church. All welcome!  
MON 21 MARTIN LUTHER KING JR. DAY  
TUES 22 7:00P SWIM meeting at Northeastern Marine Science Center  
  
SUN 27 10:30A Sunday School and Worship Service. Nahant Village Church. All welcome!  
TUES 29 7:00P Northeastern’s January Lecture at Marine Science Lab.

FEBRUARY 2008

TUE 5 Presidential Primary.

COA CALENDAR

Monday, Jan. 7th Blood Pressure and Glucose Testing Clinic  
January Birthdays Birthday Cakes by Roz in the Tiffany Room  
January 21st Holiday, Tiffany Room Closed  
Monday, Jan. 28th 11:00am, TRIAD Meeting in the Tiffany Room  
TUES ALL 9:00A Quilting at the Community Center  
TUES ALL 7:00P Knit In at the Community Center  
TUES ALL 1:00P Games Cards, Puzzles, etc. at the Community Center  
WEDS ALL 9:20A Watercolor Painting at the Community Center  
TUES ALL 1:00P Cribbage, cards, games, puzzles, at the Community Center  
WED ALL 12:30P Shopping Trip from the Tiffany Room, or call for pick up

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

Public Library Hours

Mon. thru Thurs. 10:00 a.m. to Noon. & 2:00 to 8:00 p.m.  
Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.  
Saturdays and Sundays: 2:00 to 5:00 p.m.  
781-581-0306

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

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NHT and HOOMPA Stickers are available FREE by calling 781-595-6225. 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.

Nahant Village Church

Join us for Sunday School and Worship Service at 10:30 a.m.



EMERGENCY MANAGEMENT

Visit the Emergency Management page at [www.nahant.org/](http://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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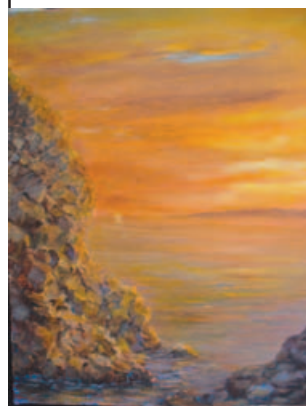
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