

Nahant Harbor Review

2004 *** Celebrating Ten Years ***** 2004**

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

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

Volume 11 Issue 12

DECEMBER 2004

HOLIDAY FAIRS & EVENTS

NVC Ham & Bean Supper

On Friday evening, December 3th, the Men's Breakfast Group will be hosting the annual Ham & Bean Supper. Preview and bid on Silent Auction items and take chances on Raffles. All will be settled at the conclusion of the Christmas Fair, on Saturday, December 11th, shortly after 2:00 p.m.

Santa Parade Fundraiser

A Bermuda cruise will be raffled off at the annual Santa Parade fundraiser to be held at the Tides Restaurant on Saturday, December 4th at 6:00 p.m. Tickets go on sale soon.

NVC Christmas Fair

The Nahant Village Church Christmas Fair will be held on Saturday, December 11th, from 9:00 to 2:00 p.m. Silent Auction items will be finalized and the Raffles will be drawn. At the end of the Christmas Fair, about 2:00 p.m.

9th Annual Santa Light Parade

The 9th Annual Santa Light Parade will be held on Saturday, December 18th, stepping off at 6:00 p.m., sharp, from the Tides parking lot.

Please Help Support Your Community Newspaper

Happy Holidays to you all!

Now is a good time to renew or begin a new subscription to the Nahant Harbor Review, or to begin a new subscription for the year 2005. Although the Nahant Harbor Review is FREE to all Nahanters, your voluntary subscription check for \$15 will help keep the issues coming to your door. \$15 may not seem like a lot of money, but it is very important to us. During the winter months, the little paper becomes financially challenged!

How about a gift subscription to a friend in the military or an out-of-Town friend or family member. The gift that keeps on giving, every month, for a full year!

Please send name(s) and mailing address(es) and \$15 for each subscription of 12 monthly issues, beginning with the January 2005 issue, to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Or, save a stamp! Drop an envelope with your subscription info and check in the black box at the Teller's Counter in the Equitable Bank on Nahant Road.

Many thanks to those of you who had opportunity to send in a subscription last month. I will send out acknowledgement cards in January to all subscribers.

Nahant Village Church Fair & Ham and Bean Supper

by Jackie Meuse, Head Elf

First of all, the Head Elf needs to make an important announcement:

So as not to conflict with a previously scheduled community fundraiser at the Tides, the Ham and Bean Supper has been rescheduled for Friday, December 3rd from 6:00 to 8:00 p.m. Please make a note of the change. We look forward to a great turnout for the homemade baked beans with ham, expertly prepared by Cal Hastings and the Men's Breakfast Group. While feasting on traditional New England favorites, diners will have an opportunity to preview and bid on Silent Auction items and to take chances on Raffles that will find their new owners, at the conclusion of the Christmas Fair, which will take place the following Saturday, December 11th, from 9:00 a.m. until 3:00 p.m.

Year after year, the Nahant Village Church crams more fun, fellowship and Christmas cheer in the cozy confines of Swansburg Hall, than the mind can conceive. The elves suggest that fairgoers arrive early for the best bargains and first picks at the White Elephant, Books and Media Room, Jewelry and Craft and Gift Tables. Catch up with old friends at the tables set up in front of the Snack Bar, where you can linger over steaming bowls of home-made soup and luscious lobster rolls prepared by our small army of Chef Elves. Peruse the Cookie Table and fill a festively wrapped coffee can with home baked cookies, courtesy of the many talented bakers who call the NVC home. Keep an eye out for Santa's arrival at 11:00 a.m., escorted by members of the Nahant Fire Department. He will be on hand to greet your little ones in his Den, for photos and to make note of special requests for underneath the tree Christmas Eve.

Take time to see the SERRV table, featuring exotic handmade items from around the world. Proceeds from this table go directly to provide social and economic opportunities to artisans and farmers in developing countries worldwide. Stock up on Harbor Sweets for hostess gifts, for those hard-to-shop for folks on your gift list and don't forget a box or two for the chocoholic at home!

This year we will have an extensive selection of wreaths to decorate your home for the holidays. The Plant Table, in addition to poinsettias, rosemary trees and forced bulbs, waiting to brighten up your windowsills with a touch of spring, will be offering a delightful assortment of traditional evergreen wreaths. The Gift and Craft Table will be offering gorgeous seashell wreaths and some non-traditional interpretations, using vintage buttons on straw and grapevine forms. And when you can't eat another cookie, or donut, or bowl of soup, or muffin, or absolutely anything else, the good news is that the NVC cooks have stocked the Bake Table with LOTS of pies, cakes and other prepared foods you can take home, to make those last hectic couple of weeks prior to Christmas easier and more delicious. Every item is guaranteed totally non-Atkins approved and worth every net carb ingested.

The elves advise staying late to be on hand, as we wrap up the Fair, by pulling and announcing the winning Raffles and high bidders for this year's Silent Auction items.(Continued on page 5.)

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Nahant Harbor Review

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Holiday Happenings at the Nahant Public Library

by Jill Mattina

Drop by the library on Thursday, December 9th, any time between 2:00 and 4:00 p.m., to decorate your very own gingerbread man. Capture the holiday spirit by crafting a yummy treat, to eat when you are done.

The joy of the holidays continues with a Holiday Party on Wednesday, December 15th, at 6:00 p.m. Join us for a great time of stories, games and snacks. Come dressed in your holiday colors and be ready for lots of fun.

If you are not traveling during the December school break, remember that the library has lots to offer. You can find a great book, or check out a museum pass, or borrow a video. Stop by on Wednesday, December 29th, anytime from 2:00 to 5:00 p.m., and play a board game. There will be games available, or you may bring your own. There will be popcorn and hot cocoa to warm-up everyone on a cold, December day.

For more information on any of these events, call Jill Mattina at the Nahant Public Library at 781-581-0306.

Merry Christmas to All!

Happy Holidays!

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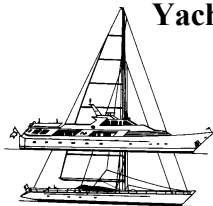
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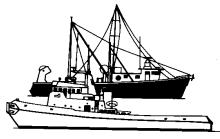
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December Garden Club Holiday Magic Meeting **Submitted by Carmella L. Cormier**

The Nahant Garden Club December 16th meeting, will be a “Christmas Tea, Holiday Magic and Mini Flower Show,” at the Nahant Village Church beginning at noon.

Betty Call will be the speaker. Betty, a Nationally-Accredited Flower Show Judge, has won several awards in Flower Shows, taught various Design Courses and is the owner of The Floral Touch Studio, in Stowe MA. Her program will be “Holiday Magic.”

Members may bring a guest at no charge. Hostesses will be Joanne Bryanos and Mary Jane English

Members of the Garden Club may exhibit in “It’s the Holidays.” This is a Mini Flower Show, with two classes. Members must pre-register ASAP to Marie at 781-581-0736.

A Horticulture Class will also be exhibited. The Garden Club program book contains all the information for all classes.

Members are requested to bring a Toy for Tots—ages infant to teens—unwrapped.

This is a wonderful program, and a delightful way to start the Holiday Season.

Happy Holidays to All!

Don Wilkinson To Perform at Woman’s Club Holiday Luncheon **by Polly Bradley**

Baritone Don Wilkinson, a Nahant resident, with a distinguished career in concert, opera, oratorio, recital and contemporary music, will be the featured musical artist at The Nahant Woman’s Club holiday luncheon, being held on Tuesday, December 14th, at noon, in the Serenity Room of the Nahant Community Center (formerly Valley Road School).

Mr. Wilkinson has performed as soloist with Seiji Ozawa and the Boston Symphony Orchestra, with the Handel and Haydn Society and with orchestras and musical ensembles throughout the United States, Canada and Europe. His European debut was in 1995, when he performed the role of Dionysos, in the world premiere of Theodore Antoniou’s opera, “The Bacchae,” at the Acropolis, in Athens, Greece.

Mr. Wilkinson teaches voice at Phillips Academy in Andover and maintains a private studio at his residence in Nahant.

Hostesses for the Holiday Luncheon will be Marrit Hastings, Linda Jenkins and Wendy Payne.

Barisano Busts Nahant Library

Longtime library supporter, Ray Barisano, has donated four busts of authors to the Reading Room of the Nahant Public Library, in memory of his wife, Marilyn.

The four authors represented are: Dylan Thomas, Virginia Woolf, Walt Whitman and James Joyce.

“It’s generous of Ray to share these portraits with the rest of the Town,” Library Director, Daniel deStefano stated. “We hope that library patrons feel that they are seeing these writers face-to-face,” deStefano continued.

The Library Trustees recognized the gift at a reception held in the Library on Sunday, November 21, 2004.

Nahant Author John Cort to Speak at Village Church Breakfast Meeting on January 7th

“Socialism and Communism in the USA and Around the World,” is the ambitious subject of the talk to be given by John Cort, at the Men’s Group Breakfast at the Village Church on Friday, January 7th.

Cort is the author of “Christian Socialism,” a history of that movement, with major emphasis on France, England, Germany and the United States. Fordham University Press recently published his autobiography, “Dreadful Conversions: The Making of a Catholic Socialist.”

A resident of Nahant since 1970, Cort has been an AFL-CIO union official, associate director of the Peace Corps, in the Philippines, Director of the Commonwealth Service Corps and Director of the Lynn Model Cities Program.

The Men’s Group breakfasts are a popular program of the Nahant Village Church, usually held on the first Friday of the month. Breakfast is served at 7:00 a.m., talks and discussion begin at 7:30 a.m. and conclude at 8:00 a.m. There is no charge.

Women are also welcome at the January breakfast. To ensure an adequate food supply, please call Cal or Marrit Hastings at 781-581-5691 or email at calhast@hotmail.com.

Happy Birthday!

We wish Grace Murray, who turns 9 on December 4th, a Happy Birthday. Submitted by her Daddy, Michael P. Murray

Nahant COA Trip

Attention Seniors!

Come join us for a Christmas Luncheon to be held at the Knights of Columbus Hall on Monday, December 13th, at noon.

This will be a catered meal by the Wharf, with a choice of roast beef, baked stuffed chicken, or baked schrod.

Tickets may be purchased by any board member of at the Tiffany Room. The charge is \$12.

Birth Announcement

Aodhán Rily Meuse, born to Aimée M. Meuse on October 21, 12:27 p.m., 20-1/2 inches long, at Beverly Hospital. Great-grandparents are Robert and Virginia Meuse.

Art & More: Village Church Silent Auction Promises to be the Best by Maritt Hastings

The Silent Auction, of the Nahant Village Church Christmas Fair, will have an exciting array of offerings this year and promises to be the best ever. A number of works of art will be featured, including several beautifully-framed prints (a Lucy Doane, a Lamando, a David Madbutt and others); six numbered lithographs from a Dutch artist; framed pictures by an award-winning local photographers and a candelabra designed by Nautabene, a Dutch design firm. Among the many other items to be auctioned off, are a Persian runner, a maple dining room set, a brass double bed, an oak sideboard, an antique chair and a medium-sized beaver fur coat.

Come preview the Silent Auction and Raffle items at the Ham and Bean Supper, on Friday, December 3rd, from 6:00 to 8:00 p.m.

The Silent Auction will close at the Christmas Fair, at the Village Church, on December 11th.

Tickets to the Ham and Bean Supper are \$7 for adults, \$4 for children under 12. Advance tickets are sold at a \$1 discount and can be obtained by calling Michael Gray at 781-581-0680, or Cal or Marrit Hastings at 781-581-5691. Please join us for this exciting annual event!

*Season's Greetings to All!
from the Harbor Review Staff*

LynnArts Fabulous Holiday Show & Sale by Susan Halter

This December, LynnArts, Inc. is once again sponsoring a Holiday exhibition and sale featuring fine arts and crafts. The galleries will be filled with a selection of beautiful and affordable paintings, photographs, pottery, sculpture, cards and more, with many pieces priced at under \$100.

The exhibition and sale continues from December 4th through January 6th. Gallery hours are Monday, Tuesday and Fridays 10:00 a.m. to 3:00 p.m., Thursdays 10:00 a.m. to 7:00 p.m. and Saturdays 11:00 a.m. to 4:00 p.m.

The opening reception, featuring music and refreshments, will take place on Saturday, December 11th, from 3:00 to 5:00 p.m., and is open to the public.

So come enjoy holiday cheer, fine art and friends and pick up a few one-of-a-kind gifts for your family, all while supporting local artists and your local arts agency.

LynnArts, Inc. is located at 25 Exchange Street in Lynn's Central Square and is easily accessible by public transportation. Wheelchair access is available at the rear lower-level entry with prior notice. For more information on the LynnArts Fabulous Holiday Show & Sale, or other LynnArts programs and events, please call LynnArts, Inc. at 781-598-5244.

SPED Parent Advisory Council by Tina Priftakis

The Nahant SPED PAC is sponsoring a six week support group for Parents and Caregivers, who are concerned about their child's progress in school. Progress is meant to include success in both academic and social/emotional development. The group will begin on January 11th and will be held on Tuesdays from 6:30 to 8:00 p.m., at The Nahant Community Center.

If interested in attending this six-week support group, please call: Tina Beaulieu at (781)-593-6229, or e-mail at tbeau@comcast.net. Space is limited.

Also, an on-line support group is available now, for all parents who share these same concerns. To subscribe, please send an e-mail to nahant_sped-subscribe@yahoogroups.com.

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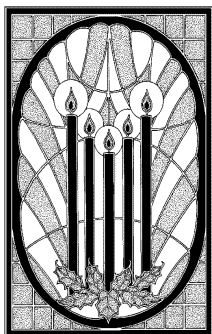


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Nahant Village Church Christmas Fair / Ham & Bean Supper

The SUPPER: Friday, Dec. 3rd, 6 to 8 PM
Preview of Christmas Fair Silent Auction & Raffle Items.
Bids accepted and chances sold.

The FAIR: Saturday, Dec. 11th, 9AM to 2PM

Holiday Plants & Wreaths • Gifts and Crafts • Harbor Sweets & Homemade Candy
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Nahant Village Church Invites Community to Seasonal Services

This Christmas Eve, the Nahant Village Church is offering two services to meet the needs of the Nahant community. An early service, to be held at 5:00 p.m., is designed especially for families with young children. In addition, the traditional candlelight service will be held at 7:00 p.m.

Family Service. The early service, held in the chapel, will be a simple, informal service lasting under an hour. It will include carols, the reading of the Christmas story from the Gospel of Luke and a brief message for young children.

“I wanted to do this,” says Rev. Sharon Goss, interim minister, “because I remember the days when my own children were young. They were so wired up for Christmas, it was hard to keep them still for a long service, and it got to be late by the time we came home from a mid-evening service. I hope this earlier time and shorter length will meet a need for families who might not otherwise venture out to church on Christmas Eve.”

She adds, “I’ve been involved with children’s services in other churches, and I love seeing their joy and wonder. It is usually the service that really “makes” my Christmas.” This new service also fits with the congregation’s desire to emphasize programs for children and youth, she says.

Traditional Service. The traditional service will be held at 7:00 p.m., in the sanctuary. The Nahant Village Church Choir, led by Andrea Norton and accompanied by Drew Maletz, will sing anthems of the season. The congregation will sing favorite carols and hear readings, including the Christmas story, from the Gospel of Luke. Rev. Goss will also offer a brief message. The service will conclude with the traditional singing of Silent Night, by candlelight. Both adults and children are welcome at this service.

“On behalf of the whole church, I welcome everyone to join us in observing this most holy of nights, the time we remember what Christmas is really all about,” says Rev. Goss.

Advent Offerings

In December the church will also hold a midweek Advent quiet service in the chapel. This service of readings, music, quiet and candlelight is designed for those who need a break from the hustle and bustle of the pre-Christmas season. “It can also be very meaningful for those who, for whatever reason, are not feeling merry or joyful and are in need of God’s comfort,” says Rev. Goss. For information about the time and date of the Advent service, call the church office at 781-581-1202.

Other special services of the season will be offered on Dec. 12th and 19th during the regular 10:30 a.m. Sunday worship time. On Dec. 12th the congregation and choir will participate in Lessons and Carols for Advent. On Dec. 19th, the church will hold a special pre-Christmas service for all ages. Children from the Sunday School will present a simple pageant, enacting the Christmas story, members of the congregation will bring “White Gifts” for children in need, and Christmas carols will be sung. All are invited.

“Silence Can Be Golden” Silent Auction and Buffet at Swampscott High School submitted by William Crawford

The Swampsoott High School Class of 2005 will sponsor a Silent Auction and Buffet on Wednesday, December 15th, from 6:00 to 9:30 p.m., at the Swampscott High cafeteria. The silent auction, dubbed “Silence Can Be Golden,” will include a dinner buffet, coffee, soft drinks and desert. You will also have the opportunity to visit with friends and neighbors, as well as the chance to bid on a large number of spectacular auction items, including theater, symphony and sports tickets, holiday theme items, a Big Blue theme basket, and much more.

Everyone who purchases a ticket will be included in a drawing for a winner-take-all, large container of \$10 Mass Lottery Scratch Tickets. The purchaser will not need to be present to win this drawing.

Ticket prices are: \$15 at the door; \$12.50 advance purchase, \$10 for students. Tickets are available from any SHS Class of 2005 student and at the Thanksgiving Day Big Blue Football Game, scheduled for November 25th at 10:00 a.m. at Swampscott.

Additional ticket contacts include Ms. Eva Cassidy, at 781 581-6479 and Ms. Julie Tarmy, at 781 581-0345.

For this information in electronic format, please contact William Crawford, 7S1 5S1-0411 or CrawfordWm@aol.com

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Village Church Christmas Fair December 11th

(Continued from page 1.)

As a special Missions Project this year, we are soliciting donations of ladies’ business attire (clothing, shoes, accessories) in clean, excellent condition, for a local charity, providing women transitioning from public assistance to the workplace, with suitable apparel for job interviews and early employment.

The Head Elf is scratching her head, sure that she has left out some things. The only way you’ll know, is to come and see for yourselves! Spread the word to your family and friends from around the North Shore, that the Nahant Village Church Fair will be the ONLY place to be on Saturday, December 11th. Be there, or be a Scrooge!!

If you would like to make a financial contribution or other donation to the 2004 NVC Christmas Fair, please call Jackie Meuse at 781-596-2356, for more information. We thank the people of Nahant for all their generous support of the fair in years past, and are looking forward to seeing you ALL again in December, for Ham & Beans on the 3rd and another fabulous fair, December 11th.

A ‘Must Have’ Christmas Toy?

Blacksburg, Virginia – November 15, 2004 — Nahant children can sleep easily knowing that Santa will be able to find them this Christmas, even if they’re visiting Grandma, traveling elsewhere or just worried that Santa might forget them.

A new toy named the “Santa Beacon” was introduced this Christmas season to delight children and reduce traditional childhood anxiety about Santa keeping track of their whereabouts.

The toy is a high quality, battery-operated red illuminated signaling device about the size of your palm. It hangs on any door or attaches to any window to show Santa and his reindeer exactly where each child is spending Christmas. The toy is visible up to two “air miles” away.

Designed for children three to eight years old, and the young at heart, the Santa Beacon comes in a Christmas tin that also includes cookies for Santa, goodies for the reindeer, candy for the child and a postcard from Santa.

Children are given the Santa Beacon on or before Christmas Eve. They hang it on any door or attach it to a window with a magnet, suction cup or lanyard and sleep well knowing Santa won’t miss them.

“The Santa Beacon is not a disposable toy; it can be used year after year,” said Santa Beacon inventor Alex Saban. “One of our key goals is to help parents create a memorable family tradition that they and their children can carry into succeeding years and future generations.”

Price of the Santa Beacon gift package is \$19.75 shipping included, or Santa Singles (which include just the Santa Beacon and postcard from Santa) are \$12.

For more information about the Santa Beacon or to view a flash cartoon of Santa’s Christmas Eve travels and how Santa Beacon saves the day, visit www.santabeacons.com.

Festival of Lights Walk in Attleboro
submitted by Ken Holt, Reading

A “Festival of Lights Walk” will take place in Attleboro, Mass., on Saturday, December 4th. The walk begins at the LaSalette Shrine, which features the largest, outdoor display of lights on the East Coast. The walk route passes through conservation land, visits the Attleboro Industrial Museum and returns to the LaSalette Shrine. The display of lights begins at 5:00 p.m.

There is a choice of an 11- or 5-kilometer (6.8 or 3.1 mile) route. Both trails are rated easy walks. The start point is the LaSalette Shrine Cafeteria, on Park Street (Route 118), in Attleboro, between 11:00 a.m. and 2:00 p.m.

The walk is sponsored by Walk ‘n Mass Volkspport Club. Volkspporting events promote fun, fitness and fellowship by providing walking and other non-competitive sporting events free to the public. Volkspporting also sponsors an achievement awards program. For further information call 508-222-1152 or email magoo249@AOL.com.

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News and Notes from the School Department
by Cecilia M. Di Bella, Ed. D., Superintendent

Snow before Thanksgiving. Was the storm an omen of a bitter, snowy winter? Perhaps a message from Mother Nature about those leaves still whirling around in our yards and lawns. Or, as they say in Maine, "Hard tellin', not knowin'." Nonetheless, the storm was indeed a wake-up call about the approaching winter. Despite the challenges winter often

presents, the season also means a succession of special events and holidays. For the Johnson School the annual Veterans Day commemoration begins a wonderful series of traditions. This year the events in Iraq lent an air of heightened poignancy, as several of the veterans present, recalled their service and offered prayers for the safe return of servicemen and

women stationed in the Middle East. Special thanks to Susie Petrov who arranged the musical program; Mrs. Silva and Mrs. Hennessey for coordinating the event; fifth and sixth grade students for their wonderful essays, the parents who decorated the cafeteria so beautifully and provided and served luncheon; and Dr. Littlefield for her support of the day's events. And, of course special thanks to our honored veterans and their families who offered us another wonderful educational experience.

Thanks are also due to parent volunteers who tackled and completed several outdoor projects at the School at the Clean-Up Days on Saturdays, October 30 and November 6. They cut back brush, repaired railings and painted exterior doors, among other tasks. The crew consisted of Peter Barba, Tim Bell, Bob Caggiano, Tom Coffey, Mike Collins, Dave Doyle, Mike Manning, John Martin, Eric Warren and John Walton, who coordinated the crew. Our custodian Ted Cronin also contributed his services. The PTO provided refreshments and the DPW offered their equipment and assistance. It was a great community effort. We all appreciate your initiative and work.

The Early Drop-Off Program for Johnson School students began on October 18th. This fee-based program offers

breakfast, supervision and quiet time for students before the official school day begins. Ms. Loreen Tirrell supervises the program which begins at 7:00 a.m., each school day. Call Loreen or the School for more information.

Educators know that "learning never ends." In addition to the daily work of teaching our students, teachers and administrators must be current with the increasing array of state and federal requirements that govern schools. Because the press of the regular school day rarely presents extended time for professional development for teachers and staff, and because we have new staff in the School, our calendar includes two, non-instructional days devoted to professional development.

The first was held on Friday, November 12th. Topics covered during the day included mandated physical restraint training, an overview of our emergency crisis procedures, and special education policies and procedures.

The second professional development day is scheduled for Tuesday, January 18th.

Another topic covered on November 12th was our up-coming Coordinated Program Review with the Mass. Department of Education. Every four years the DOE conducts a thorough review of compliance with federal and state special education mandates. Nahant's 2000 review was

a vast improvement over those conducted in the 1990s, yet new mandates continue to raise the level of program and service requirements. Although the three person audit team will not be on-site until January, preparation for the audit has already begun with the compilation of documentation that must be sent to the DOE, well in advance of the visit. The framework for the audit includes the following areas: Assessment of Students; Student Identification and Placement; Parent and Community Involvement; Curriculum and Instruction; Student Support Services; Faculty, Staff and Administration; School Facilities; Program Evaluation and Record Keeping and Fund Use. The team assesses our compliance through a review of documentation and interviews with staff and parents. The audit is very intensive and time consuming. We are very confident that the audit report will document our commitment to, and compliance with, these DOE requirements.

The approaching holiday season also means that the school year is marching forward and the end of a marking period is around the corner. Report cards will be out in late November and parent meetings will be scheduled on December 8th and 9th..

Have a safe holiday season everyone; and best wishes for health and happiness in the new year.

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Learn-To-Skate classes for children, ages 4 ½ and up, and for adults, are being conducted at the Lynn Connery Rink, off the Lynnway, near Nahant. Classes are held on Sundays at 1:00 p.m. Use either figure, or hockey skates. Beginner, intermediate and advanced classes are available.

For information and to register, call Bay State Skating School at 781-890-8480 or visit online at www.baystateskatingschool.org.

Thank you! Happy Holidays!

Art School Offers Fun for Everyone by Carol Hanson, Director

Holiday Centerpieces: We are holding floral-arranging classes for all levels. Classes will be for 3 weeks, to include a wreath, a boxwood tree and a candle centerpiece. Classes are held on Monday and Wednesday evenings. There is still plenty of room! Call 781-599-2222 to register.

Sea Glass Mosaic: This is turning out to be one of our most popular offerings. This session is designed for adults and will be on Thursday evenings, Dec. 2, 9, & 16.

Adult & Child Tea Party and Ornament-Making Workshops: Come dressed in your best party dress and floppy hat or suit and tie! We will have a high tea (or hot cocoa) party and make our own ornaments to hang on our trees, or give as gifts. Saturdays until Christmas, two sessions, two hours each. Come for one, or for all. Preregistration is a must. Drop-offs are fine if adults can't stay! Maybe you can catch up on the holiday preparations!

Jewelry-Making Workshops are being offered by Donna Lee Hanlon, beginning Saturday, Dec. 18th. Call 781-599-2222, or check out her article below for details!

pARTy: We can tailor an art-based event to celebrate any birthday, reunion, Girls' Night Out, or a play date for your children, or just about any situation. Please check us out for details, on the web at www.refrigdoorart.com, or e-mail, at refrigdoorart@aol.com.

Winter session registration will be held at our OPEN HOUSE and EXHIBIT on Wed., Dec. 15 from 1 - 5 pm. Come see art work by current students and Director, Carol Hanson, sign up for our winter session, for both children and adults, or just to check out the space. We will be offering French Lessons, by Quitterie Copeland, again in January and hope to get Peter Davis back for another Cooking Workshop!

Sewing lessons will be offered on Thursday afternoons and Stained Glass will be offered through NorthShore Community College at The School of Refrigerator Door Art. Please call, or check out their catalog for registration info.

Remember, this is the building we saved from the wrecking ball. Please celebrate it's rebirth by visiting and supporting the small businesses that operate here. Your support helps to guarantee it will remain a community center!

Jewelry Workshops at the School of Refrigerator Art

Beat the Winter Blues! Make your own jewelry to wear during the holiday season, or to give as gifts. Have fun learning basic jewelry techniques without traveling far from home. And, since this workshop appeals to all ages, this is a great opportunity for parents and children to work together on a special gift for someone in the family.

Beginning on December 18th from 2:00 to 4:00 p.m., join us for a two-hour basic jewelry technique workshop, conducted by Donna Lee Hanlon. This workshop will give the participant an overview of the construction of a simple one-strand configuration. Each participant will, by the end of this session, will have made a one strand, classic black and white, gemstone and pearl necklace with matching bracelet and earrings, worth a minimum retail value of \$65 to \$135 for the set.

The workshop fee is \$20 and there is an additional \$10 materials fee to cover the cost of the gemstone and pearl beads, and the sterling silver findings.

Workshop size is limited to twenty participants. Bring your small hobby pliers, wire cutters, scissors and a bead board, or small towel, on which to lay out your design. If you do not have any tools, loaners will be provided. There will also be opportunity to purchase tools and beads for future projects.

To sign-up, call Donna at 781-592-4148 or Carol Hansen at 781-599-2222.

Many thanks to Carol Hansen, Director of the School of Refrigerator Art, for sharing her space with so many crafters and artisans. It truly helps to keep the arts ALIVE! in our little Town. Thank you!

Lion King Cast Coming to Johnson School by Suzanne Hamill

Several cast members from the Boston production of "The Lion King" recently came to the Johnson School to conduct an outreach program, teaching youngsters songs, dances and a little history at the same time. Many of the actors have backgrounds in teaching, so this visit was exciting for both actors and students. The actors' visit to the Johnson School also brought back their memories of being in an elementary school, as former teachers and students.

Nahant resident Ben Lipitz, who plays Pumba, organized the visit; he was accompanied by Simba's mother Serabi (played by Jean Michelle Greer), Timon (John Plumpis), Zazu (Jim Ferris, who also is the understudy for Timon and Pumba), dancers Sandy Alvarez and Nicole Smith, and percussionist Michael

Fave. Students were broken up into groups, with different age levels learning different aspects of the show. The percussionist taught kindergarten children and first graders the lion chant "Hakuna Matata," the meaning behind the words and how lions hunt. (Translated from African languages, the song begins, "Come, let us hunt together. We are hunting for our fathers and the pride." Children learned that female lions can run more

quickly since they have smaller manes; they are the hunters. John Plumpis taught acting lessons to other children, while dancers showed older students how to move like a lion or another animal from the cast. Near the end of the program, students gathered in the auditorium to combine what they had learned and put on a small performance. The afternoon ended with a question-and-answer session between the actors and school children.



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An Open Letter to the People of Nahant
by Jessica Applin

Let me start by introducing myself. My name is Jessica Applin. Most of you may know me as the daughter of Phillip Applin who lived in this town his whole life and worked for the Nahant Public Works Department for over twenty years. He was a friend to many of you and a large part of our community, until he passed away six years ago.

Others know me from Seaside Variety, where I have been working for about four years now. The people of this town who know me, also know that I've been involved with horses for most of my life. This dream was made possible because of my dad. When I was eleven years old, he gave me the world, and let me start horseback riding. This is how I met Roberta Wilmore. She started off as my riding instructor, but over the years, she became both an incredible friend to both me and my dad, and an important mentor in my life.

If you know anything about horses, you know that they are expensive. Whether you own one as a pet, or compete in the sport, it costs a lot of money.

Especially in this part of the country. My dad wasn't a rich man, and my dreams were big. When I started competing, he did everything he could, every bit of extra money went into the horses. It was a struggle, but because it was important to me, it was important to him. There were times when certain events were just not an option, because of money. If it was an important training exercise, or equestrian adventure, Roberta would step in and work out a way to make it possible for me and my dad to afford it, even if it meant using her own hard earned money to do so. This brings me to the topic at hand.

Six years ago, Roberta took her whole life savings and bought a farm out in Western Massachusetts. Three years ago, she started a non-profit organization, called the Children's Equitation Center. The Children's Equitation Center was created, because in this area of the country, it is nearly impossible for a child who loves horses to become part of that world, if their family isn't a well-off, white family. I say this because it is true. If you go to a horse show, or barn, in the North

Shore area, you will understand. It's about having the most expensive horse, the finest riding equipment and attire, and having money. This atmosphere turns away children who are from different ethnic backgrounds, or whose parents don't have a lot of money, because they don't feel welcomed into this world, or just don't believe it is possible for them to ride, because of money.

This is why Roberta started the Children's Equitation Center. Horses are an incredible outlet for young people. Some of life's most important lessons can be learned, by being with horses. If a child has a dream, nothing should get in the way of that. The Children's Equitation Center reaches out to kids who have that dream, but don't believe it is possible for them, whether it be because of society, or money.

After my dad passed away, I let go of that dream. He had been such a huge part of it, that I couldn't bear to do it without him. Roberta was the person who reached out to me and made me realize that just because my dad wasn't here anymore, didn't mean

I had to lose the other most important thing in my life, and it was something that he would want me to keep doing. Because of her, horses are back in my life, and I think I have finally figured out which direction my life is going.

I have been a part of the Children's Equitation Center for a couple of years now, and I am on the Junior Board. Working with the kids has brought me back to when I started riding. I can show them everything I have learned along the way. I can be a mentor and change their lives in a positive way, sharing the best part of my life with them. I know what horses have done for my life and have seen first hand what they do for these kids.

It has been an amazing experience, so far. Both Roberta and my father did everything in their power to help me achieve my goals in life and to follow my dreams. I may not be able to give back to my dad, what he gave me, but I can give my help and support to Roberta, and these kids, being a positive influence in their lives, and helping them to fulfill their dreams and goals.

I am writing this to the people of Nahant, because I know there are a lot of good folks in this town.

I know that there are probably a lot of you who would like to help make this world a more positive place for not just ourselves, but for our children. I am only sharing this experience because I do just that, all the time, through this organization.

We are in our third year now and things are starting to move more quickly. We have finally finished putting

the fencing up, thanks to a very generous donor. A group of volunteers, along with myself, hand built stalls, so that our horses can move onto the property by the spring. They currently live down the road four miles and have been patiently waiting to come home, while we make that possible.

Like I said before, horses cost a lot of money, and there is a lot of work involved to make a farm work. Everything we do relies on the kindness and interest of donors. Every horse we have (there are six, two horses and four ponies) have been either donated, or bought with donations.

Every project we run for these kids, and every project to build the farm up, has been done thanks to the kindness of others. Every little bit counts.

I myself, am planning on moving to the farm this Spring to help out full time. Sadly, this means moving out of Nahant, where I have lived my whole life, but it means doing something great for these children and for myself.

If you are at all interested in helping us out, or would like more information about what we do, I can always be reached through Seaside Variety. You can also look us up at www.childrensequitationcenter.com.

Every little bit counts, and helping out doesn't always mean donating money.

I thank you for taking the time, and look forward to talking with those of you, who may be interested in our work.



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GLSS Money Management Program Needs Volunteers
by Susan Bonner, GLSS/Money Management Program Coordinator

The GLSS Money Management Program is a free service for low-income seniors who are in danger of losing their independence because they are unable to manage their bill paying on a timely basis. We are currently in need of volunteers to assist low-income elders by writing their checks, balancing their checkbooks, and developing a list of income and expenses. Volunteers are trained and supervised by the Money Management Program Coordinator and receive on-going support and help with problem solving. GLSS Client/ Volunteer matches are insured by AARP. The GLSS Money Management Program serves elders in Lynn, Lynnfield, Nahant, Saugus and Swampscott.

GLSS Money Management Program Volunteers have served 27 area elders this year in managing their bill paying and helping them to maintain their independence.

At one time or another all of us have known a family member or neighbor in similar circumstances as the following seniors:

* A neighbor referred Margaret, a 78-year-old woman who was being victimized by a relative who kept her money after cashing her monthly Social Security checks. By arranging for Margaret to have a Representative Payee volunteer, and to have her checks deposited directly to the bank, we were able to stop this financial abuse.

* Henry had been married 45 years when his wife died. Henry had never written a check or even knew where there were bills to be paid. He had substantial prescription drug costs. With the assistance of a Money Management Volunteer, he signed up for Medicare prescription drug coverage, all bills are paid, and he now has some money to deposit into a savings account on a regular basis.

* Carl and Lois asked for help in budgeting because of overextended loans on their home and automobile. Neither is able to work because of disabilities and age. Carl is in his eighties, Lois in her late fifties. Their situation is complicated by high monthly medication costs for which Medicare prescription drug coverage will be beneficial. The volunteer assisted in consolidating and refinancing their debt and continues to visit monthly to keep the budget balanced.

If you can spare 4 to 6 hours a month to help a low-income elder manage their bill paying, please call Susan Bonner, GLSS/Money Manager Program Coordinator at 781-592-4070 x31.

Nahant Harbor Review

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DEADLINE INFORMATION for
JANUARY 2005

All Community Calendar items, personal ads,
classifieds, business ads, articles and short stories.
WEDNESDAY, DECEMBER 15th • 5:00 A.M.

Mail Date: DECEMBER 28th

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

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

Anonymously submitted articles and / or letters, unsigned or lacking author contact information, will not be published. Exception: although not a regular practice, a writer's identity may be withheld by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **fax**, (781) 581-0158, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop-off box** at the **Equitable Cooperative Bank** on Nahant Road.

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

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- * Have any utilities been shut off in the last 12 months?
- * Is the person newly widowed or recently discharged from a nursing home?
- * Does the person have limited mobility that makes banking difficult?
- * Does the person complain about not having enough money to make ends meet?

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Join Us for a Train-to-End-Stroke
Fundraiser

by Christine and Lainey Titus

On January 9th, we will be walking in the P. F. Chang’s Rock and Roll Marathon, in Phoenix, Arizona. We are participating as members of the American Stroke Association’s Train-to-End-Stroke Team, in honor of our grandmother, Rita “Mimi” Ward. However, before we can take part in this event, we need to raise more money.

We are very grateful to everyone in town who has already supported us in our fundraising efforts. We have already raised over \$4,000. However, we have yet to reach our fundraising goal of \$3,800 each.

We only have a few weeks left to reach our goal as our deadline is mid-December.

On December 2nd, we will be hosting a fundraiser at the Tides. Ten percent of all dining room and bar proceeds will be donated to the American Stroke Association and will count towards our fundraising goal! We will also have drawings for a number of great prizes that have been donated by area businesses.

Please help us reach our goal by attending the fundraiser on December 2nd, or by sending a donation to Christine and Lainey Titus, 17 Central Street, in Nahant. Checks should be made payable to the American Stroke Association.

Thank you for your continued encouragement and support!

Holiday Survival
by Sallee Slagle, Director, Dance Dimensions

I can’t believe the holiday season is here already! This time of year presents some different challenges. Especially, if you have been working hard, to achieve a fitness goal, or have changed your lifestyle to include more healthy food choices. Let’s not throw all our positive efforts into a tail spin. With some forethought, all challenges can be met and handled or even prevented.

First of all, recognize that this is a holiday to be enjoyed, whether you are able to maintain your fitness regimen, or not. Fitness goals should be realistic, striving to maintain and not gain any unwanted pounds, is challenging enough. Fitness is a life-long pursuit and is an integral part of life. Your goals continue to be fine-tuned throughout your life and never truly end, as you maintain your health and hapiness through the years.

So if you feel the pressure and stress of this time of year leave you no choice, but to give up your workout time, don’t put the added stress of guilt onto this. Try to balance it with a plan to resume your workouts on a specific date, or try a mini-workout at home, in three 10-15 minute segments, if possible, one for abdominals (crunches and leg lifts), one for upper-body (push-ups and presses), one for back and torso (back arches, side bends), etc. Pick up a few extra minutes of activity, by walking the stairs, instead of waiting for the elevator. Park farther away from the shops and walk briskly to and from the car, as well as from shop to shop. Use waiting in line as a time to tighten abs, just pull in and hold, do mini knee-bends and heel-raises. Every minute you convert to exercise, or activity, adds up. Be creative.

Food challenges also abound during this festive time. If you are going to a party where there will be food, DO NOT GO STARVING! Be sure to eat well that day, with lots of fruit and vegetables and try eating a sensible meal, or snack, before you go. At the party make some good choices, as well as indulging in some of the seasons finest goodies. If you find yourself hovering around the food, move and mingle. Remember, portion control will sensibly allow more choices, without over indulging. Crudité, or other vegetables, are always a good choice, creamy dips and sauces should be limited, choose salsa as a healthier alternative. Drinks also are high calorie. Traditional eggnog is one indulgence, but one glass is fine. Choose to drink water or seltzer, between alcoholic drinks. The lowest-calorie alcohol is dry white wine, followed closely by blush and red wine. Beer is high in carbohydrates and mixed drinks tend to be higher in calories. The sweeter specialty drinks have the most calories.

Another challenge is, that consuming sugar creates cravings for more sugar. Watch the sweets and keep drinking plenty of water. Have water or seltzer often. Not only will it help you feel full, it will also help your system cope with the sugar.

You may find yourself cooking, or baking, more this time of year. Try not to sample, or taste, too often. Professional chefs usually taste a dish only twice, once when all ingredients are mixed and once before serving. And they never lick the spoon or the bowl! Try some new, lighter recipes this year, with less fat or carbohydrates. Many are available and are just as tasty. Prepare something healthy that you like to eat and bring it with you to a party, or family gathering.

As you may know, stress produces a hormone, called cortisol, which may keep us from burning calories and encourage our bodies to create more fat stores. (Just for an emergency.) So try not to get too stressed. Breathe deeply. Try deep breathing techniques, to help recharge, when a hectic schedule takes its toll. If you know breathing techniques from yoga, use them, or try breathing in fully (let your belly out), through your nose for 4 counts, hold for 2 counts and exhale through your mouth, for 8 counts. Repeat 5x’s. Try to include it once a day minimum. Deep breathing stimulates circulation and helps regulate your body’s systems. This is a good stress-reliever and relaxation aid. Use it anytime.

When time is tight, be sure to have plenty of healthy snacks and foods to-go, to grab and eat on-the-run, so you can avoid the take-out alternatives. Drink plenty of water and herbal teas, as a calorie-saving to juice or sodas. Eat more proteins and vegetables and save the carbohydrates for the seasonal treats we all love and look forward to. Remember to enjoy your favorites. When you do have a treat, really savor it. This makes it more satisfying and enjoyable in smaller amounts. Try not to over-indulge, but if you do, remember this is a festive time to be enjoyed most of all. You cannot undo your fitness in a month and you will resume a normal, balanced lifestyle after. Enjoy, savor and succeed throughout this holiday season. Happy Holidays.

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What is Hypnotherapy? Facts and Fiction

by Juliette Lackey, Certified Hypnotherapist

Hypnotherapy is not “alternative medicine,” it is complementary. In addition to helping every-day people, hypnotists work with doctors, to help their patients reach the desired goal(s). Hypnotism is approved by the American Medical Association, the Canadian Medical Association and the British Medical Association. I am a member of the National Guild of Hypnotists, Inc. and adhere to a strict Code of Ethics and Standards for the Practice of Hypnotism.

Through teaching, motivating, coaching and guiding, we assist others to resolve normal problems of living. We’re not doctors, psychologists nor psychiatrists, we don’t diagnose medical problems, nor prescribe medication. You’re asked a bunch of questions about the behavior you want to change. A completely personalized hypnotherapy script will be made for you to guide you into a state called hypnosis (better known as deep relaxation). We only use positive and helpful suggestions, that will allow you, to use your natural ability to change the way you think, feel or behave. It has been proven many times, that the mind is the most powerful “machine” in the world. All you have to do is change the way you think and your behavior will change automatically. I give all of my clients a tape of the recorded session so that they can keep playing it at night, in the comfort of their own home. With your commitment to repetition, you will achieve your goal.

Many people would like to stop smoking, lose weight, overcome their fears, eliminate stress, improve sleep, gain self confidence, become better public speakers and/or coaches, improve their golf game, increase their sales, or just become overall more successful. Either through conditioned thinking or years of “enjoying” a bad habit, a cognitive, effective or behavioral pattern is formed. Through hypnotherapy, we’ll replace bad habits with healthy, new ones.

Hypnotherapy is also approved by most hospitals, in aiding patients with pre-surgical and post-surgical hypnotherapy techniques. Cancer patients, people who suffer from chronic pain and people who need to boost their immune system, have also shown remarkable results.

Unfortunately, some people are still wary and fearful of hypnotherapy – maybe because of these most common myths:

Myth: The hypnotist controls my mind and makes me do things I don’t want to do.

Fact: You remain in complete control and can come out of trance at any time. You cannot be made to do anything you do not want to do.

Myth: I’m forced to be honest and reveal where I hide my money, jewelry and firstborn.

Fact: You are in complete control. You cannot be made to say anything you don’t want to say. You can even lie under hypnosis.

Myth: I’ll eat a rotten potato, thinking it’s a cookie.

Fact: I don’t serve rotten potatoes.

Myth: Timeless post-hypnotic suggestions: I’ll snort like a pig, jump up and down, shake my head, cross my eyes and drool uncontrollably, every time I hear the word “lunch” for the rest of my life.

Fact: You might feel the urge to do so once; IF you asked the hypnotherapist to intently focus on that suggestion (if you didn’t ask the hypnotist, walk out). Should you decide to go for it, your colleagues, friends and family members will hopefully advise you to knock it off.

Myth: I won’t wake up... ever!

Fact: You will. If you fall asleep during hypnosis, you’ll either be woken up or wake up like you normally would after a lovely nap.

All hypnosis is self hypnosis. The hypnotist is merely the “back seat driver with the maps.” You are the driver. You tell us where you are, where you want to go and when you want to arrive at your destination. We study the maps and make sure you arrive safely, easily and effortlessly.

For more information visit my web site at www.CenterOfThought.com. For a free consultation, give me a call, Juliette Lackey, a Certified Hypnotist and Member of the National Guild of Hypnotists, Inc., Nahant, MA, at 781-593-4222. Or email: Juliette@centerofthought.com.

Got Something to Share with the Nahant Community?

Send your memoriams, birth announcements, articles, poems, photos and short stories by mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. SAVE A STAMP! Send by **e-mail** to, donna@nahant.com, or place in the **DROP-BOX** on the **Teller’s Counter** inside the **Equitable Cooperative Bank**, on Nahant Road. Photos will be returned, if accompanied with a SASE. Thank you.

How To Avoid Feeling Uncomfortable After A Large Holiday Meal!

by Keith Briggs, Briggs Chiropractic, P.C.

The main reason we often feel so uncomfortable is we tend to eat too much. As a result, we may not be digesting and absorbing enough nutrients.

A few things that can be done to help reduce the uncomfortable feeling; which may include bloating, or heartburn, is to try not to eat so much at one time. Another, chew thoroughly and eat more slowly. Chewing begins the digestive process where enzymes in the saliva help break down the food we eat.

Also it may be helpful to snack on pineapple, or papaya, as they contain enzymes, which aid in the digestive process. There are also supplements that can be purchased, which contain the above enzymes, which may aid in digestion.

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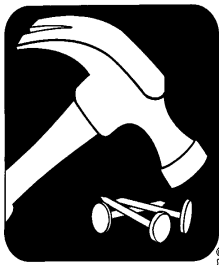
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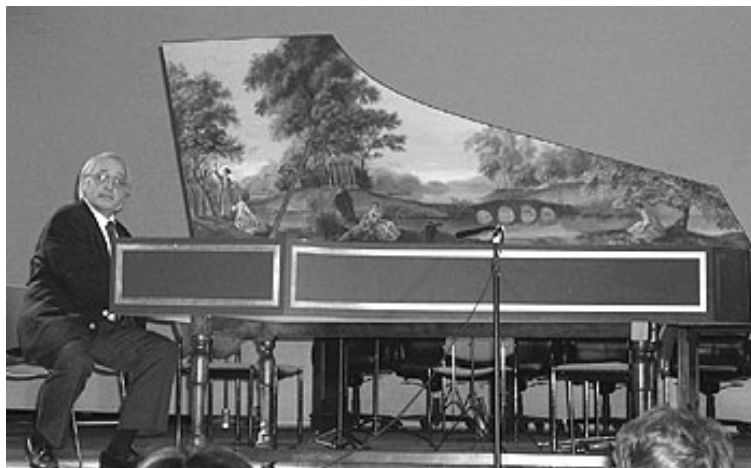


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The Entertainment.
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The Friends.

**Friends of the Nahant
Library present Harriet
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Dan deStefano, John
Dineen, Harriet Steeves
and Robin deStefano.

The Choir.

**Conducted
by Andrea
Norton.**



The Award.

**Richard Lombard,
Chairman of the
Nahant Board of
Selectman, presents
award to Harriet.**

The Cake.

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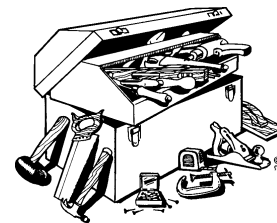
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Nahant Veteran's Park in Review

Photos by Lisa Doyle



Parading to the Nahant Veteran's Park.

Many thanks to Lisa Doyle for the fantastic photos on this page and to Katie Costin for providing the details and all the names of the promoters, benefactors and individuals who deserve our most humble and grateful thanks.

—The Editor



Nahant's Police and Fire Departments in full-dress.



Alexandra Moccia sings The National Anthem.



Many of Nahant's finest citizens were in attendance.



Presenting the Colors.

At right: Town Administrator, Mark Cullinan, unveils the Veteran's Memorial plaque.



Nahant’s Veterans Honored

Greetings and introductions were made by James F. Cashman, Colonel USAF (Retired). The National Anthem was sung by Alexander Moccia. The Invocation was given by Father Terence P. Curley of the St. Thomas Aquinas Church and by Nahant Veterans Agent, Thomas Gallery. A beautiful rendition of “Going Home” and Amazing Grace was played by bag piper Julie Hanake.

Guest Speaker was the Honorable Michelle Van Cleave, Head of National Counter Intelligence U.S.A. After a Rifle Salute and Taps, by members of the Herman A. Spear Post #331, essays were given by Johnson School students, representing the 4th grade, Shannon Barrasso, the 5th grade, Rita Tsokanis and the 6th grade, Eric Greene. After the unveiling of the new Veteran’s Park Monument by consulting sculpture/artisan Reno V. Pisano, a WWII Veteran, all enjoyed a medley of Armed Service Hymns by the Roma Band of Boston, MA.

Closing Remarks were made by Richard J. Lombard, Vietnam Veteran (USMC), Chairman Board of Selectman and Chairman Veteran Park Committee. The Benediction was given by Rev. Dean W. Pedersen of the First Church in Swampscott.

Honorable Guests included Senator Thomas McGee, Rep. Steven Walsh, Mayor Edward Clancy, Sheriff Frank Cousins, Nahant Selectmen Robert Frary and Michael Manning, Nahant Town Administrator Mark P. Cullinan, Nahant Fire Chief Robert Ward, Nahant Police Chief William Waters, Swampscott Selectman William Hyde, Marblehead Selectman Harry Christensen and a USMC Commandant Representative.

Participants included American Legion, Mortimer G. Robbins Post #215, Nahant Veterans, Nahant Police Color Guard, Nahant Fire Department, Nahant Ocean Rescue, Swampscott Police Color Guard, Ancient & Honorable Color Guard, Swampscott Marine Corps League, Herman A. Spear post #331, Massachusetts National Color Guard, United States Air Force Color Guard, U.S.S. Constitution Color Guard and Lynn English H.S. USMC Junior ROTC.

Benefactors of the Veteran’s Park include Past Fire Chief Lee Fox, Leslie E. & Harriette Fox, Carol Fox Holmes, Richard J. Fox, Richard & Bonnie Lombard, Colonel & Mrs. James F. Cashman, USAF Retired, Bob & Cole Gaudet, Robert Devereaux, PFC James J. Devereaux, Jr., Paul Devereaux, Robert & Carmella Cormier, Sgt. Major Robert C. Cormier, Carol Nelson, Ruth E. Carmody, John F. Carmody, James C. Nelson, Thomas Gallery and Charles C. Gallery

Members of the Veteran Park Committee include Richard J. Lombard, Chair, Robert Ward, Thomas Gallery, Linda Pivacek, Carmella Cormier and Nancee Peters.

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Useless Information by Ray Barron

Nahant's Veterans Park Dedication

Saturday, October 23, 2004, will long be remembered by many of us, who attended the highly-emotional and inspiring dedication honoring Nahant's men and women who served our country. It was a sunny, blustery autumn morning, causing the seven flags representing, America, Marine Corps, Air Force, Navy, Army, Coast Guard and State, to flap loudly.

In brief, we have Richard J. Lombard, Selectman and Vietnam Veteran (USMC), to thank for coming up with the idea of establishing a Veterans Park. Lombard's vision of creating the Nahant Veterans Park became a reality, thanks to the assistance of Robert Ward, Thomas Gallery, Linda Pivacek, Carmella Cormier, Nancee Peters and Reno V. Pisano.

We predict the future generations of Nahanters will rename the Nahant Veterans Memorial Park. It will become known as, The Richard J. Lombard Nahant Veterans Memorial Park. Yes, he will be honored for his years of dedication to all of the people of Nahant and for remembering Nahant's veterans.

Some highlights of the dedication of the Nahant Veterans Park, Alexandra Moccia singing with her heart, the National Anthem. The reading of essays honoring Veterans, created by our Johnson School students, Shannon Barrasso, Rita Tsokanis and Eric Greene. Bagpiper, Julie Hanake, stirred us with her rendition of "Going Home," and "Amazing Grace." The stately, highly-respected James F. Cashman, Colonel USAF (Retired), was in full command of the introductions. Simply stated, he

kept things moving smoothly.

Another touching experience was Father Terence P. Curley's Invocation. Let me close with some of his words, "We ask you, our loving God, to bless this park and monument, in honor of those who have given so much for our country. Today, we pray especially, for all those who have given the ultimate gift of their lives, so that we might be here today. Our gratitude and prayers will always be for all those who have served so honorably and well, for the good of all."

Our December Birthday Babies

December 1st birthdays: Lillith Weiskel, Mary MacLone, Alice Martin, Cathy Delaney, Dick Catalani, Errol Baker, Al Petrovick, George Richardson, the noted Massachusetts General Hospital cardiac surgeon, Dr. David Torchiana, Ron Zagarri and George Veloudis. Thanks to Dr. Torchiana, I became a member of the Zipper Society. Also born on December 1st, Woody Allen, film actor, writer and director, also Bette Middler, singer and actress.

December 2nd birthday kiddies: Patricia White, Bernadette Gaynor, Betty Wright, Peggy Musmon, Helen Mayo, Paul Belliveau, Dylán Billias, Tom McDevitt, Francis Valenti, Charlie DiGrande, Bob Doe and actress, Julie Harris.

December 3rd: Bob Wilson, the brilliant John Cort and singer Andy Williams.

December 4th birthday babies: Lovely Helen Brownlie, Kathy Canty, Don Savino and the person-

able Bob Gaudet will be celebrating his birthday at the Porthole Restaurant & Pub, and you're all invited! Also born on December 4th, Jeff Bridges, film actor.

December 5th birthday kids: Margaret Meagher, Regina McArdle, Lottie Barnhill, Christine Lazzaro, Dave Migliaccio, Manuel Hernandez, Jim Healy, Maurice Pollen, Bob Frary and Little Richard, rock 'n' roll pioneer.

December 6th: Lisa Perkins, Nicoletta Silveri, Mike Dunn, Tyler Devens, Don Sigourney, Roger Paine and Dave Brubeck, jazz musician.

December 7th candle-blowers: The alluring and sweet Maryanne Lermond, Bob Rafuse, Pete Flaherty and Ellen Burstyn, actress.

December 8th: Susan Kane, Doreen Falzone, Joyce Maroney, sweet Muriel Mosychuk, Dave Brahm, Dave Parr, Greg Klee and Jim Morrison, singer, Kim Basinger, actress. Also born on this date, John A. Volpe.

December 9th: Lovely Lissa Hale, Karen Carmody, Maryanne Cassidy, Mary Catalina, Joyce Morganstern, Costantinos Bryanos, Martin Keenan, actor Mike Douglas and pop singer, Donny Osmond.

December 10th: Pauline Farrell, Sara Rooney, Maura Abate, Linda Witol, Brendan Davis, John Collins, Gordon Hall and poet Emily Dickinson.

December 11th birthdays: Nice guy, Cornelius Foley, Chris Whitlock, Bill Kasperowicz and country singer, Brenda Lee.

Our December 12th birthdays: The compassionate Sister Barbara Ann Molloy, Linda Macone, sweet Rose Tirrell, baby Grace Murray, Johnny Scovell, Tim Barry, Doug Sherber and Tony Staffier. Other notables born on December 12th, Frank Sinatra, Connie Francis and Dionne Warwick.

December 13th:

Johanne Paula, Peg Casey, Lucy Mycko, Joanne Colwell, Linda Medeiros, Joanne Marie, Jim Palumbo, Bob VanCampen, Tim Nolan, Marine Corps veteran Frank Culver and comic actor, Dick Van Dyke.

December 14th: Marie Hyde, Jean Ball, Patricia Arzillo, John Gavin, Tony Spaziani, Tom Pickol, Rich D'Orlando, the illustrious John Osbahr, the brilliant Jim Dolan, Jr. and actress, Patty Duke.

December 15th birthday candle-blowers: John Curtis, Tim Vonschwege, John Crowley and Ed Murphy.

December 16th: Cathy Mahoney, Jennifer Demember, Mike Goode, Mark Scaglione, Charlie Jessome, Henry Hall and composer, Ludwig van Beethoven.

December 17th: Alice Houlihan, Nora Gergely, Jesse Flynn, the lovely Mary Jane English, sweet Alison O'Brien, Mary Crowley, Kristen Ross, Gene Howard, Herb Bruce and poet, John Greeneaf Whittier.

December 18th birthday kids: Kim Legare, Chris Turner, Jason Mantzoukas and Eric Koehler. Also born on this date, Betty Grable and film director, Steven Spielberg.

December 19th: Megann Cassidy, Judy Flynn, Judi Marie Moccia, Beth Lehman, Katarina Reilly, Ellen Antrim, Frank Novello and one of my favorite singers, Edith Piaf.

December 20th birthday-cake-eaters: Janice Hall, Joyce Loguercio, Kathy Mackin, Betty Steriti, dearest Maureen Sanphy, Ed Legault and rock 'n' roll pioneer, Bo Diddley.

December 21st: The attractive Noel Spinney-Costin, Tom Daley and actress, Jane Fonda.

December 22nd: Barbara Devens, Laura Michaud, the "Mother Moses" of Nahant, Lucy Doane, Joe D'Agostino, John Wynne, Ken Cook,

Jim Caloggero, Giacomo Puccini, Italian composer.

December 23rd: Harriet Magro, brilliant Laurie Meagher, Ann Marie Daniels, Dick Doucette and Joseph Smith, founder of the Mormon Church.

December 24th: The stunning Beverly English, Nicole Passanisi, Dante Palumbo, Brian Donahue, Phil Albondi, an interesting lady and film actress, Ava Gardner.

Christmas Day birthdays: The inspiring Holly Twiss, Flossie Frangules, Ben Moser, Chris Kline, Tom Coffey, John Mason, Eric Vonschwege, actor, Humphrey Bogart, actress, Sissy Spacek and jazz musician, Cab Calloway.

December 26th: Christina Roberto, Nicole Elias, Brigitta Gere, Janice Bowering, Adelaide Frisoli, Edna Coakley, Muriel Webster, Maureen DeCenzo, Laurie White, Paul Power, Dave Tillinghast, Ray Jelley and actor, Richard Widmark.

December 27 birthdays: Bernie Bishop, Warren Parks, Dan O'Connor, lovely Penny Billias and singer and actress, Marlene Dietrich.

December 28th birthday babies: Lisa Strutz, Joel Durgin, Colleen Dawson, Karen Lospennato, Lisa Arena, Gifford Wigglesworth, Dick Savage, Dave Gallagher, the noted psychologist, Edward Manzano and such other notables as Woodrow Wilson, 28th US president, jazz pianist, Earl Hines, actors Lew Ayres, and Denzel Washington.

December 29th birthdays: Andrea Fuccione, Cathy Scaglione, Susan DeBenedetto, Joan Nobrega, Christine Alexander, former First Lady of Massachusetts, Jennie Volpe, Dan Walsh, Klee Shaw, the noted auto executive Gene Canty and such other notables, as Andrew Jackson, 17th US president, actress Mary Tyler Moore, actors Ted

(Continued on next page.)

Useless Information

(Continued from page 10.)

Danson and Jon Voight.

December 30th birthday gift openers: The jolly Michael Gray, Nancy Wilson, Colleen Quinn, Carolyn Osbahr, Maria Speridakos, Mildred McLaughlin, sweet Denise Nicketakakis, Chris Walsh, Pete Fitzpatrick and author Rudyard Kipling, singer Bo Diddley and comedienne, Tracey Ullman.

December 31st birthdays: Rachel Oliver, Tim Kirkman, Eva Pusich, French painter, Henri Matisse, folk singer John Denver and actor, Val Kilmer. It was on this date, December 31, 1943, Frank Sinatra started a singing engagement at New York's Paramount Theater and became the idol of the nation's "bobby soxers."

Remembering The Veterans

The Veterans Day tribute held at the Johnson School, was a heart-stirring event, featuring the fifth and sixth graders. In short, the combined classes honored the men and women veterans of Nahant with patriotic songs and recitations. What's more, the students created essays honoring the veterans. Add to this, their parents created a delicious luncheon for the veterans. It was a day to remember, especially for the World War II veterans, since many of them are passing away at the rate of a thousand a day.

Thanks to all of the children, and the Johnson School faculty and especially Peggy Silva, for honoring the men and women whose military service has kept our nation safe and strong, whose sacrifices have helped preserve the freedoms Americans enjoy today.



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Buffalo's Gift To Nahant

Buffalo's gift to Nahant is a man who is truly an intellectual, a man who is there when you need him, a man who is dedicated to his family, a man who has a great sense of humor, a man who has opinions about everything, a man who has a great awareness of people, places and things, and he is a man who enjoys having breakfast at Nahant's Captain's Seaside, with gifted, eclectic academics, and he is a man who is an expert on the life and times of Ernest Hemingway. What's more, he was born on July 21, the same birth date of Hemingway. It has also been said he resembles Hemingway. So, who is this versatile and interesting individual? His name? Joseph Klink.

In brief, real brief! Joe Klink was born in 1937 in a house in Buffalo as one of six children, the only boy. At the age of five, his father, who was working at Bethlehem Steel, was killed in an accident. Klink readily admits he was never a good student and had a poor attendance record. He finally did manage to graduate from a vocational high school in 1956, at the age of 19. Four months after graduating, he got married, and enlisted in the Army. After military training, he was shipped off to Germany, where he spent two-and-a-half years, serving in the Signal Corps.

Fast forward! While in Germany, the Klinks became parents of two children. Back to civilian life in Buffalo, they had two additional children. Klink labored at Republic Steel for two years and decided he would rather be a firefighter. And so Klink joined the Buffalo Fire Department and for 26 years he responded to a variety of emergency calls and, of course, controlling and fighting fires, some of which took the lives of some of his fellow

firefighters. It was while working as a firefighter, Klink became interested in photography and began to click professionally and in time, became known as a "poetic photographer."

In 1987, after spending 26-years as a firefighter, Klink retired and moved on to Boston, and then to Nahant. Well, at the age of 53, Klink decided to attend Harvard University's summer and evening school sessions. To think, the former high school misfit went on to excel at Harvard University and graduated with a Bachelor of Arts degree at the age of 59! To quote Klink, "I'm educated way beyond my capacity!"

His greatest pride? Joe Klink says he is proud of his wife Ellen, his four children and his 10 grandchildren. And he added, "They know I'm not perfect, but they trust me as if I were."

Well, we have attempted to offer you a concise insight of Joe Klink, a truly remarkable and inspiring individual.

What follows was published in 1996 in The Brattler, a publication of Harvard University Extension School.

One Christmas by Joseph Klink

I always find it curious how a smell, or odor, can trigger an image that had long been buried in the deep storage compartments of the mind. One day recently, I had the waitress bring me a bowl of hot oatmeal, sprinkled with brown sugar. As the vapors rose, I experienced a moment of visual recall.

The scene was the kitchen of the home I had been raised in, some 50 years before, the month of December. My mother was wrapped in a pink terry cloth bathrobe, her small, round Irish face framed in locks of auburn hair, protruding from the bundle. She had the appearance of a cuddly stuffed animal from an airport gift shop. It was a typical frigid upstate New

York winter morning. The gas stove was warm, my mother opened the door so my sisters and I could sit on it for added warmth and have a cup of cocoa, before moving to the table for hot oatmeal.

On this particular morning, my mother greeted me with red eyes, looking tired and worn out. She held my head in her hands and told me my dad was involved in an accident on the railroad and I would not see him again. I remember feeling confused and sad, in the way I guess was typical for a six year old. She said I was the man of the house and would have to be brave and look after her and my five sisters. I'm certain I did not cry.

As I sat on a chair, drawing figures on the frosted window glass, I knew everything would be all right. Christmas would be here in three days. Santa would make it better.

How Nahanters Voted

A total of 2,259 Nahanters made it to Nahant Town Hall to cast their votes for the presidency. A total of 1,394 voted for John Kerry, 819 for Bush, 12 Nahanters voted for Badnarik and 3 for Cobb.

As for write-in votes, Harriet Steeves, 1,032, Marguerite Haigh-Rizzo, 999, Sheila K. Hambleton, 1002, Mary Dill, 888, Dan

deStefano, 812, Teresa-Heinz Kerry, 69. Topping them all, Lynne Spencer, with 1,245 write-in votes!. Calm down! There were no write-in votes!

On The Street Where You Live

There is a total of 73 homes on Castle Road. The highest-assessed home on Castle Road is Anthony DeLuca's home, at 135 Castle, assessed at \$806,800. The second highest-assessed home belongs to Joseph and Laurie Giardella. Their home at 29 Castle Road, is assessed for \$777,600. There are 12 homes assessed over a half-million dollars. Most of the homes on Castle Road are assessed between \$300,000 and \$400,000. Of course, the most valuable property on Castle Road is the Johnson School, with a total value of \$3,823,700.

Nahanters Thoughts About Christmas

Cal Hastings, of Nahant Road, says, "Christmas holidays mean: anticipation, preparation, recreation, prostration and recuperation."

Cal's attractive and brilliant wife, Marrit, says, "Perhaps the best Yuletide decoration is being wreathed in smiles."

Happy Holidays!

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Summer In Nahant

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



*Top and bottom photos: Swallows Cave 1879. Nahant Historical Society.
Gift of Don Hodges, Jr. 2004.*



Swallows' Cave

ONE OF THE EARLIEST watering places in the United States, and one that longest held its popularity, was Nahant; and even to this day, it is the summer resort of large numbers of people. There are many natural advantages that Nahant possesses over any other place in this country, that must always render it popular. It is very evident that this delightful and salubrious summer retreat is not properly appreciated, highly as it is estimated by the thousands who annually visit it.

But a transient visit—while the steamboat stops at the landing—cannot afford a correct or adequate idea of Nahant, its beauties, wonders and luxuries. Nahant needs to be seen under all its aspects—under the darkening cloud, amidst the roaring ocean, whitened by the foaming billows, and illuminated by the flashing lightning, as well as in the broad sunshine of noon, when the blue and beautiful ocean is spread out to the eye until sky and sea form a common line, when the breathing south wind comes softly over the water, and cools the feverish temple with its balmy air.

There are many natural curiosities on the peninsula that attract the eye and interest the visitor. Among them are Swallows' Cave...etc. The Swallows' Cave is a passage under a high cliff on the west side of Nahant, a few rods south of the steamboat wharf. It is easily accessible, is from six to twenty feet high, and from ten to fourteen feet in breadth, extending about seventy feet, opening to the water. It can only be entered at low tide, and the sea sometimes rushes into it with a great noise. The swallows have built their nests in the upper part of this cavern, on ledges or notches in the rocks. The walk or flooring is rather uneven, but may nevertheless be entered by ladies with perfect ease and safety at a suitable time of tide. Passing through this cave, you may ascend by climbing over the rocks to the height above, without returning the way you descended to the opening.

SOURCE: Drawing, middle left and text: Gleason's Pictorial Drawing-Room Companion, p384. Nahant Historical Society. From the collection of M/M Fred L. Timmins.

THERE IS NOTHING OF DULNESS in an evening at Nahant. A walk, in the mild light of the moon, to the Spouting Horn, Swallow's Cave, or to any of the rocky prominences, is delightful,—the calm and unbroken quietude that reigns over the scene, is soothing to the mind, while the cool, pure air, invigorates the body. The glittering diamonds of the skies, shine out with a clearer brilliancy in the transparent air of Nahant, and the ocean-wave curls its white foam, to catch, as it were, pearly gems from their soft light. SOURCE: Letters of Nahant 1838. p 29. Author's collection.



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



Swallows' Cave

There is a slight bend in this singular cave...



Swallow Cave Hid Indians

by Edward Rowe Snow

How many of my readers have visited Swallow Cave in Nahant? Indeed it is a delightful location, especially at the moment of extreme low tide, when one can walk right into the cave and follow the relatively straight course to end in water waist-deep.

There is much at Nahant which has always attracted me, and when I visited there with my older brother, Win, I told him about my first canoe paddle years before which ended at Swallow Cave.

In the fall of 1932, my wife, Anna-Myrle, and I left Winthrop Beach on a bright, clear day bound for Nahant.

BY THE TIME we had arrived there, a brisk northeast wind had set in, and we had difficulty in landing at Swallow Cave. We reached the shore without tipping over, however, and after thoroughly exploring the cave, we started back to Winthrop.

By now high waves were four and five feet high, and I didn't have much hope of our landing right side up. But finally, after an hour's frantic steering and paddling, we approached Graver's Cliff in Winthrop, paddled in to the beach just ahead of a giant breaker, and pulled the canoe up in the lee of Fort Heath. Much to our surprise we didn't have to swim at all. Late that night the ocean washed out the narrow gauge railroad tracks less than a quarter mile from the place where we had landed.

There are many Nahant stories, including the legend of that massive

boulder, Egg Rock, and the visit of the New England sea serpent.

Swallow Cave, however, had so far eluded all my efforts to obtain its history. I was determined to visit the Nahant Library again in an effort to glean more information about the cave which historian Fred A. Wilson mentioned in his "Annals of Nahant." I spent a full day in the library, and with the gracious assistance of the librarian, located the original material which included the story I wanted.

The account begins with the physical features of Swallow Cave, describing the entrance as about five feet high and the depth of the cave as 24 yards, but irregular Gothic arches and rises through the whole passage range from 18 to 20 feet. The sides are ruggedly perpendicular and the floor uneven by its elevations and cavities.

"Perpetual humidity reigns in this dreary cavern from the continuous droppings of water through the crevices on the ceiling.

"There is a slight bend in this singular cave, and through a fissure of rocks, from which one enjoys a fine view of the sea, you

step along the rugged beach and grope your way up the side of the hill opposite to that you just descended. It is called the Swallow Cave

know where they were being driven and fled far in advance of the pursuing white men.

When they reached the



from the great number of that species which hatch their young and inhabit there the greatest part of the year, and are even said to exist in it during the winter, in a completely torpid state."

IN THE YEAR 1675, during King Philip's War, 40 Narragansett warriors paddled across Massachusetts Bay from Pocasset on Cape Cod, hid their canoes in the woods near the entrance to the Saugus River and raided the town of Lynn that night.

The men of Lynn struck back and overcame the Indians, forcing them to retreat into the darkness toward Long Beach and Nahant. The Indians did not

vicinity of Swallow Cave, one of them discovered the opening in the rocks, and all 40 Indians soon were hiding inside.

THE MEN OF LYNN lost the trail and finally returned to their homes, determined to come back later and destroy the last of the Indians. While they gathered their forces for a counter-attack, the Indians were allowed to live at Nahant unmolested.

Two weeks later 25 prospective warriors, equipped with "broad-swords and muskets," each man carrying "a Bible in his hand and a Westminster catechism in his left pocket," prepared to battle the Indians.

The captain consulted Wonderful, the witch, who lived near the Salem shore. She had a brilliant mind and had often discovered lost property and accurately predicted coming events.

"WELCOME, MY brave soldiers," she cried. "Success to your enterprise. You see, I know where your game is. Before tomorrow's sun has set you'll be with the Indians.

"I know you will find them, 40 in number, waiting to dip their tomahawks into the blood of your families."

Forewarned, the captain brought his men and surrounded Swallow Cave. Finally, he notified the Indians that if they left quietly they could return to Cape Cod.

"I CONSENT to let you return," stated the captain, "but you must promise never to fight us again."

The Indians, after a discussion of some length, gave their oath. The crisis was over, and the next morning the inhabitants of Lynn climbed to High Rock to watch the procession of Indian canoes starting across the water.

Wonderful the Witch later admitted that she had been secretly placed under Indian protection because of her ability to foretell the future. Shortly she predicted her own death, and when her lifeless body was found in her hut, the citizens of Lynn buried her high on the hill overlooking Swallow Cave, the scene of her peace-making.

SOURCE: Boston Herald Traveler, 01/18/1971. Nahant Historical Society. Gift of Flora Roland, October 1990.

NAHANT PUZZLE PAGE

Happy Holidays
by Rick Kennedy

ACROSS

- 1 Puff

5 Fast flyer

8 Dec. 7, 1941 pres.

11 American Cancer Society (abbr.)

14 Biblical "you"

18 Excellent

19 Randy's partner

20 Popeye's yes

21 Sound made by 138A

22 Aired again

24 River horse

25 Not safe

26 Red or Black

27 Container

28 Chew the scenery

29 Annex

30 Wood particles

33 Share in

36 Fox hole

37 Rudolph, e.g.

39 Nonreligious person

40 Part of Hispaniola

41 Measly

42 Type of tea

44 Plentiful

48 Get a hand?

50 Arizona city

53 Day before Boxing Day

57 Texas city

61 Org.

62 ___ Magnon

63 Lemon candy?

64 Moosehide slipper

66 Was accepted (2 wds.)

67 Nettle (2 wds.)

68 Jekyll's alter ego?

70 Former AG Janet

71 Upright

72 Story

74 ___ Lanka

76 Pro

77 ___ avis

79 "First in, first out"

82 Residue

84 A Christmas color

86 Picnic pest

87 It holds "plenty"

91 Black ___ (abbr.)

92 Energy unit

93 Ms. Gardner

94 Chief executive officer

95 Romance

96 Air (prefix)

98 Only

99 Hide

101 Shade tree

102 Gadfly

103 Llama land

105 Poetically before

106 ___ Turkey

108 "Misfit Toys" milieu

110 Raised the ante

113 ___ Cuisine

115 In ___ (original position)

- 117 Arm joint

121 Gaze

122 Bro's sibling

123 The Grinch's Max

126 Network Directory Serv.

127 Bird's "thumb"

128 Hickory Farms favorite

130 Fireside footwear?

133 Whispers in the wings

134 Tropical edible root

136 Shopping binge

137 Branch of learning

138 Turtle ___

141 Shock

144 Irish county

147 Trolley

151 New Year's ___

152 Autumnal ___

154 Frosty one

156 To be

157 ___ Christmas!

159 Droop

160 Caesar's three

162 U. of Tenn. mascot

163 Pilgrim John ___

165 Result

166 Compass pt.

167 Business title ending

168 Stretch to make do

- 169 Delicacy

170 Germ

171 Our sun

172 Writing liquid

173 Primed

174 Jewish scribe
- DOWN

1 Deception

2 Pig's mouthful?

3 Calendar abbr.

4 Sox or Celts

5 Put away

6 ___ Arabia

7 New Testament book

8 Quick

9 Tinge

10 Harvest

11 Capital of Ghana

12 Raccoon-like animal

13 Opus

14 Spruce or pine

15 Haw's partner

16 Eat away

17 Gobbler

18 Cote

23 Hawaiian goose

31 Yemeni gulf

32 Tannenbaum topper

- 34 Excuse me!

35 Caring

38 Rice dish

41 Jewish candelabrum

43 Warm chocolatey drink

45 Middle

46 Nittany Lions sch.

47 Type of partnership

49 Woods on the links

50 Reserve a Christmas tree

51 Utilize

52 Gary's time? (abbr.)

53 Weep

54 Mortar carriers

55 Copycat

56 ___ Francisco

58 Hot time in Paris

59 "The Car's" Ocasek

60 Canadian prov.

62 "Open fire" fare

65 Yukon's surname

69 Unit of work

70 Inventor Popeil

73 ___ Day

75 Not a happy camper

76 ___ of Stephen

78 Tiny particles

79 Future Farmers of Amer. (abbr.)

- 80 Wrath

81 Common Christmas tree

83 Shade

85 Zsa Zsa's sister

86 Curt Schilling, e.g.

88 Night bird

89 Fish eggs

90 Egg ___

97 Run

99 ___ Lanka

100 Santa's triplets?

102 Yo-Yo, e.g.

104 Swelling

105 Star of Bethlehem spot

107 Chinese dynasty

109 Smallest sandpiper

110 Ship initials

111 School group

112 Crony

114 Towel word

116 Pats pts.

118 Sprout

119 Corrida cheer

120 Been

123 Angel dust

124 Former SSR

125 Pumpkin or shoofly

129 Asian country

131 National capital

132 Local news channel

- 133 Code or rug

135 Musical compositions

137 Bangle

138 Township of ancient Attica

139 Thanksgiving needs

140 Line of poetry

142 Large instrument

143 Winged guardian

145 Admires

146 Stirred

148 MASH character

149 Stadium

150 Improve

152 Leered

153 Roman baker's dozen?

154 Indisposed

155 Church part

158 Regret

161 No room at the ___

164 Movie star Taylor

Snow Shoveling Safety

submitted by Keith Briggs, Briggs Chiropractic Office, PC

The following are tips to prevent snow shoveling injuries:

Warm-up/Stretch before shoveling. Warm-up/stretch for 3-5 minutes. This will increase heart rate, blood flow, deep muscle temperature, respiration rate, viscosity of joint fluids and perspiration, which will lead to a greater amount of flexibility. Stretch your back, shoulders, arms and legs.

Pick the right shovel for you. Use a light weight, push type of shovel. A smaller blade will require you to lift less snow, putting less strain on your body.

Don't let the snow pile up. Remove small amounts of snow on a frequent basis.

Push, don't throw. Push the snow to one side and avoid throwing as much as possible. Avoid twisting and turning movements! If you must throw, position yourself to throw straight at the snow pile.

Bend your knees. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Use your knees, leg and arm muscles to do the pushing and lifting while keeping your back straight.

Drink plenty of water. Dehydration is just as big an issue.

Take a break. Fatigue leads to injury. Take frequent rest breaks to take the strain off your muscles. Stop shoveling immediately if you feel chest or back pain.

Stretch again when finished shoveling. Shoveling requires a high-volume of lifting or use of the legs and lower back, this is an excellent time to stretch the hamstrings and lower back. It will also decrease muscular soreness.

Keep your spine in line with regular chiropractic adjustments. They will help you to cope with the stress of snow shoveling.

Stop if you feel pain!

*If you experience any soreness after these activities, apply an ice bag to the affected area for about 10 minutes every couple of hours.

Walsh Appointed to Patient Care and Nursing Staff Subcommittee

submitted by Lainey Titus

State Representative Steven M. Walsh has been appointed by House Ways and Means Chairman, John Rogers, to serve on a subcommittee that will study the effects of implementing a mandatory-staffing law for registered nurses.

House Bill 1282, "An Act Ensuring Quality Patient Care and Safe Registered Nurse Staffing," is currently before the House Committee on Ways and Means. The bill, if passed, would establish minimum standards for the registered nurse-to-patient ratio in acute care facilities, based upon, among other criteria, the nature of a patient's illness, or condition.

A number of Professional Nursing organizations, including the Massachusetts Nurses Association, support the legislation and argue that when nurses have too many patients, the quality of care diminishes. The Massachusetts Hospital Association, an organization comprised of hospitals and health systems, is opposed to the bill and suggest that there is already a nursing shortage and there will not be enough nurses to meet the needs of a staffing ratio.

Chairman Rogers' goal in establishing the subcommittee is to evaluate all of the arguments and assess the positive and negative implications of passing the bill. He hopes to accomplish this goal, by bringing together Representatives from differing backgrounds, who will use their individual expertise and experience, to reach a consensus on the issue.

Representative Walsh is eager to begin working as a member of the committee, as many of his constituents have called him about the prospect of a nurse staffing ratio. Walsh commented, "The health care industry is vital to the overall well-being of the Commonwealth. Our main goal is to ensure that all patients receive the highest possible level care and this committee will make recommendations to ensure that the goal is achieved."

Commander-In-Cheek Solution
November 2004

Solution:

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Ten Tips on Avoiding Holiday Stress
by Keith Briggs, Briggs Chiropractic, P.C.

The holiday season is a stressful time of year. Stress in and of itself is not harmful and for a short period of time can be a useful physiological response to certain situations, however, stress over a period of time can be deleterious. Dr. Hans Selye, author of "Stress Without Distress," says "...it is not stress that is harmful, it is distress. Distress occurs when emotional stress is prolonged and not dealt with in a positive way." Distress can lead to backaches and tension, fatigue, headaches, heartburn, difficulty sleeping and potentially other serious illnesses. Some suggestions on how to relieve stress during this holiday season and throughout the year are as follows:

1. Exercise, which can include walking, running, weight lifting, or even parking your car at the far end of the mall if you have a choice and walk to the stores.
2. Meditation.
3. See a chiropractor to relieve tension in the spine.
4. Massage therapy.
5. Try to get plenty of sleep and rest.
6. Deep breathing.
7. Try to stay in the moment and not project into the future and think of all the things you need to get done.
8. Laugh.
9. Avoid caffeine, smoking, alcohol and drugs.
10. Avoid sugar, white flour and processed foods.

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Nahant Village Church, affiliated with UCC, seeks leader for established choir of 16 volunteers to begin January 1. Newly restored Hook and Hastings tracker action organ. Time commitment includes Sunday rehearsals and morning service, and rehearsals and performances for special events. Competitive salary. Reply to herbmot@aol.com or call 781-842-1035.

Nahant Community Page

Place your rental ads, items for sale, car and boat sales, personal messages, holiday and birthday greetings in the **JANUARY 2005 issue!**

Fill out the form and make your check payable to Seaside Business Services and mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908...**OR...** Save a stamp! Take the envelope to the Equitable Bank and drop it in the black box at the Teller's counter. Payment must be included with the form. Photos will be returned if accompanied with a self-addressed, stamped envelope. The deadline for the January issue is December 15th.

Name: _____

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Photo Enclosed? _____

Ad Size: _____

Amount enclosed: _____

Print Message (or attach to form): _____

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1" box	\$10.00*
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*Text Only

To advertise, call Suzanne at
781-592-1263.

Community Calendar • DECEMBER 2004

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

NOVEMBER

THU 25 *HAPPY THANKSGIVING !!!*
SAT 27 9:00A Nahant Holiday Fair. Town Hall. Till 3:00 p.m.

SUN 28 10:30A Worship Service and Sunday School at the Nahant Village Church.

DECEMBER

FRI 3 NO MEN’S GROUP BREAKFAST
FRI 3 6:00P Ham & Bean Supper. Village Church

SUN 5 10:30A Communion Worship Service and Sunday School at the Nahant Village Church.

SAT 4 6:00P Santa Parade Fundraiser at the Tides. Cruise Raffle drawn. After parade, participants will gather for warmth and refreshment.

TUE 7 HANUKKAH begins at Sundown

WED 8 HANUKKAH

THU 9 2:00P Make your own Gingerbread Man at the Library. Till 4:00 p.m.

SAT 11 9:00A Village Church Christmas Fair. Village Church. Till 2p.m. Raffles and Silent Auction winners will be drawn and announced.

SUN 12 10:30A Advent Worship Service and Sunday School at the Nahant Village Church.

MON 13 Noon Seniors Christmas Lunch at the Knights of Columbus.

TUE 14 Noon Woman’s Club Holiday Lunch at the Community Ctr.

WED 15 1:00P OPEN HOUSE. School of Refrigerator Door Art at the Nahant Community Center. Till 5:00 p.m.

WED 15 6:00P Swampscott High Silent Auction. 781-581-0345
JUST IN: “Items to be auctioned include: Celtics Tickets, Symphony Tickets, 4 passes on Horizon’s Edge in 2005, 5 pairs of New Balance \$80 shoes, Ray Bourke signed jersey, Golf at Tedesco Country Club, Boston Pops Keith Lockhart Memorabilia, Holiday items and much more. Your admission price enters you in a raffle to win a bucket (min 25 tickets) of \$10 Lottery Scratch Tickets. You do not have to be present to win.”

WED 15 6:00P Holiday Party at the Nahant Library.
THU 16 Noon Garden Club Holiday Party at the Village Church.
SAT 18 2:00P Basic Jewelry Techniques Workshop at School of Refrigerator Door Art. Till 4:00 p.m. To sign up call 781-592-4148. Class limited to 20 participants.

SAT 18 6:00P 9th Annual Santa Light Parade Begins

SUN 19 10:30A Christmas Service and Sunday School Pageant at the Nahant Village Church.

FRI 24 *CHRISTMAS EVE*

FRI 24 5:00P Family Christmas Service at Village Church.

FRI 24 7:00P Candlelight Christmas Service at Village Church.

SAT 25 *MERRY CHRISTMAS !!!*

SUN 26 *HAPPY KWANZAA !!!*

SUN 26 10:30A Worship Service and Sunday School at the Nahant Village Church.

WED 29 2:00P Board Games at the Library. Till 5:00 p.m.

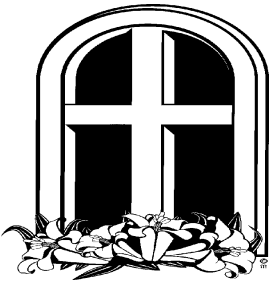
FRI 31 *HAPPY NEW YEAR !!!*

This 2 column by one-inch space is only \$20! Place YOUR ad in the next Harbor Review. Call Suzanne Hamill, Sales Director, at 781-592-1263, today! Thank you!

Help keep this community newspaper afloat! Please send \$15 for a “voluntary subscription” to the Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Thank you for your continued support.

Nahant Village Church

Join us for Worship Service & Sunday School on Sundays at 10:30 a.m.



AA Meetings

Tuesdays and Thursdays: Alcoholics Anonymous meets at 7:15 a.m. St Thomas Aquinas Church basement on Nahant Road.

Fridays: Alcoholics Anonymous meets at 7:30 a.m. Nahant Village Church Library on Cliff Street.

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

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.

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