



Nahant Harbor Review

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

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

Volume 13 Issue 12

DECEMBER 2006



Nahant Honors Call Fire Fighter Andrew Puleo

**Appointed April 1, 1965
Retired June 30, 2006**

Andy, you are the guy every firefighter hopes to have at his back in times of danger. In your 41 years of service to the citizens of Nahant, many aspects of society and the fire service have changed; however, your dedication, commitment, courage and sense of brotherhood have been unwavering.

Whether performing your duty during an emergency, or rolling what seemed to be miles of hose, your strong back, friendly smile and gentle words were always there, to get us through. Your presence, as a firefighter and member of the Ocean Rescue team, has been essential to both organizations, throughout the years. We take comfort knowing that you will continue to keep us safe in any way you can.

The photo is by Lisa Doyle and the story by Dave Liscio.

Some Christmas & Holiday Festivities in Nahant

December 2nd NVC Ham & Bean Supper

Nahant Village Church is the location for the Village Church Breakfast Groups's Annual Old-Fashioned Ham & Bean Supper being held on Saturday, December 2nd, from 5:00 to 8:00 p.m. Tickets may be purchased at the door, or call Michael Gray, 781-581-0680, to purchase your tickets in advance, or to reserve.

December 9th NVC Christmas by the Sea Fair

Mark your calendars and plan to attend the Nahant Village Church's Annual Christmas by the Sea Fair being held on Saturday, December 9th, in Swansburg Hall at the church. Doors are open from 9:00 a.m. to 3:00 p.m. Please come and purchase a little something from one of the many food and gift tables, or have a bite to eat at the snack bar, and help support the church's annual fundraiser. Merry Christmas to all!

Festival of Lights Parade Draws Near

Just a reminder!! Christmas Parade, December 23rd, Fundraiser at Tides, Dec 16th. Tickets are now on sale for the cruise to Bermuda, sailing on June 17th, 2007. Donations for the Parade can be sent to Nahant Equitable Bank, 28 Nahant Rd., Nahant, MA 01908. Thank you! to everyone for your support. See you at the fundraiser and Parade. Happy Holidays to ALL!!!

Abra-Kadabra Magic System's Show at the Library

Nahant Public Library invites you to Jim Rainho's amazing Holiday Magic Show, with LIVE ANIMALS, on Wednesday, December 20th, at 3:00 p.m. This dynamic and interactive Abra-Kadabra Magic System's show is full of mystery and surprises. Nahant Public Library is grateful to the Nahant Knights of Columbus and the Friends of the Library, for funding the program. Admission is free. Happy Holidays!

Happy New Year! Take a swim!

It's almost that time again, time for the 5th Annual New Year's Day Dip. Join your friends, to start the year with a refreshing swim at Short Beach. Last year saw the biggest turnout yet, at least 100 swimmers and many more spectators, as well as tailgate parties, a bonfire, Vikings and lots of other typical Nahant craziness. The swimmers gather at the Coast Guard Station and race into the ocean at noon sharp. Let's make this the biggest and nuttiest year yet.

Flu Clinic in Nahant Dec. 4th

On December 4th, from 10:00 a.m. until noon, and again from 4:00 to 6:00 p.m., flu shots will be given at Town Hall, to Nahanters over 50 with Chronic Illness and to those 65 and over, with Medi Care Card. If any nurses would like to volunteer, please call the Town Hall at 781-581-0088.

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Nahant Country Club to Host New Year's Day Party

The Nahant Country will again be hosting a New Year's Day party.

It will take place at 1:00 p.m., in the bar at the country club. A light lunch and drinks will be available.

Last year's party attracted a large and jolly crowd, many of whom had been swimming at Short Beach earlier in the day and swapped stories about whose feet were coldest.

Watch for posters around town in late December, with more details.

Arts and Antiques Sale Dec. 16 & 17

The School of Refrigerator Door Art will have an open house Arts and Antiques sale on Saturday, December 16th and Sunday, December 17th, from noon until 5:00 p.m. Original art by Carol Hanson, as well as vintage and antique furniture and decorative pieces, will be on sale. Please call 781- 599-2222, or e-mail refrigdoorart@aol.com for details.

Floral design classes will be held on Thursdays for the month of December for adults, and a class for children and adults will be offered. Call for dates and times, as a minimum number of registrants is required to hold this class.

Stop, Drop and Shop will be held on the first three Saturdays of December, from 9:00 a.m. to noon. Children as young as two can be dropped off for an art class, where we will have holiday snacks and make a gift for the child to give. Space is limited so please register early!

Children's Programs? Let's Plan Them Together!

By Daniel A. deStefano, Library Director

Besides conducting the Nahant Public Library's first inventory since 1819, planning to add to the building, preparing annual paperwork for the Town and the State, and lending books, magazines, tapes, CDs and DVDs, your Library Staff has decided that we should evaluate our children's programming.

To this end, Children's Librarian Rita Stepanova has prepared a short survey on the topic. The pull-out survey form is included with this issue of the Harbor Review. We ask that all interested parties, especially parents, answer the questions and return our survey form, before January 15, 2007. We'll publish the results in March.

Help us to serve you and your children better. Tell us what you would like to see at the Library. To give us your opinion, is to make a contribution to the Library's mission. Our mission is the same as all public libraries: to educate the electorate, and to do that, while entertaining them. Educating the voters is a big job, and it starts young. Return the survey, and participate in that education. Thank you!

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Friends of Nahant Library Sponsor "Louisa's Girls"

The Delvena Theatre Company will present Louisa's Girls, an artistic interpretation of the beloved story of Little Women at the Nahant Public Library, 15 Pleasant Street, Nahant, on Sunday, December 10, at 3:00 p.m. Louisa's Girls, directed by Joseph Zamparelli, Jr., is a one-woman, multi-character "edutainment" production which offers a challenging, creative and truly original take, on the classic story. The audience will be mesmerized as Lynne Moulton, star of the show, transforms from Marmee to Jo to Meg with a sudden voice change and a twist of her body or simple wave of a fan.

Ms. Moulton studied at the Royal Academy of Dramatic Art, under the direction of Sir Robert Palmer and at Trinity Rep Conservatory and won the Maine Stage Best Actress Award in 1990, for her performance as Blanche Dubois in Streetcar Named Desire. The Delvena Theatre Company was founded in 1992 and has performed at various venues, including the Boston Center for the Arts. Nominated for five Independent Reviewers of New England awards, Delvena's production of Who's Afraid of Virginia Woolf? won Theatre Mirror's Best List for acting, directing and production. Presentations of Anna Weiss and Beyond Therapy were included on Theatre Mirror's best play list and Blue Heart was placed on Aisle Say's best list.

Sponsored by the Friends of the Nahant Public Library, Louisa's Girl is offered free to the public and is supported, in part, by a grant from the Nahant Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information call the Library at (781) 581-0306.

Chess Club at the Nahant Public Library

Nahant Public Library is pleased to announce reopening of the Chess Club, on demand of our patrons. The Library's Chess Club was founded, and successfully met, as one of our summer programs 2006. The Friends of the Nahant Public Library have supplied chess sets and boards. Our young participants had come from Nahant, Marblehead, and Swampscott. Welcome back!

Nahant Public Library invites children and young adults to the Chess Club every Wednesday, at 3:15 p.m., starting December 13th. Both beginners and experienced players are welcome. To participate, please sign in at the Nahant Public Library, or call 781-581-0306. If you do not know how to play, we will teach you. Books from the Library's collection are also available to help you. We invite parents and experienced players to instruct if they wish.

Play chess, while learning to solve problems, and learn history of the popular oldest game, while having fun! Submitted by Rita Stepanova, Children's Librarian

Swampscott Parishoners Welcomes The Reverend Mark A. Templeman to the Church of the Holy Name

In 1988, Mark Templeman began his creative career touring a one man show, "Motions of the Heart," extensively throughout the United States. He received his professional training in mime and theatrical clowning at Ringling Bros. Barnum and Bailey Clown College in Venice, Florida. In 1990, he completed additional performance training at the Del' Arte School of Physical Theater in Blue Lake, California, where he studied mime, physical movement and mask theatre. His dramatic performance pieces have been called, "some of the most visual and powerful sketches in Christian Ministry today." He concluded his full-time touring schedule in 1995 to begin a family.



Templeman holds a B.A. in Social Work (1999) from Wright State University in Dayton, Ohio, and an M.A. in Systematic Theology (2002) from Trinity Episcopal School for Ministry in Ambridge, Pennsylvania. Upon graduation from seminary, he was ordained to the Episcopal Priesthood and currently serves as Rector of the Church of the Holy Name in Swampscott, Massachusetts.

His first book, "Candle in an Ocean," published in 1999, is a collection of story poems. In the spring of 2002, his first novel, "A Distant Shore," was published. The novel is a love story about an Episcopal priest returning to the shores of Lake Michigan to become rector of a parish where his family vacationed in the summer. Both books were published by Idyllwood Press International. His interests include: sailing, canoeing, fly fishing, music, theater and puppetry. In his spare time, he is working on a second book of new and collected poems and the sequel to "A Distant Shore." Templeman makes his home in Swampscott, Massachusetts with his wife, Jennifer and two young sons.

Tower Pre-K Offers Full Day

Submitted by Jennifer Burke



Tower School, an independent, co-educational day school in Marblehead, will expand the hours of its pre-kindergarten program, for the 2007-2008 school year. Next September, the pre-kindergarten program will last a full day, from 7:55 a.m. to 2:50 p.m.

"The curriculum will be expanded, while still remaining developmentally appropriate for our youngest students," says Head of

School, Peter Philip. "We have made this adjustment, because more and more students come to Tower, having experienced full-day nursery school, or day-care programs." The extended coverage also adds flexibility for parents with older children in school for a full day.

The admission process is currently underway, for the 2007-2008 school year. Children must be four-years-old by July 1st, to qualify for the program.

Pictured above: Tower School pre-kindergartener Charlie Anderson enjoys an edible art project — finger-painting with chocolate sauce!

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**Christmas Eve Candlelight Service at the Nahant Village Church,
December 24, 7:00 p.m. All are welcome!**



**Ring in a Joyous
New Year!**



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Woman's Club Holiday Luncheon

Submitted by Marrit Hastings

The Nahant Woman's Club will hold its holiday luncheon at the Johnson School cafeteria on Tuesday, December 12th at noon. Ring in the holidays with bells and song, featuring famed Alex Moccia, pianist Tom Bold, the Nahant Bell Choir, and 4th graders at the Johnson School. This marks the restart of a Woman's Club tradition of celebrating the holidays with youngsters in our town and provides an opportunity to spread the word about Club activities and accomplishments—the annual scholarship, the rebuilding of the Sears Pavilion at Bailey's Hill Park, and of course this year's beach cleanup that involved many of the Johnson School children.

Members are asked to bring mittens, scarves and hats for the needy as is done every year. Hostesses for this event are Cay Cusack and Wendy Payne. Norma Poole will give the invocation. The cost of the catered luncheon is \$10 per person. Please call Marrit Hastings at (781) 581-5691, or email calhast@hotmail.com, or Wendy Payne at (781) 581-2631, or email wendy-payne@comcast.net, for reservations, no later than December 5th. Happy Holidays!

KUDOS : For the second year in a row, the Nahant Woman's Club received the proceeds from the rental of tables and a silent auction held at the Nahant Holiday Fair. We acknowledge with gratitude the two organizers of the Fair — Nahant Woman's Club First Vice President, Linda Jenkins and Linda Tanfani. This is a very welcome boost to the Club's finances.

Retired Master Chief Boatswain's Mate and Nahant resident, Maurice Poulin, created and donated a unique bottle containing two Coast Guard cutters for a raffle benefiting the Woman's Club Scholarship Fund. Kudos to Maurice Poulin for this generous gift, as well as to all those who contributed to the success of the Holiday Fair bake sale. The proceeds of both the raffle and bake sale went to the Nahant Woman's Club Scholarship Fund. Annually, a \$1,000 scholarship is awarded to a deserving high school graduate who lives in Nahant.

Generous Bequest Jumpstarts Library Building Fund

A former Nahanter and frequent user of the Nahant Public Library has remembered it in his will. Kenneth Wilkie, who lived in town for many years, left the library \$5,000, and the library trustees have voted to apply the bequest to the building fund. Librarian Dan deStefano said, "Ken used to come in about twice a week. He really appreciated the library and all its resources. We're very grateful for this gift."

The building fund was started by the Friends of the Library, to raise money to help pay for the addition to the library, which is now in the early planning stages. Donations to the fund can be made at the library.

Dory Club Update

Submitted by Deborah Barnes

2006 was an active year at the Dory Club. The Dory Club Cruising Class, captained by Kevin Gregory, held six races this season, with twelve cruising members, four regular members, and six boats from outside the club competing in various races. The Dory Club also hosted the King of Clubs Regatta in July, which had twenty-five boats participating from Lynn, Nahant, and Swampscott. The Town Class boats held nineteen races this season, and the Dory Club will be hosting the 45th annual Town Class National Regatta next summer. Rex Antrim, the Fleet Captain for the Town Class boats, has a Town Class boat for sale, with the proceeds going to the restoration fund for the Dory Club. For more information, go to www.doryclub.org.

The ten Governing Council members for the new season are: Patty Forbush Gregory, Commodore; Mark Dougherty, Vice Commodore; Dan McMackin, Rear Commodore; Kevin Gregory, Secretary; Bob Cusack, Treasurer; Rex Antrim, Council-At-Large; Candace Cahill, Council-At-Large; Ed Pettipas, Council-At-Large; Robert Wilson, Council-At-Large; and Joe Desmond, Past Commodore.

On the social front, the Full Moon parties, a new tradition this summer, were a big success. We had a wonderful Closing Party/Annual Meeting in October. Our sincere thanks to Ed and Suzanne Tarlov for sharing their beautiful home with us.

Several new members joined the club this year, and we look forward to welcoming more new members next season.

The building itself, built in 1906, is undergoing restoration through the winter, and will open next season, with much fanfare and the promise of an active, exciting year.

For more information about the Dory Club, or if you have Dory Club memorabilia you would like to share, please call Patty Forbush Gregory at 781-665-0632, or e-mail Pattyatpgregory@kge-inc.com.

Visit our website at www.doryclub.org for pictures, club news and to obtain a membership application in the spring.

Boat Stuff

by Rob Scanlan, CMS/MMS/ACMS
Accredited & Certified Master Marine Surveyor

In Melville's 1850's classic *MOBY DICK*, he asked, "Why is almost every robust, healthy boy with a robust, healthy soul in him, at some time or another, crazy to go to sea? Why, upon your first voyage as a passenger or crew member, did you, yourself, feel such a mystical vibration, when you first observed that you were now out of sight of land? Today the "robust, healthy souls" belong to men, women and youth of all ages and while much more is known about traveling on the sea under sail, or power, the sea's irresistible mystical vibration still, to this day, draws thousands of adventurers to its shores every year.

Proper preparation and education can instill the knowledge and confidence necessary to handle most situations, which are likely to arise on board. There are no department stores, or gas stations, at sea. Your boat and its contents must provide for the needs of your crew and yourself, from the moment it leaves the dock, until it returns, or arrives at your final destination. I recommend to all my boating enthusiasts to spend a day walking through the many isles of marine equipment and safety gear at the local West Marine store in Marblehead, to familiarize yourself with the many items that might be essential on their new boats.

During the winter months, while the boat is in storage, would be an excellent time to visit the marine supply stores and you can cruise up and down every aisle, without having to spend any money on gear, equipment, or provisions, but simply discovering what you may, in fact, want to have on board for your intended boating and cruising plans this coming spring.

I have written many articles on boating which can be found on my other website at www.bostonboating.com. Having that said, I just want to remind all of you, that despite the snow predictions and winter's biting cold, we all have 142 days left till' boating season starts again. Enjoy the holidays Cap'n and have a Merry Christmas.

Rob Scanlan's website is www.mastermarinesurveyor.com

Nahant Garden Club

Submitted by Carmella L. Cormier, Publicity Chairman

The Nahant Garden Club Board, will be the Hostesses for our members' annual Christmas Celebration, "Bring and Sing," to be held on Thursday, December 14th, at the Nahant Knights of Columbus Hall from 6:00 to 8:30 p.m. We will have a Greens Boutique Sale made with seasonal greens. Members, please bring an unwrapped gift for "Toys for Tots" (infant to teens). Members may invite family and guests to join us for light refreshments from 6:00 to 7:30. A Sing-Along with Cal Hastings and pianist Tom Bold will take place from 7:30-8:30 and will conclude this wonderful evening and our last meeting of the year. Happy Holidays to all!

Annual Holiday Tree Lighting Ceremony at Lynn's Central Square

Join us for the Annual Holiday Tree Lighting Ceremony in Lynn's Central Square. Mayor 'Chip' Clancy and The Central Square Collaborative, the group that brings you 3rd Thursdays, invite you to get in to the spirit of the holidays on Thursday, November 30th, from 4:30 to 6:30 p.m. Mayor Clancy lights up the Square at 5:00 p.m. The Holiday Victorian Carolers will entertain with seasonal favorites.

Shop the Fabulous Holiday Show and Sale of arts and crafts at LynnArts. Kids, make an ornament at Raw Art Works! See 'FIRE! An Alarming History of the North Shore' at the Lynn Museum and Historical Society and enjoy hot chocolate, cider and cookies. Download a coupon at www.lynnmuseum.org for 10 - 20% off in the gift shop, good for Nov. 30th only. Shop late at Omar and Oscar's Jewelers and Rosina's Florist.

3rd Thursdays is a collaborative effort between the City of Lynn, businesses, led by the Lynn Area Chamber of Commerce and non-profit organizations, including LynnArts, the Lynn Museum and Raw Art Works with a goal to reinvigorate Downtown. Thanks to the generous support of the Massachusetts Cultural Council and partners like the Economic Development and Industrial Corporation of Lynn. Call 781.598.5244 for more information.

Celebrate the Season at RED ROCK

It's not too late to book your holiday event at Red Rock. Whether it's a luncheon, dinner or cocktail party, we have the right package for you.

Holiday Schedule

Christmas Eve, Sunday, December 24

Brunch 10:30 am - 3:00 pm

Dinner 10:30 am - 8:00 pm

Christmas Day, Monday, December 25
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New Year's Eve, Sunday, December 31

Jazz Brunch 10:30 am - 3:00 pm

Dinner 10:30 am - Midnight

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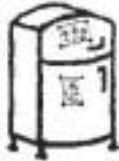
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Use Caution with Holiday Eating by Sallee Slagle, Director, Dance Dimensions

Wow! The holidays are here again! Wasn't it just New Year's Eve! For many of us, the holidays bring additional commitments and we feel the stress and anxiety that goes along with it. Where is the joy of the season? It should be a spiritual time, a joyful time, a giving time. Here is a plan to enjoy more of your holidays. First take time now and review what you feel is important for the holidays to be special. Include all the events and things that need to be done but most importantly include the philosophy YOU believe makes the holidays so special. What are your favorite holiday activities?

Pace out your plans, starting now. View extra commitments as a challenge and only take on ones that help you fulfill your philosophy. If you truly want to, say yes and enjoy the deeper meaning that event holds for you. Be willing to say no and not feel guilty.

Stress is all a matter of how you view something. It is a response to something. If we keep in mind our philosophy above, it may bring an activity more into focus, as to the true reason behind it and make the task at hand more enjoyable. Don't let the stress build. If you're feeling so stressed and you don't know which way to run, take a moment (even though you think you can't spare one) and breathe. Deep breathing can clear your mind. Review your holiday philosophy and decide what's next. Take on the challenge, not the stress of it all.

Aside from extra activities, we have an added challenge nutritionally and many of us may over-indulge, especially as a release for our stress. This adds to our physical stress and mental well-being. Managing what you eat over this time, can help keep your moods more festive and your stress levels more manageable. Sugar can influence our moods and our stress levels.

There are always a lot of sweets around and I say, enjoy your favorite treats but be sure to eat all the food groups. Too often we may fill up on a sweet treat and then skip a meal, to make up for it. This only adds to the cravings and sugar high-lows we can experience. Be sure to get your 5 servings of fruits and vegetables, especially fresh and raw, whenever possible. The vitamins, minerals and other nutrients are most available raw. Cooking destroys many of these nutrients, so snack on a piece of fresh fruit, head for the veggies and dip and make a meal of a salad.

Eating smaller amounts of food, more often, can help to keep your blood-sugar levels even and help keep you from desperately craving that sugar lift. Small amounts of sweets are fine and a special part of holidays. Enjoy them. Don't feel guilty. If you over-indulge one day, just eat better, more nutrient rich foods the next day and relax.

As we share holiday cheer and toast the season, remember, alcohol turns to sugar in our bodies. So with sweets it's a double jolt. Sugar and alcohol can dehydrate you, so drink plenty of water. Drink water before any alcohol drink. Water can also satisfy other cravings too. Have a large glass of water before each meal. Thirst is often misread as hunger, so have a glass of water, first and you probably won't feel as hungry.

High-fat sweets trigger endorphins, that make us feel good. This is the same chemical that is released when exercising. So don't let the sweets replace your exercise routine. The daily routine may go out the window, but keep in some exercise each day. Try to make it a separate activity but when you can't, park farther away, or choose the stairs, to help keep exercise part of everyday.

If you're feeling the holiday stress, remember to take a moment (realize you can spare one) and breathe. Review your holiday philosophy and keep in mind the goal of truly enjoying this season. Here's wishing you all a holiday season with renewed spirit. Happy Holidays!

Ice Skating Classes at the Lynn Connery Rink Submitted by Rosemary Cloran

The Lynn Connery Memorial ice rink is now having ongoing winter ice skating classes. Lessons are available to children ages 4 ½ and up, as well as to adults. Separate skill classes are held at the beginner, intermediate and advanced levels. Skaters can wear either figure or hockey skates, and helmets are required for ages 4 ½ through 7. Each class includes a small group lesson and a supervised practice.

The Lynn Connery rink is located at 190 Shepard Street. Classes are held on Sundays at 1:40 pm. The Lynn Connery rink is convenient for residents of Saugus, Revere, Nahant, Swampscott, Peabody, Salem, and Marblehead.

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

To advertise in the Nahant Harbor Review, call Suzanne at 781-592-1263.

Johnson School Notes

by Dr. Denise Littlefield

We are almost ready to say goodbye to the W.T. Rich Company, the company that has spent the last 8 months building our fantastic new school. Their part of the renovation project will be complete, with the cafeteria, scheduled to reopen on or about December 12th. Soon thereafter, the community will be welcomed to tour the new Johnson School.

Our school year is made up of trimesters with report cards going home at the end of each trimester. The first report cards of the year have been distributed. Parent conferences will be held on Dec. 5th and 6th, which provides the opportunity for parents and teachers to exchange information about individual student progress. There will be early-release days for students on Dec. 5 and 6 in order to schedule those conferences.

The Nahant Special Education Parent Advisory Council has been reactivated. Under the facilitation of Nieve Callahan, the council will hold regular meetings and discuss topics that are relevant to Special Education Services. The school will send home notices of meetings with students but if anyone would like additional information he/she can call Mrs. Callahan through the Johnson School.

The 5th-and 6th-grade students have again honored the veterans of Nahant. On Nov. 10, 2006, the students hosted a luncheon and presented songs and poems, celebrating those who have served in the armed forces. The event also brought the JCC Songsters, directed by Mr. Victor DalPozzal, to perform patriotic songs. It was very special to see our retired teacher friends, Irene Curran, Gail Guimone, and Patty McSweeney who are part of the Songsters. Thanks to all the parents who assisted, as well as Mrs. Hennessey, Mrs. Tibbo, and Mrs. Dunion, who also prepared the students, sent out invitations, and organized the day. The tradition was started 8 years ago by Mrs. Peg Silva. Mrs. Silva became a guest for part of the celebration, as this year she has been busy doing a fantastic job teaching our kindergarten students.

On Nov. 20, the Science Museum-sponsored traveling Planetarium was at the Johnson School and presented the 2nd, 5th and 6th grade students with information and views of planets, space, and stars. In keeping with National Literacy month, the Johnson School held performances by Ed the Wizard, encouraging literacy skills through the magic of reading. Thank you to Stacie Nardizzi, our volunteer coordinator for her continued work in bringing us these new opportunities.

Principals across the states continue to be concerned about the amount time children spend watching TV and playing video games. There is no doubt that when this time is excessive, so many areas of development are negatively affected. And a television in a child's room often means isolation from family, too much alone time, and perhaps indulgence. Trips to the library and reading are ALWAYS good!

Now that it is December, on behalf of the staff of the Johnson School, please except many wishes for a safe, healthy and happy, holiday season.

The Johnson School is hiring substitute teachers. Anyone interested can call the school office at (781) 581-1600.

Season's
Greetings

Glaucoma Screening Prevents Blindness

Submitted by Dr. Neil Gross

Everyone knows that women, over the age of 40, need to be screened for breast cancer. Everyone also knows that both women and men, over the age of 50, need to be screened for colon cancer. Unfortunately, few people know that everyone, sixty and older, needs to be screened for glaucoma.

Glaucoma is the second-leading cause of blindness in the U.S. Most people with glaucoma, don't know it, because glaucoma rarely causes any pain and visual loss progresses slowly. Glaucoma is usually caused by elevated eye pressure. This pressure is transmitted to the back of the eye, where it causes nerve damage. Extensive nerve damage leads to blindness. The glaucoma-screening exam is quick and painless. During the screening exam, one's eye pressure is measured and the back of the eye is inspected. This allows the ophthalmologist to detect glaucoma at an early stage, when vision can be saved. Anyone over the age of sixty is six times more likely to develop glaucoma. This explains why everyone, sixty and older, needs to be screened by an ophthalmologist for glaucoma. Medicare now offers a specific screening, that allows its beneficiaries to undergo a glaucoma-screening exam once a year.

Other people at risk for developing glaucoma, include African and Hispanic Americans. They should be screened before the age of sixty since they are eight times more likely to develop glaucoma, at any age. Anyone with diabetes, a blood relative with glaucoma, or those on steroids for conditions like asthma, are also more predisposed to developing glaucoma and should be screened at any time.

Rarely, younger people can have glaucoma, even though there is no family history. This is why we recommend that every adolescent have an eye exam and that everyone, between the ages of 20 and forty, also undergo an eye examination.

No one wants to come in for an eye exam and find out that they are going blind from glaucoma-especially when it could have been prevented. If you are at risk for glaucoma, or just worried about the possibility of having glaucoma, make an appointment, for an eye exam, with an ophthalmologist. This exam is brief, painless and can prevent blindness.

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Both spaces enjoy the amenities of the Nahant Community Center which include access to a kitchenette and bathrooms on the same floor, handicap access and elevator, parking, phone and internet ready wiring, AC and more!

If you would like more information or a tour of either space please contact:

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Nahant Poet,
Rozi Theohari
gave a poem to
Senator Kennedy,
that she dedicated
to the three
Kennedy brothers.

Lumbar Arthritis

Submitted by Nancy DeMuth, NS Physical Therapy

Q. I was recently diagnosed with arthritis in my lower back. What should I do differently now that I know I have arthritis?

A. Osteoarthritis (OA) is extremely common as we age. It can result from wear and tear, previous trauma, family history, being overweight, or other factors. OA can occur in people who are sedentary, or those who are very active.

It is important to strengthen the muscles to protect an arthritic joint, but doing too much exercise, or the wrong exercise, can be harmful. If you have arthritis in your back, hips, or knees, too much walking, running, or dancing, especially on hard surfaces, may be too compressive to your joints. Vary the type of exercise you do by alternating a weight-bearing activity with one that is non-weight bearing such as bicycling (stationary or outdoors) or swimming.

For arthritis in the lower back, it is particularly important to strengthen the abdominal and back extensor muscles to better support the spine. Traditional sit-ups, or even curl-ups, are not the best exercise for this, so you may want to consult a physical therapist or come to one of our classes at the Council On Aging to learn better ways to strengthen these muscles. In addition to keeping your muscles strong, it is also important to maintain muscle length with stretching exercises. Tight muscles can cause greater compressive forces through the joints.

Maintaining appropriate body weight is key in preventing and minimizing the effects of arthritis, so diet is also important in arthritis management. Certain foods may be particularly helpful in decreasing the inflammation associated with arthritis. For more information about this, consult the National Arthritis Foundation at their website arthritis.org or read their pamphlet Diet and Your Arthritis.

Supplements such as glucosamine and chondroitin sulfate have been shown to help arthritic pain. Findings from a large study recently done through the National Institute of Health suggest that these 2 supplements are most beneficial when taken together. The recommended dosage is 1500 mg/day of glucosamine and 1200 mg/day of chondroitin sulfate. Discuss with your health care provider whether these are appropriate supplements for you to take.

Having osteoarthritis does not mean that you will always be in pain. Pain tends to be worse when the joint and surrounding tissues get inflamed. Finding the right balance of activity and rest is crucial in avoiding inflammation. Anti-inflammatory medications or supplements such as glucosamine and chondroitin sulfate can aid in inflammation control, as does the use of ice. Heat feels good when the area is achy and tight, but ice is better when you have overdone it with too much activity, after trauma, or when the joint feels warm or swollen.

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

An Open Invitation to the Public from the Nahant American Legion

By Peter E. Przybycien Vice Commander Post #215

This is an open invitation to the public, to provide input, as to what they would like to see done with the American Legion Hall, located at 5 Coolidge Rd. At the October Legion meeting, a motion was passed to set aside the first portion of our monthly meeting for public input and proposals on utilization of the property.

This motion was driven by the desire of the majority of Nahant American Legion/Nahant Veterans Association members to move away from the property management business and to focus on the needs and memories of Veterans. Our organization is solvent and currently in good financial standing, but we have found ourselves, over the past few years, spending all our efforts on maintaining our building and not doing enough for our fellow Veterans.

Ideally, we are looking for a partner, to take over the day to day operation of the building, but would allow the Nahant Veterans Association to maintain ownership and conduct our monthly meetings, as well as our Veterans and Memorial Day celebrations on the grounds. We will welcome input and ideas from any and all organizations, or individuals, whether they are historical, clubs, leagues or direct business proposals.

We will be accepting input form now until March, if you cannot make a meeting, but have an idea, please drop a note in our mail box and we will make arrangements to hear your proposal. Our monthly meetings are held on the 1st Tuesday of the month at 7:00 p.m., in the Legion Hall, at 5 Coolidge Rd.

Please subscribe to the Harbor Review. Thank you.

007 – License to Change

Submitted by Juliette Lackey, Center of Thought

So you're not a bond girl, but consider 2007 your license to become the woman you want to be.

Imagine that 2006 and all the prior years are contained in a huge, old, dusty, torn and smelly book. All your pain, disappointments, dramas, failures and mistakes are in that book. In a moment, I'd like you to close your eyes and imagine what this book looks like. How heavy it feels. Opening it, looking at all those old and outdated chapters. Names of people popping up. Moments you weren't proud of. Unhealthy behaviors you dislike. Then closing the book, and putting it somewhere in your house, where it's well out of your way. Come on, humor yourself; close your eyes for a few seconds and imagine or think about doing that now.

In just a little bit, I'm going to ask you to close your eyes again and imagine the following scenario. As if by magic, or to answer your prayer, the most beautiful book you've ever seen appears in your hands. It is blank inside, the pages the color of freshly fallen snow. Be creative and come up with a beautiful cover; using different materials, jewels, beads – whatever you want. Then write your name on it.

Done? Good. Now let's write the first chapter. Again, in a minute, you can close your eyes and either imagine, or think of the following: A place where you want to be, doing something you love. The way you want to look and the size and style of clothes you're wearing. How you want your body to feel and how you want to feel emotionally. Is anyone with you, or are you alone? What's the weather like and what aromas are in the air? Are there any sounds? And see, or imagine, yourself acting in a new, positive and healthy way, in a situation that previously caused you stress or anger. Go ahead, give it a shot.

From now on, when you go to sleep at night, think about what you want tomorrow to look and feel like. Imagine going through the day feeling positive and acting healthy. By constantly focusing on this new way of thinking, you are creating a kindled nerve network within your brain, that will make this positive, healthy way of thinking your reality.

Everything we do is a direct result of how we think. When we change the way we think, our behavior changes automatically. It really is that easy.

Consciously, our minds can only accomplish so much, because it tends to criticize everything that's new to us. When you are in a deep hypnotic state (very relaxed), your subconscious mind is open to new, happy and healthy suggestions and allows the transformation to realize. If you are currently driven by your emotions, you will learn to assume the driver's seat and become the creator of your moments, rather than a victim thereof. If you are constantly struggling to satisfy cravings, you will learn to become a visionary of nourishing your body.

You may have seen movies, where a hypnotized man receives a phone call; a code word is spoken, and suddenly Mr. Happy turns into a ruthless killer, without a mind of his own. While this makes for thrilling entertainment, it's completely fictional. Hypnotism is a deep state of relaxation – just like you feel before falling asleep. You hear the wind outside and you're aware of your husband's (and/or dog's) snoring, but you're just too relaxed to care.

I know, you're thinking "this sounds really interesting and I'm sure it works for some people, but I can't be hypnotized". Wrong. The strongest minds are the easiest to hypnotize. I cannot do anything without your mind – you're in charge - you're the boss; it's your mind that will implement the changes you want, not mine.

So, if in this new chapter of your life you want to become a healthy, happy, confident woman, I can help you. Most issues take only one session (\$85.00/hour, 1 – 1½ hours). Stopping smoking is a 2 session program (\$250.00). Weight loss requires typically 4 or 6 sessions. The first, 3-hour session is \$150.00, additional ones \$85.00. And, if you book your session(s) this year, you get a 10% discount.

It's never too late to change. You just have to want it.

LynnArts Polar Express

The Central Square Collaborative, the group that brings you 3rd Thursdays, invites you to SHOP THE SQUARE and HOP ON THE POLAR EXPRESS on Sunday, December 10th, from NOON to 6:00 p.m. Take the Polar Express to the North Pole, with Santa Claus and his elves and support Lynn's Sacred Heart School.

See www.sacredheartschoollynn.org, or call 781.595.2593 for tickets and details.

3rd Thursdays is a collaborative effort between the City of Lynn, businesses, led by the Lynn Area Chamber of Commerce and non-profit organizations, including LynnArts, the Lynn Museum and Raw Art Works with a goal to reinvigorate Downtown. Thanks to the generous support of the Massachusetts Cultural Council and partners like the Economic Development and Industrial Corporation of Lynn. Call 781.598.5244 for more information.

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Merry Christmas (Yes, Virginia, there really is a mulooster)

"Oh ye of little faith." Ever since my brother Duddie and I started this column, some months back, the Tudor Cocktail Ice Company has been questioned by a few town-doubting Thomases, as to the validity of some of our family history. Preposterous!

The biggest question is about Dad's mystical pet rooster the great "Fandango." Was he 4'3", and 96 lbs.? If he raided your hen house at night, would you really find 1 ½ to 2 lb. eggs in the morning? Did Dad cross-breed our company mule with Fandango to create the Mulooster, the first multi-tasking animal that could pull a work wagon and lay huge Fandango-sized eggs?

This photo should lay the matter to rest, once and for all. Here is a picture of Duddie, or is that me, on the Tudor Cocktail Ice Company Christmas Card, circa 1856, that was sent to all our Nahant ice customers. As a matter of fact, that was the year our Mulooster saved Christmas.



1856 was the year of the great Nahant Christmas Eve blizzard, which paralyzed the town, threatening a Santa no-show. Dad's two close, apple-cider-drinking friends, Henry Wadsworth Longfellow and Oliver Wendell Holmes, wrote a poem about the event.

'Twas the night before Christmas,
When fierce snow came 'round
Blinding causeway wind ablowin'
Threatening Santa's visit to town
The message spread fast
No Santa or sleigh
Get Tudor's Mulooster
He can save the day
Duddie and Ponsie at ready,
As it was told
With jug of hard cider,
And Mulooster wagon they rode
Blinding ice, killer wind hit upon
their face
But Mother Nature would not win this
race
At the end of the causeway
Santa's wreck seen from afar
Tudor's mulooster had found it and
chanted
HOOMPA...HOOMPA...HOOMPA
Nahant children's presents
Were transferred with speed
From Santa's sleigh to wagon
And that mulooster to lead

Rudolph gave Mulooster a big reindeer hug
And the boys gave Santa the apple cider jug
The Nahant women in their kerchiefs
And the men in their caps
Had just settled in
For a long winter's nap
When through that blizzard
What should appear
Mulooster's toy filled wagon
And ten cases of cheer
Each house was delivered
On that Christmas Eve night
Duddie, Ponsie, and that Mulooster
An incredible sight
They sprang to their wagon,
To their Mulooster gave a whistle
And away they all fled
With the speed of a missile
But I heard them exclaim
Ere they drove out of sight,
"Happy Christmas Nahant,
And to all a Hoompa night!"

Disclosure: To the best of our knowledge, this poem was the only time in history that Holmes and Longfellow collaborated on an original work. "Merry Christmas Nahant" Love, Duddie & Ponsie

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Dan Hamill Qualifies for Boston Marathon 2007

Congratulations to Dan Hamill, who ran the 2006 Philadelphia Marathon on Nov. 19. Dan, who is trained by his running coach and son, Brian, finished in a time of 3:34:54, qualifying him to run the Boston Marathon in 2007. Dan completed the race 1,651th overall, out of approximately 11,000 runners, and 38th in his age division. (Photo above: Dan is third runner from the left.)

Son Brian, who ran the Philadelphia Marathon last year and finished in a time of 2:49:32, was 82nd overall, and 24th in his age division. Brian has a goal to run a marathon in each state; he ran the Space Coast Marathon in Melbourne, Florida, on Nov. 26. Brian's grandparents, Aubrey and Madeleine Cyr of Indialantic, Florida, formerly of Nahant, hosted him and were there to cheer him on in the marathon!

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Email to the Editor

I noticed that the front page of the October 2006 Nahant Harbor Review had a photo of my folks showing off a HOOMPA sign while celebrating their 50th wedding anniversary in Salzburg, Austria. Not to be overshadowed... Two years ago I was unable to properly celebrate with a HOOMPA sign (at least in St. Louis) after the American League champion Boston Red Sox defeated the National League champion St. Louis Cardinals to claim the 2004 World Series Trophy. Fast forward to 2006, and I can make amends now that the Detroit Tigers have been soundly trounced.

Above is a photo of myself (Randolph Bradley, Nahant ex-patriot) at the Cardinals 2006 World Series victory parade in St. Louis. The parade was held today, October 29th. The Municipal Courthouse is in the background.

I'm enjoying keeping up with Nahant going on via the Nahant Harbor Review, and especially enjoy Ray Barron's column, "Useless Information." Finally, the real scoop! And I used to think that The National Enquirer had good gossip...

— Randolph Bradley, Saint Louis, MO



Pauline White and Gerald Butler of Nahant, proudly announce the engagement of their daughter, Tara Butler, to James Greathouse, son of James and Jean Greathouse of Bowling Green, Kentucky. The bride-to-be is currently a full-time student in the Nursing program at Rutgers University in Camden, NJ. The groom-to-be graduated from the University of Louisville in Louisville, KY, and is currently a pilot in the US Air Force at McGuire Air Force Base in New Jersey.

Dedication of the Sears Pavilion at Bailey's Hill - 9/28/06



From left to right: Linda Jenkins, Wendy Payne, Calantha Sears, Jeannie Delaney and Nancy Whiman, displaying a draft of the future Sears Pavilion Plaque to be installed at the beautifully restored gazebo at Bailey's Hill



Nahant Cub Scout Pack News

The Nahant Pack 50 Cub Scouts, 2006-2007 Pack picture above, are off to a good year, the Scouts have been learning to appreciate the opportunities they have and how the sacrifices of our Armed Service Veterans have made those opportunities possible. To initiate the active part of this lesson the Scouts participated in the annual Nahant Veterans Day Ceremony with our local Veterans. The Scouts will be carrying this theme throughout the year while planning for their yearly Memorial Day overnight outing to the Battleship Cove and marching in the Nahant Memorial Day parade.

Also, our Scouts have been completing their other Den lessons and outside activities. The Webelos Scouts had a great time learning outdoor skills and setting up and breaking down their own campsites at Camp Nihan. The Webelos completed the overnight camp out and earned their Outdoorsman badges. While the Webelos were camping out the Bear Cubs led the Pack, in conjunction with the Knights of Columbus, in delivering traditional Thanksgiving meals to our elderly Nahant residents. Our Wolf Scouts organized a Police Dog Demonstration and invited the entire Pack to come and learn with them. Finally, our youngest Scouts, the Tigers, have done a great job in learning the Scout promise, the presentation of our Colors, and won our Pack uniform contest.

We have many more activities planned for the rest of the year; all of our Scouts have been invited to the Lowell Devils hockey game at the Tsongas Arena, educational lessons at our local museums, and many other fun and charitable activities. For more information on Scouting, please call Kevin Nugent at 781-595-5644.

NEXT MONTH:

Watch for the Harbor Review Subscription Fundraiser Envelope for the Nahant Cub Scouts. Take the time to renew your subscription using the envelope and the scouts will raise \$5 for each subscription. More details next month.



Swampscott Youth Soccer Association U10 Boys Travel Team Warriors

Front row from left to right: Harry Copeland, Ben Rossman, Shea Nugent, Roman Ganchin, Griffin Whitman, Jeremy Rubin. Middle row: Ian Crimmins, Gregory Katz, RayRay Rosa, Jermy Epstein, Billy Mcallan, Taylor Agnew, Bailey Kennedy. Back Row coaches: Maggie Agnew, Susan Rosa, Andrew Whitman. Missing: David Reichert.

This is the Swampscott A Team for U10 Travel. We play in the Essex County Youth Soccer Association.

— Andrew Whitman, Head Coach



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of the season and
every good wish
for the coming
year.*

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Northeast Youth Ballet's 2006 Production of the Nutcracker

Submitted by Elaine LeGendre, Publicity Advocate, NYB

The Northeast Youth Ballet will be performing the Nutcracker (for the second year in a row) at the newly renovated Lynn Memorial Auditorium in Lynn. This is the 10th anniversary of Nutcracker performances for the company. There will be 8 performances running from December 9th-December 17th, 2006. I urge you to take a look at the company website at www.northeastyouthballet.org.

Denise Cecere, Artistic Director and Founder brings a wealth of experi-

ence to the Northeast Youth Ballet (NYB). Born in Melrose, Massachusetts, Cecere began her dance training under the direction of her mother, Sandra McNaught, at the Northeast School of Ballet (NSB). Later she became a scholarship student at the Boston Repertory Ballet, the Boston Ballet, and the School of American Ballet. She performed with the Boston Ballet, the Ballet Theater of Boston and the North Star Ballet in Fairbanks, Alaska. Her guest appearances have

taken her internationally. In 1991 Cecere was a participant in Japan's 1st International Choreographer's Competition.

In 1996 Cecere founded the Northeast Youth Ballet. As Artistic Director, she is committed to the cultural development of future generations. It is her mission to educate, inspire and create opportunities for young aspiring artists. She has created a repertoire for the NYB of many classical and contemporary works. Cecere has displayed the young company's diversity both at home and on tour.

Cecere is currently co-director with Sandra McNaught, of the Northeast School of Ballet in Melrose Massachusetts which is the official training school for the Northeast Youth Ballet. Cecere has been teaching ballet technique at the NSB for 20 years. Her students have gone on to perform, teach and choreograph for world class ballet organizations.

Sandra McNaught can be reached at sdnamnaught@northeastyouthballet.org. Further contact information for the Northeast Youth Ballet (NYB) and the Northeast School of Ballet (NSB) is as follows: 99A Essex Street, Melrose, MA 02176. Telephone: Northeast Youth Ballet: 781-665-2236, Northeast School of Ballet: 781-662-5843. General E-MAIL: info@northeastyouthballet.org

Nutcracker Information:

The Nutcracker will be performed by the Northeast Youth Ballet at the

Newly Renovated Lynn Memorial Auditorium, Lynn's City Hall, 3 City Hall Square, Lynn, MA 01901, www.lynnauditorium.co

Nutcracker Performance Dates are:

Saturday, December 9th - 2:00 and 7:30 p.m.
Gala Performance

Sunday, December 10th - 1:00 p.m.

Tuesday, December 12th - 10:00* a.m.

School Performance

Thursday, December 14th - 10:00* a.m.

School and Outreach Program

Saturday, December 16th - 2:00 and 7:30 p.m.

Sunday, December 17th - 1:00 p.m.

*Attended by schools. Limited tickets available.

Tickets:

Adults \$23.00 Youth and Seniors \$20.00

Purchase tickets through TIX: Call 800-595-4tix

Visit <http://www.northeastyouthballet.org/>

Tix.com sales will shut down the day before each performance at 12 midnight.

Day of Performance Sales:

One hour before each performance in the Lynn Memorial Auditorium lobby.

Group Sales of 20 or more: call 781-665-2236. Please leave a message. All ticket sales final—no exchanges or refunds.



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Twins

by Meral Gunduz

Written in celebration of Polly Bradley's
new-born twin granddaughters.

What do you get when you have twins?
Double the joy that a baby brings.
Double the work that is gladly done
For loving a baby you joyfully run,
To double the thrill and get twice as much fun
You get two babies instead of one.
Soon they'll be growing and playing games
Maggie and Ivy are their names.

Photo: Big Sister Summer Kathryn Young (2-1/2 years-old), Twins Maggie Alice Young and Ivy Camille Young, born on July 29th, 2006

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Merry Christmas & Happy Holidays!!!



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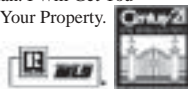


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MERRY CHRISTMAS, NAHANT!!!

Soap Box Derby Review

Submitted by Suzanne Hamill, Organizer

Sunday, October 8th, dawned as another beautiful fall day on Little Nahant Road; it was the perfect time and place for this year's Nahant Soap Box Derby! Re-introduced to Nahant in 2003, the Soap Box Derby, this year, featured 16 racers ready to take part in the Thrill on the Hill.

Race day began very early, as the committee of Bumper Gooding, Dan Hamill and Suzanne Hamill (assisted by lots of strong friends and neighbors) brought the starting ramp out of storage, set up the starting banner and colorful pennants and flags, placed bales of hay in front of each utility pole, and drew a fresh finish line at the end of the course. Drivers had ample trial runs down the hill; then came a mandatory safety check of each car and driver, followed by the announcement of rules and format. The National Anthem was played, with attendees saluting the American flag, and then the excitement began!

Drivers this year included first-time racers George Furlong, age 8, driving car 38; Mikey Piazza, age 8, driving car 13; Shannon Evaul, age 8, driving car 36; Shannon Kelley, age 12, driving car 39; Aaron Morad, age 8, driving car 8; Thomas Kourkoulis, age 9, driving car 3; and Kyle Mahan, age 8, driving car 7. Returning race veterans were Matt Gooding, age 9, driving car 1; Kyle Carbone, age 11, driving car 28; Tyler Peterson, age 11, driving car 34; Keith Patti, age 12, driving car 10; Justice Wright, age 11, driving car 32; Evan Scourtas, age 10, driving car 37; Thomas Kourkoulis, age 10, driving car 30; Alexa Steriti, age 11, driving car 4; and Matt Ryan, age 10, driving car 29.

Each racer had two runs down the hill (once in the left lane and once in the right lane) to determine seeding, before the competition began in earnest. In the first run, cars 38 and 13 competed; 7 and 32 competed; 37 and 4 competed; 1 and 28 competed; 29 and 39 competed; 34 and 36 competed; 30 and 10 competed, and 8 and 3 competed. In the second round, it was cars 38 and 32; cars 4 and 28; cars 29 and 34; and cars 30 and 8. Moving on to the third round, were cars 38 and 28; 29 and 8. The final round pitted car 38 against car 8, with car 38 emerging victorious.



First-place trophy went to George Furlong; second place went to Aaron Morad. All remaining competitors received medallions with the year and event written on the reverse side. As part of the event, neighborhood residents Patty Forster, Stacie Nardizzi and Chuck Butera served as judges for the "Best Appearing Car" competition. They had a difficult time choosing winners, since all the cars were well-decorated, but selected car 29, the Patriots car, as the winner of a \$25 Olympia Sports gift card; car 34, the Old Glory car, as winner of a \$15 Staples gift card; and car 39, the Skull and Crossbones car, as winner of a \$10 Staples gift card.

Nahant friend and neighbor, Doug Frauenholz, did his usual superb job videotaping the race, and DVDs soon will be available to all racers.

The Nahant Historical Society has received souvenirs from this year's race, as in years past, so the history of the Nahant Soap Box Derby will be preserved for years to come.

Thanks go to our wonderful sponsors, Gary Burton and Northeast Nursery of Peabody, who once

again donated the bales of hay; Mahan's Hardware Store of Lynn, who donated wheels and various race supplies; the Forster family, who donated refreshments; Donna and Ron Hanlon for giving us much-needed publicity; the Town of Nahant for its support; and the Steriti family, who hosted the wonderful pizza and hot dog meal after the race. Thanks go to the Hamill family, all of whom came once again to help: Brian Hamill, Jennifer (Hamill) and Christopher Mahan, Madeleine Mahan, Scott Hamill and Annie Steadman, Katherine Hamill and Mike Braidman. Thanks to the anonymous donor of a Tom Brady-autographed cap, which was raffled off to benefit the Soap Box Derby Fund. Thanks to all who participated in any way, with donations, assistance, or just with their presence! We look forward to a wonderful race in 2007! Photos by Suzanne Hamill. Top: Alexa Steriti in her Wiener Wagon. Bottom: Race Winner George Furlong in his Curious George car.

Memories of Nahant

by Marlene McCauley

Summer swiftly fled
Like a fleeting deer,
Leaving love-filled memories,
Of that ocean-bound Heaven,
Where laughing gulls stand still,
Like little clay clowns,
Until in-tide rushes high,
With heaven for their fill.

Memories of enchanting dream,
Lost in mystical scene
Of silvery veil on sail,
I gaze
At haze o're harbor,
In silence, shedding tears-sweet,
A treat where soul and eye meet.

Of sparkling beams of sun,
Igniting fire to strips of sea,
Discordant squeal filling air,
There on the sailors skiff,
Gather gulls for a gala fare,
All but a rare one,
Perched proudly on a pole!

I wandered to the play-filled days,
When we tripped and trudged,
Over craggy-jagged course,
Where wild waves splashed and lashed
Whips against the rugged rock,
When spirits soared on merry wings,
Ringing laughter, prayer and song,
Into the deep, blue sea.

Of "40 steps" a memory,
Enraptured at the fantasy,
Red castles loom from sea,
Where we with God above,
Dreamed of many moons of love.

Nahant...Isle of beauty,
Of majesty,
Oh God...Our Lord,
Our hearts sing in ecstasy,
To praise,
Thank
and Love Thee!

Stripers on the Rocks

Submitted by Ted Lewis

It was 5 a.m. and the fog was thick; a dark, cloudy miserable day, just the way I like it. As I climbed through a maze of rocks and small cliffs covered with barnacles, I couldn't stop thinking about the striper that had straightened my hook the day before. As I reached my destination, a cormorant flew up from the water, right where I fish. Everything seemed right. I watched the wave action for a while, making sure it was safe to approach the edge.

The fly I chose was a large hair head deceiver pattern, designed in a Bill Catherwood style. I had been casting for about an hour and couldn't understand why I hadn't caught any fish. I could see my

fly drifting with the tide. As the wave came in I stripped in line, and when it turned to go out I let the fly drift around. All of a sudden, out of the dark green depths, came a huge striper.

I want to tell you, my imagination went wild. I could have sworn that fish was at least six feet long. I could see the huge head and mouth open to take the fly, not more than ten feet in front of me. As I set the hook, the fish turned and took off. As the line flew out of the stripping basket, I thought, "Please don't tangle on me now!" Within seconds, the fish was out to the backing and the reel was screaming!

I remembered how, the day before, I had horsed that big one and ended up with a straightened hook. This time I applied side pressure and let the fish run, palming the reel. I kept the rod low and the pressure on until the fish started turning and coming back in my direction. I pumped the fish in and reeled like crazy.

When you're cliff fishing, before you start casting, it's important to find a spot where it's possible to land a fish. With waves breaking against the steep rock formation, you'll need all the help you can get.

As the big striper approached the rocky coastline where I stood, I had to keep it out of the barnacle-covered rocks, where it might break me off. You can't just lift a big fish out of the water; for sure the line will break! The best way to land a big fish in this situation is to ride it in on a wave over the rocks, just like surfing.

But the wave action this morning was not all that great. The waves were too small and it took at least six tries. Each receding wave would carry the fish back out, and I would have to line it up again for the next one. Finally a large swell came in, and, as I lifted the fish, the wave carried it up on a flat section of rock. When the wave went out, the large striper was left lying there. What a fish! It turned out to be 42 inches long, and weighed about 28 pounds. What a way to start the day.

You might want some special equipment for this kind of fishing. You'll need something substantial on your feet. I wear rubbers with aluminum cleats over sneakers. Inflatable suspenders could be a life saver, should you ever fall in. You'll need a rod with some backbone; 9 and 10 weight rods work well. A reel with a good drag is important. A strong leader is needed, 30 pound butt section and 16 pound trippet. Change the trippet if you feel any nicks, and expect to change it often.

This is exciting fishing, not for the faint of heart. Be very careful, watch the waves, and when you least expect it a 40 pound striper may come calling.

Ted is a fly fishing guide and instructor living in Nahant. For more info, visit Ted at www.tedlewisflyfishing@hotmail.com.



Letter to the Editor

Enclosed is a picture of my son, Eddie Coakley, with the HOOMPA sign in front of the Pirate at the entrance to Treasure Island in Florida. I just returned from a wonderful trip to Nahant. I was visiting my daughter, Mindy Coakley Wilson (Eddie's sister). This was my first time visiting Nahant in the summer and what a treat. Besides having special time with Mindy, I walked the town every day and made a lot of new friends. Chris and his team at Captain Seaside were fantastic and the best coffee anywhere in this world!! Patty at the Cleaners made me feel totally welcome my first time walking past the Cleaners. The library is wonderful, I enjoyed the trek upstairs and was so happy to see they have such a good selection. Joe Wilson (Mindy's father-in-law) was kind enough to let me stay at this home and was a wonderful tour guide. I wish there were space to name all the neat people I met. They will stay in my memory bank. I have a beautiful collection of sea glass that I gathered on Short Beach with Mindy. Joe found me a big clam shell and I wrote on back of it: Nahant, September 2006. I have it out where everyone can see. Thank you people of Nahant. You are great. I would like to subscribe to the Nahant Harbor Review. I just love that paper. — Gwen Lightsey





Useless Information

by Ray Barron

Seeing Is Believing!

When the media wants current information on cosmetic surgery, they turn to Nahant's Dr. Sheldon J. Sevinor, of Spouting Horn Road. To date, the highly-respected cosmetic surgeon has been a featured guest on such highly rated TV shows as Oprah Winfrey, Good Morning America, The View, CNN, FOX, Inside Edition, PBS, Discovery, Geraldo, and Sally Jesse. What's more, Dr. Sevinor has appeared on television programs in Japan, Brazil, Germany and England. Yes, he is an internationally noted cosmetic surgeon. Dr. Sevinor has made it his life's work to help people feel better and become a better version of themselves. The noted Dr. Sevinor is on the staff of several hospitals, including the Massachusetts Eye & Ear infirmary. It has been said, a plastic surgeon increases your face value. Want more info? Hit www.drsevinor.com.

One more time! 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."

Henry Hanagan, Hasting's friendly neighbor, says, "Last year, a department store in Milwaukee started its Christmas sale so early, that Santa Claus wore Bermuda shorts."

Believe it was the noted attractive educator, Mary Dill, of Cary Street, who once said, "The three stages of a man's life are, he believes in Santa Claus, he doesn't believe in Santa Claus and he is Santa Claus."

For the record, Mary and Dan Dill and their attractive daughters, Kerrian and Kelsey, will be celebrating their third Christmas in their impressive home on Cary Street. Gee, it is rumored on Christmas Eve, the Dills will be touring the neighborhood singing Christmas Carols.

The spirited Cay Cusack, of Nahant Road, remembers when the famous child star, Shirley Temple, said, "I stopped believing in Santa Claus when my mother took me to see him in a department store and he asked for my autograph."

Our distinguished Assistant Assessor, Sheila Hambleton, says, "How wonderful holidays would be if there wasn't the day after!"

Katie Costin, says, "At Christmas, most parents spend more money on their children than they did on the honeymoon that started it all."

Sue Behen, says, "Christmas shopping should include buying toys for the children, that their fathers would enjoy playing with."

Nahant's Noted Plumbologists!

The Nahant plumbers you can count on showing up to get your toilets flushing properly: Mike Cullinan, Dan Guavain, Michael Russo, Charlie Jessome, Phil Baldwin, Joe Karatzas, Chris Moleti, Matt Troiani, and John Nichols.

Nahant's December Birthday Babies!

December 1 birthdays: Lillith Weiskel, Mary Maclone, Jeannie 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.

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

December 3: Robert Wilson and singer, Andy Williams.

Our December 4 birthday babies: Lovely Helen Brownlie, Kathy Canty, Phil Lessor, Don Savino and the personable, Bob Gaudet. He will be celebrating his birthday at the Porthole Restaurant & Pub and you're all invited!

Our December 5 birthday kids: Margaret Meagher, Regina McArdle, Lottie Barnhill, Christine Lazzaro, Dave Migliaccio, Manuel Hernandez, Jim Healy, Coast Guard veteran, Bob Poulin, John Walton, Bob Frary and Little Richard, rock 'n' Roll pioneer.

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

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

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

December 9: Lovely Lissa Keene, Karen Carmody, Maryanne Cassidy, Mary Catalina, Gail Hartman, Nastascia Nocero, Joyce Morgenstern, Costantinos Bryanos, Kyla Vanmaanen and Martin Keenan.

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

December 11 birthdays: Lovely Alma Smith, nice guy Cornelius Foley, Chris Whitlock, Ashley Doucette, Bill Kasperowicz and country singer, Brenda Lee.

Our December 12 birthdays: The compassionate Sister Barbara Ann Molloy, Linda Macone, sweet Rose Tirrell, Michael Caira, Greg Hawko, baby Gryce Murray, Johnny Scovell, Joez Durgin, Tim Barry, Doug Sherber, Carl Hewitt, Timothy Goodwin and Tony Staffier. Other notables born on December 12, Frank Sinatra, Connie Francis and Dionne Warwick.

December 13: Johanne Paula, Peg Casey, Lucy Mycko, Joanne Colwell, Linda Medeiros, Joanne Marie, Jim Palumbo, Bob Vancampen, Tim Nolan, Marine Corps veteran, Frank Culver, Francis "Swede" McClain and comic actor Dick Van Dyke.

December 14: Marie Hyde, Jean Ball, John Gavin, Tony Spaziani, Rich D'Orlando, David Moore, Pat O'Connor, Ashley Palangi, the brilliant Jim Dolan, Jr. and actress, Patty Duke.

December 15 birthday candle blowers: John Curtis, Tim Vonaschwege and John Crowley.

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

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

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

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

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

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

December 22: The illustrious Robert Casey, Barbara Devens, Laura Michaud, the "Mother Moses" of Nahant, Lucy Doane, Joe D'Agostino, John Wynne, Ken Cook, Jim Caloggero and Giacomo Puccini, Italian composer.

December 23: Harriet Magro, Dick Doucette, noted hair stylist, Beth Rigol and Joseph Smith, founder of the Mormon Church.

(Continued on next page.)

Birthdays (continued)

December 24: The stunning Beverly English, Frances Flynn, Nicole Passanisi, Dante Palumbo, Michele Bleau, Brian Donahue and lovely Mary Lowe.

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

December 26: 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.

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

December 28: Lisa Strutz, Joel Durgin, Colleen Dawson, Karen and Emily Lospennato, Lisa Arena, Gifford Wigglesworth, Dick Savage, Dave Gallagher, the noted psychologist, Edward Manzano and such other notables, as Woodrow Wilson, 28th US president.

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

December 30 birthday gift openers: The jolly Michael Gray, Nancy Wilson, Colleen Quinn, Carolyn Osbahr, Maria Speridakos, Ivan Zhuykov, Mildred McLaughlin, sweet Denise Nicketakos, Chris Walsh, Pete Fitzpatrick, Sam Spirn, Ryan Hambleton and author, Rudyard Kipling.

December 31 birthdays: Handsome Brian Hambleton, 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."

Happy Anniversary to Annie Rooney, of Irving Way, who is celebrating her second anniversary as a resident of Nahant. The attractive and personable Annie Rooney is Gayle Poulin's mother who has left New Orleans to settle here. She surely adds a touch of class to the town!

Remembering The Veterans

The Veterans' Day tribute held on 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.

Another inspiring feature of the event was the noted Musicologist Victor DalPozzal and his North Shore Songsters of Marblehead. The "Songsters" blew us all away!

Thanks to all of the children, and the Johnson School faculty 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.

Nahant's Hammers & Nailers

We are fortunate to have in Nahant some great carpenters! Who are they? Michael Flynn, Dan Walsh, John Nichols, Raymond Champigny, Duane DeCastro, George Milonopoulos, Gene LeBlanc, Cliff Flynn, Brian Wilson, Michael Dunn, Rex Antrim, Ken LeBlanc, Andrew Karl, Michael Conley and Mike Kenneally.

Some Dedicated Women of Nahant's Village Church

Marrit Hastings, Robin deStefano, Harriet Steeves, Christine Alexander, Molly Cohen, Kitty Moleti, Patti Aswad, Aimee Meuse, Lisa Pires, Lisa Torchiana, Lois Andreason, Gail Boucher, Polly Bradley, Donna Hanlon, Jean McCullough, Teri Motley, Jean Sigourney, Norma Poole, Trudy Joyce, Juliette Lackey, Jane Wilson, Nancy Cantelmo, Janice Brathwaite, Elisabeth Foukal, Way Swaim, Christine Stevens, Pam Wilson, Phyllis Peterson, Martha Keller, Laurel LaLiberte, Blanche Bushnell, Calantha Sears, Lynne Spencer, and Helen Taylor.

Congratulations to the inspiring Reverend Larry Titus who was recently installed as the pastor of the Nahant Village Church.

Which reminds me, a group of preachers in Phoenix recently formed a bowling league. They call themselves "Holy Rollers."

I Don't Know Anything About Art, But I Know What I Like

Submitted by Carolyn Jundzilo Comer

How often I have heard this statement. It is very upsetting. The only thing you need to know, is that the art you are looking at is that you like it - period!

Art (and I am talking mainly about paintings here) is visual. You should not have to verbalize about art. Of course, ones are excited about what they see and do want to discuss it. But there are no hidden secrets to a work of art. It is there, beautiful, provocative and shows something that is so wonderful to the viewers, that often they must try to either acquire it, or get some image of it, to keep forever. You could equate knowing the inside information about a work of art to a beautiful cake. The cake could be absolutely breathtaking to look at, and taste delicious. You may not know how to bake it, or decorate it, but you still gain just as much appreciation from it as the baker did.

Naturally, it is fun and exciting to learn more about the cake - or - back to the work of art - but you can still get a great pleasure, without all the inside workings. Why this upsets me so very much is because it shuts people out, sometimes making them feel stupid for no reason.

Art is uplifting and a beautiful, it should not make a person feel inferior or bad because they don't think they have the knowledge of how to create that work of art. Real art is not snobby, or high falutin - it is shared and loved by all.

DON'T LET ANYONE MAKE YOU FEEL YOU DON'T UNDERSTAND.

If a work of visual art (in this case, a painting) has to be defined verbally, then it should be a book, not a painting.

If an artist has studied painting most of his/her life, he/she does not expect someone, who has devoted their lives to other endeavors — be it raising children (the highest art), building bridges, repairing a car, etc. — to know the inside workings of an artwork, such as composition, design, color, etc. as that artist.

What the artist and person that is looking at the art can share, however, is the joy of communication and a beautiful piece of artwork, that each equally love, can keep in their heart forever.

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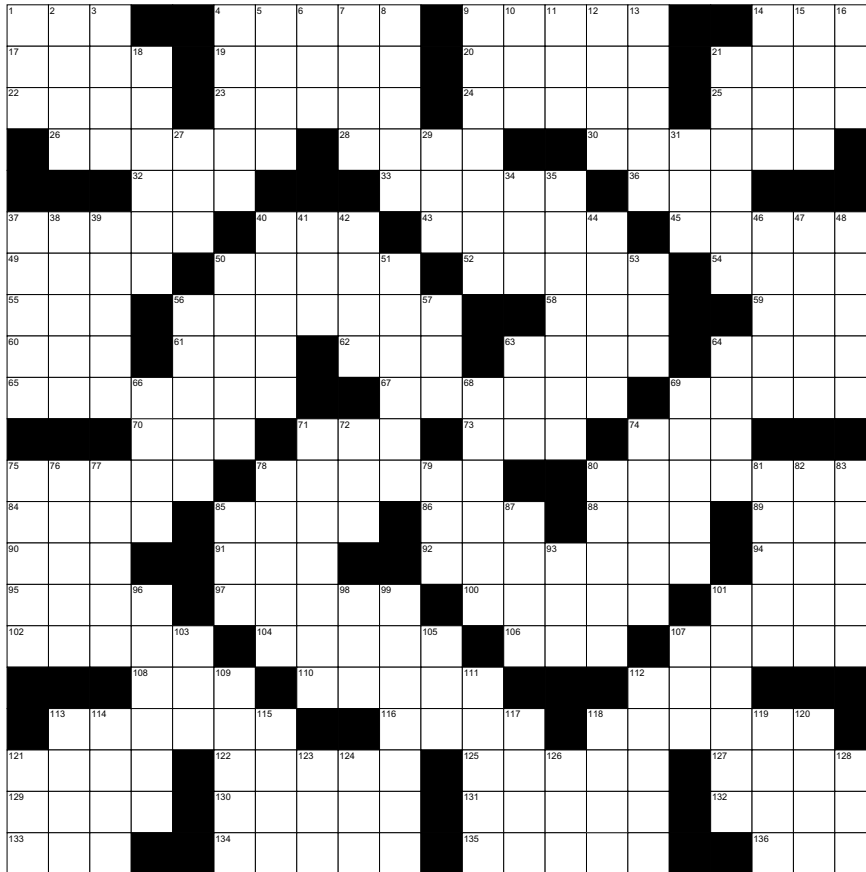


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NAHANT PUZZLE PAGE

"O Canada!"

by Rick Kennedy



ACROSS

- 1 High-school club
4 Swagger
9 Gloves
14 **Boxing Day mo.**
17 **Jays or Raptors**
19 **Large ungulate**
20 Sheep sound
21 Skirt
22 Dog food brand
23 **Canadian nester**
24 Memorable mission
25 Rip
26 Strap shoe
28 Beat severely
30 **Former "Labatt's Blue Girl" Anderson**
32 **See 110 Across**
33 Abraham's son
36 Slot partner
37 **With 126 D, "Rush" member**
40 Against

- 43 Endow
45 Seduce
49 Eagle's nest (var.)
50 **Cape Breton trail**
52 Hollow
54 Corn syrup brand
55 Undergarment
56 Wither
58 Remind
59 **Comedian Carrey**
60 Conspicuous
61 Have pain
62 "The Greatest"
63 Quarters (sl.)
64 Sonic ____
65 Jewish institute of learning
67 Understanding
69 **"Friends" Bing**
70 Some
71 Semi
73 Corrida cheer
74 Digital audio tape
75 Put on a pedestal
78 **"Honey, I ____", Rick Moranis**

- movie
80 **Alex on "Family Ties"**
84 Valley
85 Indication
86
88 Lyric poem
89 First lady?
90 **Montreal to Halifax dir.**
91 Pat lightly
92 ____ Roosevelt
94 **"To the right!"**
95 Robin's character
97 Entrap
100 Shoe forms
101 Farm animal?
102 Prank
104 Dirtiness
106 Lure
107 Uses 106 Across
108 Female parent
110 **With 32 A, Bruin great**
112 Bad (prefix)
113 Lunatic

- 116 Connect
118 **Singer Dion**
121 Confront
122 Rings
125 Metric weights
127 **Milleu for 129 Across**
129 **Hockey's Grant**
130 Italian bread
131 Sandwich cookies
132 Smeller
133 **Labatt Canadian, e.g.**
134 Lamenting poetry
135 **See 103 Down**
136 **Moosehead container**

DOWN

- 1 School group
2 Snaky fish
3 Father
4 Smirch
5 Drudge

- 6 Pole
7 Secondhand
8 **Country star Clark**
9 Swaziland capital
10 Queasy
11 ____ Leoni
12 Tap in lightly
13 Ermine
14 Fight
15 Bunsen burner
16 Chewed by 19 Across
18 Dirge solo
21 **"Jeopardy" host**
27 Stale
29 Avail
31 Entrance rug
34 Fleet cmdr.
35 Baked good
37 Talkative
38 Uncanny
39 Puffs
40 Waitress on Cheers
41 Kimono sash

- 42 ____ **Scotia**
44 Music used as practice
46 Military rank
47 Former
48 **Cheech's parther**
50 Harass
51 Dravidian language
53 Okay
56 ____ **John**
57 Edge
63 Buddy
64 ____ Israel
66 **See 80 Down**
68 "____ a Mockingbird"
69 Indiana player
71 Fight
72 Anger
74 Antics
75 Water retention
76 Noble gas
77 Warn
78 Lingo
79 **Ottawa to Quebec dir.**
80 **With 66 D, game show host**
81 Auspices
82 Occurrence
83 Onion-like vegetables
85 Discs
87 **See 109 Down**
93 Comm. for the deaf
96 **Lane portrayer**
98 Former Brazilian cap.
99 Diplomatic mission
101 Badmouth
103 **With 135 A, Bruin great**
105 Move away
107 LA state
109 **With 87 D, Canadian symbol**
111 ____ **Territory**
112 Unkempt
113 Disfigure
114 Pine
115 **Singer Young**
117 Wheel covering
118 Shady
119 Recess
120 Loosen
121 Ag. club
123 Be
124 Dawdle
126 **See 37 Across**
128 Limb

Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Many "Thanks!" are extended to these voluntary subscribers who sent in their \$15 subscription: Cal & Marrit Hastings, Lea Lewis, Dana Lewis, Jeffrey Lewis, Alan Lewis, Jean & James Hosker, Joan & Ralph Lowell, John & Muriel Webster, Marion Lester, John Landry,. Thank you all very much.

Now is the time to consider subscribing or renewing your subscription to the Nahant Harbor Review. Next month, watch for the Nahant Scouts Fundraiser envelope in the paper. Please consider how important this little newspaper is to you and this community and subscribe. Plus, you will be helping the scouts. Five dollars from every subscription received by January 31st will be given to the Nahant Cub Scouts, Troop 50. Watch for the envelope, please! More information will be forthcoming in next month's issue. Thanks again for all your support, Nahant!

LOST at the TIDES RESTAURANT

A very special jacket that I got in Germany when my daughter, Tara, was stationed at the USAF base there. The jacket had an emblem on it saying, "RAMSTEIN AFB, GERMANY". It was lent to a friend who accidentally left it behind at the Tide Restaurant. It is a hooded, black nylon jacket with a white strip around the middle. If anyone has any knowledge of its location, please, just leave message at 781 581 5685 telling me where to find it. Thanks! - Pauline Butler

NOVEMBER 2006 PUZZLE WINNER

Gary Collins, of Phillips Road, was the winner of the November 2006 puzzle contest. You, too, can win breakfast for two at Seaside Breakfast. It is easy to enter and win a FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at Seaside Breakfast.

A TRIBUTE TO VETERANS

by Rick Kennedy



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for JANUARY 2007

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

FRIDAY, DECEMBER 15th • 5:00 P.M.

Mail Date: Wednesday, December 27th.

Staff & Contributors

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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.

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

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

Breakfast at the Seaside

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Season's Greetings to All!

Take a well-deserved break! Let someone wait on you for a change! Chill out with hot coffee, muffins, or breakfast, all is ready in minutes. Come and eat by the sea!

Chris & Crew by the Sea!

Community Calendar • DECEMBER 2006

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

DECEMBER

SAT	2	5:00P	New England Ham & Bean Supper at Village Church. Silent auction preview. Till 8:00 p.m.
SUN	3	10:30A	Sunday School and Sunday Worship Service at NVC
MON	4	10:00A	Flu Clinic at Town Hall. Call 781-581-0088
SAT	9	9:00A	Christmas Fair at the Village Church. Till 3:00 p.m.
SUN	10	10:30A	Sunday School and Sunday Worship Service at NVC
TUE	12	NOON	Woman's Club Holiday Luncheon, Johnson School
THU	14	6:00P	Garden Club Annual Christmas Celebration, K of C
SAT	16	6:00P	Christmas Parade Fundraiser at Tides till 9:00 p.m.
SAT	16	NOON	Arts & Antiques Sale, Refrigerator Door Art School
SUN	17	10:30A	Sunday School and Sunday Worship Service at NVC
SUN	17	NOON	Arts & Antiques Sale, Refrigerator Door Art School
WED	20	3:00P	Abra-Kadabra Magic Show at the Library.
SAT	23	6:00P	11th Annual Christmas Parade begins at Tides
SUN	24	10:30A	Sunday School and Sunday Worship Service at NVC
SUN	24	7:00P	Christmas Eve Service at the Nahant Village Church
SUN	31	10:30A	Sunday School and Sunday Worship Service at NVC

JANUARY

MON	1	NOON	Happy New Year! Dip with the Sea Serpents on Short Beach
MON	1	1:00P	New Year's Day Party at the Country Club

RECYCLING SCHEDULE 2006-2007

November 3rd • November 17th • December 1st • December 15th • December 29th
January 12th • January 26th • February 9th • February 23rd • March 9th • March 23rd
April 6th • April 20th • May 4th • May 18th • June 1st • June 15th • June 29th

SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.
School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.
PTO • first Monday • 7:00 p.m. • Johnson School

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

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

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

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

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

Public Library Hours

Mon. thru Thurs.
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Merry Christmas

Christ is the Reason for the Season

Nahant Life-Saving Station Restoration Update

Thanks to the efforts of the many Nahanterers who've donated "dimes and dollars" and supported preservation, through the Community Preservation Act, the restoration of the Life-Saving Station is moving full-speed ahead.

Community Preservation Act funding authorized at Town Meeting is scheduled for release soon. The CPA funds, combined with money raised by the Preservation Trust's fund-raising committee at The Black and White Ball, Jamaican Me Crazy, The North Shore Striders Half Marathon and the From Sea to Shining Sea 5 Mile Road Race and other donations—will support an aggressive restoration plan.

This year the Nahant Preservation Trust took over restoration and management of the Life-Saving Station complex from the Town as part of a long-term lease. In addition to managing the LSS restorations efforts (designed by architectural-preservation consultants Menders, Torrey and Spencer, Inc.), the Preservation Trust will focus on obtaining foundation grants needed to complete the restoration as well as continuing to meet with neighbors and other interested parties on LSS use and other issues. The Trust hopes to make the exterior of the LSS complex available for small events next summer.

Restoration work will start shortly on the weather-worn garage. Specifically, the efforts will include replacing the garage roof, repair and painting of the garage siding, as well as garage door and window repair. Many of the repairs can be done this winter in the contractor's shop. As this article is written, the garage project has gone out to bid and local contractors were invited to participate.

Work will begin in the spring on constructing a bathhouse (and outside shower) for use for the LSS and beachgoers. The project was designed in the style of the original "privy" formerly located on the Life-Saving Station property.

Spring and summer 2007 will also see the completion of window and door restoration on the historic turn of the century Life-Saving Station exterior. In addition, preliminary design for the renovation of the station including access has been reviewed by the building committee of the Trust's LSS Committee. This phase of construction is scheduled to begin next summer.

Interior restoration of the main building including upgrades to the heating, electrical and wiring systems along with renovations to the restrooms ensuring accessibility is scheduled for fall 2007.

Anyone interested in more information about the LSS including construction, or fundraising details, or in naming opportunities, should call Paula Devereaux at 781-581-9466. For rental information call Robert Wilson at 781-598-4162. We will be updating restoration progress in future issues of the Harbor Review.

The Largest Holiday Light Display in New England

Submitted by Susan Wentworth

New England's holiday tradition is soon to be underway. Seven million lights are being strung. Animated displays are coming to life and Santa is setting up his Reindeer to make the journey to Edaville USA, for opening day of the Christmas Festival of Lights.

The holiday tradition that dates back to the 1940's started out with hundreds of lights that Ellis D. Atwood, the founder of Edaville, set up to entertain his friends and family, on his narrow gauge train ride. Ellis D Atwood was the owner of the 1,300-acre cranberry plantation that he purchased, and a narrow gauge train to help service the bogs. As time moved, on Ellis would give rides on the train to his friends and family. He decorated the train trip with holiday lights and scenes. This display became so popular, that he was able to open a business for guests to ride the train and view the lights. This light display grew and grew to become the largest display in New England which has become a tradition, for hundreds of thousands of families, during the holidays.

On November 10th, Edaville opened the Christmas Festival of Lights with seven million lights, animated displays, many amusement rides, visits with Santa, Ellis' indoor playhouse and, of course, the 2-mile heated-train-ride through a winter wonderland.

Edaville USA will be open December 1st thru January 1st. On Monday-Friday, the hours are 4:00 to 9:00 p.m. and on Saturday and Sunday, from 2:00 to 9:00 p.m. The last train leaves each evening at 8:00 p.m. The \$16 admission fee includes unlimited access to all rides and attractions all evening. Parking is free. Edaville is located just minutes from Boston, Providence and Cape Cod. Visit www.edaville.com, or call 877-edaville for dates, hours and directions.



PEACE ON EARTH GOODWILL TO ALL!



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Visit the [Emergency Management page](http://www.nahant.org/) at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household.

Here is the link to the Emergency Management page. From there you can print out a Preparedness Guide. Here is the link to the Town of Nahant's website: <http://www.nahant.org/services/ems.shtml>



Paintings of people
and places in Nahant

by
Carolyn
Jundzilo Comer

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