

# 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

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The Nahant Daisy troop went caroling at the Jesmond Nursing home. They are all in kindergarten in Daisy's. Submitted by Sue Rosa.

## NVC Bell Choir and Fourth Grade



Fourth-graders Jason Dignan, Miriam Mangold, David Bishop, Ryan McDermott and Annie Toomajian play percussion, at the Nahant Woman's Club Holiday Luncheon. For story and more photos, see page 10.

## Winter Parking Ban

Nahant will be instituting the winter parking ban for all residents beginning December 15, 2006 through April 1, 2007, from midnight to 6:00 a.m.: no on-street parking is allowed. Residents may apply, in person, for an on-street parking waiver at the Nahant Police Station. The fee is \$30 and is non-refundable, should the police disallow the waiver.

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

Submitted by Kathy Famulari

## Nahant SWIMmers: Swimming against the Current

By Julie Arnold

2006 was an action-packed year for environmental activists in Massachusetts. We have been faced with the threat of two proposed off-shore liquefied natural gas (LNG) terminals; the election of a new governor, whom many hope will get us back on track to a greener future, and the rising crisis of global warming.

Nahant's Safer Waters in Massachusetts ("SWIM"), an environmental-awareness group established in 1984, happily has not kept quiet. Thanks to a team effort, guided by the leadership of Polly Bradley and Margaret Hinrichs, we have voiced opposition to the dangerous LNG terminal proposals, advocated for a regional energy plan to Deval Patrick's Environmental Committee and joined Grace Ross, in her movement to halt and reverse global warming, at the grass roots level. After stating all of that, it is no wonder this has felt a bit like David and Goliath.

Nahant environmentalists, along with many others, have spent much of 2006 fighting the two proposed LNG terminals, Northeast Gateway and Neptune, adjacent to Stellwagen Bank National Marine Sanctuary, beginning with public hearings, in the summer of 2006, and again this past November. Representing SWIM at several hearings was Margaret Hinrichs, a passionate and eloquent speaker, who challenged many aspects of these projects. SWIM members attended at least nine official public hearings, not counting mere "public meetings." SWIM also sponsored two public forums, to increase awareness of the problems posed by the LNG proposals.

The most startling discovery by the SWIM team was documentation of radioactive materials haphazardly dumped throughout the 1950's, in very close proximity to where the terminals are to be. There have been many reasons environmentalists have opposed these terminals: six endangered species of whales and four endangered species of turtles, the already fragile fishing industry of Gloucester, ship collisions, spills, explosions, noise and habitat destruction, but radioactive waste has not been addressed, or tested for, (Continued on page 4.)

## 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.

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## Happy New Year, Nahant!

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## Smartclub at the Nahant Public Library by Rita Stepanova, Children's Librarian

Can learning be fun, even for people who "hate" studying?

Sure, it can. Often, people educate themselves, without realizing that they have studied, because the learning process was a game. Doesn't everybody love to learn as a child? What is all this noise about? Smartclub.

How does it work? A middle school student signs in at the Nahant Public Library, to become a member. Then, a student brings any question about anything, with his answer and a source where he found the answer. In addition, a member can ask a question without knowing the answer. Why? Because in the club, he meets other clever people, who form a team and are eager to discuss all those questions in the world and to support their opinions, using all of the library's resources.

There are no "stupid" questions, or answers, no "dim" topics and no "dull" guesses. One strict requirement is to respect everyone else. Remember, simple politeness. Also, no interruptions to others are allowed, but every member has at least five to seven minutes to talk individually.

Get "plus" and "minus" points for you and for your team, when teams compete. In addition, when our "smart-clubbers," or "smarties," feel ready, they might want to ask another library to create their own team, to enjoy an intellectual battle. Just like an athletic competition, they will play a library game.

How does it sound? Any suggestions, additions, or subtractions? Welcome to the club. As any serious club, it needs to have its "official" name. Let's start with "Smartclub." Any ideas about a logo and a mission statement? Let's begin working on it. When the first group forms, the Smartclub will start its meetings. Please sign in before February 1, 2007. Members of the Smartclub are welcome to the library, for our first meeting, on Thursday, February 8, 2007, at 4:00 p.m.

## Mid-20th Century Memory Lane

Got the winter blahs? Do you remember special times growing up and living here in Nahant? The Nahant Historical Society continues to invite you to go down memory lane and share your personal joys and stories. We also encourage photographs, or other memorabilia. Arrangements can be made to copy and return originals to you. We welcome either those who wish to come by the Society, or those who are far away and can only mail their hand-written stories. We encourage those who have friends who moved away from Nahant, to share their memorable days of long ago, by e-mailing to [info@nahanthistory.org](mailto:info@nahanthistory.org), or mail to the Nahant Historical Society, 41 Valley Road, Nahant, MA 01908. We are open each Wednesday and Thursday, from 1:00 to 4:00 p.m. and also the first Sunday of the month, from 1:00 to 4:00 p.m., except holidays. We plan to publish these wonderful, mid-20th century stories of living the good life here in Nahant. Please participate and thanks so much for your help! Just to encourage you, here is part of a recent tale, told to us by Gail Comfort Blisner, of Oregon and Florida, who comes occasionally to visit her brother, John.

"I was born in 1937, the year my parents John and Isabel Comfort built a beautiful Dutch Colonial house, facing Short Beach in Little Nahant. Seven Howe Road was the address, a piece of property formerly part of the estate of the Howe family. This mansion still stands, now known as the Tower House. The Tower House was vacant during my entire childhood and was a wonderland of thrills and adventures for the children of Little Nahant. My earliest memory of it was during World War II when the soldiers from the two forts in Big Nahant would practice maneuvers, sneaking upon imagined enemies hidden in the hedges and under the porches. One Tower House incident involved Irene's, a tiny store on Wilson Road, filled with childhood delights, like comic books, candy, ice cream. Irene Caproni was the owner, known by the kids as old, crotchety and stingy. We would sit and read her comic books until she couldn't stand it any longer, make us buy one and shoo us out the door. Her ice cream cones were never big enough, even the ten-cent ones."

Gail continues to reminisce about her family's boatyard, Comfort's Rollaway and the Bathhouse and special events with her friends. To find out more of this story and other delightful ones, stay tuned and do contribute your own anecdotes!

## Monthly Free Breakfast Program Resumes

The monthly breakfast program at the Nahant Village Church starts up again on Friday, January 5th, at 8:00 a.m. This month's presentation will be given by ophthalmologist Mark Sanphy, on "Common Foot Problems." Doctor Sanphy has many Nahant residents as his patients.

The free breakfast is served at 8:00 a.m., with the presentation beginning at 8:30 a.m. Please come and bring a friend. ALL ARE WELCOME.

## Learn to Skate Classes at 13 Greater Boston Rinks

Ongoing Learn-To-Skate classes are currently being offered at 13 Greater Boston Rinks for children ages 4 ½ through adults. Separate skill classes are held at the beginner, intermediate and advanced levels. Skaters can wear either figure or hockey skates. Each class includes a small group lesson and supervised practice. Instructors are professional and patient!

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## Nahant's Alex Moccia a Winner for the USAworldshowcase.com

Alexandra Moccia recently was selected as a winner for the USA World Showcase, at the MGM Grand Hotel, in Las Vegas, Nevada. According to USA World Showcase, there were approximately 40,000 applicants; the field was narrowed to about 250 for the competition in November. Alexandra sang her "lucky" song, "Fallin'" by Alicia Keys. She now will compete for another number one spot in the show, but she needs your votes in order to win! Individuals may vote as often as they wish.

The show is scheduled to air in January on PAX television, but the public can view her film clip now and vote online beginning on January 8. Go to [www.usaworldshowcase.com](http://www.usaworldshowcase.com); click on "vote" and then click on "DVD performances" - you will be able to see Alexandra's performance by clicking on her name. If Alexandra wins, she will be flown back to Las Vegas, in June, to host part of the show at the MGM Grand Hotel, in Las Vegas. Also she will have the chance to win \$50,000; if she wins she'd like to donate a portion of her prize to St. Jude's Children's Hospital.

The night of the show, Alexandra performed at the same time as Barbra Streisand was onstage, in the next ballroom. Of course tickets for Barbra's show were a little more expensive than for Alexandra's show.

## New Semester and Open House at Marian Court College

Marian Court College, in Swampscott, is currently accepting applications for the upcoming spring semester which starts January 17, 2007. To learn more about the college, interested students are welcome to attend an OPEN HOUSE on Wednesday, January 3, 2007 from 6:00 to 8:00 p.m. Visitors can tour the ocean-side campus, talk with admissions and financial aid counselors and learn more about the Associate's degree programs being offered. For more information, visit [mariancourt.edu](http://mariancourt.edu) or call 781-595-6768.

## Marian Court College to Host Winter Art Show in Mercy Center Gallery

Marian Court College, 35 Little's Point Road, in Swampscott, will host the Swampscott Arts Association's Winter Show in Mercy Center Gallery. The show will open with a reception Sunday, January 28, 2007, from 2 p.m. to 4 p.m. During the reception, refreshments will be served and works of art will be judged and prizes awarded. The exhibit continues through March 5th and may be viewed Mondays, Wednesdays and Fridays, from 9:00 a.m. to 4:00 p.m., and Tuesdays & Thursdays from 9:00 a.m. to 8:30 p.m. Admission is free and handicapped-accessible. For more information, please call Marian Court College at 781-595-6768.

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**Nahant Swimmers (Continued from page 1.)**

by either energy company planning to trench and build in these precarious waters. Does this sound like a careful, safe way to meet our future energy needs? Because of the known, and more importantly, unknown environmental impact they pose, SWIM urged a "no favorable action" response to the terminals.

**And the SWIMmers kept swimming...**

On December 4, 2006 SWIM testified before the Deval Patrick Energy and Environment transition team at Northeastern University in Boston. We were among over one hundred environmentalists and fifty-six speakers, advocating for cleaner rivers, alternative energy plans, including solar and wind power, protecting our parks and open space, to name the most prominent. SWIM urged for a regional energy plan, building upon renewable energy and energy efficiency, emphasizing the multifaceted risks of the two LNG terminals proposed near Stellwagen Bank National Marine Sanctuary. We challenged Patrick to protect our environment and prevent global climate change, as his primary goals and not accept large payoffs by energy companies.

**And the SWIMmers swam to Boston again...**

On Monday December 11, a fellow SWIM member, Emily Potts, and I attended Candidate-for-Governor, Grace Ross' meeting at the State House, to hear her proposed plan to end Massachusetts' dependence on fossil fuels, consequently ceasing our contribution to global warming. One charming quality about Grace Ross, is she is not intimidated by a challenge. She understands that most people feel a bit paralyzed and overwhelmed by the magnitude of this problem, but does not waiver, and her confidence is contagious.

Ross began by teaching the audience about the psychology of human change, an essential aspect in proceeding with any movement many leaders overlook. She outlined three prominent areas Massachusetts needs to examine and change, to halt our CO2 emissions: energy, transportation and conservation. Ross enlightened the crowd with the knowledge that Massachusetts currently has the capability to run itself solely on alternative energy. Then why aren't we? Because of all the barriers we face. She then proceeded to talk about specific obstacles citizens face in moving towards a fossil-free environment: government policies supporting big business, poor public transportation coupled with long commutes to work, and the lack of tools we have to make a cumulative impact. She ended the talk, urging everyone to stay involved and to model change for your neighbors, friends and coworkers, by the way you live your life.

In the Boston Globe, in December, I disappointingly read that the LNG terminals got a green light and are merely awaiting Governor Romney's approval, before he leaves office. Federal approval by the Maritime Administration is pending. If you would like to voice your opposition to LNG terminals near Stellwagen Bank, please write to Sean Connaughton, Maritime Administrator, Department of Transportation, 400 Seventh Street, S.W., Washington, D.C. 20590.

**This just in...**

The Department of Environmental Protection will conduct a public hearing on construction of the Northeast Gateway natural gas pipeline, on Tuesday, January 9, at 6:00 p.m., at the National Park Service, Salem Visitor Center, 2 Liberty Street, Salem. For details, call Julie Arnold, at 781-592-4514, or email juliearnold@comcast.net.

And to anyone interested in the environment, please stay tuned for future articles on how to help your community, with the small decisions you make each day.

**Have a safer, greener 2007...**

SWIM will meet Tuesday, January 23rd, at 8 p.m., at the home of Polly Bradley, to consider whether to submit further written comment (due January 29) and to plan future action.

Dear Customers of Antonette's II and Beachcomber Salon:

I would like to announce that I have retired as of December 29, 2006.

I would like to thank everyone for being the best customers in the world for the last 21 years here in Nahant. I am finally retiring as a hairdresser. I think you'll agree with me that after 56 years, it is time.

I want to thank all the help that I have received in my 56 years as a hairdresser. Particularly to all the residents of Nahant.

Sincerely and with Love, Antonette (Toni) Spinucci

## Tax Season News

By Anna Ortiz, North Shore Bookkeeping Services

With the tax season around the corner, many of you may find this interesting. One of my clients, who incurs a lot of commuter expenses, was wondering, whether he could possibly deduct any of them on his tax return. While I knew that certain business-related commuter expenses were deductible, I didn't think that personal commuter expenses qualified for a deduction.

However, I researched my client's question and, to my surprise, I found that for tax years beginning on, or after January 1, 2006, the Massachusetts Legislature reenacted a personal income tax deduction for certain commuter expenses.

The law now provides a deduction for amounts spent by an individual for tolls paid through a Fast Lane account, or for weekly, or monthly, transit commuter passes for MBTA transit, bus, commuter rail, or commuter boat, not including amounts reimbursed by an employer, or otherwise.

For those filing single, married filing separately and those filing as a head-of-household, the deduction will apply to amounts over \$150, not to exceed \$750. For those who are married filing jointly, the amount of the deduction will apply to amounts over \$150 not to exceed \$750, for each individual, or \$1,500 per tax return; however, one spouse cannot transfer the amount in excess of maximum-allowed \$750 to another spouse.

While most passes qualify for the deduction, a "Stored-Value" Charlie Ticket does not qualify for the commuter deduction.

In instances where an employer pays for the pass, you have to deduct \$105/month, or \$1,260 a year, from the cost of the pass. The remaining amount is eligible for deduction, not to exceed \$750. If an employee pays for the pass at a reduced price through his or her employer, the total cost of the pass is eligible for deduction.

Please call North Shore Bookkeeping Services, at 617-331-2563, or e-mail at [anaytver@hotmail.com](mailto:anaytver@hotmail.com) with any questions.

## Marine Science Lecture Series

The Marine Science Center, at Northeastern University at East Point, as part of the Evening Lecture Series, will present "The Life and Death of a Horseshoe Crab" by Dr. Sara P. Grady, a Watershed Ecologist, at the North and South Rivers Watershed Association. The lecture begins at 7:00 p.m. on Tuesday, January 23rd.

Dr. Sara P. Grady will present a lecture on the life history, population biology, and fisheries management of the horseshoe crab (*Limulus polyphemus*). Horseshoe crabs are over 500 million years old (one of the oldest species still in existence) and recently, populations along the East coast seem to have declined, possibly due to overfishing. Sara will present information on the history of the horseshoe crab and man's interactions with them, their unique biology, which includes a blood compound commonly used for detecting bacteria in IV drugs, and a population model that could be used to inform management decisions about the horseshoe crab fishery.

—Submitted by Tracy Hajduk

## New Rules for Emergency Beacons

Boaters Must Not Operate 121.5/243 MHz Emergency Position Indicating Radio Beacons (EPIRBs) after December 31, 2006

The Coast Guard Auxiliary is joining with the United States Coast Guard to remind all boaters that beginning January 1, 2007, both 121.5 and 243 MHz Emergency Position Indicating Radio Beacons (EPIRBs) are prohibited from use in both commercial and recreational watercraft. Boaters wishing to have an emergency rescue beacon aboard their vessel must have a digital 406 MHz model. The regulation applies to all Class A, B, and S 121.5/243 MHz EPIRBs. It does not affect 121.5/243 MHz man overboard devices which are designed to work directly with a base alerting unit only and not with the satellite system.

This change, in large part, was brought about by the unreliability of the 121.5/243 MHz beacons in an emergency situation. Data reveals that with a 121.5 MHz beacon, only one alert out of every 50 is a genuine distress situation. When a 406 MHz beacon signal is received, search and rescue personnel can retrieve information from a registration database. Having this information allows the Coast Guard and Coast Guard Auxiliary, or other rescue personnel, to respond appropriately.

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## Inspiration for life by Sallee Slagle, Dance Dimensions

We all have things in our lives that could be better. We all can make changes and handle some area of our life that we want to improve. We may feel we need to change something. Maybe its not even that strong, maybe it's only something we'd like to change, or maybe it's stronger and it is something we feel we MUST change. Either way, sometimes change is difficult and sometimes it's easy. Why? Maybe it's the urgency, the demand or maybe just the mindset.

If you want to change a lifelong habit, or something you feel you cannot control, it might seem impossible. Well I know you've been told "nothing is impossible" probably since you were a child and by now it may find only deaf ears. Remember when it was true for you? We often allow other people and other things, circumstances, society, friends, family, tell us of our limitations. You may even agree with what they say. If you want to change you will have to disagree with all the limitations and barriers that are present. Nothing is impossible, unless we agree it is impossible. So be prepared to disagree and believe that it is possible, even when others say it's not.

Beware of your own ability to criticize yourself. You need to be your own positive lifestyle coach. You have incredible power to beat the odds and win, if you put your mind to it. Think, for a moment, of a story you have heard, of a person pushing through the barriers against the odds. We've all heard, or read about them. Use this as an inspiration and a model, to prove that anything is possible. We all tend to be overly-critical of ourselves and this is a barrier to achieving our own goals.

If you find yourself self-criticizing, take a moment to look at it and find a solution to the fault you find. Find a way to be causative in these situations. You are very capable of causing your own defeat. Don't give in to the thoughts of inadequacy, inability, or impossibility. Remember the story? Find inspiration to beat the odds and find strength to be positive and mindful about yourself.

Effective change can be dramatic! A smoker one day, a nonsmoker the next. Sometimes, just becoming the way you want to be instead of "trying to," is the best mindset to accomplish the change. Trying to change may only leave you in the transition and may never get you to your goal. Try to take on the attitude of the "new" habit. Maybe even fool yourself, that it is the way you have always been. Take on the new change, as part of you, as quickly as possible and if you are successful, even if for one day, you have accomplished a feeling of what it is like and do not give up. Always start again when you have to. Start as often as needed. There is no shame in needing to start again. Isn't that what "New Years" are for?

Effective change can also be gradual. Take a piece at a time. Find what you can easily change and start with that. Get that under your belt and then take the next step. A step at a time, a complete lifestyle can be reversed. It could take a year, or two, or even more, but if we are moving forward toward our goal, then we are accomplishing it. Keep motivated to continue over time by recognizing your progress and even celebrating it! Be positive with yourself and recognize what you have done, even more than what isn't done yet. Set a reasonable goal and keep moving toward it.

People need people. Find people who share your new goal, or who are already, like you want to be. Befriend them if you can, or just admire them and let them inspire you to be the way you desire to be. Find the inspiration. Walk, run, or rocket to your goals. Take the new year to be the better you, new and improved "you" that you want. A better world truly begins with better individuals. Accomplishing and being who you can admire yourself and you will inspire others too!

### From the Internet: The New School Prayer

Now I sit me down in school  
Where praying is against the rule  
For this great nation under God  
Finds mention of him very odd.

If Scripture now the class recites,  
It violates the Bill of Rights  
And anytime my head I bow  
Becomes a Federal matter now.

Our hair can be purple, orange or green,  
That's no offense; it's a freedom scene.

The law is specific, the law is precise.  
Prayers spoken aloud are a serious vice.

For praying in a public hall  
Might offend someone with no faith at all  
In silence alone we must meditate,  
God's name is prohibited by the state.

We're allowed to cuss and dress like freaks,  
And pierce our noses, tongues and cheeks.  
They've outlawed guns, but first the Bible.  
To quote the Good Book makes me liable.

— Submitted by Phil Joyce, Nahant

## Shovel Snow Safely

Q. I have hurt my back in the past when shoveling. What can I do to prevent injuring it again?

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

Using an ergonomically-designed shovel will lessen the stress on your back. There are various designs available at hardware stores and online. One popular shovel has a curved handle, which alters the amount you have to bend your back, thereby decreasing the strain. Other shovels have adjustable handles, or a rotating scoop, which allows you to turn the snow over, to dump it off the shovel, without twisting your back. Whatever shovel you choose, use one which is lightweight (plastic is lighter than metal), has a small blade and a built-up handle. If the snow is heavy and damp, spraying the shovel with a silicone lubricant can help to prevent the snow from sticking to the shovel.

While shoveling, stand in a lunge position with one foot in front of the other. If the ground is icy, spread sand over it, before beginning to shovel, in order to provide better traction. When possible, push the snow, rather than lift it. Place your hands far enough apart on the shovel to create leverage from which to lift. Bringing your belly button in toward your spine will engage the abdominal muscles. Shift your weight forward by bending your knees in a lunge, so you can keep your back straight. Pick up only a small amount of snow at one time. Draw the load straight back toward you, then step around and turn your whole body in the direction that you want to put the snow. Avoid twisting your back. Instead, keep your spine in a neutral position and move your feet. Turn the shovel over to drop the snow. Do the work with your arms low and close to your body in order to decrease the stress on your shoulders and back. If you are shoveling deep or heavy snow, mark off the snow into squares the size of the shovel, and lift off the top layer square by square. Fresh snow is generally easier to lift, because it is less dense, so go outdoors to shovel, as soon as the snow has fallen.

Be sure to pace yourself. Take frequent breaks, especially if the snow is heavy, or wet. Stay aware of how your body is feeling, as you shovel, rather than becoming goal-oriented and ignoring warning signals (e.g. pain, shortness of breath, fatigue). Remember that shoveling is vigorous exercise, and because it is done in cold weather, it creates a great deal of work for the heart and the musculoskeletal system. Avoid eating, or smoking before shoveling, because of the added cardiac stress. Take whatever precautions you normally take in cold weather, with respect to medications and dress and be sure to drink plenty of water. If you have any pain while shoveling, stop immediately to rest, monitor your symptoms, and take appropriate action.

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

## Top 10 Reasons to Try Yoga

Submitted by Patricia McCallum, Pathways Yoga

1. Boosts flexibility and cuts chances of injury: Yoga allows muscles to move in ways you normally wouldn't move them and keeps you limber and safe from unexpected injury.

2. Brings concentration to breathing: During an intense workout, we often forget to breathe properly and yoga helps to discipline our breathing and focus. Taking a deep breath helps with relaxation and deeper stretches that have therapeutic effects.

3. Connects the mind and body: Yoga helps establish the mental connection to the body and will help you perform better in all types of training or sports.

4. Increases strength and endurance.

5. Eliminates muscle imbalances: Many of us have one side stronger than the other and yoga can help correct that over time.

6. Improves balance: Yoga is comprised of many balancing poses, which help stability and your core muscles.

7. Helps body awareness: In yoga you can often contract and relax different parts of your body, which causes you to get to know your body well and discover its strengths and weaknesses.

8. Perfects posture: Did you know that standing straight up instead of hunching over helps take a few

pounds off of your waistline alone? Yoga poses condition your body to develop perfect posture at all times. They also open up the tight muscles of the upper back and deltoids, which often lead to hunching.

9. Cuts stress: We could all do with less stress. Yoga soothes the mind and body and lowers stress immensely by helping you to focus on the moment and blocking out outside distractions.

10. Improves your game: Yoga has great cross-training benefits and will positively affect your fitness routine or sports performance because of the mental connection you'll now have with your body.

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## New Years Day Commemorative Swim (Frederic Tudor, What were you thinking?)

Happy 2007 Nahanters! Today also commemorates another one of Dad's not so clever brainstorms. As you all probably know by now, our family made untold millions by cutting ice blocks and 1" cocktail ice cubes, from frozen local ponds, in the dead of winter. The ice blocks were put in the belly of cargo schooners, packed under straw and saw dust, and shipped to tropical locations, such as Martinique, for refrigeration. The hand cut 1" cocktail ice cubes were delivered exclusively to Nahant's party elite.

On a business trip to Martinique in 1854, Frederic Tudor was the guest of his good friends, the Crown Prince and the voodoo priest Iatoduso. The purpose of the trip was to broaden the product line, by creating a market for our signature hand cut, 1" cocktail ice cubes.

To mark the event, the voodoo priest created a fabulous 22 oz. salt-rimmed, commemorative cocktail in Dad's honor, using our cocktail cubes.

Upon tasting the grand libation, Dad's entrepreneurial juices started flowing. A man who lives in a town surrounded by salt water, a man who could breed a company mule and a rooster to create a mulooster, surely could come up with a pre-salted cocktail ice cube.

When Dad returned on New Year's Day 1855, he came to Ponsie and my room and told us of his plan. "Boys, put your swim suits on, we're going salt-water ice-cube harvesting on Short Beach," Dad exclaimed. We knew Dad was nuts, but this was pushing the envelope.

To appease him, we put our swimsuits on, hooked up the mulooster wagon, stocked with hard cider anti-freeze and headed down to Short Beach. The air temperature was 16 degrees, but even at that temperature, "Short Beach Does not freeze over, it's salt water dummy."

Depressed, Dad returned to the family compound at 280 Nahant Road (present location of the Nahant Country Club), salt rimmed a 22oz. glass, whipped up a huge pitcher of the island concoction, which Ponsie and I named "Frederic's Folly" (see recipe below) and proceeded to drown his sorrows.

To commemorate the event, the Town's own John and Maria Welsh, have chaired the annual Noon Short Beach New Year's Day Swim, followed immediately by a warm up cocktail back at our homestead, The Nahant Country Club. Here's a picture of Ponsie and myself, along with some hardy Townies, at last year's dip. BRAVO to "The Welshes."

### "Frederic's Folly"

22oz. salt-rimmed glass  
signature hand cut 1" cocktail ice cubes (preferably from The Tudor cocktail Ice Co.)  
1oz. tequila  
1oz. vodka  
1oz. Rum (Appleton or Mt. Gay would be superb)  
Splash fresh lime juice  
Splash pineapple juice  
Mix in cocktail shaker, Pour in salt rimmed glass,  
garnish with a lemon and lime disk.

### OOPS!

Last month's article about the Nahant Soap Box Derby failed to include the name of returning race veteran, Thanasi Kourkoulis. We regret the omission.

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**Bell Choir and Fourth Grade**  
**Photos and story by Polly Bradley**

First, the Nahant Village Church Bell Choir serenaded the fourth-graders at the Johnson School. Then the Fourth-graders serenaded the Bell Choir. Both Bell Choir and Fourth-graders serenaded members of the Nahant Woman's Club at their annual holiday luncheon, held December 12th in the new school addition.

Why the Fourth Grade? Bell Choir member Olivia Aswad is also a fourth-grader, so it was logical to have the concert include both.

The Fourth-Graders played a variety of percussion instruments, including drums, xylophones, tambourines, as well as two keyboards.

They were directed by Joel Smith, newly-appointed Music Teacher at the Johnson School.

Alex Moccia sang holiday songs, accompanied by Thomas Bold, who is also director of the Nahant Village Church Bell Choir. Wendy Payne and Linda Jenkins were hostesses for the Nahant Woman's Club and Norma Poole gave the invocation.

A couple of brief announcements:

The Nahant Woman's Club board will meet Tuesday, January 9th, at 10 a.m., at Polly Bradley's, to plan next year's activities. All members are invited to come, participate and enjoy coffee and donuts.

The next full meeting of the club will be on Tuesday, February 13th at 11:30 a.m., at the Nahant Village Church.

Peter Davis, Executive Chef of Henrietta's Table, Charles Hotel, Cambridge, will be the speaker.

Photo at right: Abigail Wilson plays the xylophone.



Thomas Bold accompanying vocalist Alex Moccia.



Nahant Village Church Bell Choir members Olivia Aswad, Donna Hanlon and Allison O'Neill.



Jamie Dunleavy, Ryan McDermott, Fourth Grade Teacher Mr. Brady and Annie Toomajian with Katie Wallach playing the xylophone





Mary Elizabeth (Betsy) Carpenter

Betsy Carpenter, of Nahant, MA, died December 11, 2006 after a long illness. Born on December 6, 1953 in Bennington, VT, she grew up in Hoosick Falls, NY and Scotia, NY, graduating from Scotia-Glenville High School. She attended Goddard College and graduated from Skidmore College in Saratoga Springs, NY.

She was the wife of David L. Sparr of Nahant, MA, daughter of Gertrude C. Carpenter of Niskaynua and the late Robert P. Carpenter, daughter-in-law of the late Bertram and Joy Sparr, sister of Jackie Rice and husband Eric of Galway and Andrew Carpenter and wife Betty of Poolesville, MD, aunt of Allison M. and William D. Rice, Garrett and Jeffery Carpenter and Ariel and Galit Shapira and sister-in-law of Beth Ann Sparr.

A memorial service will be held at Temple Ohabei Shalom in Brookline, MA on January 14th at 1:00 p.m.

In lieu of flowers, donations may be made to Betsy Carpenter Playwriting Award, Emerson College, 120 Boylston Street, 7th Floor, Boston, MA 02116-4624. Make checks payable to Emerson College with notation the gift is for the Betsy Carpenter Playwriting Award. Donations may also be sent to the Dana Farber Cancer Institute, 10 Brookline Place West, 6th Floor, Brookline, MA 02445-7276.

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# Summer In Nahant



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

## Three Influential Nahant Women Spanning Three Centuries



***Elizabeth Cary Agassiz***

*Birth: December 5, 1822, Boston*

*Death: June. 27, 1907, Boston*

*Burial: Mount Auburn Cemetery, Cambridge, MA*

### **New York to Rio de Janeiro: Narrative Highlights & Itinerary**

The group left New York on April 1, 1865, on the S. S. Colorado, of the Pacific Mail Steamship Company, provided with free passage, since the ship, bound for San Francisco via Cape Horn, was empty of passengers. Agassiz lectured to the cast en route, arriving Rio de Janeiro 23 April, 1865. The initial weeks were spent in the company of dignitaries and government officials, including Emperor Dom Pedro II, who had a keen interest in natural history. Agassiz also gave several lectures on natural history and remarked on the attentive audiences in Rio, who were not accustomed to such public scientific lectures. The team divided into three groups, the first (St. John, Allen, Ward, and Sceva), traveled to the interior, the second (Hartt & Copeland) travelled east, to explore the coast between the Rio Paraiba do Sul and Bahia, the third (Agassiz & remainder) left 21 April for Minas Gerais. The latter two groups were to explore the region between Rio de Janeiro and the Amazon, via the Rio São Francisco and Rio Tocantins. The Agassizs spent the next several weeks making small excursions in the vicinity of Rio and the Rio Paraiba do Sul.

**SOURCES:** Text and photos provided by the Nahant Historical Society.

**PHOTOS:** At left: Elizabeth Cary Agassiz from a photograph owned by Mrs. Gordon C. Prince. Photo taken from back of book "Adventurous Alliance" by Louise Hall Tharp, 1959. The Story of the Agassiz Family of Boston. Gift of Gordon Hall of Little Brown publ.

Top, facing page: The Life of Elizabeth Cary Agassiz, by Lucy Allen Paton. Page 44. Nahant Public Library. 1852.

# Influential Nahant Women

## Part 1: Elizabeth Cary Agassiz 1822-1907



### Thayer Expedition to Brazil, 1865-1866

Ill health and a general desire for a change of scenery, prompted Elizabeth Cary Agassiz to look for some opportunity for a vacation, that might afford a scientific opportunity, as well. The following excerpt is from the preface to "A Journey in Brazil," the popular narrative of the expedition:

*"In the winter of 1865, it became necessary for me, on account of some disturbance of my health, to seek a change of scene and climate, with rest from work...Toward Brazil I was drawn by a lifelong desire...as a mere vacation, it had little charm for me. I could not forget that, had I only the necessary means, I might make collections on this journey which, whenever our building could be so enlarged as to give room for their exhibition, would place the Museum in Cambridge on a level with the first institutions of the kind. While I was brooding over these thoughts, I chanced to meet Mr. Nathaniel Thayer, whom I have ever found a generous friend to science. The idea of appealing to him for a scheme of this magnitude had not, however, occurred to me; but he introduced the subject, and, after expressing his interest in my proposed journey, added, "You wish, of course, to give it a scientific character; take six assistants with you, and I will be responsible for all their expenses, personal and scientific."*

Thus, Agassiz found a ready patron, who would be called upon time and again, for additional financial support for the expedition, and for the expenses of shipping and curating the resulting enormous collections.

Professionals: Louis & Elizabeth Cary Agassiz, James Burkhardt, artist, John G. Anthony, conchologists, Assist. Curator Mollusks MCZ, Frederick C. Hartt, geologist, Orestes St. John, geologist, Joel A. Allen, ornithologist, Assist. Curator Birds, MCZ (later AMNH), George Seeva, preparator.

Volunteers: Newton Dexter, William James, Edward Copeland, Thomas Ward, Walter Hunnewell, Stephen Van R. Thayer (son of Nathaniel Thayer), Thomas G. Cary (Agassiz's brother-in-law). Also accompanied by Agassiz's friends Dr. & Mrs. Cotting for 2 months in Rio de Janeiro.

### Radcliffe College

At a time of expanding educational opportunities for women, the institution that would become Radcliffe College, began under the leadership of Elizabeth Cary Agassiz. In 1879, the first formal year of this experiment, 27 women from the Boston area passed the Harvard entrance exam. Harvard professors and instructors offered 24 courses, and in four years, the first four certificates were awarded. At first nameless, the program was familiarly known as the Harvard Annex, later the Society for the Collegiate Instruction of Women. Finally, in 1894, in conjunction with receiving a charter from the State (Commonwealth?) of Massachusetts, to confer degrees countersigned by both the Harvard and Radcliffe presidents, the school was named for the first female benefactor to Harvard, Ann Radcliffe, who made her bequest in 1643. The core of Radcliffe grew rapidly around the Radcliffe Yard. In 1885, the growing "Harvard Annex" relocated to Fay House, a large, brick, Federal-style mansion, which has continued as the administrative center of the college.

In 1898, McKim, Mead & White built the Colonial Revival Radcliffe Gymnasium with the newest Swedish gym equipment and a swimming tank. In 1904, the long-awaited undergraduate student center was built and named the Agassiz House, after the college's long-time leader Elizabeth Cary Agassiz. There, the Agassiz Theatre continues to showcase Radcliffe performers. In 1908, the College Library was built, through a matching grant from Andrew Carnegie. It is now the site of the Schlesinger Library on the history of Women in America, one of the preeminent repositories for books, photographs, and manuscripts associated with American women.

Today, female students continue to be enrolled in Harvard, through the Radcliffe system and enjoy the services and programs provided by the long history of women's education at Radcliffe.

### Under Charles Eliot's Watch

During his tenure as Harvard President, from 1869 to 1909, Charles Eliot revitalized the Law and Medical schools, and the graduate schools of Business, Dental Medicine, and Arts and Sciences were established. Enrollment rose from 1,000 to 3,000 students, the faculty grew from 49 to 278, and the endowment increased from \$2.3 million to \$22.5 million.

It was under Eliot's watch that Radcliffe College was established. In the 1870's a group of women, closely linked to Harvard faculty were exploring ways to make higher education more accessible to women.

One of this group, Stella S. Gilman, was married to historian and educator, Arthur Gilman. In 1878, at the urging of his wife, Gilman proposed the foundation of a college for women, to President Eliot. Eliot approved, and seven women were chosen to design the new institution. Among them were Stella Gilman, Alice Mary "Grave Alice" Longfellow, a daughter of the famous poet, and Elizabeth Cary Agassiz, the widow of renowned naturalist Louis Agassiz. In 1879, the "Harvard Annex" for women's instruction by Harvard faculty began operations. And in 1894 the Annex was chartered by the Commonwealth of Massachusetts as Radcliffe College, with Elizabeth Cary Agassiz as its first president.

Elizabeth Cary Agassiz was the wife of naturalist, Louis Agassiz. She helped to organize and manage the Thayer Expedition to Brazil in 1865, and the Hassler Expedition to the Strait of Magellan in 1871. She co-wrote "A First Lesson in Natural History," "Seaside Studies in Natural History" and "A Journey in Brazil." She served as President of Radcliffe College from 1882 to 1899.



If you have something you would like to share on this page, please contact the author:  
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c/o Bumper Gooding  
PO Box 5, Nahant, MA 01908  
Or email: [summerkimball@aol.com](mailto:summerkimball@aol.com)



## Useless Information

by Ray Barron

### Inside WBZ Radio

#### Gary LaPierre

Gary LaPierre the co-anchor of highly-rated *The WBZ Morning News*, joined the radio station as a general assignment reporter in 1964. LaPierre has anchored the morning news, each weekday, since the 1960s.

During his tenure with WBZ NewsRadio, LaPierre spent fifteen years as the radio station's chief investigative reporter. His first major assignment for the radio station, in 1964, was to spend two days traveling with The Beatles, when they visited Boston, during their first American tour.

Throughout his distinguished career, LaPierre has received many local and national awards for his reporting and investigative work, including a national Associated Press Award.

A native of Massachusetts, LaPierre, 54, was born in Shelburne Falls, Massachusetts. He graduated from Graham Junior College and attended the University of New Hampshire and Boston University. He lives with his wife in Reading. The couple has two sons.

### Inside The Boston Globe

#### Joan Vennoch

The widely-read Boston Globe columnist, Joan Vennoch, joined the newspaper in 1977, as a research assistant on the Globe's investigative Spotlight Team. In brief, she is a graduate of Boston University (1975), Suffolk Law School (1984), and a member of the Massachusetts Bar.

After graduating from Boston University, Vennoch worked at the Thomaston (CT) Express, a small, weekly newspaper, and the Danbury (CT) News-Times.

In 1980, as a member of the Globe's Spotlight Team, she shared a Pulitzer Prize, that the Globe won, for a Spotlight report on waste and mismanagement in the Mass. Bay Transportation.

She also worked as a general-assignment reporter, Boston City Hall Bureau Chief (1984), State House Bureau Chief (1986) and covered the 1988 Dukakis presidential campaign. She joined the Globe's business reporting staff in 1988, and began writing her column in July 1991.

### The Eyes Have It!

Wow! Eyelash transplants, in which hair follicles recruited from the head are sewn into eyelids, are becoming the latest rage in plastic surgery. "Eyelash transplantation does for the eyes, what breast augmentation does for the figure," said plastic surgeon Dr. Alan Bauman.

As Charles Sanphy, of Chamberlin Circle, will say, "In life, actions speak louder than words, but in love, the eyes do."

The observant Paula Smith, of Pleasant Street, says, "A bright eye indicates curiosity; a black eye, too much."

Paula's husband, Larry, reminds us, early to bed and early to rise, and you'll never show red in the whites of your eyes.

As Phil Oesterlin, of Nahant Road, would say, "Another disadvantage of marrying a girl taller than you are is, that you'll never see eye to eye."

## Nahant's January Birthday Babies!

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

January 2: Donald Polcaro, Nancy Daras, Pam Szostakowski, Fred Morley, Billy Morrison, Colleen Edwards, Jason Anguilo and singer and composer, Roger Miller.

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

January 4: Lovely Gertrud Joyce, Jill Koldewey, Alice Forbush, Paula Smith, Susan Fintonis, Diane Gallagher, brilliant Christian Manzano, actresses Jane Wyman and Dyan Cannon.

January 5: Janice Blair, Muriel Castronova, Eva Cieri, Mark Harrell, Bob Rooney, Tony Alessi, actress Diane Keaton and former vice-president, Walter Mondale.

Our January 6 birthday kids: Kathy Toomey, delightful Dorothy Hagoort, Danielle Gorham, Christine Sonis, Helen Niosi, the charming Robin deStefano and Carl Sanburg, poet and actress, Loretta Young.

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

January 8: Lauren Lacey, Kelli Howard, Justin Gaglio, handsome Chris Billias and rockers Elvis Presley and David Bowie.

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

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

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

January 12 birthday candle blowers: Lovely Katie Hyde, Maryanne Parr, Debra Duffy, Dr. Christine Blaski, Marilyn Girard, the inspiring Greek goddess, Gina McCoy, the charming Heather Butler Cook and actress Kirstie Alley.

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

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

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

January 16: Congenial Carolyn Cummings-Saxton, Susan Davis, Gwen Davis, Dot Santosuosso, Elaine O'Connor, Gloria Barbacoff, Marie Scheppens, Steve Baker, lovely Jennifer Carbone, and Ethel Merman, singer and actress.

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

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

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

January 20 birthdays: The native of Philadelphia, lovely Joan Kavanagh, Eleanor Bunker, Heather McNeill, Steve Blasdale, Bill Hatfield, Herman Floeck, tycoon Bill Boyan, actress Patricia Neal and Edwin "Buzz" Aldrin, US astronaut.

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

January 22: Bonnie Bishop, Cathy Brown, Frances Casey, Augustus Lombardi, Pete Elias and actresses Linda Blair and Piper Laurie.

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

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

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

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

(Continued on next page.)

## Birthdays (continued)

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

January 28 candle blowers: New Orleans native, sweet Gayle Poulin, Norma Brooks, Seta Michaud, Nancy Mirabello, Mike Gomperts, Tom McDonough, Dick Nobrega and actor, Alan Alda.

January 29 birthdays: Gayle Poulin's handsome husband, the electrifying Ed, sweet Eileen Alessi, James Munro, Michael Lucantonio, Donna Ventura, Helen Nichols, Maria Rynne, John Sarpi, Jim Munro and actors, Tom Selleck and Victor Mature.

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

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

(And, Happy Birthday to my dear sister, Barbara Thistle, of Deering, NH.. Editor)

## One More Time! Profile of Weatherman Dick Albert

Comes winter we rely on our TV meteorologists for daily weather predictions. Well, whether the weather is stormy or clear, WCVB-TV's principal meteorologist, Dick Albert, always greets his NewsCenter 5 audience with a sunny smile. Albert, who has been with Channel 5 since 1978, says, "I really get a kick out of talking about the weather." It shows!

Before joining WCVB-TV, Albert was the principal meteorologist at KCNC-TV in Denver, for two years and served one year at KRON-TV, San Francisco, where he described the weather as "boring," as compared to New England's "fickle" climate. He also served as a forecaster for the U.S. Air Force, before taking his first broadcasting job with KOB-TV, in Albuquerque, New Mexico.

Dick Albert earned his bachelor's and master's degrees at the University of Michigan. He was rated the second-most popular weathercaster in the nation, according to a poll by Television/Radio Age magazine.

Dick Albert, a native of Newton, continues to reside there, with his wife, Mary Ann and two sons, Marc and Matt.

As Michael Manning, of Fenno Way, will attest, the weatherman is always right about one thing: there's some kind of weather every day. Michael's charming, brilliant wife, Cynthia, says, "A weatherman is so-called because you never know whether he is right or wrong."

We are truly blessed to have a Public Works Department made up of individuals who brave snowstorms! They are out there around the clock plowing, plowing, plowing!

## Hot News!

It's official: The continental U.S. this year experience the hottest summer since the Dust Bowl era of the 1930s and the second hottest since record-keeping began in the 19th century, federal scientists reported. Eight of the past 10 summers had above-average temperatures. Not so in Nahant! We are a cool town!

Speaking of temperatures, Cal Hastings of Nahant Road, says, "The right temperature at home is maintained by warm hearts, not by hotheads."

Cal's brilliant and attractive wife Marrit, says, "When you have low temperatures, your feet are cold; when you have high temperature, your head is hot."

Our Assistant Assessor, Sheila Hambleton, thinks a man is a thermometer, woman the temperature; the thermometer is always subject to change of temperature.

Henry Hanagan of Little Nahant Road, says, "A thermostat is an apparatus that keeps a house too warm for one parent and too cold for the other."

## OOPS!

We inadvertently omitted another famous Nahant plumber from last month's list: Rick Capozzi. We apologize for the oversight.

## Inspiring Words

Smile though your heart is aching  
Smile, even though it's breaking  
When there are clouds, in the sky, you'll get by  
If you smile, through your fear and sorrow  
Smile, there'll be tomorrow  
You'll see the sun come shining through  
If you'll ...Smile  
Light up your face with gladness  
Hide every trace of sadness  
Although a tear, may be ever so near,  
That's the time, you must keep trying  
Smile, what's the use of crying?  
You'll find that life is still worthwhile,  
If you'll just ...  
Smile

## North Shore Bookkeeping Services

- \* General Ledger services (including conversion from a manual system)
- \* Accounts Payable/Accounts Receivable
- \* Financial Statements Preparation
- \* Tax Preparation
- \* Personal accounting services such as bill payment, tax preparation, budgeting

Call us today at 617-331-2563 or e-mail at [anyatver@hotmail.com](mailto:anyatver@hotmail.com) for a free consultation!  
Anna Ortiz, North Shore Bookkeeping Services

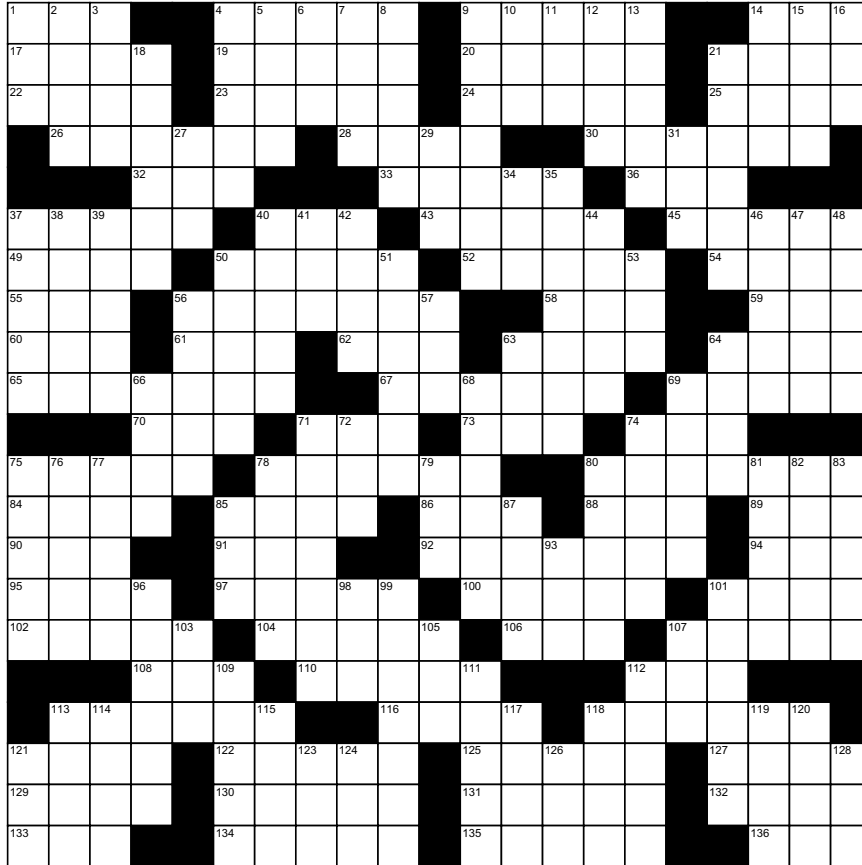


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# NAHANT PUZZLE PAGE

## First Things First by Rick Kennedy



www.CrosswordWeaver.com

**ACROSS**

- 1 Spirit
- 4 Musical production
- 9 Jazz
- 14 Celeb
- 17 Ogled
- 19 Torn
- 20 Skip church?
- 21 Painter of melting clocks
- 22 "as you \_\_\_"
- 23 **First US astronaut to orbit earth**
- 24 Church official
- 25 Women's magazine
- 26 Ice-cream \_\_\_
- 28 Feedbag morsels
- 30 Tallest birds in North America
- 32 **First musical guest on "Saturday Night Live"**
- 33 Stairway post
- 36 Yang's partner
- 37 Calm
- 40 Cravat
- 43 Whiny

- 45 Knobs
- 49 **First TV Guide cover celebrity**
- 50 Res. type
- 52 Element
- 54 "Sultan of \_\_\_"
- 55 Hoopla
- 56 Cargo ships
- 58 Mineral
- 59 Evergreen tree
- 60 **Wright brothers first**
- 61 Humorous
- 62 Doze
- 63 Glitch
- 64 A Skywalker
- 65 Bears
- 67 **First guest host of "Saturday Night Live"**
- 69 Corporate rule
- 70 Picnic visitor
- 71 **1st state**
- 73 Barbarian
- 74 Put on
- 75 Sings like Ella
- 78 Overly (2 wds.)
- 80 Sirens
- 84 Shade

- 85 Society girls
- 86 Lyric poem
- 88 Label
- 89 Knock
- 90 Frost
- 91 Loose gown worn at mass
- 92 **First male on cover of "Playboy" magazine**
- 94 \_\_\_ Lanka
- 95 Desire
- 97 Existing
- 100 Bruin great
- 101 Democracy or Monarchy (abbr.)
- 102 **First player to hit two grand slams in same inning**
- 104 Doldrums
- 106 Complete
- 107 **First TV Guide cover celebrity**
- 108 Pen brand
- 110 Lawn
- 112 "Sprechen \_\_\_ deutch?"
- 113 **First lighthouse**

- locale**
- 116 Inert gas
- 118 Headdress
- 121 Tropical edible root
- 122 Coke's competitor
- 125 Fat
- 127 Swiss-like cheese
- 129 Port city in 135
- Across
- 130 Dined
- 131 Andean beast
- 132 Talk back
- 133 Honey maker
- 134 Condition
- 135 Middle Eastern country
- 136 Tangle

**DOWN**

- 1 Bench
- 2 Potato sprouts
- 3 South American country
- 4 Piano-like instrument
- 5 Heap
- 6 **First lady?**
- 7 **First female U.S.**

- Attorney General**
- 8 **First black U.N. Secretary General**
- 9 Honeycomb substance
- 10 Wing
- 11 Chassis
- 12 Oil cartel
- 13 **First to win Cy Young in both leagues**
- 14 Glen
- 15 Evils
- 16 Pastry
- 18 Rejection
- 21 Kid in the comics
- 27 **First \_\_\_**
- 29 Decade
- 31 **First \_\_\_**
- 34 Compass pt.
- 35 Wool fatty substance
- 37 Toward the rear of the ship
- 38 Scoop
- 39 Frank \_\_\_ Wright
- 40 Frozen pizza brand
- 41 Sign
- 42 **First place?**

- 44 Navigation system
- 46 Terrible
- 47 **First living creature to orbit earth**
- 48 Spread
- 50 Insertion mark
- 51 Consecrated shrine
- 53 **Happy \_\_\_ Year!**
- 56 **First team to turn two triple plays in same game**
- 57 Resort
- 63 Respiratory disease
- 64 **First to hit a grand slam in an All-Star game**
- 66 **First \_\_\_**
- 68 **First pitcher to start a game at DH**
- 69 **First to join 3,000 Hit Club with a home run**
- 71 Farm horses
- 72 Hospital rms.
- 74 Journal
- 75 Shorebird
- 76 Hot chocolate
- 77 Concerning
- 78 Free-for-all
- 79 Distress call
- 80 Inscribed stone slab
- 81 Malicious burning
- 82 Worm-like stage
- 83 **First athlete to win 7 Olympic gold medals**
- 85 Pat
- 87 Alt.
- 93 Garland
- 96 **First black tennis player to win a Wimbledon singles title**
- 98 GPS bearing
- 99 Pairs with cytosine
- 101 Loon-like seabirds
- 103 Pose
- 105 Wrath
- 107 Broadcast
- 109 Deals with
- 111 **First cloned animal**
- 112 African nation
- 113 Wished
- 114 **First black hockey player in NHL (Boston Bruins)**
- 115 Nifty
- 117 African river
- 118 **First \_\_\_**
- 119 **First person?**
- 120 Discovery makers?
- 121 Projection
- 123 School grp.
- 124 Scene
- 126 Highest tramp in some loo
- 128 Denver hrs.





Mayor Chip Clancy (far right) gives the "Key to the City" to Jack Berry (on left) while son Timmy Berry (center) smiles with great pride.

### 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: Doris Bongiorno, Pat & Bob Del Castillo, Julia Elassaad, Mary Evos, Betsy Hickey, Pauline Howarth, H. Hollis Hunnewell, Robert Lewis, Shaun McCormack, Donald McCormack, Faith Peterson, Joanna Reardon and Linda Tanfani.

Thank you all very much.

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

### O Canada! by Rick Kennedy



## Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

### DEADLINE INFORMATION for FEBRUARY 2007

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

**MONDAY, JANUARY 15th • 5:00 P.M.**

**Mail Date: Wednesday, JANUARY 31st.**

### 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.

**Got something** to share with your neighbors? Put it in an envelope and drop it at the Harbor Review Box at the bank. As space allows, it will be published. If you want photos back, please send a SASE with them.

# Community Calendar • JANUARY 2007

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

## WINTER PARKING BAN IN EFFECT UNTIL APRIL 1, 2007

### 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
WED	3	6:00P	Marian Court College Open House till 8:00 p.m.
FRI	5	8:00A	NVC Breakfast featuring Dr. Mark Sanphy
FRI	5		Nahant Natural Healing Center Opens
SUN	7	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.
TUE	9	10:00A	Woman Club's Board Mtg at Polly Bradley's
TUE	13	11:30A	Woman's Club Mtg at Nahant Village Church
SUN	14	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.
SUN	14	1:00P	Betsy Carpenter's Memorial Service at Temple Ohabei Shalom in Brookline.
MON	15	5:00P	DEADLINE for FEBRUARY HARBOR REVIEW
WED	17		Spring Semester starts at Marian Court College
SUN	21	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.
TUE	23	7:00P	Marine Science Lecture: Dr. Sara P. Grady.
TUE	23	8:00P	SWIM Meeting at Polly Bradley's.
SUN	28	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.

### FEBRUARY

THU	1	NA	Deadline to register for Smartclub at Library.
SUN	4	10:30A	Sunday School and Worship Service at the Nahant Village Church. All welcome.

#### 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.**  
 10:00 a.m. to Noon. &  
 2:00 to 8:00 p.m.

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

## Predators Online

by Will Letourneau, Unltd Computer Services

One of the most valuable things I was taught, growing up, was not to talk to strangers. Now more than ever, it is important to remember this, as there are potential predators in most homes. I'm referring to online chat services, such as AOL Instant Messenger and Myspace.com, where inexperienced youth can be easily and anonymously contacted by online predators.

Pedophiles commonly use chat rooms, instant messaging and email as their hunting grounds, with little to no restriction. Recently Dateline has done a series of undercover investigations aimed at stopping these online predators, which were later charged appropriately. The scary fact is that dozens of online sex predators, including a fireman, truck driver and Rabbi, showed up at these sting operations, with the intent to sexually exploit minors. If so many were caught on tape, how many are getting away with it every day?

There are several things you can do to protect your family from online sexual predators:

Talk to the children, explain that there are sick people out there and to never communicate with them.

Only allow the children to use the computer at certain times of the day when they can be supervised.

Install password protected software that will prevent the children from accessing potentially dangerous people on the internet.

## Nahant Village Church

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



## EMERGENCY MANAGEMENT

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

Here is the link to the 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>

## Nahant Natural Healing Center A new beginning for a seasoned healer.

"I didn't expect to be starting a new business," says Dr. Devorah Feinbloom, chiropractor, health educator and holistic nutritionist, but when I walked up to Nahant Community Center's second floor and saw the gorgeous ocean views, a feeling came over me and I knew that I was supposed to be in this space." In that moment, Nahant Natural Healing Center was born.

Dr. Feinbloom graduated from New York Chiropractic College in 1983 and has been studying nutrition-based healing solutions for the last 18 years. She currently has a practice in Brookline, called Higher Ground Natural Healing Center. She has been a leader in health education, chiropractic and alternative healthcare for 23 years and was voted "Best female chiropractor in Boston" by SELF magazine.

Dr. Feinbloom has created and led several experiential-based healing programs, including "The Candida Course, healing from chronic candidiasis," "Love your Liver, Live Your Life," a 4-week liver cleanse program, and she teaches an Introduction to kinesiology called, "If your body could talk, what would it say?"

Most people are totally confused by the amount of information claiming to have the right answer for their health. I understand this. The only thing people agree on, is that the underlying cause in virtually all disease, can be found in your body's nutrition. Nutrition affects heart disease, cancer, diabetes and arthritis. Many are surprised that this is especially true of the "syndromes" like chronic fatigue syndrome, chemical sensitivities/allergies and hormonal imbalances. In fact, if you aren't feeling as good as you think you should, the answer probably lies in the way your body is handling food.

The good news is that it is possible to reverse many of these conditions! Addressing the body's nutrition not only handles many of these conditions, but it slows down the aging process, allowing a more energetic lifestyle. "The most frequent comment I hear in my practice, is that my clients have so much more energy that they have three more hours of productivity in their day."

"I see myself using the new office space in three different ways." One is to offer uniquely-designed, clinical nutrition programs. Another way, is to offer retreat-style, daylong workshops, that are geared towards stress reduction and connecting deeply to one's own rhythm/voice within. Lastly, I think people really enjoy learning about healing and I want to start a holistic adult education series, bringing in lots of guest speakers for workshops.

The doors will open, starting Friday, January 5th. Please stop by and introduce yourself. I look forward to being part of the community and serving you to the best of my ability.

## Tower Students Knitting for Angels

Knit one, purl two. It's not a phrase that's usually heard in elementary school classrooms, but that's just what students



in Tower School's knitting arts block are learning to do. As part of a project spearheaded by Tower parent, Susan Caccivio, the students are

making a contribution to Knitting for Angels, an organization that provides handmade goods for children worldwide. The project is truly a collaborative effort: students are knitting 6x8-inch rectangles and then joining them together to make baby blankets. Pictured: top row, Olivia Boggis, Cecily Cushman, Maika Strogoff, Ryan Hanratty; bottom row: Taylor Reeh, Gracie Van Adzin, Matthew Scalise and Ryan Delisle.

## Christmas at Sea by Robert Louis Stevenson

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

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

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

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

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

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

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

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

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

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

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

Submitted by Rob Scanlan, U.S. Master Marine Surveyor



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