

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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NOVEMBER 2006

Dream Dinners: Solving the Daily Dinner Dilemma



Lisa Arena, Betty Gooding and Lori Nugent, have good intentions when it comes to thinking about cooking healthy dinners at home, but dinner prep gets shoved to the back burner on days when there's too much to do. Then they discovered Dream Dinners. See story on page 14.

From the Town Clerk

Election Day is Tuesday, November 7th. Polls will be open from 7:00 a.m. until 8:00 p.m. in the Town Hall Auditorium. Absentee ballots are available in the Town Clerk's office, Monday through Friday from 8:30 a.m. until 12 noon.

Flu Shots, hopefully, will be given during the first week of November.

Annual Village Church Holiday Activities Include Ham & Bean Supper and Christmas Fair

The Nahant Village Church is gearing up for the Holiday Season beginning with the Annual Ham & Bean Supper, prepared and served by the Nahant Breakfast Group, on Saturday, December 2nd, from 5:00 to 8:00 p.m., at the Nahant Village Church on Cliff St. Mark your calendars now so you won't miss out on the delicious spiral-glazed ham, homemade, New England-style baked beans and cole slaw, with pies and cobblers prepared by some of Nahant's best bakers. Advance ticket sales are \$8.00 (adults) and \$4.00 (kids under 12), \$1.00 more at the door. Call Mike Gray, at 781-581-0680, or Chris Alexander, at 781-592-4675 for tickets. The Nahant Breakfast Group invites friends and family from Nahant and beyond to join us at this year's Ham & Bean Supper, which has been a town-wide tradition for many years. Whether this is your first Ham & Bean Supper, or you've been coming for years, be sure to mark the date, invite your friends and help support the Village Church's programs and missions.

Folks attending the Ham & Bean Supper will also have an opportunity to view Silent Auction items, which will be sold to the highest bidder, on the day of the Christmas Fair. (Another mark on your calendar for December 9th.) In addition, at the Supper, diners will be able to purchase festive, decorated evergreen wreaths that will be on display throughout Swansburg Hall. Also, you could be the one to win a special door prize!

This year's "Christmas by the Sea" Fair will take place on Saturday, December 9th, from 9:00 a.m. until 3:00 p.m. Each year, the Village Church packs a tremendous amount of Christmas cheer into a small amount of space. There will be something for just about everyone: delicious homemade sandwiches, soups and chowders at the Snack Bar; handcrafted gifts at the Gift Table; gently used jewelry, books, media and White Elephants for the bargain hunter; wreaths to decorate your home for the Christmas season; homemade candy, cakes, pies and other yummy baked goods. Also, Rozi Theohari, our award winning author, will be available to meet people and sign copies of her book.

(Continued on page 23.)

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5th Annual Holiday Fair

Saturday, November 25th

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Daisy Scout Fundraiser

Submitted by Sue Rosa

Do You know a Daisy Scout, Brownie, or Girl Scout? If you answered yes, then you should come down to Tides restaurant on Thursday, November 16th, between 6:00 and 9:00 p.m. Please help the new Nahant Daisy's raise some money to get their troop started. All you have to do is have something to eat and visit with friends and that will help the Daisy's. We hope to see you there.

Big Ryan's Tall Tales at the Library by Rita Stepanova, Children's Librarian

Nahant Public Library presents "Melissa's Turkey" by famous storyteller Big Ryan, on Wednesday, November 15th, at 3:00 p.m. This original and funny story includes music, movement, puppets and interactive play. Nahant Public Library is grateful to the Friends of the Library for funding this program. Admission is free.

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Republican Town Committee

Submitted by Jayne Solimine

The Nahant Republican Town Committee enthusiastically endorses the election of Kerry Healey to the Office of Governor of Massachusetts. We urge all voters, Republican, Democrat or unenrolled, to carefully consider what she and her opponent stand for and how each of them would shape the future of our state, if they held the power of the Office of Governor. Judicial appointments and the many autonomous authority memberships will have very far reaching effects on our lives as citizens of this state. Taxation effects us all and who among us feels that we should pay more taxes than we do now?

Kerry Healey has pledged not to raise our taxes and we believe her. She is in tune with the fiscal needs of municipalities and has dedicated herself to the enforcement of our laws, in order to create a climate of safety and affordability for us all. Please vote for Kerry Healey for Governor on Tuesday, November 7th. Thank you.

11th Annual Christmas Parade December 23rd

Submitted by Roz Puleo, Parade Publicity Elf

The Christmas Parade is scheduled for December 23rd this year, same time, same place! Start planning those parties. This is the 11th year and each one has been as good, or better, than the one before. The cans will go out shortly after Halloween and the "Elves" will be out decorating on Thanksgiving week-end. The Holidays are coming into full swing and we are raring to go!!!

We were able to give to the Item Santa last year, as usual, and hope to keep the tradition going, which helps local children enjoy the spirit of the holidays. We will again have a truck at the end of the parade for "Toys For Tots" to help the Fire Department and Marines bring joy to needy children in the area as well.

Our scholarship program was also a large success for the graduates of 2006. We were able to give seven, \$500 scholarships, at the last graduation. Congratulations to all those who received them.

Tickets for the 2007 Cruise to Bermuda on June 17th, 2007, are now on sale. Our annual fundraiser at the Tides will be held on Saturday, December 16th, from 6:00 to 9:00 p.m.

Contributions for this year's parade can be sent, or brought to, the Equitable Bank, 28 Nahant Rd. Nahant, MA 01908, or to Nahant Police Station, 198 Nahant Rd.

We wish you all a Happy, Healthy & Prosperous Holiday Season. See You at the Parade!!!!

Library Begins Building Process

The Nahant Public Library has taken the first step on the long road to building an addition. The Library Trustees recently voted to seek a Community Preservation Act grant at the next Town Meeting. The grant will be used to fund an architect's study, which will be the basis of the actual design. In order to qualify for state funding, Librarian Dan deStefano is completing a building program study, which identifies the space and facilities needed in the addition. Handicapped access, computers for the public and air conditioning are among the issues that need to be addressed.

Trustees Chairman, John Dineen, noted that, "The library was completed in 1895, and plans at that time called for an addition to be built fifty years later. So we're slightly behind schedule. But we realize that this will be a long process, given that the Town has a new school to pay for and other financial pressures."

The Trustees are hoping that a public-private partnership can fund the addition. To that end, the Friends of the Library have started a building fund.

Donations to the fund, which are tax-deductible, can be sent to: Friends of the Nahant Public Library Building Fund, Nahant Public Library, 15 Pleasant Street, Nahant.

Parent Child Play Group at Community Center

Submitted by Carolyn Osbahr

The Parent Child Play Group for children, 5-years-old and younger, has begun at The Nahant Community Center, on Valley Road. The play group meets in the multi-purpose room, adjacent to the School of Refrigerator Door Art, Monday through Friday, from 9:00 a.m. to noon and Monday through Thursday, from 2:00 p.m. to 4:00 p.m. No pre-registration is required and the room is available on a drop-in basis, for a fee of \$2 per family, per visit. Baby and preschool toys and books are available.

If you are interested in meeting other parents and caregivers, please stop by soon, with your children and enjoy this great program. The entrance is through the back of the building and parents are required to sign in each time they attend.

Holland's Endless Battle with Water... It Takes More Than a Finger in the Dike!

Submitted by Cal Hastings

You are cordially invited to come to the Nahant Village Church breakfast on Friday, November 3rd and learn about the challenges that water poses for Holland and the ingenious solutions that they have implemented over the years. Without sufficient dikes, dunes and technological innovations, much of that country would be submerged in water. Today, these engineering advances are influencing flood control worldwide, from Bangladesh, to Venice, to New Orleans. The presentation will be given by Marrit Nauta Hastings, who grew up in The Netherlands.

Breakfast is served at 8 a.m., with the presentation to follow at 8:30. It is free and open to all. Please bring one or more friends.

Also, mark your calendar and save the Saturday, December 2nd date for the annual Ham and Bean Supper prepared by the Nahant Village Church Breakfast Group. Note that there will not be a breakfast in December.

Veterans Day Reception

The 5th and 6th grade students of the Johnson School would like to cordially invite all Nahant veterans, relatives of veterans, current servicemen and servicewomen, friends, neighbors and citizens of the Town, to a reception honoring all of those who have served our country. This event will be held on Thursday, November 9th, from 12:30 to 2:00 p.m., in the school cafeteria.

The reception will consist of a display of Nahant historical and patriotic memorabilia and a choral presentation by the North Shore Songsters of the Marblehead JCC, under the direction of Mr. Victor Dalpozzal.

We look forward to seeing you at this very special, 8th Annual Veterans Day event.

Any questions regarding the reception may be directed to the Johnson School office at 781-581-1600, or to Mrs. Diana Hennessey, at 781-592-4856.

Veterans Day Events

Submitted Peter E. Przybycien Adj. Post #215

The Nahant American Legion Post #215 would like to invite all members of the community to join us for a Memorial Service at the Greenlawn Cemetery, on Veterans Day, Saturday, the 11th of November.

For those interested in joining us please assemble at the Legion Post at 5 Coolidge Road in Nahant, at 10:15 am, on the morning of the 11th. This year's Veterans Day is on a Saturday, so we are hoping for a large turn-out of citizens and Veterans.

There will be a short procession from the Legion Hall to the cemetery. At the cemetery, a brief service honoring our fallen Veterans will be held, followed by a visit to the Veterans Memorial Park for a short tribute. We will then return to the Legion Hall, where light refreshments will be served. If anyone is interested in helping out, please feel free to drop by our meeting on the 7th, at the Legion Hall.

Finally, the Johnson School will be sponsoring a salute to the Veterans of Nahant, which will take place at the Johnson School on Thursday, the 9th of November. Further details will be forth coming.

November Nahant Office Hours for State Rep Walsh

Submitted by Lainey Titus

State Representative, Steve Walsh, would like to thank the Nahant residents who visited him during his first Nahant office hours in October. He will once again be holding office hours at the Nahant Town Hall, on Friday, November 3rd, from 9:00 to 11:00 a.m. Representative Walsh hopes that his constituents will stop by at that time to discuss issues of concern, or just to say hello.

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

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



Display our country's
flag proudly this
Veterans Day



Sculptor to speak at Nahant Library

Award winning sculptor and Nahant resident, Reno Pisano, will offer a talk at the Nahant Public Library, titled: "The Bronze Resurrection And How It Was Made."

The sculptor will describe the process of casting and welding specially-shaped pieces of bronze, to create a large statue, using a video of the various steps, to illustrate how he achieved the final result.

The Friends of the Nahant Public Library are pleased to sponsor this event, featuring one of Nahant's living treasures, on Sunday, November 12th, at 3:00 p.m., in the Reading Room of the Library. Admission is free, and refreshments will be served.

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Our Future Baseball Stars!



We have, here in Nahant, two future baseball stars, the Conigliaro brothers, five-year-old Tony, and three-year-old Billy. Yes, they were named after their famous uncles, Tony and Billy, who played for the Boston Red Sox. Our future baseball stars are the sons of Richie and Darlene Conigliaro, of Lafayette Terrace. — Ray Barron



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Nahant Woman's Club News

Submitted by Marrit Nauta Hastings

The Nahant Woman's Club will hold the second in a series of presentations aimed at increasing women's awareness and knowledge of common and often untreated medical problems. Knowledge provides the tools to be proactive and regain control and power over our own lives. The first session focused on Women's Heart Health.

The event will take place on Tuesday, November 14th, at 7:00 p.m., at the Nahant Village Church. Our featured speaker will be Julie Rowe, a psychiatric nurse clinical specialist at the North Shore Geriatric Psychiatry Service, who will give a presentation on the causes, symptoms and treatments of depression. She also will discuss how we might help friends, or family, get through difficult times. Julie has an undergraduate degree from St. Anselm College and a graduate degree in Psychiatric Mental Health Nursing, from Boston University. She has been treating adults, in a variety of settings, for over 25 years and has lectured for community groups and nursing staffs in many area facilities.

This event celebrates American Home Day, in support of our veterans. As is our tradition, members are requested to bring white socks, greeting cards, stamps and toilet articles to be donated to the veterans at the Chelsea Hospital.

Hostesses for this event are Nancy Carey and Emily Potts. Molly Conlin, who was in the reserve of the Navy Nurse Corps, will give the invocation. Join us for wonderful desserts (please bring one to share), fellowship and what promises to be a very informative presentation. Refreshments will be provided by the Woman's Club.

Also, please mark the date Saturday, November 25th, in your calendar, for the Nahant Holiday Fair. The Nahant Woman's Club is sponsoring a bake sale to benefit our scholarship fund. Please bring cookies, pies and other baked goods and help us make this bake sale a rousing success.

Nahant Garden Club News

Submitted by Carmella L. Cormier

The Nahant Garden and Woman's Club members had a wonderful day planting shrubs and bulbs on September 28th, around the Sears Gazebo at Bailey's Hill. "Thank You!" to the Nahant DPW for preparing the area for the members.

It was a fun, working day. John Benson, Nahant resident, gave a wonderful lecture on native wild plants.

Marie Ford, a past president, and Garden Club member since 1977, won a Blue Ribbon for her floral design, at the Topsfield Fair. Congratulations, Marie.

For November, our program will be "Hands-On with Carol," which will be held on November 11th, at the Nahant Village Church, at noon. Our Hostess will be Lois Andreasen. Carol Hanson, coordinator of the Refrigerator Door Program in Nahant, will demonstrate a hands-on workshop, with a "take-home," using dried materials, with a Thanksgiving theme. The fee for the materials is \$5 per member. Pre-registration is required. RSVP by November 9th, to Lois or Carol at 781-599-2222. Sounds like another fun day and program.

On November 30th, a "Greens Workshop" will be held at Nancy Whitman's home, beginning at 10:00 a.m. Horticulture Chairman Maire Ford, and her committee, will instruct members on how to make nice holiday items to sell at our Greens Boutique, which will be part of our Christmas program, on December 14th. More details on that next month. Have a great November and Holiday!

Dead Zones: the New Scourge of the Seas

Submitted by Tracy Hajduk, Northeastern University

On Tuesday, November 7th, at the Marine Science Center, beginning at 7:00 p.m., Northeastern University Researcher, Dr. Andrew Altieri, will present a lecture entitled, "Dead Zones: The New Scourge of the Sea."

Hypoxia (depletion of dissolved oxygen) is an anthropogenic disturbance, that has doubled in prevalence worldwide, over the past decade and is now ranked with over-fishing, as a leading threat to the health and productivity of the world's oceans. Mass-mortality of marine life and resulting dead-zones, commonly occur in low-oxygen areas, and have attracted the attention of scientists and policy-makers to the hypoxia issue. My research in subtidal communities has revealed that the effects of hypoxia are far more pervasive and extensive than these alarming indicators suggest, and offers new predictive perspectives on this global form of habitat degradation. Dr. Altieri is a new postdoctoral researcher and instructor at the Marine Science Center. This lecture is free to the public. Call 581-7370 x321, for more information.

Treasures of Boston's North Shore: Houses of Essex County

Submitted by the Nahant Historical Society

The Nahant Historical Society is pleased to announce that the 2006 Paterson Lecture: "North Shore Boston: Houses of Essex County," will be held on Sunday, November 5th, at 2:00 p.m., in the Serenity Room, at the Nahant Community Center. This lecture is held annually, in memory of the Society's late president, Stanley C. Paterson, author and leader in historic preservation in Massachusetts.

Enjoy this illustrated exploration of the great houses of Boston's North Shore, highlighted by Nahant estates. Learn about fabulous 19th century mansions, both lost and still standing, and the wealthy Boston families, who built them, to enjoy the rugged coastline and pastoral countryside of our own Essex County.

This year's speaker is Pamela Wilkinson Fox, an architectural preservationist from Weston, Massachusetts. She holds degrees in art history, from Radcliffe College and in preservation studies, from Boston University. She is the author of not only the 2005 lavishly illustrated, "North Shore Boston: Houses of Essex County," a volume of the national series: "Urban and Suburban Domestic Architecture," published by Acanthus Press, but also, the award-winning "Farm Town to Suburb: The History of Weston, Massachusetts, 1830-1980." She has consulted with numerous historical organizations, including the Boston Landmarks Commission and the Rhode Island Historical Society and serves as president of Weston Historical Society. Ms. Fox's book will be available for purchase.

As parking is limited at the Community Center, shuttle van service will be available from St. Thomas Aquinas Church parking lot, at 248 Nahant Road, between 1:30 and 4:30 p.m. Light refreshments will be served. This lecture is free, but voluntary donations to the Society, will be gladly accepted. The Society's award-winning exhibition, Nahant on the Rocks, along with the Hodges Room's current, The Bark Sarah and Her Maker will be open after the lecture.

Don't forget Your Memories of 1950s and 60s

The Nahant Historical Society continues to extend our invitation to all who would like to go down memory lane and share their personal joy of growing up in Nahant. 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, or mail to Nahant Historical Society, 41 Valley Road, Nahant, MA 01908.

Late Fall on Gloucester Harbor

At these old wharves and docks, there are no great landings to speak of. Old draggers and old barges list and blister shackled to the docks, outmoded, gaudy and they appear indestructible as the sea pulses under a skin of fish oil.

A seagull holds his pose on a tired old piling. Riding the tide of the wind, steady and formal with the harbor activities anchored in the round of his wide yellow eye button.

A few old well seasoned fishermen, all prospects of an old antique painting, unloading a days catch on a tired old pier with strained pilings a pier too tired of the mighty harbor pace.

And with them the rickety old edifice of warehouses, derricks, lobsterboats and draggers. In the harbor distance and still all around me the tide slips, whispers and gossips in its loose vernacular carrying the smell of baitfish and fuel.

Farther out into the harbor waves will soon be tasting ice cakes and soon to come the cold bitter months, to cold for lovers and park napping elders who would want to see the sun come up but instead are met by ice-ribbed hulls and rigging.

The lobster boats and draggers soon to be winter bearded and blown looking like an albatross of frost, all relics of tough weather with every winch and stay to be encased in a glassy shroud.

The sun will diminish it soon and each wave tip will again glitter like a knife in the spring tide. But now I prepare my winter gear and equipment ready for another winters' work inspecting these vessels that harvest the sea.

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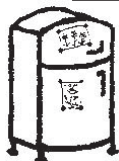
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Testimonials from Dance Dimensions Participants

Submitted by Sallee Slagle, Director, Dance Dimensions

Okay, you have all heard me tell you, each month, about the benefits of exercise. This month, instead of my writing about these benefits, my students suggested that they write about their experience in Dance Dimensions classes. They really wanted to share how they feel, in the hope of inspiring others to include fitness in their lives, too.

"During my annual check-up, my doctor asked me if I had any new aches and pains. I mentioned my lower back and he responded, 'Why don't you try a stretch and tone class?' Since Sallee Slagle's Dance Dimensions studio is just a few blocks away, I signed up! Each class begins slowly with gentle warm-up exercises and we also train with free weights. I started light, with two-pound weights and followed Sallee's instructions, to bend my knees and hold my body firmly. After only a few classes, I found that old and new pains faded. My back was better and my balance improved! So Sallee Slagle has lots to offer! Come join us and you'll feel better too!" — Becky Richardson

"Stretch and Tone is a wonderful hour-long, head-to-toe work out...including fingers and toes. The hour is divided into three segments: stretching and easy aerobics; weights (choose your own 1-5 lbs); and floor exercise, using cushioned mats. Leaders Sallee and Elisabeth create an atmosphere of camaraderie and support. The view of the ocean from the Serenity Room of the Nahant Community Center on Valley Road is great. And you feel terrific when the hour is over! If you walk, or ride a bike, to the Wednesday, or Saturday morning session, there's an extra bit of pleasurable and low cost exercise." — Karen Falat

"The Stretch & Tone Class is the best workout in one hour. The whole body gets stretched and toned! I feel like I've had a massage when we're done." — Jeanne Fiore

"I've been taking classes with Salle since I moved to Nahant, over 25 years ago and I wouldn't miss it. It's key to my mental and physical health. The classes just keep getting better. I feel so lucky to have such a great class so close to home." — Bea Rogers

"I'm new to the class and it is wonderful. Oohh...what a good stretch. Everyone should do it. Sallee and Elisabeth are amazing." — Barbara Beatty

The theory behind a good Stretch & Tone class is that muscles need to do both! I strive to get all the major muscle groups in the body worked and also strive for Range of Motion (ROM) in our joints. Many students find muscles they didn't know they had! Even if you walk, or run daily, there are parts of the body that get neglected. Core strength is key to good posture and daily activities. As muscles contract and tighten, they need the stretching to help elongate the muscles and create lean muscle mass.

For a muscle to be fully functional, it needs to be strong and pliable. Flexibility is factor also in our fitness ability. The stretching segments are done to help increase flexibility, release muscle tension and stress! The class is a blend of many things, from aerobics, yoga, pilates and, of course, dance, too. Exercise should be fun and we have fun. Exercise has a great ability to reduce stress, clear your mind, help insomnia and give you a sense of well-being. It truly should be part of any lifestyle. At any age, with whatever abilities, you have to add quality to your life, be sure to add exercise, with both active and stretch included.

Abigail Adams Portrayed at Marian Court College

Marian Court College, 35 Little's Point Road, Swampscott, presents Abigail Adams, the wife of John Quincy Adams, in a free and wheelchair-accessible performance of "Remember the Ladies," on Monday, November 6th, at 7:30 p.m.

Experience the terror and triumph of independence, as we follow Abigail's journey from King George's loyal subject to ardent revolutionary, and meet Adams, Washington, Jefferson and Franklin along the way.

The wife of our sixth president will be brought to life by actress and playwright, Linda Myer, courtesy of Historical Entertainments. Ms. Myer has portrayed Abigail Adams, as well as several other famous female historical figures, for many years, in venues throughout the country, including performances along Boston's own Freedom Trail. This fall, Abigail Adams is especially busy making appearances in the Boston area, to help celebrate "John Adams Unbound," the Boston Public Library's first public exhibition of the complete personal library of John Adams, including over 3,800 books from Adams' personal collection.

Submitted by Nicole Goguen, Marian Court College, 781-309-5237 or ngoguen@mariancourt.edu



Johnson School News

Submitted by Dr. Denise Littlefield, School Superintendent/Principal

Greetings from the Johnson School Community! The renovation project continues, while we settle into our new space. We continue to look forward to the milestones of the project. The gym was completed and physical education classes moved back in on October 23rd, just in time for any inclement weather that fall and winter will bring. The cafeteria is scheduled to reopen on, or about, December 10th. Soon thereafter, the community will be welcomed to tour the new Johnson School.

Families attended open house/curriculum night at the Johnson School, on Tuesday, September 19th and Wednesday, September 20th. This presented an opportunity for parents to meet their child's new teacher, see the new classrooms, and discuss the new school year. After the first report cards are sent home, individual parent conferences will be scheduled, (beginning of December).

Today I re-read the Harbor Review column from November 2005. It stated: "This schedule will allow for all students to be in new classrooms at the start of school in September of 2006." And that is exactly what happened! It is hard to believe that we really are in a brand new space.

In the meantime, our educational life continues. Over the summer, the students in grades 4, 5, 6, were given the principal's challenge of completing 5 or more book reports. I am pleased to acknowledge the following students, who accepted this principal's challenge: David Bishop, Nick Bishop, Charlie Arena, Shea Nugent, Jamie Dunleavy, Sophia MacLone, Katie Coffey, Jared Dignan, Desiree Dufour, Ian Munnelly, Auggie Przybycien, Melissa Gavin, Mark Irvine, Danny Marini, Hannah McBryde-Marshall, Haley McDevitt, Arianna Billias, Lincoln Collins, Caroline Devereaux, Caitlin Ludke, Aristana Scourtas and Alexa Steriti.

The MCAS results for the 2005-06 have shown an increase in scoring. We are excited about our new Math Curriculum, as this particular series is aligned to the Massachusetts Curriculum Frameworks, on which the MCAS is based.

We also welcomed several new members to our staff. Ms. Cheri Whynott has joined the faculty, as our physical education instructor (2 days a week). Cheri has her physical education degree from Salem State and is completing her master's degree. Mr. Joel Larue Smith is implementing our music program and is also on the music faculty at Tufts University. Ms. Ruby Leblanc is a teaching assistant in our third grade. She is a certified teacher and is completing her Master's degree in Elementary Education. Mr. Craig Murray is a teaching assistant in our special education program and he is completing his Master's degree in school counseling. It is our good fortune to have these professionals with great credentials join the Johnson School staff.

Students in grades 5 and 6 attended Nature's Classroom, located in Groton, MA, for four days and three nights. They returned tired, but excited, about their time together. Two staff members, Jude Shanahan and Gayle Billias, volunteered their time to make this event happen. They were "roughing it" by sleeping in a rustic cabin for three nights! Bill Osbahr, Tom Silva, David Wilson, Eric Peterson and Jen Coffey served as parent chaperones and we thank them from the bottom of our hearts. I would also like to acknowledge the time and effort put into the organization and arrangements for this trip, by Sherri McDermott and MaryJo Ludke.

The Johnson School will honor all veterans at the annual Veterans Day celebration, to be held at the school on November 9th, at 12:30 p.m. Our 5th and 6th grade students will speak, sing and serve refreshments. All veterans are welcomed.

In the meantime, please note the usual meeting schedule on the Community Calendar page of this newspaper. Attendance is always welcomed.

And as a reminder, the students will enjoy another long weekend. School will be closed for all on Friday, November 10th, as we commemorate Veterans Day. And as usual, Thanksgiving recess will begin with school dismissal on Wednesday, November 22nd at 11:30 a.m.

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

Ice Skating Classes to be Held at Lynn Connery Rink

The Lynn Connery Memorial Ice Rink is scheduled to hold a fall semester of 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 p.m. 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!

ABC's of Safe Boating

Submitted by Bob Cusack

Are you interested in an exciting 3-night safe boating class? Try America's Boating Course, a beginner's class that will give you the knowledge you need to obtain a boating safety certificate. It may even allow you to get a discount on your boat insurance. Topics include: Boating Laws, Safety Equipment, Navigation Rules, Boating Problems and Trailering. The course will meet at the Marblehead High School, on three Tuesday evenings, from 7:00 to 9:00 p.m., beginning November 7th. Registration will be held at 6:45 p.m., before the first class. The cost of this course is \$35, which includes the text.

This basic course will be followed by a 1-night course, "How to Read a Nautical Chart", on Tuesday, November 28th. This course features a text written by well-known boating expert, Nigel Calder, which is included in the \$30.00 fee.

Our fall selection of courses will be followed by a 1-night class on Tuesday, December 5th, on "GPS for Mariners". The \$25 fee provides skills and a text that teaches the skipper what a GPS can do on any boat. A special discount package of \$75 for all three courses, including texts is available.

These classes are sponsored by the Marblehead Flotilla of the US Coast Guard Auxiliary and are taught by certified instructors. The USCG Auxiliary is a civilian, public service organization dedicated to boating safety and education. Learn how to be a safe boater. For more information, please call: 781-599-7444, or log onto our web site: <http://a0130403.uscgaux.info/>. Or, Gary Cordette FSO-PA, Public Affairs Officer, Marblehead Flotilla FL43, 1-781-599-2028, gcordet@comcast.net

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Q & A with North Shore Physical Therapy

Submitted by Nancy DeMuth

Q. I wake up every morning with a stiff, sore back. Should I get a new mattress, or is it just my arthritis?

A. Sleeping can be a complex and elusive task, especially as we age! Many older people report difficulty sleeping, either due to frequent trips to the bathroom, or problems getting comfortable. The right mattress, style and combination of pillows, and sleeping position are important for optimal comfort while sleeping.

There is no one right mattress for everyone. Advertising may lead us to believe that a hard mattress is the best. This is not true. The best mattress is the one that is the most comfortable for you, and allows you to wake up feeling well-rested and the least stiff and sore. It can be difficult to figure this out, while at a mattress store, but the best way, is to try them. A mattress that is moderately firm, but not too hard works best for most people. If a mattress is too hard for you, when you lay on your back, you will notice that your lower back is kept in an increased arch, creating more space between your lower back and the mattress. This arch does not let the structures of your lower back rest. To reduce this arch, you may want to bend your knees in order to flatten your lower back against the mattress.

Many people, especially those with arthritic lower backs, spinal stenosis, or disc disorders, will find it more comfortable to place a pillow under the knees while sleeping on their backs. This bending of your knees reduces the pressure and decreases stress on your lower back. It is also a good idea, while lying on your side, to use a pillow between your legs to decrease pressure on your back, hips and knees. This is especially important for women, who tend to have wider hips than men.

In contrast, a mattress that is too soft will not support your back, or pelvis, adequately. As muscles relax through the night, this may create strain on the ligaments and lead to increased stiffness on waking.

Finding which pillow, or pillows, works best for you, can also be confusing. Many types of special cervical (neck) pillows are available these days. Whether you chose to use one of the specially-textured resilient pillows, a down, or a foam pillow, be sure that your head and neck feel well supported while sleeping. Use your pillow to help maintain your neck in a neutral position, meaning not arched back, bent forward, tilted to the side, or twisted. Many people find that a combination of pillows is the best solution, with a foam pillow under their textured pillow, or under a softer, more pliable down pillow.

Exercising during the day and getting adequate fluids early in the day, also can help with sleeping.

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.

Proud to be Woman

Submitted by Juliette Lackey, Center of Thought

Women are amazing. Regardless of status, or profession, (I work with C-level management of Fortune 500 companies, celebrities and celebrity wives, wealthy heiresses, substance-addicted poor, successful business owners, housewives, stressed or burnt-out professionals and kids & teenagers, confronted with all sorts of dramatic heartaches), when we step down from our self-constructed platforms, an amazing truth reveals itself: We pretty much are all the same. Habitual creatures born with needs and desires, wishes and hopes, beautiful dreams and shattered moments.

So why are women amazing? Because we are tougher than we appear and refuse to go down without a fight. We instinctively grab a problem by the tail and shake it until it's dead, or under control. Many of you have gone through unimaginable pain and suffering and yet, instead of giving up and waiting to die, you keep fighting, determined to make a change. And yes, it is possible to change!

So much of who and what we are is a direct result of what and how we think. Do you have a "chatterbox" in your head, that's constantly bombarding you with negative input? "I am so fat, it doesn't matter now if I eat that..."; "I've smoked for 25 years, I might as well keep going"; "Nobody knows who I really am. They're not gonna like me"; "Why even bother"; "I can't do this," etc.

What if I told you that you can put a lid on that box and open another one instead? "I can quit smoking!" "I love who I am." "Good morning world! "This is going to be an exciting day!" "Bring it on! I can handle anything!" "I can't wait to figure this one out!"

It doesn't matter what the change is you want to implement; together, we can do it. Whether you want to lose 5 pounds or 200, quit smoking or drinking, build or increase your self esteem and confidence, get motivated and take initiative, become healthy and think positive – nothing can stand in your way to change. Know that and believe it.

(As seen on the WB56 News)

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Flashes and Floaters

Submitted by Dr. Neil Gross, Ophthalmologist

You don't have to be hounded by the paparazzi to see flash bulbs popping. Flashes of light and floaters are common eye symptoms. Most of the time, these complaints represent normal, eye-aging changes. Occasionally, however, flashes of light and floaters may signal a serious eye problem that can lead to blindness.

In order to understand why one gets flashes and floaters, we need to understand a little eye anatomy. The eye is like a camera-light enters the eye and it's focused by the lens onto the retina. The retina is the "film at the back of the camera." It transmits focused light to the brain. Between the lens and the retina is a transparent, gel-like substance called vitreous. Vitreous is attached to the retina-an important fact, as we'll see a little later.

Vitreous gel is mostly made of water. Vitreous helps to keep the eye round and removes waste products generated by the retina. As a person ages, vitreous dehydrates. As it dries out, little pieces of the gel flake off. These are known as "floaters." Everyone eventually develops a few floaters. They are annoying, because floaters cast shadows on the retina that are distracting. Although floaters never disappear, they gradually settle to the bottom of the eye, where they become less noticeable.

Floaters do not hurt the eye. However, many floaters, or floaters accompanied by flashes of light, may indicate a retinal detachment. Retinal detachments may lead to blindness.

How are flashes, floaters and a retinal detachment connected? Since the vitreous gel is attached to the retina, it can pull on the retina after a sudden eye movement. In response to traction, the retina responds with a flash of light. (There is never any pain since the retina has no pain fibers. If vitreous tugs on the retina too strongly, it can pull off a little piece of the retina.

Damaged retinas may bleed. This can be seen as a shower of floaters. If a hole in the retina results, fluid from the vitreous can flow underneath the retina and separate, or detach it, from the back of the eye. If this happens, blindness can result.

Ophthalmologists recommend, that anyone experiencing the sudden onset of floaters, or flashes, be evaluated within 24- 48 hours. A thorough, dilated exam will allow an ophthalmologist to see bleeding or a retinal tear. If caught early, sight-threatening retinal tears can be sealed with laser, or other treatments, before they progress to a retinal detachment that leads to blindness.

Natural Solutions To Digestive Problems Workshop

Submitted by Dr. Paul Milone, R.Ph., D.C.

The Whole Foods Market in Swampscott (Vinnin Square), is sponsoring a series of free workshops through the months of October and November, featuring Paul Milone, R.Ph., D.C.

Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis and Crohn's Disease, are just a few of the digestive disorders that affect more than 61 million Americans each year. In this workshop, Dr. Milone will teach the audience about natural means of improving these problems.

Another workshop addresses Attention Deficit Hyperactivity Disorder, which affects 4.4 million children. In this workshop, Dr. Milone will educate parents, teachers, day-care supervisors, or anyone who may be distressed by a problem child, about safe, natural solutions, to help improve behavior and performance. Dr. Milone's presentation educates viewers about whether or not ADHD is, in fact, an actual "mental" condition and statistics showing the potential dangers of using drugs to treat these conditions, the benefits of alternative healthcare treatment and how it can alleviate and even, in some cases, eliminate the problem behavior.

Dr. Milone has advanced training in natural solutions to digestive problems, as well as advanced training with learning disorders. He is a distinguished member of the Doctors Speakers Bureau (www.doctorspeakersbureau.com), a volunteer non-profit association of Natural Health Care Professionals, who devote their time as motivational and keynote speakers, to deliver educational workshops, at no charge, on health-related topics in their local communities.

Please reserve your space for one of these free Workshops, at the Customer Service Center, in The Whole Foods Market, Swampscott, or call (781) 592-2200. Space is limited. Whole Foods Market in Swampscott (Vinnin Square) is sponsoring a series of FREE workshops through the month of October & November featuring Paul Milone, R.Ph., D.C. C.

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

Happy Thanksgiving (Alas, Poor Fandango)

As you folks probably realize, after reading the "Ice Shavings" column over the last few months, my twin brother, Ponsie, and myself were not only the sons of the Ice King, Frederic Tudor, but practically his indentured servants. Cutting 1-inch cocktail ice cubes by hand, without gloves, delivering them at all hours to the townsfolk parties (never being invited to one) by a "mulooster" drawn wagon (a cross breed of the company mule and our mystical family rooster, the great Fandango), across the causeway on hot summer days and nights. The only thing keeping us sane was the mulooster's melodic chant, Hoompa, Hoompa, Hoompa, and a smuggled jug of Dad's homemade hard apple cider, stashed under the front seat.

What you probably didn't know we also had a prima donna kid sister, named "Ophelia Payne Tudor," or as Ponsie and myself refer to her as "La Contessa." And why would you? She was never around, and when she did appear and inevitably screw up, somehow Ponsie and I got the blame. La Contessa was the apple of Dad's eye. The silver spoon in her mouth was inserted at birth. She was educated in the finest schools of Europe, never completed one, while Ponsie and I graduated from cocktail ice cutting 101.

In the early fall of 1859, La Contessa returned to Nahant from Paris, with a French chef she befriended, while temporarily attending his culinary institute. For reasons that were fairly obvious, Ponsie and I nicknamed him "Lucky Pierre."

That fall he took over the cooking duties at our Nahant residence. He would give Ponsie and me a daily list of groceries he would need, to impress Dad with his gastronomic delights. Along with our other duties, we would have to hunt down this stuff by 9:00 a.m., in order to, in his words, "properly prepare."

Having his European-educated daughter home, along with a genuine French chef in residence, Dad decided to plan a Thanksgiving dinner like none before.

The embossed invitations were sent from the home of Frederic Tudor, Esq., to the likes of poet Oliver Wendell Holmes, Nahant politician John Q. Hammond, Nahant's oldest inhabitant, Caleb Johnson, Nahant schoolmaster, Luther Dane and poet, Henry Wadsworth Longfellow. To add additional international flair, Dad sent a schooner to Martinique, expressly for his two close friends, the Crown Prince and high voodoo priest Iatolduso to share an American Thanksgiving experience.

Lucky Pierre insisted on procuring a turkey two months before the holiday meal, in order to feed it properly before the meal.

Dad was sky high. What an event this would be. The turkey shared quarters with "the great Fandango," Dad's 4' 3", 96 lb., mystical rooster, at the stone house, located at the corner of Spring Road and High St. Ext. The stone house was also home to Dad's hard apple cider mill. Daily, Ponsie and I would have to feed that turkey an organic blend of grain and berries, that Lucky Pierre had concocted to insure flavor and tenderness. Dad explained to us, it was below the chef's dignity to set foot in a turkey coop, but it was okay for his sons.

Thanksgiving morning came, with much excitement, in the Tudor household. Ponsie and I had our holiday cocktail ice cube runs to deliver, forcing Lucky Pierre to retrieve the turkey himself. Upon entering the stone house, he came across a few jugs of hard apple cider. That was his first mistake. After imbibing Dad's cider he mistook the great Fandango with our holiday main course. His last mistake.

All the dignitaries were socializing while sampling Dads cider, and then the call to dinner. It took four servants to carry the main course to the table. Evidently, the 14 lb drumsticks on the bird seemed to be a dead giveaway.

"Oh my Lord, it's Fandango," gasped the Crown Prince. The voodoo priest went crazy. He jumped on the holiday table, chanting spells and dumping cider on all the guests. By this time, Holmes and Longfellow were deep into the cider themselves and thought it was part of our normal Thanksgiving tradition. You all do remember, "Fandango" was a gift to my father, from the people of Martinique, for bringing ice to their island. After the dinner disaster, La Contessa and Lucky Pierre fled to Paris. As usual, Ponsie and I got blamed for not having the ice deliveries done promptly, in order to bring the right bird to the main house for dressing.

So townsfolk, this Thanksgiving, if you want to start a real Nahant Thanksgiving tradition, jump up on your holiday table, spill some hard apple cider on your guests and toast the memory of the great "Fandango." "Happy Thanksgiving! Love Ponsie & Duddie"

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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.



Located on Tudor Beach, Charles E. Gove & Son's market did a thriving business providing freshly caught fish to residents, hotels and boarding houses. Specials being offered this day by Frank A. Gove, Sr., his father Charles E. Gove, and, son, Charles A. Gove Jr., are "Sword Fish, Mackerel and Halibut." In later years, this building was moved down and across the street to 78 Willow Road, where now extensively remodeled into a very attractive dwelling.

Nahant, Mass. Jan 1 1897

Mr. P. J. Wood

Bought of C. E. GOVE & SON,

FRESH FISH AND LOBSTERS,

COR. WILLOW ROAD AND OCEAN STREET.

Jan 7	8 lbs	30
March 8	1/2 fish	25
10	1/2 fish	25
13	1/2 fish	50
18	1/2 fish	25
25	1/2 fish	25
Apr 1	1/2 fish	30
14	1/2 fish	19
Oct 20	1/2 fish	25
21	1/2 fish	25
27	1/2 fish	25
Nov 7	1/2 fish	10
13	1/2 fish	35
	Pollock	
	Byrd	\$3.25
		\$3.95

C. E. Gove & Son



This gingerbread-style building housing Whitney & Richardson's store, is located at the corner of Wharf Street and Nahant Road. It later served several generations of Nahanters as a drug store, and then a tearoom. Today, enlarged, it is a comfortable and attractive residence. The large white barns in the background were part of the Whitney Hotel stables.



The 1902 equivalent of today's Village Store on Nahant Road was George E. Poland's emporium located near the corner of Pleasant Street and Nahant Road. In this photo, the store is handsomely decorated to celebrate the visit to Nahant of President Theodore Roosevelt on August 24th, 1902.

Gathered to witness the passage of the President of the United States and his entourage are: William F. Waters, Ernest Waters, Mr. Townsend, Gordon Johnson, George E. Poland (seated center rear), George Johnson, Ethel Poland, Bertha, Hilda, Emma and Frank Poland and one unidentified man.



If you have something you would like to share on this page, please contact the author:

Summer In Nahant
c/o Bumper Gooding
PO Box 5, Nahant, MA 01908
Or email: sumnerkimball@aol.com

Nahant, Mass. Feb 1 1899

Mr. E. J. Wood

Bought of GEO. E. POLAND,

CHOICE GROCERIES, PRODUCE & PROVISIONS,

GROCERY, TIN AND WOODEN WARE, ETC.

NAHANT ROAD.

Balance forward Bill Reed 59

Jan 2	1 can Tomatoes	1/2	Vegetables	1/2	2 1/2	20
2	1/2 can	1/2	1/2	1/2	1/2	22
						100

GEO. E. Poland

Feb 6 1899

Byrd

What's In Store

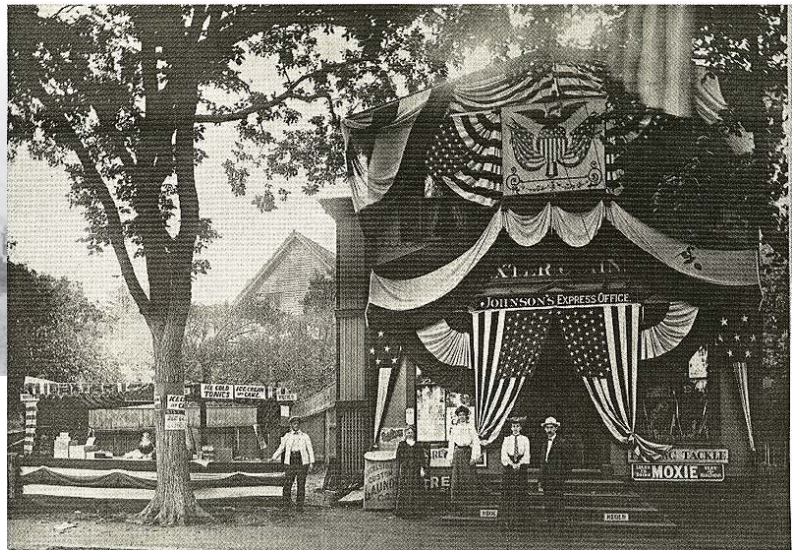


Early Nahant Markets & Shops



A. Lopes Quick Lunch, 1928. In later years, better known as Nahant Pharmacy and more recently as Doyle Electric.

SOURCE: All photos and text provided by the Nahant Historical Society. Special thanks to Bonnie D'Orlando for her assistance.



Above Right: T. Dexter Johnson's store was located just east of 300 Nahant Road, the gable of which can be seen in the background. Decorated for the celebration of the town's 50th anniversary of incorporation, this store offered a great range of merchandise and services - from fishing tackle, groceries, candy and ice cream, to expressing and custom laundering. No need to cross the causeway. 1903.

Below: An arch of elms frame the Post Office and Johnson's Store in this view taken in the early 1940s. From 1871, each evening and morning the Lamplighter with his ladder was a familiar sight throughout the town as he turned on and off the gaslights on the lampposts such as you see here. These lanterns were later electrified and the gaslights discontinued.



History Fair: A Success!

Thank you Nahant for your support! Proceeds raised will go towards the 2007 Civil War book and exhibition. The Nahant Historical Society is most grateful to many helping hands. The Silent Auction was blessed with many generous donors, among them: Margaret Antrim, Tom J. Costin, Daniel de Stefano, John D'Orlando, Michael Gallagher, Linda Jenkins of Townie Tees and Collectibles, Donna Lee Hanlon of Donna's Treasures, Don and Barbara Hodges, Arlyn Hubbell of Bass Point Wildcrafting, Jeffrey Musman, Nahant Woman's Club, Linda Tanfani of Treasure Beach, The Tides Restaurant, Kenneth Turino, Allison Twiss-O'Neill, of Whitecap Creations and Paul Wilson. Several donors are also the multi-talented Nahant artisans, who sold their wares to lucky buyers in the Serenity Room.

We are most appreciative of the Society's wonderful devoted volunteers for making all run smoothly: Suzanne Hamill and Bonnie D'Orlando as organizers, along with Judy Robidoux, Peggy LeVangia and Barbara Hodges on the refreshment tables, Edie Hunnewell, Charlotte Dracousis and John D'Orlando in the museum shop, Tom Costin setting up the auction, Emily Potts and Bernie Yadoff staffing the raffles and Robert Wilson, working as Nahant Preservation Trust liaison and multi-media show master. Calantha Sears, Lynne Spencer, Jeff Musman and Bob Steeves gave vital and timely assistance. Margaret Dragon ably handled publicity. The children's midway would not have been possible without the great efforts of Julie Tarmy and Linda Lehman, organizing and directing the creative work of Pauline Anderson, Les, Evan and Rachel Tarmy, Terry Clark and Barbara Deines. Becky Richardson gave jam.

Many thanks go to our fiber art demonstrators: Molly Conlin and the rest of the imaginative Forty Steps Quilters, the very talented weaver and basket maker Martha Keller and that artist of the knitting needles, Harriet Steeves. The day was highlighted by the delightful performance of 19th century dances to Nahant music by the Commonwealth Vintage Dancers led by dance master Dr. Patri Pugliese and his wife Barbara, and organized here, by Katy and Ben Bishop, longtime hosts of the annual Nahant Ball. Margaret Antrim and John Keller shared duties as exhibit hosts. Nancee Peters advised on event organization. Thanks go to John Magro, Paul Wilson, Edie Hunnewell and Adam Hatfield for signage help. Gratitude to John and Bonnie D'Orlando, for making possible the haywagon rides, which delighted many of all ages.

Dream Dinners: Solving the Daily Dinner Dilemma

"What's for dinner?" A rumbling stomach sounds the same alarm every afternoon. Betty Gooding, of Nahant and people on the North Shore, have discovered a creative way to satiate those rumblings. It's called Dream Dinners, an innovative concept in meal preparation that eliminates the drudgery of daily menu planning, shopping, prep-work and clean-up by moving the dinner assembly process out of home kitchens and into specially equipped retail outlets.

Compelled to share this godsend, Betty decided to open a Dream Dinners store in Danvers. The grand opening was held on September 21st. "Everyone has good intentions when it comes to thinking about cooking healthy dinners at home," says Betty. "But dinner prep adds hours to the workday when there's already too much to do and not enough time to do it. So, dinner plans get shoved to the back burner."

Busy mothers, Lisa Arena and Lori Nugent, rely on Dream Dinners, for a quick, easy, fun solution that puts a variety of tasty, healthy dinners on the table, for under \$4 a serving.

"Within a couple of hours, busy Nahant residents can prepare an entire month of meals all at once," says Lisa Arena. "Plus you have a lot of fun creating meals in an inviting, low-stress atmosphere," added Lori Nugent.

Here's how it works: customers preview a monthly menu online at dreamdinners.com and select dinners from a menu featuring 14 dinners such as Herb-Crusted Flank Steak, Four-Cheese and Meatball Calzones and Citrus Ginger Salmon. then they register to attend a meal assembly session at the Danvers Dream Dinners retail location at 435 Newbury Street (Route 1N).

At the store, customers rotate among refrigerated recipe stations, scooping freshly cut and prepped uncooked ingredients into the provided baking pans, or zip-top freezer bags. They take the uncooked dinners home and place them in the freezer. The whole process takes under two hours and averages between \$150 and \$250 per session (depending on the number of dinners selected), or under \$4.00 per serving. The result: healthy, homemade dinners, each containing three to six servings that anyone can prepare quickly by removing from the freezer, thaw and pop into the oven. All you need to do is prepare a side dish such as a salad, veggies or fruit.

If you are interested in raising money for your organization, Dream Dinners has an excellent fundraising program. Take advantage of this low-stress, easy, fun approach to providing your child's group with additional funds for the coming year. Call Betty Gooding for details.

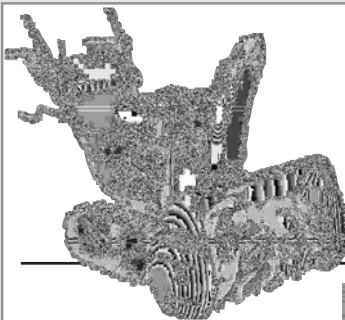
For more information, log on to DreamDinners.com, click on locations, or call 978-774-2223

Coming Up at LynnArts Galleries

Greater Lynn Arts & Crafts Society,
Annual Members Show-Time Warner Gallery
October 28 - November 24

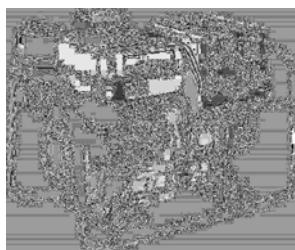
Please join us in celebrating the work of the Greater Lynn Arts & Crafts Society during their Annual Members Exhibition at LynnArts. This show and sale represents a wide range of imagery, highlighting the work of members from all walks of life who share the desire to learn, to create and to encourage arts in the community. Join us and meet the artists at a special opening reception on Saturday, November 5th, from 2:00 to 4:00 p.m.

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Useless Information

by Ray Barron

Nahant's Newest Hunks!

We asked the notorious Molly Bloom to give us an update on who are some of Nahant's newest "hunks." Well, according to Molly Bloom, they are: Kyle Kelley, Matthew Colson, Jason Silva, Michael McKie, Jim Passanisi, Ryan Kane, James Sanborn, Andrew Norton, Ivan Zhuykov, Stephen Viviano, Ryan Hambleton, James Whitlock, Sean Kaplan, David Moore, Jonathan Morse, Matt Morse, Bill Lowell, Matt Champigny, Matt Canty, Matt Morin, Tim O'Keefe, Dan Collins, Tim Collins, Christopher Hyde, Igor Babushkin, David Barile, Eric Pasinski, Dan Baer, Jonathan Paula, Brian Poth, Adam Walker, John Bardgett, Nicholas Papagelis, Ryan Mahoney, Antonio Barletta, Eric Marie, Gregory Marie, Michael Scalise, Michael Cullinan, John Barry, William Todisco, Matt Kennard, Matt Wheeler, Sean Dolan, Michael Cairra, Barrett Senk, Joe Scapicchio, Ian Potts, Brian Hawko, Greg Hawko, Sean Davis, Jay Cronin, Ron Petrucci, Phil Lessor, Stephen Dickenson, Jacob Musman, Michael Golosovker, David Legon, Eric Vonaschwege, Livingston Schuyler, Jake Lemle, Jonathan Tibbo, James Maguire, Garon Clements, Ozgur Simsek, Joe Migliaccio, Jason Caloggero and Gregory Hayward.

Nahant's "seasoned" hunks : Peter Przybycien, J.Paul Manley, Michael Waters, Stephen Shultz, John Nicoll, Michael Kairevich III, Greg Keane, Bob Scalise, Les Tarmy, William Lowell, Michael Manning, Robert Frary, David Wilson, Richie Lombard, Charles Arena, Dan Dill, Jim Dolan, Ed Poulin, David Marshall, Tom Hambleton, Bob D'Amico, Bob Silva, Donald Wilkinson, Larry Smith, John Welsh, Peter Dawson, Michael Kairevich II, David Conlin, James Walsh, Dick Bailey, Richard Conigliaro, Dean Locke, Louis Wallach, John Lombard, Phil Oesterlin, John Mackey, Dunbar Livingston, Mark Pillsbury, Michael Meagher, Rex Antrim, Bob Risch, Chris Meyer, David Liscio, Bill English, Mark Cullinan, Francis Barile, Roger Pasinski and Carter Smith.

Nahanter's Thoughts About Thanksgiving & Dieting

Cal Hastings, of Nahant Road, says, "After Thanksgiving dinner, the man who has trouble making ends meet ought to get himself a longer belt." Cal's attractive and brilliant wife, Marrit, says, "Thanksgiving is a day off that's usually followed by an off day."

Our leggy brilliant Assistant Town Assessor, Sheila Hambleton, says, "Thanksgiving is a day set apart every year, to acknowledge God's favor, especially to parents whose sons have survived the football season."

Henry Hanagan, Hasting's friendly neighbor, says, "Eat, drink and be merry for tomorrow ye diet." Henry's gorgeous wife Peg, says, "More diets start in dress shops than in doctor's offices."

Paula Smith, of Pleasant St., reminds us that you must keep your diet up if you want to keep your weight down. And, Mary Dill, of Cary St., says, "Women on a diet lose weight, not by talking about it, but by keeping their mouths shut."

Nahant's November Birthday Babies!

November 1 birthdays: Brian Poth, Neal Sullivan, Margaret Dragon, Margaret Jeddry, Dian Papps, Donna Brotman, Wendy Thompson, Ed Lonegran, John Simpson and Jim Devereaux. Also born on this date, Stephen Crane, the novelist.

Our November 2 birthday babies: Handsome Tim Collins, Kathy Magagnos, Kathleen Mahoney, Geraldine Catoggio and Scott Murphy. Other notables born on November 2, actor Burt Lancaster, George Bernard Shaw, Irish dramatist.

November 3 birthdays: Michael Murray, Wendell Howard, Noel Crocker, Brenda Gaynor, Mary Zolner, Paula Koehler, Eileen and Barbara Lombard, Francis Murphy, Dana Zayas and Bill Coffey. Also celebrating a birthday on November 3, is comic actress Roseanne Barr.

November 4: Lisa Fitzpatrick, Debra Shuck, Greg Stamos, Ryan Clancey, our dedicated Town Administrator, Mark Cullinan and TV news anchor, Walter Cronkite.

November 5: The dedicated public servant Molly Conlin, Michael Anderson and actress, Tatum O'Neal.

November 6 birthday kids: Susan Sherry, Phil McEachen, bandmaster Philip Sousa, film director Mike Nichols and actress Sally Field.

November 7 birthdays: Alluring Linda Bleau, Heidi Wilson, Jennifer Bergendal, Kathy Mahoney, Lorna Circiello, Charles Bolthrunis, Doug Smith, Dickie Brahm, preacher Billy Graham and singer Joni Mitchell.

November 8 birthday candle-blowers: Teresa Hill, Grace Crupi, Deidre Peterson, Ed Mahoney, Jason Morley, Joel Haynsworth, Billy Cullen,

and Jim Hickey. Also born on November 8, singer Patti Page and Dr. Christiaan Barnard, heart transplant pioneer.

November 9 birthdays: Kim Shultz, Patricia Hickey, Jessica Billias, Kathy Carney, Roger Weber and actress Katharine Hepburn.

November 9, 1960 headline news: A younger generation of American politicians moved into power yesterday, with the election of 43-year-old John Fitzgerald Kennedy, as President of the United States.

November 10 birthdays: Attorney Brian Olmstead, who helps to make our annual town meetings lively, Amy Graciale, Diana DeMinico, Penelope Herman, John Roy, Pat VanMaanen, Bill Rauworth and Tom Cesso.

November 11 birthdays: Nina Wilson, gracious Alma Smith, Linda Pivacek, Dick Koehler, John Sullivan and actress Demi Moore. You are all invited to Demi's birthday party!

A reminder, November 11 is Veterans Day. Gee, it has been said, World War II veterans are dying at the rate of one-thousand a day. In his book, "The Greatest Generation," Tom Brokaw credited the veterans who came of age during the Great Depression and the Second World War, for building modern America. Yes, it would be the World War II veterans who bought homes in Nahant, that helped to make Nahant one of the best towns to live in.

Many of us still recall spending Veteran's Day at the Johnson School, listening to the students paying tribute to Nahant's veterans. We have Peggy Silva, the popular Johnson School teacher, to thank for initiating the annual Veteran's Day Tribute.

November 12 birthdays: Rory Burke, Garon

Clements, Michele Dougherty, Cynthia Lynch, Bob Vanderslice, George Hall and the creative educator, Dan Perepelitza.

The November 13 birthdays: Barbara Desmarais, Jesse Kaplan, Peg Pelley, Cynthia Shelley, the gracious Sara Riley, Joe Davis, John Benson, W.D. Hodges, Tom Famulari and actress, Whoopi Goldberg.

November 14: Sweet Kelly Dolan, Susan Pillsbury, Joe Ayers and French painter, Claude Monet.

Our November 15 birthdays: Alba Brahm, the gracious Rosalie Ryder, Rose Macera, Geraldine Ryan, Kathy Ryan, Mike Carr, Brent DeBerardinis, Mario Forgione, Steve McDonough and Justin Howard.

November 16 birthdays: Adrienne Gordon, Mildred Blydell, Andrea Murphy, Barbara Deines, John Mackey, Tanya Ngangan, Alan Barbacoff and W.C. Handy, who wrote "St. Louis Blues."

November 17 birthdays: Annette Merlino, Linda Weeden, Pam Wilson, Jeanne Fisher, Jeff Lonergran, Johnny Sullivan, Bill Pivacek and actor, Danny DeVito.

The November 18 birthday kids: The alluring Mary-Anne Lombard, Noelle Slager, Lori Hayes, Susan Actor, Philomena Larocque, Anne-Marie Grady, Cathy Bishop, Kim O'Connell, the highly respected Dr. Edward Tarlov, Ed Babin, Sarah Roy, Chris Turner and Chris Turner the elder, Dean Locke, Jr. and Chris Howard.

November 19: Joan Ventre, Karen Hosking, Roberta Lerman, Fred Jonas, Joe McDuff, Bill Hickey, Bruce Reeh, actress Jodie Foster and the tycoon, Ted Turner.

(Continued on next page.)

Birthdays (continued)

The November 20 birthdays: Susan Edwards, Cecil Hollingsworth, Dick Nobrega, Ron Cameron, Pete Speridakos and Zachary Taylor.

November 21: Elaine Titus, Doug Breithaupt, Bob Gaynor, Rich Stevens and my brilliant neighbor, Jim Dolan.

November 22 birthday babies: The creative Martha Keller, Jean Walsh, Marion Lester, Karen Wakefield, Dick Pelletier, Bob Dickenson, Jon Szostakowski, Ed Roy, Eli Mavros and Martin Fallon.

November 22, 1963: John F. Kennedy, 35th US president, was assassinated in Dallas, Texas, by Lee Harvey Oswald.

November 23 birthdays: Kathy Marden, Jeff Blydell and Kris Carmody.

November 24 birthdays: Lovely Deborah Waters, Janice Weiskel, Dominique Comeau, Bob Allard, Mike DePaolo, Dennis Collins, Joe O'Connor, Joey Bertorelli and Alessandro Massaro.

November 25 birthdays: Diane Albondy, Kristin Sullivan, Patricia Cronin, Barry Wooten, Pat Cooke, Jim Caccivio, the internationally-noted designer/artist/educator Norman LaLiberte and baseball's greatest star, Joe DiMaggio.

November 26 birthday cake eaters: Tim Moran's lovely wife, Ruth, sweet Anne Marie Manzano, Rita O'Donnell, Schuyler Livingston, Linda Tanfani, Diane Locke, Charlie Koehler, Jason Carmody, Aran Lessard and the personable Michelle Davenport.

November 27 birthday kids: Sheryl Cardile, Nancy McNicholas, Delores Scanlon, brilliant Loreen Tirrell, Caitlin Sanborn, Jane Murphy and John Welsh.

November 28: Nahant's big hunk, Greg Keene, Nahant's enchant-

ing Cynthia Pierce, Allegra Parisi, Yvonne Julien, lovely Jean Hosker, Cynthia Goughberg, Keith Arnold, Martin Henry and Wayne Terminello.

November 29 birthdays: Adorable Marie Meyer, Tina Marie Beaulieu, Lindsay Barba, Nancy Gilman and author, Louisa May Alcott.

Our November 30 birthdays: Mary Derderian, Heather O'Leary, Anne Marie Barron, Bill White and Bill Coffey, Jr.

Eat More Apples!

An apple a day also may keep away memory loss, asthma, cancer, diabetes, heart disease, stroke and tooth loss. An Italian study showed that eating at least an apple a day cut risk of cancer of the mouth and pharynx by 21%; esophagus, 25%; colon, 20%; breast, 18%; ovaries, 15%; prostate, 9%.

In brief, it is recommended you eat the apple skin, and Red Delicious apple is tops in antioxidants. As for the possible prevention of memory loss, drink 2 cups of apple juice, or eat two or three apples a day.

Annie Rooney of Irving Way, says, a woman always remembers where and when she got married; a man sometimes forgets why!

Michael Georges of Parrott Road, noted for having good memory cells, says, "Three things indicate we are getting old. First, the loss of memory and we can't remember the other two."

Nahant Men! Shave Daily!

A study by British researchers found that men who need to shave only once or twice a week have a 70 percent increased risk of suffering a stroke. Lower testosterone levels may be the culprit.

Joe Klink thinks man is better than woman in many ways: for one thing, he never has to kiss someone who needs a shave.

Frank Cusack of Nahant Road suggests you never get up in the morning with a long face, or you'll have that much more to shave.

Where Nahant's Millionaires Live!

Wow! We now have a total of 123 millionaires in Nahant! So where do they live? We have 2 on Baker Road, 6 on Bass Point Road, 1 on Bay View Avenue, 4 on Cary Street, 10 on Cliff Street, 1 on Greystone Road, 1 on High Street, 1 on Hood Street, 1 on Howe Road, 3 on Lafayette Terrace, 1 on Linda Lane, 6 on Little Nahant Road, 12 on Maolis Road, 2 on Marginal Road, 3 on Mills Terrace, 15 on Nahant Road, 1 on Ocean Street, 6 on Phillips Road, 3 on Pleasant Street, 1 on Prospect Street, 1 on Southwick Avenue, 4 on Spouting Horn Road, 3 on Summer Street, 6 on Swallow Cave Road, 8 on Vernon Street, 2 on Wendell Road, 11 on Willow Road, 2 on Wilson Road and 1 on Winter Street.

The man who claims that poverty and hard work are good for character, is usually a millionaire. And many a woman doesn't care whether the man she dates is rich or poor, as long as he is a millionaire.

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Blessing for Mr. Ralph Canali

Ralph was sixteen—doing his homework
When his father, reading the newspaper
was disturbed:

"A boy was burned by a flaming oven
Eighty- nine percent of his skin—charred
Skin donations are needed from teenage volunteers."
Ralph set the pen on the table—proclaiming:
"I am the one!"
He ran to the hospital.

x x x

Today Mr. Ralph—over sixty—
At The Nahant Village Church, Massachusetts,
Puts out the altar's candles after services
every Sunday
Feeling the burnt boy's extinguished life
Forty seven years ago
From his failing kidneys—he couldn't survive.
"He died,
So I gave help for nothing.
And I pray for him
And I pray for him...
Enduring the pain, the bloodiness of my purple
scalped thighs.
I couldn't imagine
How my skin—buried...was
With the boy's body under the grass."

x x x

Each interval of his slow steps to the altar
Followed by the organ's sounds of Bach
A mystic flash of lightning shivers through his body
While snuffing out the smoky candles
As the boy's skin was shriveled by blazing fire—
cremated,
And over the altar are burning time's ashes.

Submitted by ROZI THEOHARI

Rozi Theohari will be signing copies of her book at
the Nahant Village Church Fair on December 9th.

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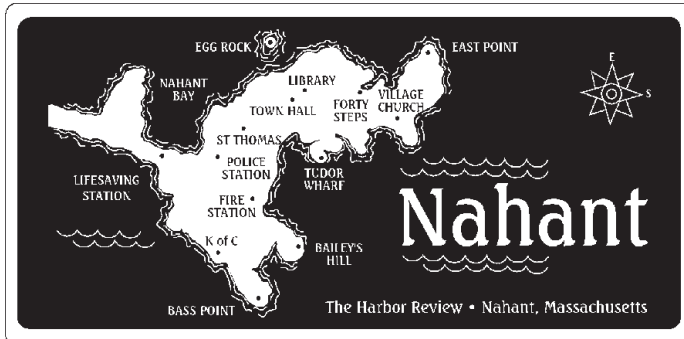
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	Price ea.	QTY	
NEW! 2007 CALENDAR , our perennial favorite showing Nahant and its people	\$10.	___	NEW!
SOME DOORWAYS & POSTERS OF NAHANT , many talented Nahant photographers gave their images to form this limited collage of charming and inviting views	\$10.	___	NEW!
DANCING BY THE SHORE CD , a delight for the ears, whether you dance or not, these recordings of 19 th Century music feature many rare pieces including the 1836 Nahant Quadrilles	\$15.	___	
PLACEMATS : in sets of 4 featuring four different color views of Nahant from our extensive postcard collection. Laminated for ease in cleaning.	\$20.	___	
NAHANT: THE PAINTED SHORES : delightful collection of works in oil of Nahant's unique seascapes from our landmark 2005 exhibit. Many are from private collections, never before on view. See artists' biographies	\$25.	___	
MILITARY ANNALS OF NAHANT is full of rare photos and superb hand-drafted illustrations. Written by retired Capt. Gerald W. Butler, learn how Nahant's military coastal installations protected Massachusetts Bay from 1886 to 1960s. Softbound edition	\$30.	___	
LONGFELLOW POETRY CD , selections by Henry Wadsworth Longfellow, read by renowned lecturer Dr. Layne Longfellow with music by award-winning composer Michael Hoppe. Illustrated edition	\$20.	___	
WORLD WAR I POSTER POSTCARD : <i>Have you a Red Cross Service Flag</i> , illustrated by renowned early 20 th Century woman artist, Jessie Wilcox Smith, from our 2004 exhibit, <i>Enlisting a Nation</i>	\$1.	___	
LONGFELLOW NOTE CARDS : 12 card pack with 2 different reproductions of 1880 engravings of Nahant by E. H. Garrett from volume II of <i>The Poetical Works of Longfellow</i> from the Society's library	\$10.	___	
GEMS OF NAHANT : Hand-colored illustrated guide to pebbles on Nahant beaches by Nahanter Daniel de Stefano and Robert Risch. Proceeds also to benefit Nahant Public Library. Softbound.	\$10.	___	
MAP OF NAHANT : reproduction of mid 19 th Century map from <i>An Atlas of Essex County</i> compiled and published by D. G. Beers of Philadelphia, 1872. Strikingly custom matted in black	\$25.	___	
SEA AROUND NAHANT , by Nahanter Joseph Ayers and Robert Risch, is packed full with local marine lore as well as interviews from Nahant's seamen. Proceeds benefit the Society and Nahant Public Library. Softbound	\$15.	___	
GOLDEN AGE OF THE TROLLEY: A HISTORY OF THE NAHANT & LYNN STREET RAILWAY COMPANY , discover a little known story of the early 20 th Century, written by Nahanter Suzanne Hamill and Ken Wilkie. Softbound	\$20.	___	
LIMITED EDITION FLAME COLORED CUP PLATE by famous Pairpoint Glass with an image of Nahant's own 19 th Century fire engine, "Eagle" in gift box. Now at a reduced price.	\$5.	___	
NAHANT ON THE ROCKS : a lavishly illustrated book telling the 300-year story of our town by Stanley Paterson and Carl Seaberg, designed by Norman LaLiberte. Hardbound	\$40.	___	
AFGHAN Historic sites depicted in machine washable 100% cotton, limited supply of cranberry, blue or green	\$40.	___	
DID YOU SEE THAT ONE, HENRY? A GUIDE TO THE WILDFLOWERS OF NAHANT by Daniel de Stefano with hand-painted illustrations, pocket sized for your walks about the peninsula.	\$30. Hardbd \$25. Softbd	___ ___	
POPULAR QUILT POSTCARD , of the original textile art by Nahant needlewomen on display at the Library	\$0.40	___	
SOME GLIMPSES OF NAHANT : historic views in black and white reproduced in 24 detachable postcards	\$5.	___	
NAHANT NOTE CARDS , 10 cards with envelopes featuring line drawings by Lucy Doane and Ken Wilkie, of Egg Rock Lighthouse, Lifesaving Station, Public Library and Tudor Wharf Beach and a steamship!	\$5.	___	

TOTAL: \$ _____

Send your check (please no cash via mail) to Nahant Historical Society

41 Valley Road, Nahant, MA 01908

Please print

Name: _____ Phone: _____
Nahant address: _____ Best delivery time: _____

Thank you for shopping with us! See more items at www.nahanthistory.org

Liquefied Natural Gas (LNG) Hearings To Be Held Soon

by Polly Bradley, Nahant SWIM, Inc.

Hearings on liquefied natural gas (LNG) terminals, adjacent to Stellwagen Bank National Marine Sanctuary, will be held very soon, probably in November. Be ready to attend and testify!

There are four proposals for LNG terminals in Massachusetts: two near Stellwagen Bank in Massachusetts Bay, one in the Boston Harbor Islands National Park, and one onshore in Fall River.

These are all dangerous locations: The Stellwagen Bank proposals would endanger the Whales & Fisheries, the Boston Harbor location would endanger the National Park and the Fall River location would endanger people.

Constructing any of these liquefied natural gas (LNG) terminals would neither shut down the existing LNG facility, in Everett, nor require that the Salem Power Plant use natural gas.

No more natural gas can be brought into Massachusetts, than can already be brought in through the under-utilized HubLine, which can bring in natural gas from Canada, or northern New England. Massachusetts is barely beginning to utilize wind power, solar power, conservation measures and other safe energy sources.

The Stellwagen Bank LNG projects would have a harmful effect on the fishing and lobstering industries and on the endangered whales and sea turtles that frequent Massachusetts Bay. (See accompanying article on radioactive waste in Massachusetts Bay.)

Exact dates for hearings had not been announced, as of the Harbor Review deadline. It is expected that there will be four separate hearings in November. There are two separate proposals for LNG terminals in Massachusetts Bay, and two hearings will be held on each, probably in Salem and Gloucester. The National Park proposal and the Fall River proposal are following different schedules.

Safer Waters in Massachusetts (Nahant SWIM, Inc.) will be testifying at the November Whale & Fisheries hearings and is keeping current on the National Park and People proposals.

For more information, email nahantswim@comcast.net; or phone 781-581-0075, or 781-581-0227.

Radioactivity, Endangered Whales and Stellwagen Bank National Marine Sanctuary

by Polly Bradley, Nahant SWIM, Inc.

A permit "to dispose of chemical, toxic and radioactive wastes" off Marblehead, Massachusetts, was issued in 1957, by the United States Army Corps of Engineers.

SWIM has seen a copy of the permit, as well as letters, showing that radioactive waste was indeed dumped in Massachusetts Bay. It is not known whether these materials pose a danger to marine life, or to human beings, but this should be investigated thoroughly, before any LNG permits are issued. The LNG terminal proposal would require trenching of underground pipelines that could disturb settled materials.

Biologically, there is no difference between Stellwagen Bank National Marine Sanctuary and the area where LNG terminals are proposed. This section was excluded from the National Marine Sanctuary and the two state coastal sanctuaries, so that the sanctuaries would not have to face responsibility for cleaning up old rusty barrels of radioactive materials.

Stellwagen Bank National Marine Sanctuary is frequented by six species of endangered whales and four species of endangered sea turtles.

The North Atlantic Right Whale is most critically endangered whale at Stellwagen Bank, but five other endangered whale species frequent Massachusetts Bay: the humpback whale, the fin whale, the sperm whale, the sei whale and the blue whale. In addition, four endangered species of sea turtles are found in the waters adjacent to this proposed LNG terminal: the loggerhead turtle, Kemp's Ridley sea turtle, leatherback sea turtle and the green sea turtle.

Other major dangers of LNG to whales, include collision, accidents, noise, habitat destruction and changing ecosystem.

Please attend the LNG hearings if you can. The Stellwagen Bank LNG proposals are still under the radar screen of most of the environmental community and nearly all of the politicians, media, and public. Or, as my husband Larry says, "above the sonar screen is more appropriate for the virtual invisibility of the whales."

For more information on dumping of radioactive waste, call Alessandro Cagiati, 978-927-1395. You may also email SWIM at nahantswim@comcast.net; or phone 781-581-0075, or 781-581-0227.

Report on Salem Conservation Commission Meeting

Submitted by Nancy Smith, Nahant

Here is a brief report from a public meeting I attended, held on October 12, 2006, at the Salem City Hall Annex in Salem, MA. Unfortunately, the Salem Conservation Commission only wanted to hear, or receive, testimony concerning the Neptune proposal (1.8 miles), or the Algonquin proposal (1.6 miles) to dredge in Salem's jurisdiction; not "the pipeline lateral 16.1 miles" as described by the US Corps of Engineers. Neptune's representative was ill-informed; Algonquin's experienced (smooth-talking) crew concluded their costly presentation with direct reference to previous "mitigation" aka pay-offs to appease the City of Salem for "lost lobsters, which could always be farmed in the future."

This was perhaps the most asinine argument of the evening and certainly did not address the endangered turtles, whales, or other marine species!

The "Radioactive Waste dumping permit, issued in 1957, by the US Corps of Engineers," for waters off Marblehead, was dismissed as a site closed in 1969; but we know it was used then, so the materials are still down there.

"DO RADIOACTIVE MATERIALS REMAIN DORMANT WHEN DREDGED?"

We need to insist that answers to relevant questions be published in the BOSTON GLOBE! Governor Mitt Romney could end all this agony with a stroke of his pen; but he won't. Let's hope he never becomes a U.S. presidential nominee!

Coming Up at LynnArts Galleries

The Great Lynn Fire; Photos by Peter Bates

Willow Community Gallery

October 28 - November 24

This exhibit features photographs taken by Peter Bates both during, and shortly after, the 1981 Lynn Fire. In some shots, skeletal buildings appear, surrounded by nighttime flames reminiscent of the Dresden fire storm of World War II. Others show daytime photographs of the devastation, both in eerie black and white and vivid color. Says Bates in an article he later wrote for Views, a photography magazine, "I rushed out at 3:00 a.m., taking the same side streets I often traveled to work, but this time toward a brilliant orange glow that meant disaster." At the time of the fire, Mr. Bates was a freelance photographer working in Lynn, as well as a social worker.

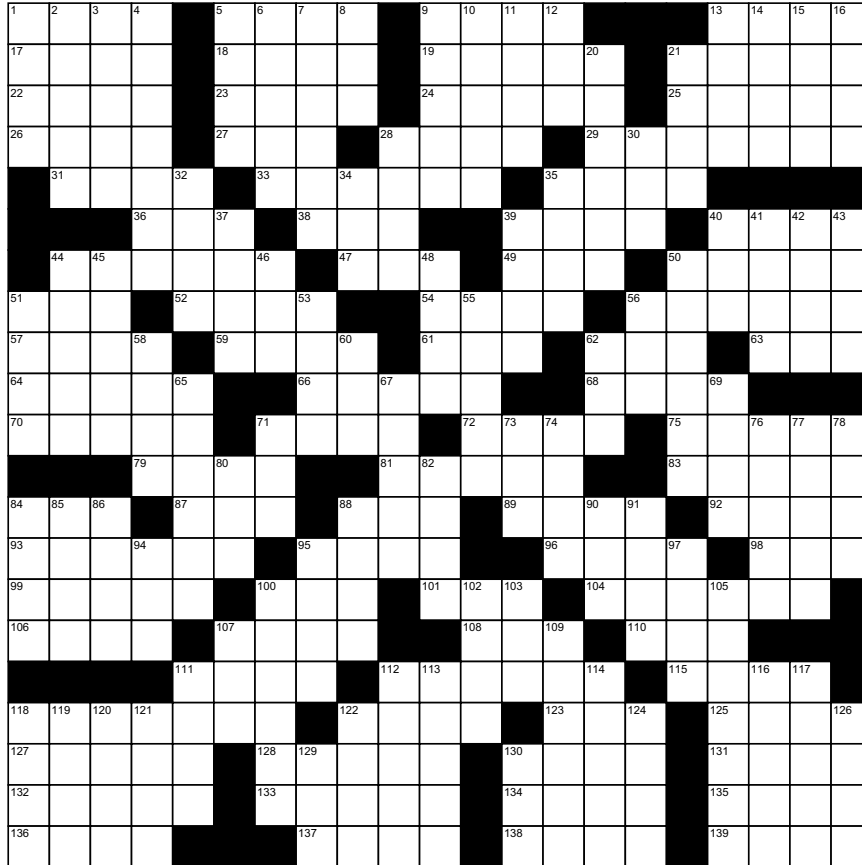
This show is being held in conjunction with an exhibit at the Lynn Museum and Historical Society, FIRE, An Alarming History of the North Shore, opening reception Saturday, October 28 from 2:00 to 4:00 p.m.

For more info our galleries, visit our website: www.lynnarts.org, or call us at 781-598-5244.

NAHANT PUZZLE PAGE

A Tribute to Veterans

by Rick Kennedy



ACROSS

- 1 Bottom
- 5 *Women's Aux. Army Corps*
- 9 Ribbon tie
- 13 Hand wear
- 17 Remodel
- 18 Sums
- 19 Mummer
- 21 More rational
- 22 Tel ____
- 23 Mob activity
- 24 *"Battle of the ____"*
- 25 Name in cosmetics
- 26 *"____ and Drum Corps"*
- 27 Sushi staple
- 28 "Rosanna" band
- 29 *Defensive fighting position*
- 31 Former Guinea currency
- 33 Make current
- 35 Spring flower

- 36 *Tank landing ship*
- 38 *Slang for German*
- 39 Valley
- 40 Highlander
- 44 Fanatic
- 47 Dekaliter (abbr.)
- 49 Curr. unit
- 50 *Fusillade*
- 51 Corn unit
- 52 Needle case
- 54 Alack's partner
- 56 Genuine
- 57 Ethiopian currency
- 59 Delivered by post
- 61 Modest
- 62 Evergreen tree
- 63 Building addition
- 64 Wide
- 66 *Divided country*
- 68 Spoken
- 70 Woolen cloth
- 71 Starling
- 72 *Land ____*
- 75 ____ graph
- 79 *WW II ally*
- 81 Holmes' creator

- 83 Leaks
- 84 Brain and spinal cord
- 87 Stretch to make do
- 88 Operated
- 89 Horned bird
- 92 Finger part
- 93 Old type of phone
- 95 Weightless
- 96 *Royal Aust. Air Force*
- 98 *Sgt. e.g.*
- 99 Expel
- 100 Curve
- 101 Caesar's dozen
- 104 Coquettes
- 106 Force x Distance
- 107 ____ mater
- 108 Long-term memory
- 110 Before, poetically
- 111 *Tour of ____*
- 112 *"He Kept Us Out of War"*
- 115 Sports channel
- 118 Widen

- 122 *"____ of Liberty"*
- 123 Regret
- 125 Panache
- 127 Jeweled headdress
- 128 Put a rope through a hole
- 130 Lawyer (abbr.)
- 131 Cad
- 132 Scale
- 133 Throat infection
- 134 June 6, 1944
- 135 Examine
- 136 Towel word
- 137 Lincoln currency
- 138 Prohibitionists
- 139 Aborts

DOWN

- 1 Wife of Agassiz
- 2 Jeans
- 3 Enlighten
- 4 Spanish soap opera
- 5 Item for sale
- 6 "So long, Pierre"

- 7 *Eva's beau*
- 8 Central Std. Time
- 9 *Encased bullet*
- 10 Critical
- 11 *Normandy town*
- 12 Porker
- 13 *4077th e.g.*
- 14 Golden Rule word
- 15 Touch
- 16 Loose
- 20 Second cup
- 21 Gorgeous
- 28 *Armored combat vehicle*
- 30 Corrida cheer
- 32 Capri or Man
- 34 *Unexploded shell*
- 35 *Country in SE Asia*
- 37 Children
- 39 *"Operation Overlord" familiarly*
- 40 Posed
- 41 Indication
- 42 *____ Office*
- 43 Fee

- 44 Democratic Republic of the Congo
- 45 Mistake
- 46 Day of the wk.
- 48 Dress decoration
- 50 Beats it!
- 51 Recedes
- 53 Murky
- 55 Dirty?
- 56 *____ Force*
- 58 Prego's competition
- 60 Heavy weight
- 62 *Enemy*
- 65 *"____ Storm"*
- 67 *Radio detection and ranging*
- 69 Legal claim
- 71 *Mil. food*
- 73 Sickly
- 74 Close
- 76 Intended
- 77 Tales
- 78 *1971 War Crimes Conference city*
- 80 *Milieu for 90 Down*
- 82 Black stone
- 84 *Sailors*
- 85 De ____ (anew)
- 86 Change position
- 88 Costa ____
- 90 *Royal Air Force*
- 91 Vegetable
- 94 *"Acknowledge"*
- 95 *Military branch*
- 97 *____ bombs*
- 100 Changes a text
- 102 Evils
- 103 Possessive pronoun
- 105 *U.S. Army ____*
- 107 Back to school mo.
- 109 *Muzzle-loading cannon*
- 111 *Olive ____*
- 112 Like cloth
- 113 Unskillful
- 114 Crazy
- 116 Unembellished
- 117 Nude
- 118 *____-a-sketch*
- 119 African river
- 120 Den
- 121 *Weapons*
- 122 Shriveled
- 124 Potato sprouts
- 126 Information
- 129 And so forth
- 130 Total

Nahant Believes in Investing Community

Nahant native, Navy Yard Bistro owner and current Charlestown resident, John Moore, knew success was right in front of him. When he saw the restaurant for lease sign, on the former Nilo restaurant in the Navy Yard, he knew this was what he was looking for, in a future business. The restaurant had gone bankrupt, just as did the previous two businesses at the hidden location. Charlestown had its share of high profile restaurants, including Todd English's Olives and Figs. It also had its share of popular pubs, including the historic Warren Tavern and the 99. What it didn't have was the ultimate neighborhood restaurant.

In the two years the Bistro has been open; it has raised over \$30,000 for its community. Recently, Fred and Debbie Murphy of Nahant, won tickets to the Red Sox vs. Yankees game at Yankee Stadium in the owner's box at the Bistro's 2nd Anniversary party. The party was celebrated with the Red Sox World Series Trophy on-hand and generated \$5,400 for various Charlestown charities. John received four tickets to the game from the Lambert Bridge wine company, which is half-owned by one of the Yankees' owners.

It's a lot of work to continue to invest in your community, but John takes a page out of famed restaurateur, Danny Meyer's philosophy, who believes "a business that understands how powerful it is to create wealth for the community, stands a much higher chance of creating wealth for its own investors." Hopefully, John can bring this philosophy to Nahant, as he envisions a "Bistro by the Sea," at the Kelley Green's golf course.

Thank you to Harbor Review Subscribers

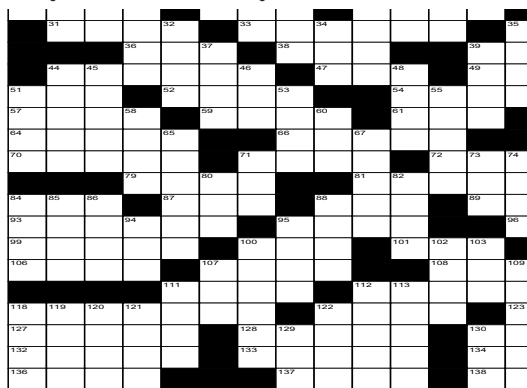
Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Many "Thanks!" are extended to these voluntary subscribers who sent in their \$15 subscription from September 15th: Carmella Cormier, Nancy Forsell, Gail Landry, John Lowell, Ruth Maurer, Marianne Putnam, The Olson Family and The Sigourney Family. Thank you all very much.

OCTOBER 2006 PUZZLE WINNER

Dick Nagle of Castle Road, was the winner of the October 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.

Country Time by Rick Kennedy

17 Every
18 Jewish month
19 Adios
21 Reddish brown
22 Russian ruler
23 Lazily
24 Above the horizon
25 With 117 Down, "This Woman" singer
26 Missile housing
27 Body of water
28 Upon
29 With 76 Down, "San Antone" singer
31 Goad
33 Yoakam
35 Lather
36 Med. practitioner
38 Note of debt
39 Tom T. ____
40 Send
44 Flower part
47 Catch
49 Time period
50 Time being
51 Little bit
52 Johnny ____
54 Clark McEntire
56 Fawn
57 Particle
59 Aroma
61 "Hail" Caesar
62 Time pd.
63 Finish
64 British ____
66 Prelude creator
68 Data
70 Household cleaner
71 Cultivated crop
72 Void
75 Dismay
79 "as you ____"
81 Domineering
83 Clark
84 Clairvoyance
87 Just
88 Joe ____ Rooney (Rascal Flatts)
89 Tails
92 Licorice treats
93 ____ Jones
95 Keith
96 One of Columbus' ships
98 Dab



99 Lamp dweller
100 McGraw
101 Roman dozen
104 Field game
106 Hurried
107 Elder or alder
108 Bikini part
110 Conflict
111 Inheritor
112 Clergyman
115 Colored
118 Laments
122 Bonnet
123 Sanskrit term of respect
125 Cut
127 Sea
128 Short poem
130 Usher
131 Volume
132 Dogfish
133 Shoelace end
134 Fairy tale opener
135 Vertex
136 Offspring
137 Otherwise

138 Staunch
139 Unless
DOWN
1 Rents
2 Green spot
3 Head skin
4 Covers
5 Pulpit
6 Attached
7 African nation
8 Open forcefully
9 Brooks
10 Dolt
11 Sylvester's speech
12 Greenwood
13 Look
14 Opaque gem
15 Short
16 Window
20 Coke alternative
21 Cuff
28 Rio filler
30 Talking computer

32 College grp.
34 Charged par
35 With 55 Down, "Cheatin'" singer
37 Hello!
39 Greek godde of youth
40 Cut
41 Feed the kitt
42 Computer in
43 Ribald
44 Cline
45 Gods
46 Acid
48 Paisley
50 From skim n
51 Shadow
53 Hostess sna
55 See 35 Dow
56 Relatives
58 Catcall?
60 Clark
62 Unit of meas
65 Sleigh
67 Man of meat

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for DECEMBER 2006

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
WEDNESDAY, NOVEMBER 15th • 5:00 P.M.
Mail Date: Wednesday, November 29th.

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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
from 6:30 to 11:00 AM

149 Nahant Road • Nahant • 581-9994

WINTER CHILL!

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!

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FREE DELIVERY TO NAHANT

PLEASE NOTE: The Friends of Lynn and Nahant Beach will be holding a fundraiser at Tides restaurant on Thursday, Nov. 2nd from 6:00 to 9:00 p.m. A portion of all sales during that time will be donated to the Friends. There will also be a 50/50 raffle. The Friends is a nonprofit community group that works to better these beaches. Please join us on November 2nd, or for more information about the Friends, visit www.lynn-nahantbeach.org

NVC Annual Christmas Fair

(Continued from page 1.)

Our Missions program will be offering up special gift items from SERRV International, proceeds of which will go to support the Village Church's outreach programs. SERRV International works with thousands of small-scale artisans and farmers in Africa, Asia, Latin America and other developing regions, by marketing their handcrafts and agricultural products. By working with 90 community-based organizations in 34 countries, SERRV creates economic opportunity, so these producers can support their families. In addition to purchasing and marketing products, SERRV works with producers, to assist them in becoming economically self-sufficient, through product design, training, information, technical assistance and market access.

Missions will also be introducing something new to our Fair this year, an opportunity for folks to purchase Fair Trade Coffee. Fair Trade provides the means for small farmers to make enough money to support themselves while using the premiums to improve their standard of living by selling directly from farmers and eliminating the middle man.

Our Sunday School will offer inexpensive gift grab bags, affordable to kids!

Even Santa shops at the Village Church Christmas Fair! And even more importantly, he is looking forward to having your little ones' pictures taken with him in Santa's Den. Take a chance at the Raffle Table on a host of items, donated by local businesses, tradesmen, and merchants. And last, but certainly not least, get in on the bidding at the Silent Auction table. Since its inception four years ago, Nahanters and those outsiders in the know, have taken home works of art by acclaimed artists, weekend getaways, antiques and other fabulous items, generously given by the artists, supporters and members of the NVC.

Please consider how you can help this year's church Fair raise funds to keep the Nahant Village Church a vital and thriving place, through donating your time, talents and "treasure" (hand-made items, baked goods, White Elephants, raffle items, Silent Auction donations, etc.). If you would like to make a financial contribution, or other donation, to the 2006 NVC Christmas by the Sea Fair, please call Chris Alexander, at 781-592-4675, for more information.

We thank the people of Nahant for all their generous support of the Fair, in years past, and are looking forward to seeing you ALL again in December, for Ham & Beans on the 2nd and another fabulous Christmas Fair on December 9th.

**PRESERVATION
WORKS!
THANK YOU!
NAHANT**
The Nahant Preservation Trust



1996



2006



Community Calendar • NOVEMBER 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

NOVEMBER

THU	2	6:00P	Friends of Lynn/Nahant Beach Fundraiser at Tides.
FRI	3	8:00A	Breakfast Group at Village Church. All welcome. Free.
FRI	3	9:00A	Visit with State Rep Walsh at Town Hall till 11:00 a.m.
SUN	5	10:30A	Sunday School and Sunday Worship Service at NVC
TUE	7	7:00A	Election Day. Polls open till 8:00 p.m.
THU	9	12:30P	Veterans Day Reception at Johnson School.
SAT	11	10:15A	Veterans Day Reception at the Legion Post in Nahant.
SAT	11	noon	Garden Club meeting at Village Church.
SUN	12	10:30A	Sunday School and Sunday Worship Service at NVC
SUN	12	3:00P	Reno Pisano Sculptor at Nahant Library.
TUE	14	7:00P	Nahant Woman's Club at the Nahant Village Church
WED	15	3:00P	Big Ryan's Tall Tales at the Library.
WED	15	5:00P	December Harbor Review DEADLINE
THU	16	6:00P	Daisy Scout Fundraiser at Tides till 9:00 p.m.
SAT	18	9:00A	Turkey shoot behind the DPW Garage. Till 3:00 p.m.
SUN	19	10:30A	Sunday School and Sunday Worship Service at NVC
WED	22	11:30A	Early Dismissal. Thanksgiving School Recess.
THU	23		Thanksgiving Day
SAT	25	9:00A	5th Annual Holiday Fair at Town Hall till 4:00 p.m.
SUN	26	10:30A	Sunday School and Sunday Worship Service at NVC
THU	30	10:00A	Garden Club Greens Workshop at Nancy Whitman's.

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
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
SAT	16	6:00P	Christmas Parade Fundraiser at the Tides till 9:00 p.m.
SUN	17	10:30A	Sunday School and Sunday Worship Service at NVC
SAT	23	6:00P	11th Annual Christmas Parade begins at Tides
SUN	24	10:30A	Sunday School and Sunday Worship Service at NVC
SUN	31	10:30A	Sunday School and Sunday Worship Service at NVC

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

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Visit the [Emergency Management page](http://www.nahant.org/services/ems.shtml) 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>



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