



Nahant Harbor Review

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

Volume 14 Issue 11

NOVEMBER 2007



Cub Scouts Fundraiser Nov. 8th

On November 8th, from 6:00-9:00 p.m. the Cub Scouts are having a fundraiser at the Tides Restaurant. The Tides will donate a portion of all proceeds raised during those hours, whether thru dining at the Tides or taking a meal or pizza to go. Please enjoy a meal at Tides on the 8th and know that you are helping the Cub Scouts by doing so.

Submitted by Kevin Nugent

Fundraiser for Swampscott & Nahant Cross Country and Track Nov. 1st

The Tides Restaurant has generously agreed to hold a fundraising evening for the Swampscott High School Track and Cross Country teams, on Thursday, November 1st. The Tides will donate 10% of all proceeds from 6:00-9:00 p.m., on November 1, to the Swampscott Track Boosters. All funds raised will be used to help fund track sweat suits and pay for travel to away meets and such. There is no participation required, other than going to the Tides and enjoying a great meal, or drinks. So please encourage all your friends to have another enjoyable evening at the Tides and help the teams, at the same time. The many Nahant kids are well represented on the Swampscott High School Track and Cross Country teams.

Submitted by Joshua Antrim

Help Plant Beach Grass on Short Beach Nov. 3rd

See story on page 2.

Town Flu Clinic

The Town Flu Clinic will be held on Monday, November 5th and Tuesday, November 6th, from 5:00 to 7:00 p.m., at the Nahant Town Hall.

Please bring your "Medicare" cards.

Let the Holidays Begin! Save These Dates!

Crafters Holiday Gift & Craft Fair, November 24th Village Church Ham & Bean Supper, Dec. 1st Village Church Christmas by the Sea Fair, Dec. 8th

The Nahant Town Hall will be the location of the Annual Holiday and Gift Fair on Saturday, November 24th, from 9:00 a.m. until 3:00 p.m. There will be many crafts represented at the show, including fashion gemstone, pearls and silver jewelry, digital photography, special jewelry and gift items for kids to purchase, handmade nautical gifts, custom tiles, handmade handbags, lampwork beaded jewelry, handmade velvet scarves and pillows, custom quilts and table runners, hand-embellished children's clothing, gifts for your pets, wonderful pottery, beach glass jewelry and much more!

Santa will arrive at 11:00 a.m. Pizza and drinks will be available for lunch. There is space available for just a few more vendors. A per-table fee is charged which will benefit the Nahant Woman's Club Scholarship Fund, as well as other projects. For more information, call Linda Tanfani, at 781-581-3989.

The Nahant Village Church, Annual Ham & Bean Supper, prepared and served by the Nahant Breakfast group, will take place Saturday, December 1st, from 5:00 to 7:30 p.m., at the Nahant Village Church, on Cliff St. Along with delicious spiral-glazed ham, diners will enjoy homemade New England-style baked beans and cole slaw, with apple crisp for dessert, prepared by some of Nahant's finest cooks. Folks attending the Ham & Bean Supper will have an opportunity to preview the Silent Auction items which will be up for bid and sold on December 8th, the day of the Christmas Fair. In addition, diners will be able to purchase gaily decorated, evergreen wreaths, which will be on display in Swansburg Hall and one lucky diner will receive a special door prize!

Advance ticket sales for the Ham & Bean Supper are \$8.00 (adults) and \$4.00 (kids under 12), \$1.00 more at the door. Call Marrit, or Cal Hastings (781-581-5691), or Jackie Meuse (781-799-6925,) for advance ticket sales.

This year's "Christmas by the Sea" Fair will take place on Saturday, December 8th, from 9:00 a.m., until 2:00 p.m. Each year, the Village Church packs a tremendous amount of Christmas cheer, in a small amount of space. There will be something for just about everyone. Some of the features include the Gift Tables loaded with handcrafted and unique gift items, Awesome Raffles Tables, White Elephants for the bargain hunter, gently used jewelry, books and media, wreaths to decorate your home for the holiday 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 books. This year marks the return of LOBSTER ROLLS to the Snack Bar, back by popular demand! Santa is looking forward to his annual photo session with the little ones' in Santa's Den. The December Harbor Review will have much more information.

Please plan to attend and bring your family and friends. The annual holiday fair is a major fundraiser for the Village Church. If you would like to make a financial contribution, or other donation, to the 2007 NVC Christmas by the Sea Fair, please call Jackie Meuse, at 781-799-6925, for more info.

Thank you, Nahant, for your past support. We look forward to a wonderful and exciting 2007 Christmas by the Sea Fair. Happy Holidays!



Christie's

On The Lynnway at Lynn Beach

TAKE OUT EXPRESS: 7:00 a.m. to 9:00 p.m.

LOTTERY • NEWSPAPERS

CIGARETTES • SNACKS

Special: Coffee & Muffin - \$1.49

Please patronize our advertisers. Thank you.

MR. JERRY'S HAIR COMPANY

MEN • WOMEN • CHILDREN

Creative Hair Styling
Professional Coloring
Highlighting
Hair Extensions
Perms
Waxing
Make-up Artistry



VINNIN SQUARE
SWAMPSCOTT

MON. THRU FRI.: 9-8
SATURDAY: 8-5

Walk-Ins Welcome 781.595.9312

Bring in this ad for 20% discount on
Hair Care products.

Rob Scanlan, CMS/MMS/ACMS

United States Master Marine Surveyor
Accredited & Certified Senior Marine Surveyor
United States, Australia, Canada and England
Registered Marine Expert Witness Litigation

781-595-6225 (office) 781-593-2711 (fax)

Serving Coastal New England, Cape Cod & the Islands

Email: yacht1ship@aol.com

Websites: www.mastermarinesurveyor.com

www.yachtsandships.com • www.bostonboating.com

Jesmond Nursing and Rehabilitation

271 Nahant Road
Nahant, MA 01908

Providing Rehabilitation Services,
Long-Term Care, Respite Care
and Hospice Care.

For information and / or admission,
call: 781-581-0420 • fax: 781-596-0878

Help Plant Beach Grass on Short Beach Nov. 3rd

Submitted by Mark Cullinan

What happened to the sand on Short Beach?

When I was young Short Beach was commonly referred to as Sandy Beach. Wind and coastal storms have eroded much of the sand between the Coast Guard Station and the business district. Wind is the biggest cause for sand erosion.

What can we do?

On Saturday November 3rd, from 9:00 a.m. to noon, we are planning to plant six thousand (Yup! 6,000), American Beachgrass plants and we need volunteers! Beach grass is clearly one of the most critically important dune plants. Its fast growing rhizomes can respond to the constantly shifting sands, enabling this species to serve as a significant sand binder. Come join us and help keep the sand on the beach.

November 9th Veterans' Day Reception

The 5th and 6th grade students of the Johnson School, are cordially extending an invitation to all Nahant veterans, relatives of veterans, current servicemen and servicewomen, friends, neighbors and citizens of the Town, to join in a reception honoring all who have so valiantly served our country. This celebration will be held on Friday, November 9, 2007, from 12:30 – 2:00 p.m., in the school cafeteria.

The program will consist of patriotic songs, poems and choral readings, performed by the students. The audience will also be treated to a choral presentation by the North Shore Songsters of the Marblehead JCC, under the direction of Mr. Victor DalPozzal. There also will be plenty of opportunities to reminisce and share warm camaraderie.

The students are eager to honor all of the Town's veterans, at this very special 9th annual Veterans' Day event.

Any questions regarding the reception, may be directed to the Johnson School office, at 781-581-1600.

Veterans Day Memorial Service November 11th

Submitted by Peter Przybycien, Vice Commander, Post #215

The Nahant American Legion Post #215, in junction with the Nahant Veterans Association, would like to invite all members of the community to join us for a Memorial Service at the Grennlawn Cemetery and the Veterans Memorial Park, on Veterans Day, Sunday, the 11th of November. For those interested in joining us, please assemble at the Legion Hall located at 5 Coolidge Road, Nahant, at 10:15 a.m., on the morning of the 11th. This is a rain or shine event.

There will be a short procession from the Legion Hall to the cemetery. At 11:00 a.m., there will be a brief service honoring our fallen Veterans at the Cemetery, followed by a reading and wreath laying at the Veterans Memorial Park. We will then return to Legion Hall, where light refreshments will be served.

We are very pleased to have the Nahant Boy Scouts join us this year and would encourage other community groups to participate, as well. If you are interested in actively participating in the days events, please feel free to come to our monthly meeting, which will be on Tuesday, the 6th, of November, at 7:00 p.m., at the Legion Hall, or call Peter Przybycien, at (781) 593-2511.

Marine Science Center Evening Lecture Series

Mark your calendars and plan to attend an early evening lecture at the Marine Science Center at Northeastern University, at East Point, on Tuesday, November 6th, beginning at 7:00 p.m. "Restoring New England's Ocean Legacy and the Role of Conservation Areas," by Dr. John D. Crawford, is the topic for this month's Lecture.

Dr. Crawford will talk about the waters off New England - the ocean wildlife, the long history of human exploitation, and ongoing efforts to restore ecological health of the region. Dr. Crawford is Senior Scientist at the Conservation Law Foundation, where he has headed up the Initiative on Marine Ecosystem Conservation. He has worked with US and Canadian scientists, to identify priority areas for conservation in the Gulf of Maine region and waters off Nova Scotia. He will present the important role that ocean conservation areas can play in the recovery of ocean wildlife populations and the resilience of ecosystems.

This will be the second program of the season in the Marine Science Center's evening lecture series. Lectures are free and open to the public.

Light refreshments are served at 6:30 p.m. and the presentation begins at 7:00 p.m.

November 2nd Free Breakfast at the Village Church Crossing the Atlantic Ocean

Cal and Marrit Hastings will give a presentation on the above topic at the November 2nd breakfast, at the Nahant Village Church and explain why a different crew cooked and served the breakfast in October.

The free breakfast is served at 8:00 a.m., with the presentation to follow, at 8:30 a.m. Please come for a great breakfast, camaraderie and an informative talk. Bring along one or more friends!

Advance tickets for the Annual Ham and Bean Supper, scheduled for Saturday, December 1st, will be on sale at the November breakfast. Advance tickets are priced at \$8 for adults and \$4 for children under 12. Tickets can also be obtained by sending a check payable to the Nahant Village Church, to The Hastings, 42 Nahant Road.

The next breakfast will be held on Friday, January 4th, 2008.

The Angel Fund

George and Cynthia Mazareas will host the 3rd annual, Gathering of Friends to Benefit ALS Research, on Saturday evening, November 3rd, at 7:00 p.m., at the Nahant Country Club. This fundraising event will feature live and silent auctions, music, food and a cash bar. Tickets are \$25 per person. This event will benefit The Angel Fund's research for a cure for ALS (Amyotrophic Lateral Sclerosis), at the Cecil B. Day Neuromuscular Research Center, at the Massachusetts General Hospital.

According to the organizers, the November 3rd gathering will not only raise money and awareness for ALS research, it will be the kick-off to the Angels Over Boston Night of Rock 'n Roll and Comedy, which is planned for Fall 2008.

George Mazareas, the former Director of Economic Assistance for the Commonwealth of Massachusetts and a former member of the Lynn School Committee, was diagnosed with ALS in the spring of 2003. George and his wife, Cynthia, have worked tirelessly to increase awareness about the disease, while helping raise money for research, through The Angel Fund.

In addition to his efforts on behalf of The Angel Fund, George has a long record of service to his community. He has served on numerous boards and committees, including the Board of Directors of St. George's Greek Orthodox Church, the Lynn Community Credit Union, the Greater Lynn Area Chamber of Commerce and the Lynn Image Committee. He was twice elected to the Lynn School Committee and has served as Co-chairman of the Massachusetts Family Literacy Consortium. George has volunteered countless hours to youth programs, charitable events, adult literacy initiatives and to helping those around him in need, whether on an individual basis, or within the community at large.

For tickets or more information about the Gathering of Friends to Benefit ALS Research, please call Bill McDonald, at (617) 784-4820, George Bakas (617) 417-3271, Nick Pimpas (617) 308-6924, Andy Papagikos (617) 312-0727, or go to The Angel Fund website at theangelfund.org. For info. about The Angel Fund, or the Cecil B. Day Neuromuscular Research Center, at Mass. General Hospital, please call (781) 245-7070.

Thanksgiving with Big Ryan at the Nahant Library

The Nahant Public Library presents "Big Ryan's Tall Tales," on Wed., Nov. 14th, at 3:00 p.m. All children with parents are welcome.

The Nahant Public Library is grateful to the Friends of the Library for funding the program. Admission is free.

Submitted by Rita Stepanova, Children's Librarian

Decorator for a Day at the Nahant Public Library

On Design Magazine's "Designer With a Heart," Bernice Nowack, will present her interactive program at 3:00 p.m., Sunday, November 4th, at the Nahant Public Library.

Before moving to Marblehead, Nowack operated her own design firm for 20 years in the state of Florida, giving many successful seminars there and on cruise ships. She will discuss the personality of color, room arrangements, accessories, how to use what you own and more. She encourages her audience to participate in all of her seminars.

Numerous illustrations, examples and a DVD, help Nowack explain her methods and rationale. Join Bernice at the Library and learn how to revive the look of your home.

"Decorator For a Day" is sponsored by the Friends of the Nahant Public Library. Admission is free and refreshments will be served.

DOWNTOWN

BISTRO & WINE BAR

NOW OPEN FOR LUNCH
Tuesday through Friday, 11:30 to 2:00
Prime Rib Special every Sunday night.

"There are plenty of places on the North Shore to go for a good meal. But if you want to get a great meal, the list is small. Fortunately, we can now add another name to that select list: the Downtown Bistro and Wine Bar."

Open nightly at 5:00. Closed Mondays.

For Reservations, please call...

781-593-3111

Walk-ins also accepted.

Downtown Bistro • 191 Oxford Street • Lynn

Whirlpool Gas Clothes-Dryer

Heavy Duty "Special Edition" series.

Seven years old and just serviced.

Free to a good home; just pick it up.

Rob Scanlan, Nahant, 781-595-6225

AVALANCHE

FACTORY OUTLET

40-75% OFF RETAIL **WE'RE BACK!** **WITH SUPER PRICES!**
ADULT CHILDREN
INFANT

MON-FRI: 10AM-5PM
SATURDAY: 10M-4PM

STARTING OCT 28TH
SUNDAY: 10AM-3PM

DISCOUNT SPRING AND FALL ITEMS - NEW WINTER ITEMS

DON'T MISS OUT!

J.B BLOOD BUILDING
20 WHEELER STREET
LYNN, MA. 01902

PLEASE TAKE ELEVATOR OR STAIRS
TO 3RD FLOOR.

\$5 OFF
NEW WINTER ITEMS
PRICED \$25 OR MORE
ONE COUPON PER PERSON



**Captain Wolf Limo
&
Executive Car**

Executive Car and Limousine for all occasions

"If we don't have the car or limousine that you want, we'll find it for you. Then we'll give you one of ours for half price."

** Use our half price limo the same day as the limo we find you, or within a week of the event date.*

Cell: 1-978-828-5750 • Local: 781-477-2722

www.cptwolflimo.com



The **Anchorage**
Luxury Apartments
Nahant • 781-581-8888



Thai Thani Restaurant
in Swampscott-by-the-Sea
Authentic Thai Cuisine
Lunch • Dinner • Take-Out • Full Liquor License
Try Goldie's Delicious Mai Thai cocktails.

Functions Available We can cater your next party. Gift Certificates Available Closed Mondays.	Hours: Tues-Fri Lunch: 11:30 - 3 p.m. Dinner: 3 - 10 p.m. Saturday: 11:30 - 10 p.m. Sunday: 4 - 9 p.m.
--	---

408 Humphrey Street, Swampscott, MA 01907
781-596-1820

Become a home-delivery subscriber. Your \$20 will help defray the cost of home delivery. Thank you.



Christine M. Menzies
Owner

"Frame Your Family!"

HOURS: Wed, Thur, Fri: 1:00 - 7:00 p.m.
Sat: 10:00 a.m. to 5:30 p.m. Sunday: noon to 4:00 p.m.
402 Humphrey Street, Swampscott, MA 01907
781-592-1033

Nahant Residents
CAR SERVICE

24-Hour Taxi Service
From Nahant and surrounding areas,
to Logan and back



24-hours, 7 days/week
Taxi Service
to Logan Airport
Only \$41
with 24-hour notice.

Flat rate to downtown Boston. Corporate Accounts Welcome. Call for information.
781-284-5300
Supermarket • Hospital / Clinics • Mall
Airport Services • Scheduled Pick-Ups

Nahant Woman's Club News

American Home Day: The Nahant Woman's Club will hold a chowder luncheon on American Home Day, Tuesday, November 13, from 11:30 a.m. to 2:00 p.m., at the Nahant Village Church. A presentation on "The Mission and Work of the Chelsea Soldiers' Home" will be given by John Davis, Director of Therapeutic Recreation and Volunteer Services. Desserts will be compliments of the Nahant Woman's Club Executive Board and Board of Directors. Hostesses are Margaret Piccola, Judy Robidoux and Becky Richardson. The invocation will be given by Molly Conlin.

The Nahant Woman's Club has a long tradition of support for the Chelsea Soldiers' Home, which stands prominently on a hilltop, overlooking Boston. Every year, the Woman's Club combines its American Home Day celebration with a Veterans Day commemoration, by making donations and bringing gifts for the veterans at the Soldier's Home. Members are asked to bring white socks, greeting cards, stamps and toilet articles to the November 13th meeting, as gifts, to thank these men and women, who have given so much to our country.

Volunteers Needed! Woman's Club members are asked to step up to the plate to help with a couple of projects:

* **Beach Grass Planting.** Saturday, November 3, 10:00 a.m., Short Beach. Volunteers needed to help plant beach grass to stop erosion on Short Beach. The Town of Nahant is coordinating the project and will furnish starter plants. To sign up, call Mark Cullinan, 781-581-9927; email TNahant@aol.com.

* **Holiday Fair.** Saturday, November 24, Nahant Town Hall. A great place for everyone to do holiday shopping! Local artists and crafts people as well as community groups like the Nahant Woman's Club and the Nahant Garden Club will be selling their wares. Woman's Club members are asked to bring homemade baked goods for the bake sale, with proceeds to benefit the Woman's Club scholarship fund. Raffle tickets for an original Nahant scene painting by Carolyn Jundzilo-Comer will be for sale, with the drawing to take place at our February event. Call Marrit Hastings, 781-581-5691; email calhast@hotmail.com

Reservations Still Available: It's still possible to sign up for the December 11th Holiday Party at the Johnson School and for the January seminar, "Living Harmony: Taking You from Chaos to Calm." Please send checks, as soon as possible, to Marrit Hastings, Treasurer, Nahant Woman's Club, 42 Nahant Road, Nahant 01908. Cost is \$10 for the Holiday Party, which includes the catered luncheon. The January seminar is \$20.

November Garden Club News

All gardening enthusiasts are invited to attend the Nahant Garden Club's upcoming program, at noon, on Thursday, Nov. 15, at the Nahant Village Church. At that time, the Club will be sponsoring a program about Feng Shui, the Chinese art of positioning objects based on negative and positive energy flow. Garden Club member, Patricia Lev, will present this informative and entertaining talk which will focus on the more spiritual side of Feng Shui. The hostess for the program will be Marie Ford. Members are welcome to bring guests (guest fee is \$5).

Later in November, the Club will hold its annual Greens Workshop, in preparation for the December Greens Boutique. Co-President Nancy Whitman will host this workshop, on Thursday, Nov. 29, at 10:00 a.m., at her home. Chairman Marie Ford and her committee will lead the workshop. As in years past, hardworking members of the Garden Club will create beautiful items, which will be sold during the Boutique event. All attending are asked to bring their own tools and lunch, as well as their ideas for wonderful greenery!

Submitted by Suzanne Hamill

Garden Club Review

THANK YOU residents, visitors and guests for your support and generosity that made our September Garden Tour a success. All 13 gardens were lovely and each one different. The owners have a lot to be proud of, as they maintain their own gardens. We thank them for sharing their gardens for all of us to see and enjoy. The proceeds are for Civic Beautification and our Scholarship Fund.

September 27, we completed landscaping the Gazebo on Bailey's Hill. It is a lovely area to take a walk and enjoy the open space that we are most fortunate to have in Nahant. Our next meeting will be November 15, at the Nahant Village Church, at noon. Patricia Lev will present a program on "Feng Shui," based on negative and positive energy flow. Guests \$5.00.

The Nahant Garden Club members wish all of you a wonderful Thanksgiving.

Submitted by Carmella L. Cormier, recording secretary

Santa Parade Update

Hi Everyone! Happy November! Just a reminder: This year's Santa Parade will be held on Saturday, December 22nd, at 6:00 p.m. Get your plans started! Hopefully, the weather will continue to cooperate and we will have another great parade to kick off the Holidays for all. The Parade Fundraising Event will be held at the Tides on Saturday, December 15th, so come and have some fun and help us raise money for the needy and scholarships for our graduates.

We will be decorating the Town on the weekend of November 23rd through 25th. Everyone is welcome to come and give a hand, if you are available that weekend. Give Roz a call for details, at 781-581-1034, or at the station, 781-581-1212.

The Raffle tickets for the cruise to Bermuda on July 27th, 2008, are on sale now at \$10 each. Only 500 will be sold. The winning ticket will be drawn at the fundraiser, in December.

Thank you for all your support in years past and future. Since the start of the Parade 12 years ago, at least 30 Nahant students have benefited from the parade scholarships and \$10,000 has been donated to the Item Santa, to help give gifts to needy children in the local communities. Donations for this year's parade can be sent to the Equitable Bank, 28 Nahant Rd., made out to Nahant Santa Parade. THANK YOU, THANK YOU, THANK YOU! Lets keep the tradition going!

Submitted by Roz Puleo

Gospel Concert

The Follow Hymn Interfaith Choir will be celebrating its seventh year anniversary by performing in a concert entitled, Raisin The Praise. Singers from the North Shore, including members from Lynn, Swampscott, Topsfield, Marblehead, Beverly and Danvers, will perform at the Zion Baptist Church in Lynn, on Friday, November 2nd and Saturday, November 3rd, at 8:00 p.m.

Tickets for adults are \$20, in advance and \$23 at the door. Children under 12 years old are \$10 at the door. More information is online at www.followhymn.org. To reserve tickets, call Virginia Peacock-Makkers, at 781-953-1849.

The Follow Hymn Music Ministries has a mission of bridging communities using music as the universal language. Over the past seven years, the choir has held several Coffee House performances, at Lynn Arts. They also have had an annual Gospel and Jazz Brunch at Angelica's, in Danvers. For the past four years, the choir has performed at the Martin Luther King Day Diversity celebration, at the Danversport Yacht Club.

The Follow Hymn Music Ministries is committed to promoting cultural enrichment, spiritual uplifting, multicultural education and community experience utilizing gospel, spiritual and inspirational music. It is also committed to using the power of music through song, movement and spoken word, as a tool to bridge cultural gaps and provide greater understanding and awareness of all people. The Follow Hymn Interfaith Choir, itself, is made up of men and women from a diverse set of religions and ethnicities, that join together in song. Members come from Lynn, Swampscott, Marblehead, Topsfield, Salem and other North Shore Communities.

Submitted by Alvah Parker

St. Stephen's Church Presents THE FAIR Nov. 17th

Mark your calendars! Saturday, November 17th, is the date for "THE FAIR" at St. Stephen's Memorial Episcopal Church, on Lynn Common. THE FAIR is open from 9:00 a.m. to 3:00 p.m. In addition to Hand Knits, Cookie Walk & Bake Table, Jewelry and Christmas Crafts, more than \$10,000 in raffle prizes and Silent Auction items will be given away!

The Grand Prize is six nights/ seven days accommodations at a private resort in Kissimmee, Florida, near all Orlando attractions. Theme park tickets will be included.

Two Patriots tickets to a December game will also be awarded to a lucky winner.

Breakfast, lunch and snacks, will be served at our famous Steve's Bistro, with take-out available.

Crafters are invited to purchase a table, by calling the Church office, at 781-599-4220. Plenty of free parking and kids are welcome!!

Submitted by Ruthanne Switzer

SOUNDREAMS MUSIC

LESSONS: Piano, Voice, Guitar

• All Styles & Levels • Patient • Experienced • Berklee Alum

LIVE MUSIC & PERFORMERS

Weddings~Receptions~Parties • Piano/Vocal Duo

• Piano/Vocal/Bass Trio • Folk/Country/Blues Band

617.699.6243 • kelly-riley@usa.net

The Harbor Review needs YOU!

Join the Harbor Review Delivery Crew!

Call Donna, 781-592-4148.



Free Estimates

A Touch of Class

Cleaning Services

Homes • Apts • Offices

DEBORAH L. HUNTER

781-367-3010

Please patronize our advertisers.

Thank you.

Daras Framing

Preserve timeless memories.

Call Kosta for all your
Custom Framing.

Kosta Daras
781-599-6897

17 Simmons Road
Nahant, MA



"I'd Like To Rent You A Nahant Safe Deposit Box"

I'm Lori Appolloni, Assistant Manager of Equitable Bank's Nahant Office.

I'd like you to know that we have a variety of small, medium and large size safe deposit boxes available for rent, starting as low as \$35 a year.

For further information, or to reserve your personal Safe Deposit Box, please call me at 781-595-1990.



Member FDIC
Member SIF

28 Nahant Road, Nahant
www.equitablebank.com



Nahant Council On Aging Receives \$15,000 Grant from GLSS Will Support Community-wide Effort to Improve Home Safety and Prevent Falls Submitted by Margaret Gilligan, GLSS

The Nahant Council on Aging has been awarded a \$15,000 grant from Greater Lynn Senior Services (GLSS) and will use the funds to establish a Home Safety and Fall Prevention program, aimed at residents over age 60, in conjunction with several community partners, including VNA All Care, the Nahant Police and Fire Departments and the Lions Club. "I am extremely pleased that we were the recipient of this grant," said Joseph Sherber, President of the Nahant Council on Aging (NCOA). "We have a lot of seniors in Nahant and our hope is that many will be helped by this program."

"We are very happy to be able to jump-start this important program," said GLSS' Executive Director Ron Airey. "Our mission is to help seniors remain living independently, safely and with dignity, in the community, and this fall prevention program will really put our mission into action in Nahant." The competitive grant was offered to the Councils on Aging in Lynn, Lynnfield, Nahant, Saugus and Swampscott, who were asked to submit proposals in conjunction with one, or more, community partners, to develop a program, or programs, related to housing affordability, mental health needs of seniors, and minority outreach—three major goals established in the Agency's most recent Area Plan on Aging, submitted to the state in 2006.

Emily Potts, Treasurer of the Nahant COA, says that the idea for a program like this came to her, after learning that a neighbor had fallen in her home and had been hospitalized. "We did some research and discovered, that one of the major factors preventing seniors from maintaining their independent living situations, is often the result of a fall that requires hospitalization, with the patient then being discharged to a skilled nursing facility, intermediate-care facility, chronic-care hospital or rehabilitation hospital," she says. In fact, Potts learned that Nahant has a higher-than-average fall rate, requiring hospitalization, for people age 60 and older. In the past year, 75% of Nahant seniors who experienced a fall requiring hospitalization, were unable to return home.

"This was very compelling evidence to us that more needed to be done to prevent falls in the first place," Diane Desmond, Executive Director of the Nahant Senior Center notes. "For most Nahant seniors, the most cost effective—and most desirable—living situation is to remain in the home that they most likely own, rather than moving to a nursing home, or other institutional setting."

Once the need was established, the Council on Aging's Board of Directors looked around to see how they could tie into and build upon programs and efforts, already in place, to address home safety, specifically geared toward senior citizens. They approached VNA All Care, the Lynn-based non-profit that provides in-home health care services, which agreed to provide home assessments—something they routinely do for seniors at risk—to any resident age 60 and over requesting one. "From there, we found that we could partner with some great local organizations and build on several existing Town efforts to offer seniors a comprehensive home safety and fall prevention program," Desmond says.

As is typical in a close-knit community, like Nahant, there was lots of interest in helping out. The Police Department, under the direction of Chief William F. Waters, offered to promote the home-safety and fall-prevention program, through its "Are You Okay?" program, which makes regular telephone calls to check in on at-risk seniors. The Fire Department, which already works with the Senior Center, to provide home-safety education and to distribute and install smoke detectors and alarms, also agreed to provide information about the program.

"As the ambulance service provider to the Town, we see first hand the detrimental effects of falls in the elderly," said Fire Chief Robert Ward. "We will definitely encourage seniors to participate in the program."

And, the local Lions Club offered to bring the Eye Mobile to Town to do vision checks. "We understand that poor vision is an important factor in contributing to falls in the elderly," Perry Barrasso, President of the Nahant Lions, says. "Our members are also willing to volunteer to help seniors



with some household tasks which may be recommended, such as moving items, to form a clear walkway or egress."

"Our purpose in offering the grant was to assist our Councils on Aging to develop programs, that will help us reach our goals and improve the lives of seniors, at the same time," said GLSS Planner Ann Miller. "We received three really good proposals—we would have liked to have funded them all." Ultimately, Nahant won out, she says, due to the level of detail and the strong community need presented. "You cannot imagine how important this is to our small council and community," Desmond says. "We are very grateful to GLSS for providing us with this opportunity."

Created in 1976, GLSS is a non-profit human service agency, federally designated as a regional Area Agency on Aging and state certified as an Aging Services Access Point. Every year, GLSS helps thousands of seniors in Lynn, Lynnfield, Nahant, Saugus and Swampscott connect to the services they need—information, home care, meals, transportation, advocacy, housing, and more. For more info., call GLSS at 781-599-0110 or visit www.glss.net.

Photo: From left to right, Diane Desmond, Executive Director, Lynn COA, Ruth Brownell, Joyce Loguercio, Milton Goode, member of GLSS and Nahant COA Board of Directors; Florence Spinney and Emily Potts, Treasurer, Nahant COA.

This fall, we want to make sure *you don't*.

Home Safety/Fall Prevention Program

The Nahant Council on Aging, in partnership with VNA All Care, the Nahant Police and Fire Departments, and the Nahant Lions, will be offering free, in-home safety assessments to Nahant senior citizens to reduce risk factors for falls in the home through a grant from Greater Lynn Senior Services. *Congratulations!*

For more information, call the Council on Aging at 781-581-7557.

GLSS Greater Lynn Senior Services

8 Silsbee Street, Lynn, MA 01901

LYNN • LYNNFIELD • NAHANT • SAUGUS • SWAMPSCOTT



Greater Lynn Senior Services is a non-profit human services agency serving those over 60 and the disabled in Lynn, Lynnfield, Nahant, Saugus and Swampscott. Services are either free or affordable. Let us know if we can help you or a loved one.

Tel 781-599-0110 Toll Free 1-800-594-5164
TDD 781-477-9632 www.glss.net

Nahant Residents Honored at All Care Hospice Volunteer Dinner

Non-profit, All Care Hospice, hosted an appreciation dinner, to honor its hospice volunteers, on September 20, 2007, at Spinelli's, Route 1, in Lynnfield. Among the 25 All Care Hospice volunteers honored, were Nahant residents, Diane Desmond and Molly Conlin.

"It is with great pleasure that I salute All Care Hospice volunteers at tonight's event," said Shawn Potter, All Care President and CEO. "I am extremely grateful to all of you for your dedication, time, energy and expertise. With your help, we are able to bring compassionate care and support to the lives of those facing a life-limiting illness. On behalf of All Care Hospice and the communities we serve, thank you for your excellent work."

"All Care Hospice volunteers are not only uniquely caring individuals, they are an integral part of our organization," said Jessica Contarino, All Care Hospice Volunteer Coordinator. "Volunteers join us for various reasons. Be it the loss of a loved one and the

desire to help other patients and families approach the end-of-life, or to give back to the community in a meaningful way. At tonight's Appreciation Dinner, I am honored to acknowledge each and every volunteer's invaluable contribution, and to celebrate what they do for our patients and the community."

For more information about becoming an All Care Hospice Volunteer, please call Jessica Contarino, All Care Hospice Volunteer Coordinator, at 781-586-1608, ext. 510.

Photo: Nahanters Diane

Desmond and Molly Conlin, were among the All Care Hospice Volunteers recognized for their time, effort and compassion, at a special dinner sponsored by All Care Hospice of Lynn. Submitted by Lori Glennon



COA Notebook

The Council on Aging is very happy to be partners with the Nahant Fire Department, in offering free smoke alarms to Nahant Seniors. This has been made possible through a grant from the Massachusetts Department of Public Health Injury Prevention Program. These Smoke Alarms will be installed by our Nahant Firefighters, during the month of November, at no cost. We sincerely hope that many will take advantage of this opportunity to be safe, especially in the event of a fire. Please call Nancy Wilson at 781-581-0482, to add your name to the list, or for more information. The smoke alarm installation will be followed, in the near future, by a "Safety in the Home" project, through a very generous grant from GLSS.

Congratulations to Mary Jane English, who was awarded a 2nd prize at the Topsfield Fair, for a watercolor painting of a Nahant Scene. Mary Jane participates in the COA watercolor painting classes on Wednesdays.

November 3rd will see us traveling to Windham, New Hampshire. The Searles Castle will host a Floral Showcase. The rooms of the castle are all decorated by various florists and there will be floral items and homemade baked goods to purchase, as well as raffles. Please join us.

A Foxwoods trip, with the Swampscott COA, is scheduled for November 7th.

A representative comes from TRIAD (sheriff's office) comes to the center once a month, to address any criminal, or safety issues.

We are hoping to start an exercise program for seniors, please let us know if you are interested, so that we can make plans. As usual, we are looking for volunteers, HELP!

Call us for information, times and dates for our programs and trips, as they could be subject to change. Call Diane at 781-581-7557.

HAPPY THANKSGIVING TO ALL!

Plan to attend and shop at the Annual Nahant Crafters Holiday Gift & Craft Fair, on November 24th, at Town Hall, from 9:00 a.m. to 3:00 p.m.. Help Support Nahant Artisans & Crafters and the Nahant Woman's Club!

TOWER SCHOOL OPEN HOUSE

Tuesday, November 13, 9-11 a.m.
Wednesday, November 14, 6-7:30 p.m.
Wednesday, December 12, 9-11 a.m.

75 West Shore Drive, Marblehead
781-631-5800 • www.towerschool.org

Come see our new academic wing and performing arts center, tour classrooms, meet parents and faculty, and learn more about Tower School!



Tower School is a co-educational, independent day school for grades pre-k through eight. We welcome applications for all grades. Financial aid is available.

Nurture. Challenge. Inspire.

Bayside of Nahant

1 Range Road • Function Hall

Specializing in affordable oceanfront...

**Now Booking
for
2008 Season**

- weddings
- showers
- anniversaries
- bar / bat mitzvahs
- birthdays
- banquets

www.baysidefunctions.com

**Call 781-592-3080
to book your next celebration!**

**There's a
NEW Drycleaner
in Nahant!**

Robert's Cleaners

157 Nahant Road, Nahant

Cleaning Experts Specializing in:

Drycleaning	Shirt Laundry
Suedes & Leathers	Wedding Gowns
Spreads & Comforters	Draperies
Alterations & Repairs	Wash-Dry-Fold
Shoe Repair	Storage

**\$5.00
Free Drycleaning**

Present this coupon with
Incoming drycleaning orders only, no minimum.
Laundered articles excluded, expires November 30, 2007.

Robert's Cleaners, Inc., Nahant, 781-593-3417

**Robert's Cleaners/Toomey's Cleaners
Lynn • Middleton • Nahant • Peabody**

For Better Living

Singing Lessons
Donald Wilkinson, baritone
Classical, Opera, & Musical Theater
Teens to Adults welcome
781-593-4936 www.donaldwilkinson.com



DANCE
dimensions

REGISTER NOW
for Fall Classes

Children
Creative / Ballet
Tap / Jazz / Hip Hop
Gymnastics / Irish Step



Adults:
Stretch & Tone,
Tap, Ballet, Modern &
Ballroom

sallee@dancedimensions.org

For More Info, call
781-599-1476

Wedding Prep • Private Lessons & Personal Training

Designs by Donna Lee
Heirloom Quality Jewelry

To view in the privacy of your own home,
or to book a jewelry party for the holiday
season (believe it or not, now is the time to
plan), please call for an appointment:

781-581-0158

Designs by Donna Lee • Donna's Treasures • Nahant, MA

Ice Skating Classes at 13 Rinks

Children (4-1/2 up) & Adults
BAY STATE SKATING SCHOOL
NEW CLASSES TO START!

LYNN CONNERY RINK, Sundays, 1:40 p.m.

REVERE RINK, Saturdays, 4:00 p.m.

\$10 OFF for NEW students (Lynn & Revere Rinks Only)

Call to
Register!

781-890-8480

www.baystateskatingschool.org

39 Years
Experience!



Sacred Heart School's
Polar Express
is coming back to Lynn!
Leaving from Lynn MBTA Station

December 9, 2007

Tickets Available Soon!



Sacred Heart School
581 Boston St.
781-595-2593

Tips to help us all lose

by Sallee Slagle, Director, Dance Dimensions

As we get older, our metabolism slows down and on average, we gain 1-2 pounds a year, if we don't adapt to counteract this natural effect. It's no wonder that with our more sedentary lifestyles, statistics show more of us are overweight. The government health organizations are concerned. A recent report by the Center for Disease Control (CDC) reported more than 64% of all Americans are overweight, including over 32% who are considered obese. The FDA is calling it an epidemic. The CDC shows that poor diet and inactivity are running a close second to smoking, in the list of preventable health risks. Activity recommendations for adults are moderate intensity for 30+ minutes, five times a week, or vigorous intensity for 20+ minutes, three times a week.

There is no substitute for the simple formula, that calories in must equal calories out, in order to control weight. The corollary to this is, of course, calories in must be less than calories out in order to lose weight. Something most of us have tried to do and many of us have tried many times and ways, but still battle the bulge.

To see quick results, we often try dramatic actions and radical lifestyle changes, that are difficult to maintain. Even if we are successful, research shows that weight loss is often regained, in less than a year. Although you may not see dramatic results immediately, small changes can result in maintaining your healthy weight, or even help you lose some, to reach a healthier level.

Just by eliminating 100 calories a day, will help you maintain your current weight, but decrease calorie intake by 250 and pair it with a brisk walk for 30 to 45 minutes each day and you will lose about a pound a week. This can be done by just changing what you drink. Drink more water and less sweetened drinks. I personally avoid diet drinks and any artificial sweeteners.

Eat apples. Residents of a small town in Washington lost an average of 17 lbs. each, in 3 months, by balanced eating, exercise and an apple at every meal. Eating an apple before meals adds fiber to your diet and helps you control your appetite, as you feel full sooner. Okay maybe before every meal may seem too much, but try at least one-a-day! Even try juicing fresh apples, if you have a juicer, or create fresh "applesauce" in a food processor.

Add nuts to your diet. A Harvard study showed that a handful of nuts, included in a balanced diet, helped keep weight off participants. Remember nuts have heart-healthy fats. To keep portion control, count 15 almonds or cashews, or 30 pistachios.

Start with salads. Women who had a salad 20 minutes before their meal ate fewer calories. Of course, use low-fat or low-cal dressings. If you have dressing on the side try putting your fork in the dressing first then add salad or simply sprinkle w/ lemon juice or balsamic vinegar.

Drink more water. Your body often confuses thirst for hunger. Try drinking water between and before meals. Try adding a twist of lemon or lime, to give it more appeal. If you like bubbles, get seltzers or club soda. Watch out for sucrose, fructose and other sugar additives in your bottled drinks. Sports drinks also hide calories.

Watch out. The fancy coffees and teas often have high calories. A 16-oz Starbucks Café Mocha is 400 calories! That's equal to a grilled chicken sandwich!! Find low-cal ways to add flavor, or spice, like fresh mint in iced tea, or steamed skim milk, with a dash of cocoa powder on top.

Eat yogurt daily. A Tennessee study found that the group cutting 500 calories and including yogurt 3 times-a-day, lost more weight and body fat, than the group just cutting calories.

Do you get tempted at work, by the vending machine, or other goodies? Why not start a community fruit bowl, to help give you and your coworkers a healthy choice.

Move more. If you sit at work, move more. Do some work while standing, or walking. Fidget more. Take a walk while talking on your cell phone. Just keep moving.

Eat breakfast. It has again been proven, by a study at Harvard, that those who eat breakfast everyday, cut their chances of becoming obese by 35-50%, as well as lowering their chance of developing diabetes. Whole grains in cereals and oatmeal have fiber, which helps control appetite. Choose whole-grain breads. The fiber in whole-grain breads can suppress appetite the same as cereals. Take care to check for whole grain as the first ingredient, as many multigrain breads are often no better than white. Each slice should have at least 2 grams of fiber.

Sleep well. Lack of sleep and stress can cause cortisol, the stress hormone levels, to be high. Cortisol regulates appetite and raised levels can cause bingeing and inhibit the body from burning carbohydrates. This translates into more stored body fat. Pump it up! Muscles burn more calories than other tissues. Do weight-bearing exercises, walking, running, press ups, calisthenics, dancing, even windsurfing. Anything to build your muscle tone. More muscle means you burn more calories sitting and even sleeping! Keep active and stay well. I hope these simple ideas help you to achieve and maintain a healthier lifestyle.

Tune-Up Your Body For Winter

Submitted by Susan Cadigan, LMT, NCTMB

Therapeutic massage can help boost energy and immunity. The lymph system is the body's filter system, that removes cell waste, proteins, excess fluids, viruses and bacteria. When the lymph system is functioning well, we feel healthy and have a strong defense against illness. When the lymph system is sluggish, or blocked, we can have swelling, feel tired and may be more susceptible to colds and infections.

Massage is especially beneficial in winter, when activity, circulation and metabolism may be slower. Acting as a "mechanical cleanser", massage moves lymphatic fluids to help with the elimination of wastes and toxic debris, that builds up in the body. The improvement in blood and lymph circulation helps your body gain strength and maximizes your energy level and immune function. Massage opens and clears the pathways to better health and well-being.

Stiffness, joint and muscle pain seems to worsen in winter weather. The cold air acts on most of our bodies, by tensing up the muscles. This, in turn, can tense up the vascular system, which allows less blood and lymph flow, creating those aches, pain and stiffness. In cold weather, the body may circulate less blood to the peripheral areas (limbs), as a way of conserving warm blood around the heart. Some believe the barometric change in the environment, is involved in joint stiffness and pain. As a result of the decrease in circulation, coupled with external temperature factors, the skin gets colder in the winter. When the skin is colder, pain sensors work more. A good therapeutic massage will warm and nourish dry skin, loosen and heat up muscles and bones with enhanced blood flow, which will, in turn, alleviate some of the aches, pain and discomfort, that winter seems to magnify.

My goal at Nahant Therapeutic Massage is to provide quality, comprehensive massage therapy at affordable rates. I utilize various techniques that help reduce stress, chronic pain and discomfort and prevent muscle tension. Working within the holistic environment of Dr. Deborah Feinbloom's Nahant Natural Healing, I also focus to help promote wellbeing and a better quality of life. I use oils, lotions and creams that soothe and nourish the skin naturally. The massage products I use are of the highest, purest and gentlest quality possible. Besides the Pure Pro brand that I use for therapeutic massage, I use the Weleda brand. Weleda's motto is "In harmony with nature and human being." I believe our bodies and minds must be in harmony, to be balanced and well. My massages, that promote complete relaxation, are enhanced by essential oils, that take and lift the mind and spirit to the stillness and quiet that is needed to relax, breathe, feel better.

For your absolute comfort and care, this winter, I offer a heated massage table and special heat lamp to keep you warm, cozy and relaxed. The heated layer sits on top of additional layers of heaven in the form of fluffy, wool sheepskins, foam layer and fleece.

Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She is the proprietor of Nahant Therapeutic Massage, at Dr. Deborah Feinbloom's Holistic Nutrition and Cleansing, at Nahant Natural Healing; 41 Valley Road (The Community Center). Ms. Cadigan is also employed with Partners and provides therapeutic/deep tissue massage at NSMC Union/Salem Hospitals. She is a two-time cancer survivor. She can be reached at 617-240-4252.

Gliding Through Winter at the Lynn Connery Rink

Gliding on ice are Nahant residents, Jack McGuire and classmate, Jessica Nelson, who are practicing their new skills, taught by Jessica Russo, of the Bay State Skating School. Classes are offered for children and adults ages 4 ½ and up.

Whether you are a beginner skater, or know how to skate, but want to have fun, improve skills and learn something new, this class is the one for you.

The learn-to-skate programs are for boys, girls and adults who wear either figure, or hockey skates. At the Lynn Connery Rink, on Sheppard St., off the Lynnway, classes are held Sundays, at 1:40 p.m. and at the new Revere Rink, on Saturdays, at 4:00 p.m.

For more information on these classes, or those held at 13 other rink locations call: (781) 890-8480, or register online at www.baystateskatingschool.org.

Now in our 39th year! ICE SKATE AND FEEL GREAT!



Please patronize the advertisers of the Nahant Harbor Review. Thank you.

For Better Health

CENTER OF THOUGHT

Professional Hypnotherapy • Nahant, MA



Juliette Guidara

Call for a Free Consultation:

781-593-4222

www.CenterOfThought.com

Juliette@CenterOfThought.com

Certified Clinical Hypnotherapist

Certified, Complementary Medical Hypnotism

Certified, Removing Imprints

• Stop Smoking • Lose Weight • and much more •



41 Valley Road

Nahant, MA 01908

(781) 592-5500

www.drdeborahfeinbloom.com

info@drdeborahfeinbloom.com

"Check our web site to see the calendar of classes."

Nahant Therapeutic Massage

...relax, breathe, feel better...

Combining Swedish, acupuncture, deep tissue and other popular massage techniques to create a treatment just for you.



The Ultimate Gift:

Nahant Therapeutic Massage Gift Certificates

SPECIAL HOLIDAY SAVINGS

BUY ONE • GET ONE HALF OFF

(\$35 Savings/Limited Time Offer Expires 12/31/07)



SUSAN CADIGAN, LMT, NCTMB 617-240-4252

Nahant Therapeutic Massage • 41 Valley Road

Please patronize our advertisers.

Thank you.

NORTH SHORE PHYSICAL THERAPY

Highly-trained senior clinicians serving communities north of Boston for more than twenty-five years!

Marblehead

Marblehead Medical Bldg

1 Widger Road

(781) 631-8250

Swampscott

Humphrey Plaza

642 Humphrey Street

(781) 592-2773

NSPT presents SENIOR FITNESS

An individual approach with positive results at an affordable rate!

For more information, call:

Julie Valenti, CPT, PTA, Swampscott • 781-592-2773

Dan Staid, CPT, PTA, Marblehead • 781-631-8250

HOME IMPROVEMENT SERVICES



WILSON BROS. CONSTRUCTION
can improve your present home or
build your dream house with
quality work at a fair price.

Your Fine Home Deserves the Best!

581-1359

Fully Licensed and Insured • Mass. H.I.C. #104593

INSURANCE REPLACEMENTS • MIRRORS • TABLE TOPS
GLASS FOR EVERY PURPOSE • SCREEN REPLACEMENT
INSULATED UNITS & REPLACEMENT WINDOWS
GLASS FOR SHOWER AND TUB ENCLOSURES

McCarthy Glass Co., Inc.

AUTO GLASS • STORE FRONT CONSTRUCTION
PLEXIGLASS™ and LEXAN™

752 WESTERN AVE.
W. LYNN, MA 01905

(781) 598-5610
FAX (781) 598-6080

OVER 50 YEARS IN BUSINESS



**Edward
Poulin**

POULIN ELECTRIC CO. INC.

Stand-by Generator Installation • Electrical Construction
Residential • Industrial • Commercial • Marine
Voice — Cable TV — Computer

Master Electricians
License # A11221

Irving Way, Nahant, MA
Tel/Fax 781-581-1186

J.P. CONSTRUCTION CO.

Serving The North Shore Since 1980

GENERAL CONTRACTOR
Quality Building & Remodeling
Kitchens • Baths • Additions
• Decks • Roofing

LYNN
NAHANT

781-581-7077

LICENSED
& INSURED

MA CONSTRUCTION SUPERVISOR LIC. #049833 • MA HOME IMPROVE. CONTR. REG. #107527

GALAXY CONTRACTING, INC.

Painting • Decorating • Finishing
Kitchen & Bath Remodeling • Additions • Decks
Replacement Windows & Doors • Dormers
Tile • Carpet and Hardwood Flooring

“ONE CALL DOES IT ALL”

Protect yourself and your home.
Hire a registered and insured Home Improvement Contractor.

• HIC#152808 • CSL#086453

781-888-1111

stephen@galaxycontractors.com

Order Your
FIREWOOD
NOW
\$225 per cord

Robert Berry
57 Breezy Hill Terrace
Nahant, MA 01908
781-477-0601
1-978-740-0601

**Berry
TREE
SERVICE**

Removal • Pruning • Cabling
Planting • Fertilizing
Stump Grinding
Firewood
Land Clearing

Fully Insured Tree Care Specialist

ROOFS • SIDING
KITCHENS • BATHS

FULLY LICENSED
AND INSURED

M.S. CONSTRUCTION

*Quality Building & Remodeling
Residential & Commercial*

MARIO SPINUCCI
(781) 581-6266 Off.

12 Sunset Road
Nahant, MA 01908
www.msconstructiongc.com

MICHAEL RUSSO, JR.

PLUMBING & HEATING CO., INC.

COMMERCIAL/RESIDENTIAL, FIRE SPRINKLER WORK

“Serving the Nahant community.”

www.michaelrussoplumbing.com

TELEPHONE (781) 595-2732 • FAX (781) 596-2330

MICHAEL RUSSO, JR.
PRESIDENT

MASTER PLUMBER LIC. #8027
MASTER PIPE FITTER #24479
SPRINKLER CONT. LIC. #4462



**MICHAEL MCCLOSKEY
DESIGN GROUP**

ARCHITECTURE • INTERIOR DESIGN
86 Pleasant Street, Marblehead, MA 01945
Michael McCloskey • 781-631-3233

michael@michaelmccloskey.com
RESIDENTIAL DESIGN AND CONSTRUCTION
Visit us on the web: www.michaelmccloskey.com

HANDYMAN

“No Job Too Small”

Steve Lerman



Nahant, MA
781-592-3223

A Time To Give Thanks

November is here, fall is upon us and it's time for Nahanters to give "Thanks"...

"Thanks to the beach gods, who extended this year's beach season to mid October. If you missed it and thought summer was over on Labor Day weekend, you missed about 45 days of "Quality" beach time. Tudor and Short beaches were humming with "True Nahant Residents" who realized that during the period between Labor Day and mid October, the sun won't fry your kids and the water temperature is the best of the season! (Hey Nahanters, keep this our little secret. It's the only time of year the Short Beach parking lot is filled with "True Nahant Residents.")

The Tudor Cocktail Ice Company would like to give much-o, much-o "Thanks" to Tim Lowe, Scott Frary and the rest of the Town's DPW, who played a key role in the complete set up and clean up of the Mitchell's Cahnah block party.

"Thanks" to the Nahant Archeological Society, for mounting a commemorative plaque, honoring Dad's Mystical rooster, "Fandango," on the door of his original home, the stone house at the corner of High St. Ext. and Spring Road.

How about a "Thanks" to the grass-roots committee of volunteers, headed up by the Browns and DiGrandes, giving the kids in Nahant those fabulous playgrounds? That's how it's done people! Eight or ten couples get together, on a Friday night, over a couple of bottles of fine white, they converse and "WHA-LA!", they discover a need for the Town and how to get it done! You can only do that in a town of 3,700 people. Instead of complaining about things, you actually have the power to make a change for the better.

Speaking of the kids in Nahant, let's give "Thanks" to the committee who convinced Diane Hennessey to come back from retirement, on a temporary basis, to help restore sanity to one of our Town's crown jewels, the Johnson School.

As you all are aware, last year Diane and Peg Silva deservingly retired, leaving fond memories of not only great teaching and "Mental Math," but also, uncounted special student/Town "awareness" projects. Over the years, these projects gave our students their own Town identity and a sense of giving back, that will stay with them all the rest of their lives.

The Johnson School is also sporting a new, more visible and hands-on interim superintendent, named Joe Lisi. Mr. Lisi, along with two new kindergarten and one new third-grade teacher, is bringing our little school back to the warm and fuzzy place it always was.

Our 200+ kid's leave the town quick enough, once sixth grade graduation comes and it's so important for them to acquire Town pride and citizenship, before they make that trek across the causeway.

As my dad, Frederic Tudor always said, "Schools are what defines a town. Our students are our roots, that will spread throughout the world. So, plant them in large fields of knowledge and support and not little fields, where they might wither and die." (Evidently, Dad was way ahead of his time.)

Instead of complaining about our school, or choosing alternatives, why not take a tip from the grass-roots playground committee and volunteer your time by giving "positive" energy to that little brick school house and let's steer our kid's clear of life's "Littlefields."

Submitted by: Ophelia Payne Tudor, CEO, Tudor Cocktail Ice Co., Nahant, MA.

Parent Child Play Group at Nahant Community Center

The Parent Child Play Group, for children 5 years old and younger, has begun in the multi-purpose room at The Nahant Community Center, on Valley Road. The general hours for the play group are Monday through Friday, from 9:00 a.m. to noon and Tuesday through Friday, from 2:00 p.m. to 4:00 p.m. Please check the room schedule online at www.nahantpreservationtrust.org/calendar for additional availability.

Pre-registration is not 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 in the basement, at the back of the building and parents are required to sign in each time they attend.

Submitted by Carolyn Osbahr

HEY KIDS! EARN SOME FAST CASH!



The Harbor Review needs YOU! Join the Harbor Review Delivery Crew! Take a walk around your neighborhood and deliver a few papers one Saturday a month. Call Donna, 781-592-4148.

Please patronize our advertisers.

Wet Today ... Dry Tomorrow!

With Drying, Speed Matters!

Real Dry, Real Fast with New Thermal Energy Drying (Heat)
Means Less Damage and is Insurance Approved

Emergency Response • 24 hours
Direct Insurance Billing
• Fire, Smoke & Soot • Puffbacks
• Carpet Upholstery & Rug Cleaning

FOX 

Dick Fox, Nahant Resident
781-592-0552
Toll Free 1-800-369-4121

CLEANING & RESTORATION

35 Years Family
Owned & Operated

ENZO's NAHANT GARAGE

SERVING NAHANT & SURROUNDING AREA FOR 25 YEARS

• Air Conditioning
• Fuel Injection
• Automotive Diagnostic Specialist



• Vehicle Electronic Specialist
• Brakes
• ABS System

Manufacturers' Diagnostic Equipment On-Site

SERVICE FOR HALF THE DEALER PRICE

21 Spring Road • Nahant, MA 01908 • 781-581-0011

New Construction
Renovations
Siding
Decks
Walls & Patios
Windows & Doors



Michael Conley
Peter Conley
781-710-0644
781-842-3371
PO Box 22
Nahant, MA 01908-0022

"Quality you can trust."

Fully Licensed & Insured

info@pmconley.com • www.pmconley.com

Please patronize our advertisers. Thank you.

RESIDENTIAL & COMMERCIAL REMOVAL

We Take & Dispose Anything From:

Cellars • Attics • Also Demolition
Garages • Yards • Stores Etc.
• Reasonable Rates

Residential & Commercial • Dump Truck

ERIC Z

DISPOSAL & DEMOLITION



ROLL OFF CONTAINERS DUMPSTER SERVICE

781-593-5308

781-598-0646

www.ericzdisposal.com

781-321-2499

Lynn, MA

Fast & Dependable Service

Let's Green Up Nahant!

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

Safer Waters in Massachusetts (SWIM) Calendar - November/December 2007

Saturday, November 3 – Beach Grass Planting on Short Beach, Nahant. 10 a.m. Volunteers needed to plant beach grass to prevent erosion on Short Beach. Coffee and muffins provided by the Town. Sponsored by the Town of Nahant, Nahant Open Space Committee, and Safer Waters in Massachusetts (SWIM). For more info., or to volunteer, call Mark Cullinan, Town Administrator, 781-581-9927, or email Tnahant@aol.com.

Monday, November 5 – “No Discharge Area” Forum. 6:30 p.m., Nahant Town Hall. What would a local ban on boat discharge of wastewater mean, how would it work and what would it cost? Speakers from Massachusetts Office of Coastal Zone Management and U.S. Environmental Protection Agency. Coordinated by SWIM, the Town of Nahant, State Representative Steven Walsh and his Chief of Staff, Elaine Titus, of Nahant. Call Elaine, 617-722-2017; email Elaine.Titus@hou.state.ma.us.

Thursday, November 15 – Massachusetts Ocean Day. 10 am to 2 p.m., State House, Boston. Refreshments and lunch provided; all welcome. Leon Panetta will be keynote speaker. Mr. Panetta, former White House Chief of Staff to President Clinton and Congressman from California, served as chair of the Pew Oceans Commission. Massachusetts environmental groups, including SWIM, will be exhibiting in the Hall of Flags. Call Rob Moir, 617-661-6647; email robmoir@tiac.net.

Tuesday, December 4 – SWIM December Meeting. 7 p.m., Northeastern University Marine Science Center. On the agenda: Progress and problems in protecting the ocean and marine environment around Nahant and beyond. Call: Julie Arnold, 781-592-4514 or 617-309-7967; email juliefarnold@gmail.com.

To carpool from Nahant to events on the mainland, call SWIM at 781-581-0075, or email nahantswim@comcast.net.

Banned in Boston and Salem But Not In Between by Polly Bradley

Discharge of all wastewater from boats and ships—whether treated on board, or untreated—will soon be banned in Boston Harbor and Salem Harbor, as well as in Cape Cod Bay. The entire states of New Hampshire, Rhode Island and Connecticut already ban discharge within their three-mile limit.

There's a gaping gap in this protection: Nahant, Lynn, Swampscott, the southern side of Marblehead and the northern edge of Revere, are not included.

In a meeting being organized by State Rep. Steven Walsh and his Chief of Staff, Elaine Titus, of Nahant, an initial step is being taken to remedy this situation. On Monday, Nov. 5th, at 6:30 p.m., in the Nahant Town Hall, Town Officials, boaters, coastal environmental groups and concerned citizens, will come together to learn more about establishing a “No Discharge Area,” between Boston and Salem. The Town of Nahant and Safer Waters in Massachusetts (SWIM), are working with Rep. Walsh's office in coordinating the event.

Speakers will include Kathryn Glenn, North Shore Regional Coordinator for the Mass. Office of Coastal Zone Management (CZM); Todd Callaghan, Water Quality Specialist, CZM and Ann Rodney, of the Ocean and Coastal Protection Unit, New England Region, U.S. Environmental Protection Agency.

Many questions are still to be resolved and a lively discussion is expected to follow the presentations. What would a ban on boat discharge of wastewater mean, and how would it work? What is the cost? How important is it to have a No Discharge Area between Boston and Salem? What sort of applications are required and who would need to fill them out? How would a ban on boat discharge be enforced?

There are pumpout stations for boat wastewater discharge in Lynn and Salem. Would small communities have to set up new pumpout stations? A grant program might pay up to 75% of the cost of a pumpout boat, with an annual grant for maintenance. The pumpout boat could also be used by the Town harbormaster for other needs. Would that be cost-effective for the towns? What would a No Discharge Area mean for water quality and clean beaches? Would it help open up closed shellfish beds? Would it mean less fertilization for Nahant Bay's nuisance algae?

Find out the answers and add a few questions of your own, on November 5th, at the Nahant Town Hall.

For more info., go to SWIM's web page at <http://www.nahant.org/community/swim.shtml>. A map of Boston's No Discharge Area is included, as well as a map of Boston's outfall plume that includes information on the North Shore's tidal reach—the distance that the tides slosh in and out, during each tidal cycle.

Marram Grass and Rosa Rugosa

by Polly Bradley

Grass is easy to take for granted –
Like an old, steady, faithful spouse –
But the long strong roots of plain tall grass
In storms protect a beach or house.

Give only gentle, loving treatment –
And not too much reforming zeal –
Or you'll have fifteen years of ragweed
Before the painful scars can heal.

Marram grass stands dependable
When seas are high and winds are cold –
When summer's blossoms are long gone by
It waves like an ocean of green and gold.

And the beach roses? Like memories
Of secret moments that warm and delight
They hold the sands of time together
With soft, sweet smells of pink and white.

Don't disturb them – don't uproot them –
Though they may hide a bottle or stone –
Rosa rugosa and marram grass:
Bless them and leave them alone!

For Bob and Harriet Steeves,
May 1984
Nahant Selectman and
Nahant Town Clerk

Many Thanks to the Nahant Harbor Review Delivery Crew

Many thanks to the NHR Delivery Crew, who make it possible for YOU to get your Harbor Review as quickly as possible. Thanks to Laura Sipriano, Mary Cuddy Cormier, Will Letourneau, Susan Goudreau, Bumper, Matt and Ryan Gooding, Stephanie Lukes and Katherine Coffey. Everyone in Town, who gets the Review on their doorstep, owes you BIG THANKS! Without you, everyone would be picking up their Harbor Reviews at the local stores.

We still need a few more Crew Members. This is a great opportunity for kids to make some fast cash! Give me a call, Donna, 781-592-4148. I need help!



Independent Steam Trap Consultants, LLC (ISTC), a Nahant-based corporation, was established in 2006 to assist clients with aggressive goals to reduce Energy Consumption and Greenhouse Gas Emissions. Clients include the US Department of Energy, the Commonwealth of Massachusetts, Division of Capital Assets, Siemens, Honeywell, Ameresco, NSTAR and Johnson Controls.

Independent Steam Trap Consultants, LLC • 143 Nahant Road • Nahant, MA 01908 • FMI info@steamtrapconsultants.com

Nahant Realtors & Real Estate



Judi Moccia

judi.moccia@coldwellbanker.com

**COLDWELL
BANKER**

COMMERCE

Call me for a free
market analysis.

Cell: 781.799.7777

Office: 781.592.0075

To advertise
on this page,
call Suzanne
at
781-592-1263.

NAHANT ASSOCIATES INC.

Your Home Town Real Estate Team

KAREN CANTY
BETTY MACARELLI
WAY SWAIM
KATIE DORAN WALTON
NIAMH CALLAHAN

GAIL GUINEY
EDNA DORAN
MARION CAPANO
LISA ARENA
JULIET KLIMASARA

BEV BELLIVEAU, SEC.

PH (781) 581-3644

FAX (781) 592-0146

WWW.NAHANTASSOCIATES.COM



Maddy Davis, Realtor
V-Mail/Fax: 781-479-4030
Cell: 781-244-5148



CARLSON **GMAC**
Real Estate
mfdavis@carlsonre.com

I believe in good, old-fashioned, personal service and the success of my real estate business reflects that belief. So when you need the expertise of a professional agent, look no further than your Nahant neighbor and friend. Call me for a complimentary market analysis of your home.

To advertise on this page,
call Suzanne at
781-592-1263.

*Fabulous location! Charming Building!
Ocean Views!*



Great opportunity to own very affordable,
beautifully renovated Condo in Nahant.

- Hardwood floors
- Granite kitchen with ss appliances
- Private decks
- Updated bathrooms
- New windows and doors
- Off-street parking
- Storage

Condo fee includes heat and hot water. Five one-bedroom units are available.

Price Range \$139,900-\$179,900



Sima Rotenberg, GRI, CRS, CBR
1.781.477.2474

SAGAN REALTORS
300 Salem Street, Vinnin Sq.
Swampscott, MA 01907

To advertise
on this page,
call Suzanne
at
781-592-1263.

To advertise
on this page,
call Suzanne
at
781-592-1263.



Nahant Listings



LEGAL DUPLEX!
New furnace, roof and bath. Frpl, leaded glass, beamed ceiling, maple flrs & more. 3rd flr expan. potential! 10 rm: 3 bd, 1.5 bath / 2 bd, 1 bath.
\$559,000



OCEANVIEWS!
7 rm Cape on quiet street, open flr plan, fin. bsmt, frpl, lg deck!
JUST REDUCED \$399,000

NAHANT - Condos: Oceanviews, frpl, decks, hrdwd flr, lots of charm! Starting at \$149,000

Lisa Scourtas

Cell: 617-538-2400 • Office: 781-477-2467

lscourtas@saganrealtors.com

Nahant's #1 Selling Agency

Earn jewelry or extra cash for the holidays.
Host a jewelry party for your friends.
Call to book your party today!

781-581-0158

Designs by Donna Lee

Donna's Treasures • 781-581-0158 • Nahant, MA



Affordable Foreign & Domestic Cars
Luxury high-line inventory • Competitive financing.
We finance everyone. Nahant family owned and operated.



295 Lynnway
Lynn, MA 01901

581-5160

www.lynnwayauto.com

Nahant Realtors & Real Estate



Best Condo Deal on the North Shore

Loaded with luxuries
and located in
beautiful Beverly, MA



- GOURMET KITCHENS
- 25-SEAT THEATRE
- RECREATION ROOM
- TWO-CAR PARKING
- GAS FIREPLACES
- HARDWOOD FLOORS
- JACUZZI TUB
- HEATED TOILET SEATS AND TOWEL RACKS
- HUGE CLOSETS

Priced from \$219,000 to \$354,000

See for yourself! **BestNorthShoreCondos.com**



978-922-2808

Potter
& Co.

OPEN HOUSE DAILY, 10 AM TO 4 PM • 40 HEATHER ST, BEVERLY MA

Nahanters in MLT's Wizard of Oz

Submitted by Janet Sheehan

Two young Nahant residents, Kristian Hosker and T.J. Lamando, are appearing in the Marblehead Little Theatre's upcoming production of "The Wizard of Oz." The cast includes forty-seven children from local towns, playing Munchkins, with Nahanter Kristian Hosker playing the Mayor of Munchkin City.

Hosker appeared before the local Board of Selectmen and read a proclamation, declaring with great pomp and enthusiasm, "As Mayor of the Munchkin City in the County of the Land of Oz, I welcome you most regally and graciously present you with a key, so you can see, the wonderful Wizard of Oz, which opens in Marblehead, on November Three!"



Nahanter T.J. Lamando, also graces the stage in the production, as a member of the Adult Ensemble, playing both a Citizen of Oz and a Winkie, (you know ... Yo Hee Ho! Yo Ho!)

Performances are November 3 - 18, at the Nelson Aldrich Performing Arts Center, in the Marblehead Veterans Middle School, at 217 Pleasant Street, in Marblehead. Show times are 1:00 and 7:00 p.m., on Saturdays and 1:00 p.m., on Sundays. Tickets are priced from \$12 to \$20 and may be purchase online at the Marblehead Little Theatre website: www.m-l-t.org, or by phone, (781) 631-9697.

Want to get out of the cold New England weather?

Well, we have at the perfect place for you in Fort Lauderdale Florida. Walk out your door to Las Ollas Boulevard. Enjoy the finest high-class restaurants and shopping better than Newbury Street in Boston. Only a 10 minute walk to beautiful Fort Lauderdale beach.

Privacy...Privacy...Privacy: a cat walk entrance. 2-Bedrm, 2-Bath, 2nd floor condo, corner lot, all glass. Overlooks the new river. You can sit on your sofa and view through the walls of glass, a parade of yachts passing by every day. Dock space is available. Brand New Condo: furniture, new hardwood floors, new walls, new bathrooms, new cherry wood kitchen with granite. Just walk in and ENJOY!

You will not find a better getaway than this. Available to rent starting the 2nd week in January, thru February and March. Rent for one month, two months, or the whole three months. Owners live in Nahant and can e-mail you pictures, if you are interested.

Call Marie, cell: 617-966-7770.
Hurry! This condo rental will not last.

Nahant Cub Scout Pack News

by Kevin Nugent

The Nahant Cub Scouts "kicked off" their year, by joining the Nahant Fire Department in supporting our troops; the Scouts donated many new "everyday" items for the troops serving overseas. The Scouts have also participated in both Den and Pack meetings, as well as having hiked to Dungeon Rock, in the Lynn Woods. They are now starting to prepare for their fall camping trip. The Scouts have done this, while planning to participate in the annual Nahant Veterans Day Ceremony, with our Veterans and take part, with the Knights of Columbus, in the annual delivery of traditional Thanksgiving meals to our elderly residents.

Every year, your Nahant Pack 50 Cub Scouts organization helps local boys appreciate the opportunities they have and how the sacrifices of our Armed Service Veterans have made those opportunities possible. In addition to the above activities, the Nahant Cub Scouts annually raise money for various local and national causes, subsidize Scouts camping fees, donate toys for tots and march in the Nahant Memorial Day Parade, all while teaching the Scouts outdoor skills, first aid skills, citizenship lessons and other civic lessons.

On Nov. 8th, from 6:00-9:00 p.m., the Cub Scouts are having a fundraiser at the Tides Restaurant. The Tides will donate a portion of all proceeds raised during those hours, whether thru dining at the Tides, or taking a meal, or pizza to go. Please support your Nahant Cub Scouts. Have a meal, or take one home. Or, buy some of the popcorn that the Scouts will be selling. The Nahant Cub Scouts give a hearty, "Thank you for your support!"



To rent space, call Suzanne, 781-592-1263.

THIS JUST IN...
Lynn & Nahant Beach: Progress!

SWIMmers and Friends, Good news for a change! Bob Tucker, president of Friends of Lynn and Nahant Beach (FLNB), sent this encouraging report on the Metropolitan Beaches Commission meeting held on October 20. Many thanks to Bob and the other Friends for their work to enhance and protect our beautiful crescent treasure of a beach! Nahant owes Bob a round of applause.

—Polly Bradley, for Safer Waters in Massachusetts (SWIM).

“I went to the Beaches Commission meeting Saturday morning, glad I did. It was a nice presentation. I spoke with Department of Conservation and Recreation Commissioner Rick Sullivan and reminded him that the number one problem for Nahant Bay and Lynn is the algae. We don’t need promises, we need results. He fully understands the issue and he promised that next spring DCR will start the cleaning early. I believe they are going to use the \$85,000 that our state delegation got for the algae problem to hire a private contractor. He also promised that one of the six beach managers DCR is going to hire in the next month or so will be assigned specifically to Lynn/ Nahant.

“I also had a chance to talk with the Commissioner’s new Director of External Affairs and Friends liaison, Suzanne Wilson, about the poor condition of Ward Bathhouse and the repairs to the causeway and our concern that the DCR is a year behind on the interpretative signs. She was very surprised to hear that and scheduled a meeting with me within the next two weeks to discuss these issues. I told her we were hoping to have the second phase of interpretative sign project for Nahant Beach.

“The Boston Foundation, together with Save the Harbor/Save the Bay, is going to award matching grants to Friends groups. I made a contact there with P. Foley. She is going to put the FLNB on the application list. Overall, I am glad I gave up my Saturday morning to attend. I think we made some excellent contacts, but we have to stay on top of the DCR and you know I will!!”

Bob

Bass Point Boat Club’s Thanksgiving Tradition

The Bass Point Boat Club, several local businesses and the Nahant Knights of Columbus, will be preparing free, sumptuous Thanksgiving dinners and delivering them to any Nahant resident who requests one, on Saturday, Nov. 10th, between the hours of 1:00 and 3:00 p.m. This tradition is in its 10th year and is carried out by volunteers from all over Town. Last year 102 dinners were prepared and delivered to 65 residents in Town.

The day begins with 11-12 turkeys being cooked simultaneously throughout Town, by different volunteers. At approximately 11:00 a.m., everyone meets at the K of C kitchen, where volunteers have been prepping dinners with cookware and containers donated by Captains Seaside and the Bayside Hall. The potatoes have been whipped and delivered by the Tides Restaurant. The Continental Restaurant has prepared the squash and hot gravy has just arrived from Periwinkles Food Shoppe.

When the turkeys arrive, an assembly line is formed and the carving begins. The meals are assembled in two containers, one that contains an overstuffing of turkey meat, potatoes, squash, stuffing and peas. The other contains hot gravy, cranberry sauce and a piece of apple, or pumpkin, pie. The containers are then divvied up amongst the many volunteers who, accompanied by the Boy Scouts, deliver the hot meals as fast as possible.

Any Nahant resident can have a free Thanksgiving dinner delivered to their home, on Sat. Nov. 10th, please call 781-581-0935, or 781-581-6177 and leave name, address and phone number and the number of meals requested.

Give the Gift of Nahant!

Shop at the Nahant Historical Society!

Proceeds support exhibits, programs & the care of the collections

Please cut out this order blank for free delivery in Nahant. The Society is open on Wed and Thurs, and the first Sun of the month from 1 to 4 p.m. Most items are also for sale at the Nahant Public Library, except posters, CDs, afghans, maps and placemats. Please mention this ad if ordering by phone or in person. See images on our website. Payment accepted for mail purchases is check. In person use either cash or check. PRICES INCLUDE TAX!

	Price ea.	QTY
NEW! <i>SACRIFICE OF SELF: NAHANT AND THE CIVIL WAR</i> , by Dr. Steven C. Eames, the product of over a decade of research, this book offers a new insights, interweaving the history of our nation and our seaside community, highlighted by many rare photographs, yet telling a relevant and universal story about how Americans cope with war	\$25	_____
NEW! <i>2008 CALENDAR</i> , our perennial favorite showing Nahant and its people	\$10.	_____
<i>SOME DOORWAYS OF NAHANT Poster</i> , many talented Nahant photographers gave their images to form this limited edition collage of charming and inviting views	\$10.	_____
<i>DANCING BY THE SHORE CD</i> , 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.	_____
<i>PLACEMATS</i> : in sets of 4 featuring four different color views of Nahant from our extensive postcard collection. Laminated for ease in cleaning.	\$20.	_____
<i>NAHANT: THE PAINTED SHORES</i> : 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.	_____
<i>MILITARY ANNALS OF NAHANT</i> 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.	_____
<i>LONGFELLOW POETRY CD</i> , selections by Henry Wadsworth Longfellow, read by renowned lecturer Dr. Layne Longfellow with music by award-winning composer Michael Hoppe. Illustrated edition	\$20.	_____
<i>WORLD WAR I POSTER POSTCARD: 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.	_____
<i>LONGFELLOW NOTECARDS</i> : 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.	_____
<i>GEMS OF NAHANT</i> : Hand-colored illustrated guide to pebbles on Nahant beaches by Nahanters Daniel de Stefano and Robert Risch. Proceeds also to benefit Nahant Public Library. Softbound.	\$10.	_____
<i>SEAROUND NAHANT</i> , by Nahanters 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.	_____
<i>GOLDEN AGE OF THE TROLLEY: A HISTORY OF THE NAHANT & LYNN STREET RAILWAY COMPANY</i> discover a little known story of the early 20 th Century, written by Nahanters Suzanne Hamill and Ken Wilkie. Softbd	\$20.	_____
<i>LIMITED EDITION FLAME COLORED CUP PLATE</i> 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.	_____
<i>NAHANT ON THE ROCKS</i> : a lavishly illustrated book telling the 300-year story of our town by Stanley Paterson and Carl Seaburg, designed by Norman LaLiberte. Hardbound	\$40.	_____
<i>AFGHAN</i> Historic sites depicted in machine washable 100% cotton in either cranberry, blue or green	\$40.	_____
<i>DID YOU SEE THAT ONE, HENRY? A GUIDE TO THE WILDFLOWERS OF NAHANT</i> by Daniel de Stefano with hand painted illustrations, pocket sized for your walks about the peninsula.	\$30. Hard	_____
.....	\$25. Soft	_____
<i>POPULAR QUILT POSTCARD</i> , of the original textile art by Nahant needlewomen on display at the Library	\$0.40	_____
<i>SOME GLIMPSES OF NAHANT</i> : historic views in black and white reproduced in 24 detachable postcards	\$5.	_____
<i>NAHANT NOTECARDS</i> , 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 our website at www.nahanthistory.org



Useless Information by Ray Barron

Nahant's Hunks!

Stephen Collins, Jason Silva, Ryan Hambleton, Kyle Kelley, Bob Scalise, Matthew Colson, Michael McKie, Jim Passanisi, Ryan Kane, James Sanborn, Andrew Norton, Ivan Zhuykov, Stephen Viviano, James Whitlock, Sean Kaplan, David Moore, Jonathan Morse, Matt Morse, Bill Lowell, Matt Champigny, Jerry Anguilo, 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 Caira, Barrett Senk, Joe Scapicchio, Ian Potts, Brian Hawko, Greg Hawko, Sean Davis, Jay Cronin, Ron Petrucci, Stephen Dickenson, Jacob Musman, Michael Golosovker, Eric vonAschwege, Jake Lemle, Jonathan Tibbo, James Maguire, Garon Clements, Ozgur Simsek, Joe Migliaccio, Jason Caloggero and Gregory Hayward.

Nahant's standouts!

William Letourneau, Peter Przybycien, Michael Waters, Stephen Shultz, Joe Sherber, John Nicoll, Armand Conti, Michael Kairevich III, Greg Keane, Les Tarmy, 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, Tim Moran, Louis Wallach, John Lombard, Phil Oesterlin, John Mackey, Dunbar Livingston, Mark Pillsbury, Rex Antrim, Bob Risch, Anthony Scapicchio, Chris Meyer, David Liscio, Bill English, Mark Cullinan, Francis Barile, Roger Pasinski and Carter Smith. Gee, how come I didn't make the list?

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 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.

Mary Dill of Cary St., says, "Women on a diet lose weight, not by talking about it, but by keeping their mouths shut."

NOVEMBER BIRTHDAYS

Nov. 1: Brian Poth, Neal Sullivan, Margaret Dragon, Margaret Jeddry, Diane Papps, Donna Brotman, Wendy Thompson, Ed Lonergan and Jim Devereaux. Also born this day, Stephen Crane, the novelist.

Nov. 2: Tim Collins, Kathy Magagnos, Kathleen Mahoney, Scott Murphy and Geraldine Catoggio. Also, actor Burt Lancaster and George Bernard Shaw, Irish dramatist.

Nov. 3: Michael Murray, Wendell Howard, Noel Crocker, Brenda Gaynor, Mary Zolner, Paula Koehler, Eileen & Barbara Lombard, Francis Murphy, Dana Zayas, Bill Coffey and Wilson Tibbo, Jr.

Nov. 4: Our dedicated Town Administrator Mark Cullinan, Lisa Fitzpatrick, Debra Shuck, Greg Stamos and Ryan Clancey.

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

Nov. 6: Susan Sherry, Phil McEachen, bandmaster Philip Sousa and actress, Sally Field.

Nov. 7: Alluring Linda Bleau, Rolly Hayes, Heidi Wilson, Jennifer Bergendal, Kathy Mahoney, Lorna Circiello, Charles Bolthrunis, Doug Smith, preacher Billy Graham and singer, Joni Mitchell.

Nov. 8: Teresa Hill, Grace Crupi, Deidre Peterson, Ed Mahoney, Jason Morley, Joel Haynsworth, Billy Cullen and Jim Hickey. Also, singer Patti Page and Dr. Christiaan Barnard, heart transplant pioneer.

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

Nov. 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.

Nov. 10: 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.

Nov. 11: Nina Hall, 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 built, or bought, homes in Nahant, that helped to make Nahant one of the best towns in which to live.

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.

Nov. 12: Rory Burke, Garon Clements, Michele Dougherty, Cynthia Lynch, Bob Vanderslice, George Hall and the creative educator, Dan Perepelitza.

Nov. 13: Barbara Desmarais, Jesse Kaplan, Peg Pelley, Cynthia Shelley, the gracious Sara Riley, Bob Davis, Bob Gingras, 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.

Nov. 15: Rosalie Ryder, Rose Macera, Geraldine Ryan, Kathy Ryan, Mike Carr, Brent DeBerardinis, Mario

Forgione, Steve McDonough and Justin Howard.

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

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

Nov. 18: The alluring Mary-Anne Lombard, Lori Hayes, 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.

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

Nov. 20: Susan Edwards, Cecil Hollingsworth, Ron Cameron, Pete Speridakos and Zachary Taylor.

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

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

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

Nov. 23: Kathy Marden, Jeff Blydell and Kris Carmody.

Nov. 24: Lovely Deborah Waters, Janice Weiskel, Dominique Comeau, Bob Allard, Mike

Continued on next page.

Birthdays

DePaolo, Dennis Collins, Joe O'Connor, Joey Bertorelli and Alessandro Massaro.

Nov. 25: 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.

Nov. 26: Sweet Anne Marie Manzano, Rita O'Donnell, Schuyler Livingston, Linda Tanfani, Diane Locke, Charlie Koehler, Jason Carmody, Aran Lessard and the personable, Michelle Davenport.

Nov. 27: Sheryl Cardile, Nancy McNicholas, Dolores Scanlon, brilliant Loreen Tirrell, Caitlin Sanborn, Jane Murphy and John Welsh.

Nov. 28: Nahant's big hunk, Greg Keene, Nahant's enchanting Cynthia Pierce, Allegra Parisi, Yvonne Julien, lovely Jean Hosker, Cynthia Gouchberg, Keith Arnold, Martin Henry and Wayne Terminello.

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

Nov. 30: Mary Derderian, Anne Marie Liston, Heather O'Leary, Bill White & Bill Coffey, Jr.

Up-date! 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.

Discrimination in Nahant

In 1928, this is what was written on a deed; for consideration paid, Henry H. Freeto and Florence Freeto granted to Thomas McTiernan and Mary F. McTiernan, with quit-claims covenants, the land in Nahant, Mass and known as Colby Hill. Recorded in Essex South District Registry of Deeds Book of Plans 41, Plan 13, conveyed to us by Henry J. Murphy by warranty deed, recorded in Essex South District Registry of Deeds Book 2636 page 91.

The premises are conveyed, subject to the following conditions and restrictions, to remain in force for twenty (20) years from date namely; that the premises shall not be used for the sale of intoxicating liquors; shall not be occupied by a club; and shall not be owned, or occupied, by any person of Negro, Jewish, Italian, Greek, or Armenian blood.

Yes, you read it right! No Negro, Jewish, Italian, Greek, or Armenian would be allowed to own the Nahant property. Well, Nahant is now populated by a variety of nationalities. You name them, they live here!

IRS Set to Begin Hiring Seasonal Employees in Andover

Submitted by Peggy Riley

The IRS is seeking qualified candidates to become seasonal employees at the IRS Service Center in Andover. The positions include clerks, data transcribers and tax examiners. Beginning salaries vary by position, but range from \$12.06 - \$14.85 hourly. Most of the positions are located at the IRS Service Center in Andover, however there are data transcriber positions available in Fitchburg, as well. The anticipated starting dates for these positions are January, or February, 2008 and the season may last up to six months.

"Each year, the IRS hires seasonal employees to work during the income tax filing season to help process millions of tax returns," said Peggy Riley, IRS Spokesperson. "These seasonal employees help to ensure that tax returns are processed in a timely manner and taxpayers get their refunds as quickly as possible."

Applications are being accepted, now through the end of December. Apply now to ensure consideration. Applicants can visit www.usajobs.gov to find the job announcements. All candidates must be U.S. Citizens. After selection, the IRS will provide a comprehensive, specialized training program.

Individuals with questions concerning this opportunity, can call the IRS's local recruitment office, at 978-474-9675, or via email, at recruiterandover@irs.gov. IRS is an equal opportunity employer.

Holiday Gift Wrapping Service

One gift or twenty, have all your holiday packages wrapped exquisitely. Several choices of gift wrap and ribbons.



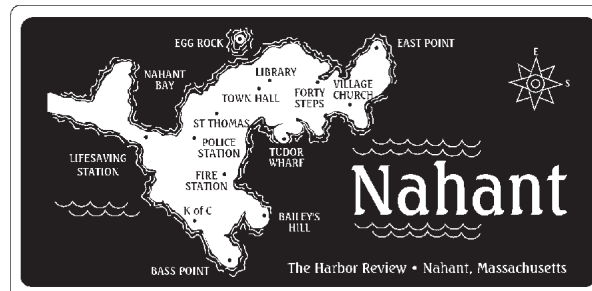
Samples available.

Call Susan

781-690-0736

NahantGiftWrap@comcast.net

ORDER NOW FOR CHRISTMAS ... Harbor Review's Nahant Vanity Plate



New Design for 2007. Limited Edition.

Embossed aluminum for long life.

A memento of our beloved Nahant.

A Great Gift! Only \$20.

Call (781) 592-4148 to order.

FREE DELIVERY IN NAHANT.

We will pack and ship anywhere in the USA by US First Class Mail for \$3.50, or Priority Mail for \$5.



Plumbing, Heating and Gas Fitting

Renovations • New Construction • Kitchens • Baths

• Boiler Installs • Radiant Heat • No Heat • Leaks

Natural Gas Generators • Sump Pumps • Drain Cleaning

Honest and Reliable Service • Master License #13288

Matt Troiani, Nahant Resident

617-818-1229

Winter's Coming Feed the Birds!



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

Wild Birds Unlimited

Center St. Village, Rte 1 S between Rtes 62 & 114

Danvers, MA • (978) 774-9819

Open 7 Days: Mon-Sat: 10-6 • Sun: Noon-4

Visit our website at www.wbu.com



Summer In Nahant

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



ELECT JAYNE M. SOLIMINE SELECTWOMAN

90 Fox Hill Road
581-0516

Dear Nahant Voter,

At this time, as my third term of service on the Nahant School Committee comes to a close, I have decided to seek the vacant seat on the Board of Selectmen. Many considerations came to mind in reaching this decision.

First and foremost is my desire to put to further use the administrative experience and knowledge which I feel I have acquired during my nine years on the School Committee. The problems which face our town can only be solved after careful consideration which takes into account the long range, as well as the short term impact, of their solution. Second, and equally important, is the absolute necessity to keep town expenses at a reasonable level in order to maintain a stable tax-rate.

As a School Committee member and private citizen, I have long been an advocate of greater inter-departmental co-operation within our town. There is no such thing as an "isolated" problem. The citizens of Nahant have the right to expect from those who represent them that the least costly and most efficient approach to town management be followed at all times.

An effective public servant must be accessible to those he or she represents. While serving on the School Committee I practiced this philosophy and found that the contact was an invaluable part of the decision-making process.

I will always retain my interest in the children of Nahant and intend to use all of the means at my disposal to see that Nahant remains an ideal place in which to live and raise our children.

Your vote for me in the special election for the Board of Selectmen on Saturday, January 12, 1980 will allow me to continue to represent the best interests of the residents of Nahant.

Sincerely,

Jayne M. Solimine

JAYNE M. SOLIMINE

Solimine announces candidacy

School Committeewoman Jayne Solimine is a candidate for the office of selectman, to fill a vacancy brought about by the resignation of James Hosker. This vacancy will be filled at a special election on January 12.

In announcing her candidacy, Mrs. Solimine made the following statement: "After giving much thought to the matter and speaking with many townspeople, I decided to seek the office of selectman. I am doing this because, while I feel that our town government has been operated in an efficient and responsible manner, It is healthy, at the same time, to offer a new and fresh approach to the office. After serving on the school committee for almost nine years, I am well acquainted with many of the problems that face our town government. Solving these problems and maintaining the quality of life in our community are my prime concerns. I intend to bring to the Board of Selectmen the same type of service and dedication which I feel I brought to the Nahant School Committee."

Mrs. Solimine is currently vice-chairman of the school committee, having held that office several times, as well as serving as its chairman twice. She has been active in numerous community affairs, including co-chairwoman of the Fourth of July Committee, co-chairman of the Heart Fund, secretary of the School Needs Committee and most recently, as a member of the special Committee to Study General Government.

The wife of Carmen Solimine, a manufacturing engineer at the General Electric Co., they have a son, Kevin, who is a civil engineer with the MDC. The Solimines reside at 90 Fox Hill Road.

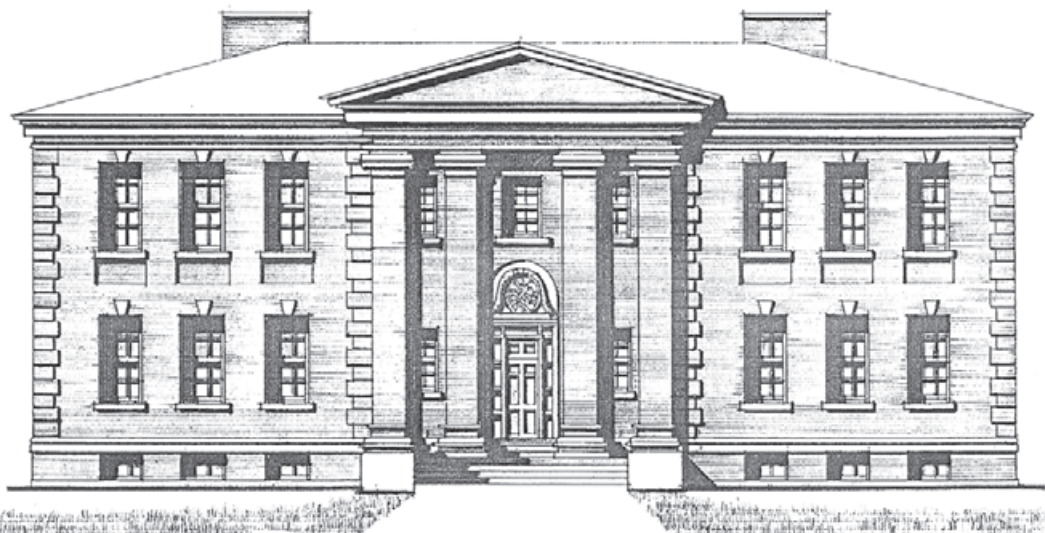
SOURCE: Lynn Item.



Polling Hours: 7:00 A.M. - 8:00 P.M.

Anyone needing an absentee ballot should contact the Town Clerk's Office at 581-0018.

For transportation: 581-0516



SCHOOL
COMMITTEE
MEMBER



Jayne Solimine

Nahant's One and Only Selectwoman



Nahant Board Must Reconsider 7-8 Decision

Guest Commentary by Michael Mazzaferro and Jayne Solimine

On April 12, the Nahant School Committee prematurely voted to send its seventh and eighth graders to Swampscott Schools. At a time when most communities are acting cautiously and are deeply concerned with the long term implications of their decisions, it seems ironic that this committee has acted so boldly.

What is particularly distressing is not only what the committee has done, but how they have done it. In another related action of the board this year, the committee decided to change from Lynn to Swampscott the town to which we send our high school students. It is important to note that this issue has been a continuing topic of discussion amongst townspeople and various school boards for at least the past five years.

In the case of the seventh and eighth grades, however, the issue was first raised on Feb. 8. A mere two months ago, the School Committee set up a fact-finding subcommittee to explore the possibility. The subcommittee reported back to the community at a well-attended public forum on March 15.

At the crux of this issue is local and immediate control of both the cost and quality of education. Swampscott has unofficially offered to accept our seventh and eighth graders at a rate of \$1,650. per student per year when its actual pupil cost is well over \$2,000. In the long run Swampscott taxpayers naturally would insist we bear the actual full cost. Why are we the chosen few to be offered this discount rate? Because Swampscott like most other communities including Nahant, must deal with the immediate problems of declining enrollments. Additional students will solve many of their problems in the short run. But as Nahant taxpayers, we must look long range at both tuition and transportation costs. Why expose out town to unnecessary long term financial risk when we have the option and facilities currently in place to educate our seventh and eighth graders in town?

As important as cost control is quality control. In business, a fundamental principle underlying and "make or buy" decision is that if you do it yourself, you have "hands on" control of the quality and availability of the product or service you are seeking. If something goes wrong, but have no one to blame but yourself.

Let us not lose sight of the fact that we are dealing with 12 to 14-year-old children. The middle school years are crucial in a child's development and the most positive learning environment can be provided in town at a neighborhood school.

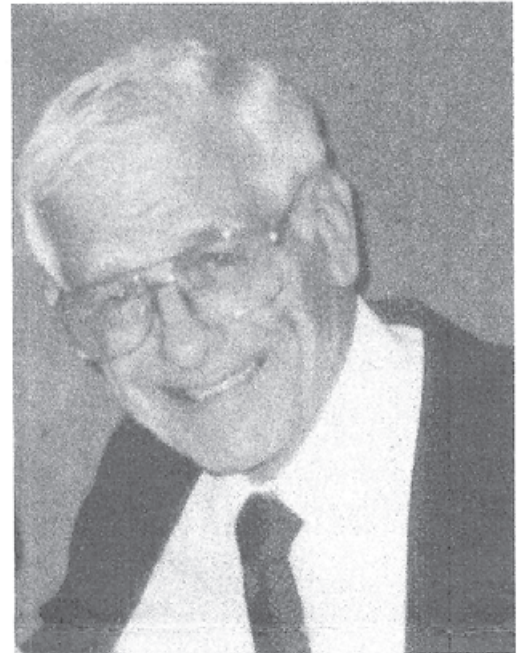
In his recent assessment of the Nahant Public Schools, Aaron Fink, an outside educational consultant hired by the School Committee, writes:

"The Nahant schools enjoy several advantages not evident in many larger school districts throughout the Commonwealth. A small system with small classes where teachers can get to know students well and respond appropriately to their educational needs, the Nahant Public Schools provide an abundance of supplementary diagnostic and instructional services for those who require assistance outside the classroom."

The report then describes specific areas of weakness with the system and sets forth recommendations.

It is heartening to see this report research the problems which may exist within our system. Now is the time to address those areas with the Nahant Public Schools that need bolstering and move ahead positive, constructive approaches to improving the system. Furthermore, the School Committee must initiate numerous other progressive steps to unite parents, teachers, administrators, and students rather than turn its back and avoid confronting the problems which may exist.

We urge the Committee to reconsider its position and rescind its vote to send Nahant seventh and eighth graders out of Town.



In Loving Memory Of Carmen Solimine

October 14, 1921
October 3, 2000

Afterglow

I'd like the memory of me to be a
happy one,
I'd like to leave an afterglow of
smiles when day is gone.
I'd like to leave an echo whispering
softly down the ways,
Of happy times, and laughing times,
and bright and sunny days.
I'd like the tears of those who grieve
to dry before the sun,
Of happy memories that I leave
when life is done.

School Report

ORGANIZATION OF SCHOOL COMMITTEE

December, 1975

JOHN DELANEY, Vice Chairman	Term expires April, 1976
GERALD GIARLA	Term expires April, 1978
JAYNE SOLIMINE	Term expires April, 1977
PHILIP McLAUGHLIN	Term expires April, 1977
C. LAWRENCE BRADLEY, Chairman	Term expires April, 1978
ROBERTA SYLVIA	Term expires April, 1976

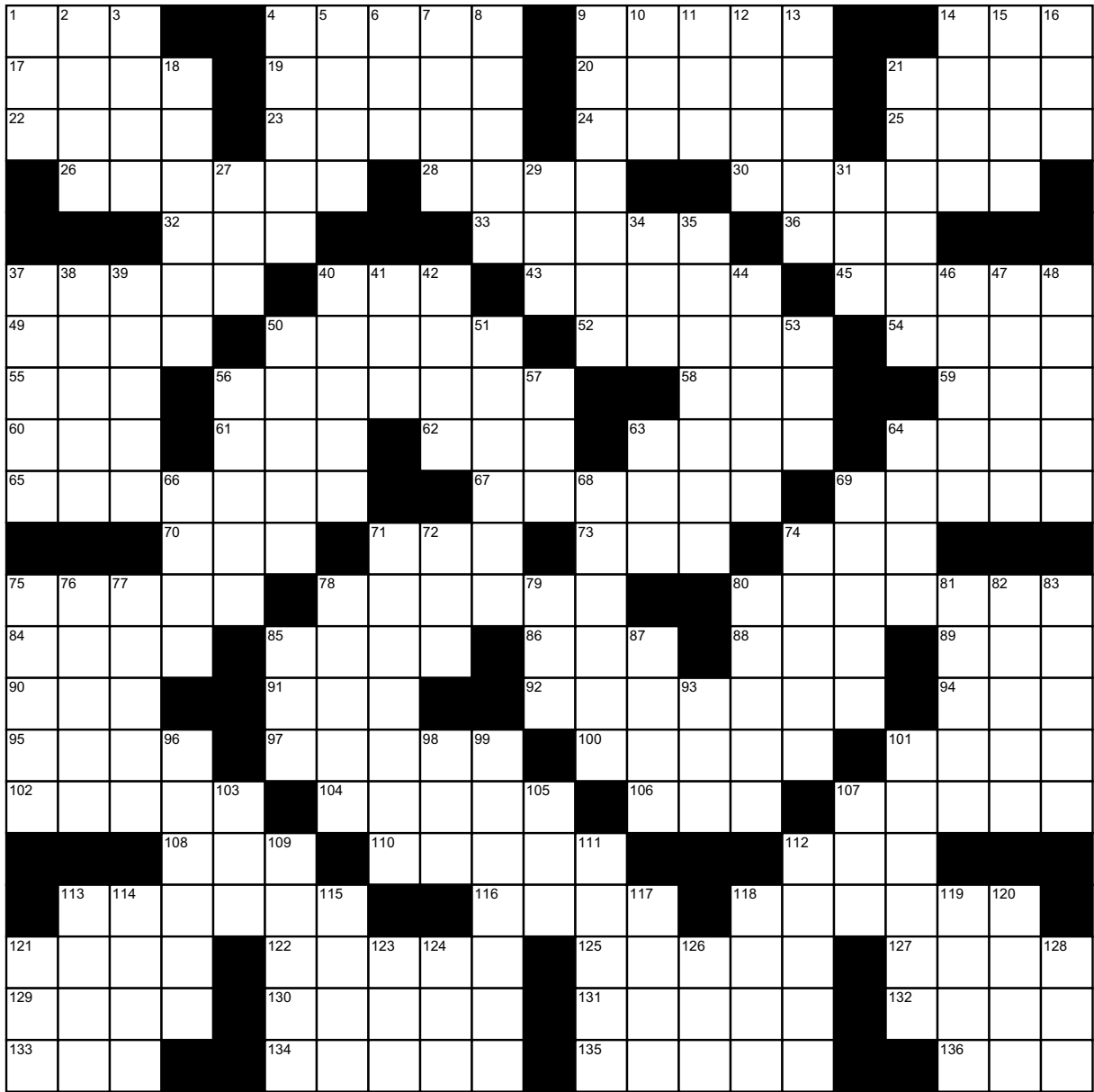


If you have something you would like to share, or an idea for this page, please email the author,
Bumper Gooding, at harold@steamtrapconsultants.com

SOURCES: All text and photos provided by the Nahant Historical Society. Special thanks and "Happy Birthday!" to Calantha Sears.

NAHANT PUZZLE PAGE

Remembering the Veterans
by Rick Kennedy



ACROSS

- 1 Cutting tool
4 Command to Fido
9 Ski lodge sights?
14 "Say ___ Kid"
17 Appear
19 Memorable shrine
20 Talk show host
21 Quarry
22 Corn syrup brand
23 Hole maker
24 Offense
25 **Weapons**
26 Failed to remember
28 Bottle part
30 Blood part
32 Make lace
33 Pippin
36 Women's ___
37 **May 8, 1945**
40 Droop

- 43 Story tellers
45 Indian prince
49 Winged
50 **Storage station**
52 Cut of beef
54 Strong wind
55 Pock
56 Church podium
58 Male offspring
59 "Raven" author
60 Poem
61 Choose
62 **Br. fliers**
63 ___ **bombs**
64 Pull
65 Dislikes
67 Divide
69 Allows to borrow
70 Good grief!
71 Haggard novel
73 **Mil. food**
74 **U-boat**
75 Ales
78 Go hungry
80 Memory loss
84 Software button
85 Specie

- 86 Annoy
88 **"The ___ Red One"**
89 Loose gown
90 Record
91 **High naval rank (abbr.)**
92 Shake
94 Prevaricate
95 Appreciative
97 Praises
100 Wipe
101 ___ **Office**
102 Type of seal
104 Winless streak
106 Rate of speed (abbr.)
107 Home
108 Sib.
110 Thoughts
112 ET craft
113 ___ **warfare**
116 **Military branch**
118 Smith's needs
121 Matched set
122 **MASH role**
125 One-celled

- organism (var.)
127 Sate
129 **Part of VMI**
130 ___ **drab**
131 Clean thoroughly
132 Ring
133 Stretch to make do
134 ___ **Air Force Base**
135 Rushed
136 Sun's name

DOWN

- 1 Question
2 Unable to hear
3 ___ **hour, critical time**
4 **Encased bullet**
5 Cabal
6 Corn unit
7 Prayer ending
8 **Divided country**
9 **Pilot's milieu**

- 10 Calendar abbr.
11 ___ **Lanka**
12 Tap in lightly
13 **Bombard**
14 Scathe
15 Austin novel
16 Okay
18 **Muzzle-loading cannon**
21 Braggart
27 **See 76 Down**
29 **Rank of 122 Across (abbr.)**
31 ___ **strike**
34 Workplace
35 Wearing down
37 Gas
38 Slur over
39 **June 6 and December 7**
40 Cliques
41 Inclined
42 Movie ___
44 Sound asleep?
46 **Axis member**
47 Audibly
48 Foot parts

- 50 ___ **charge**
51 ___ **bullet**
53 Compass pt.
56 Desires
57 Football org.
63 **"A Bridge too ___"**
64 Greek goddess of youth
66 Continental monetary unit
68 Arise
69 Thrust
71 Response getters
72 ___ **Solo**
74 Hit, old style
75 **"Battle of the ___"**
76 **With 27 Down, noted bomber**
77 Mystery award
78 Carbonated drinks
79 Travel term
80 Disconcert
81 **Fusillade**
82 Book by Homer
83 White poplar
85 Former Oriole Ripken
87 "Star Trek" captain
93 Knock
96 **"___ Storm"**
98 **Unexploded shell**
99 Dauber
101 Musician
103 Noise
105 Standard
107 **Armored Fighting Vehicle**
109 Fish
111 Crush
112 Single
113 **Sherman, e.g.**
114 Ascend
115 Angelic ring
117 Village People hit
118 Adjoin
119 **Southeast Asian country**
120 **Normandy town**
121 Pastry
123 **Military grp.**
124 St. crosser
126 Dawn goddess
128 Building addition

Staghorn Sumac vs. Poison Sumac
by Priscilla Fitch, Nahant Open Space Committee

It was a pleasure to read Gerald Butler’s delightful account of DPW’s recent work in and around Battery Augustus P. Gardner, including establishment of Heritage Trail through that area. It’s very exciting and I hope people are taking walks there, enjoying this newly-available section of the Trail.

Gerry made one reporting error which we have talked about and that needs correction: Poison Sumac (*Toxicodendron vernix*) does not grow at Bailey’s Hill. In fact, it grows nowhere on Nahant that I am aware of, so anyone who knows of any existing in Nahant, please lead me to it! Poison Sumac, which I once saw growing at the edge of a cold bog, somewhere west of Concord, is described as a shrub to small tree, with hairless buds and twigs. The leaves are pinnate with 7 - 13 untoothed leaflets. The fruits are white, smooth, growing in loose clusters from leaf axils. It lives in swampy pine woods and other boggy places and seems to be much less common than its relative Poison Ivy (*Toxicodendron radicans*) is. As with Poison Ivy, contact with Poison Sumac causes an allergic reaction, which ranges from annoying to dangerous, for the many humans who are susceptible.



Staghorn Sumac (*Rhus typhina*), which does grow in Nahant, is not poisonous to touch and should not be blamed for the sins of another plant. In fact, its fruit can be used to make a refreshing drink, I’ve read - never tried it - and was used that way by Native Americans.

Above is a picture of Staghorn Sumac, including its characteristically hairy, fat twigs, its long pinnate leaves with 15 to 29 toothed leaflets and its dense clusters of velvety, red fruit borne terminally. I expect that any Nahanter will recognize this native shrub. Whether you love it or hate it, it is arguably a perfect plant for many situations, vigorous, tolerant and beautiful, providing food and cover for birds and other wildlife, spectacular fall color, interesting winter structure and in midsummer, the curious scent of lemon cookies while in bloom.

Nahant Harbor Review
PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION
DECEMBER 2007

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
THURSDAY, NOVEMBER 15th • 5:00 P.M.
Home Delivery: Saturday, November 24th

Staff, Volunteers & Contributors

Owner/Editor & Publisher:	Donna Lee Hanlon	781-592-4148
Assistant Editor:	Harold “Bumper” Gooding	978-979-3049
G M & Sales:	Suzanne Hamill	781-592-1263
A/R Manager:	Barbara Thistle	781-592-4148
Proofreader:	Harriet Steeves	781-581-0715
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Suzanne Hamill	781-592-1263

The **Nahant Harbor Review**, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148. Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher.

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

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

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop box** at the **Equitable Cooperative Bank** on Nahant Road. For ad rates and dates, call Suzanne Hamill, Sales Director, 781-592-1263.

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

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

Help support Nahant’s ONLY independent, community newspaper. Become a **Home Delivery subscriber** to help defray the cost of getting community news at your door! Send \$20 for home delivery, or \$30 for OOT Subscription, with mailing address, to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Thank you.

Got something to share...

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

October 2007 PUZZLE WINNER

Dick Nagle, of Castle Road, was the winner of last month’s puzzle contest. He has won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible, complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. One winner will be selected each month. See Chris, before 11:00 a.m., for more details.

Solution: Octoberfest

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

150 Positions Open in Beverly Marketing Company

ITV Ventures™ has experienced amazing growth and is currently hiring 150 customer service and business support representatives, as well as marketing professionals, for its World Headquarters at Cherry Hill Office Park, in Beverly, Massachusetts.

Nutritional supplements and other products, that "Positively Impact People™", are sold nationally by the company, through a network of more than 5,000 Independent Business Owners. Recent market growth has prompted the need for additional highly-motivated customer service representatives, to assist with tremendous business growth and increased product expansion. ITV Ventures™ is seeking to attract new employees, who are experienced, have good communication skills and have knowledge of the health and nutrition industry.

Our growing Marketing Department is looking for qualified, experienced Marketing professionals to join our tight-knit team. We are especially interested in candidates with strong written and oral communication skills, project management experience and those with a background in the health and nutrition industry.

Area residents can take advantage of these new career opportunities, which offer competitive hourly pay, benefits and generous employee discounts on products. A limited number of supervisory positions is also available to qualified candidates.

Founded by successful local marketing entrepreneur, Donald Barrett, ITV Ventures™ is poised to continue its rapid growth. "We are proud of the products that we sell," said Barrett. "Our impeccable record as a business and recent growth are validated by the millions of customers who remain loyal to us and who trust our products."



Single, Male Dog

9-yr-old male,
Rhodesian
Ridgeback mix,
desires new home.

House trained,
neutered, 100 lbs., in
good health. Loves
walking, relaxing
and conversation.

Call Kua 207-837-7089.

People interested in learning more about employment opportunities at ITV Ventures™ may call 978-299-2230, or email jobs@itvcorporate.com

For more information about ITV Ventures™, please call John J. Maihos, (978) 299-2290, or email jmaihos@itvcorporate.com

Submitted by Melanie Fleming, Thomson Communications, (978) 302-7612

**Dick's Screen
Replacement
Pick Up & Delivery
Nahant
781-592-9127**

The Nature of Nahant: The Elm Tree and the Solitary Sandpiper

by Linda Pivacek

The Elm tree was a giant, rising well above other trees along Little Nahant Road. When I walked home from Short Beach, I was somehow reassured by the familiar site of the giant towering over the path to Little Nahant. A magnificent old tree.

The Elm trees of Nahant once lined the streets of Nahant, until Dutch Elm Disease decimated them. We are reminded of the grandeur of these stately trees in the collections and exhibits of the Nahant Historical Society and in our old photographs, postcards and books. The Elm Tree on Little Nahant Road was perhaps the only survivor of the disease, which ravaged the Elms of Nahant. It reigned over the landscape for decades – likely well over 50 years. A survivor.

Then there was the Solitary Sandpiper. This species is aptly named for it is usually found alone, not in flocks like other shorebirds. Several years ago I came upon a Solitary Sandpiper as I was picking my way through the wetlands near what is now Heritage Trail and the Nahant "Stump Dump." A very nice surprise. I found one in the same spot in the fall, for several years after that. Then most of the area changed, the small wet puddles disappeared and the habitat for these migrating birds disappeared. Sad.

Well, things they are a changin'. When the recent housing development began at Little Nahant and Howe Roads, many locals feared that the magnificent Elm would be cut down to make room for the new houses. Then we heard that Nahant's Tree Warden had spoken with the developer and plans were to work around the tree and not cut it down. As the construction proceeded, the Elm remained, the only bit of green at the site. The winter passed and in the spring new bright green leaves appeared on the Elm as the houses went up around it. It was so reassuring to see that this stately giant would continue. Truly a survivor.

Then one day as I turned up Little Nahant Road, the Elm was gone! Only a stump remained. The tree that survived Dutch Elm Disease succumbed to the chain saw. Sad.

Last fall as I walked through the Town Stump Dump, I was pleasantly surprised to see a lone shorebird in a puddle – a Solitary Sandpiper! It, or another individual, was back! It had likely migrated along an ancient route to Nahant and found the remaining puddle at the Stump Dump. It flushed



many time as traffic came in and out, but the need for food to sustain it through its southerly migration, drove it back to feed in the puddle. This fall on about the same date in the same spot, the Solitary Sandpiper returned. There is only one remaining puddle; all the others have been bulldozed and filled. Will this be my last look at this species in Nahant? Not if we can tolerate a few puddles. There's hope.

SAVE 10% ON 2008 ADVERTISING

The Nahant Harbor Review is having a sale!



**Nahant's ONLY
newspaper in paper
and
internet form.**

Sign up now, for the Nahant Harbor Review's Foundation Advertisers program, for at least 12 consecutive issues and receive 10% off your newspaper advertising in 2008.

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

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

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

Community Calendar • November 2007

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

THU	1	6:00P	Cross Country & Track Fundraiser at Tides till 9:00.
FRI	2	8:00A	Free Breakfast at Village Church. Topic: Crossing the Atlantic at 8:30 a.m.
SAT	3	9:00P	The Angel Fund Event to Benefit ALS Research at Nahant Country Club.
SUN	4		DAYLIGHT SAVING TIME ENDS
SUN	4	10:30A	Worship Service & Sunday School, Village Church
SUN	4	3:00P	Decorator for a Day at the Nahant Library
MON	5	5:00P	FLU CLINIC at Town Hall till 7:00 p.m.
MON	5	6:30P	No Discharge Area Forum at Town Hall. SWIM
TUE	6		ELECTION DAY
TUE	6	5:00P	FLU CLINIC at Town Hall till 7:00 p.m.
TUE	6	7:00P	Marine Science Lecture, refreshments at 6:30 p.m.
WED	7		Nahant & Swampscott COA go to Foxwoods
THU	8	6:00	Cub Scouts Fundraiser at Tides till 9:00 p.m.
FRI	9	12:30P	Veterans Day Reception at Johnson School till 2:00 p.m.
SAT	10	1-3PM	Bass Point Boat Club's Thanksgiving Tradition Lives On!
SUN	11		VETERANS DAY
SUN	11	10:15A	Veterans Day Memorial Service at Greenlawn Cemetery
SUN	11	10:30A	Worship Service & Sunday School, Village Church
TUE	13	11:30A	Woman's Club American Home Day at Village Church
WED	14	3:00P	Big Ryan at the Nahant Library
THU	15	10:00A	Massachusetts Ocean Day at the State House till 2:00 p.m.
THU	15	NOON	Garden Club Luncheon at Village Church.
THU	15	5:00P	DECEMBER HARBOR REVIEW DEADLINE
SUN	18	10:30A	Worship Service & Sunday School, Village Church
THU	22		HAPPY THANKSGIVING DAY!
SAT	24	9:00A	HOLIDAY & GIFT FAIR at TOWN HALL till 3 p.m.
SAT	24		November Harbor Reviews delivered to Nahant homes.
SUN	25	10:30A	Worship Service & Sunday School, Village Church
THU	29	10:00A	Garden Club's Greens Boutique at N. Whitman's home

COA CALENDAR

THURS	1	TBA	Month-Long Installation of Free Smoke Alarms
SAT	3	TBA	Floral Showcase Trip
MON	5	Noon	Blood Pressure Clinic
WED	7	7:30A	Foxwood Trip with Swampscott COA
WED	14	Noon	November Birthday Cake and Ice Cream
THURS	15	11:30A	Turkey Dinner, Tiffany Room
THURS	22		Tiffany Room Closed-For Thanksgiving
FRI	23		Tiffany Room Closed
MON	26	11:00A	TRIAD Meeting
THU	29	11:00A	MBTA Senior and Charlie Card Presentation Senior Center, Swampscott. Till 2:00 p.m.
TUES	ALL	9:00A	Quilting at the Community Center
WEDS	ALL	9:20A	Watercolor Painting at the Community Center
TUES	ALL	1:00P	Cribbage, cards, games, puzzles, at the Community Center
WED	ALL	12:30P	Shopping Trip from the Tiffany Room, or call for pick up

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

Public Library Hours

Mon. thru Thurs. 10:00 a.m. to Noon. & 2:00 to 8:00 p.m.

Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.

Saturdays and Sundays: 2:00 to 5:00 p.m.

781-581-0306

SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.

School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.

PTO • first Monday • 7:00 p.m. • Johnson School

Please patronize the advertisers of the Nahant Harbor Review.

Designs by Donna Lee
Heirloom Quality Jewelry

I will come to you. To view in the privacy
of your own home, please call for an
appointment:
781-592-4148

Please patronize the advertisers of the Nahant Harbor Review. Without their advertising dollars, there would be no community newspaper in Nahant. Thank you for your voluntary subscriptions and continued support over the past 13 years. The Editor.

Advertise your product or service in the Nahant Harbor Review. Call Suzanne, 592-1263.

Become a Home Delivery subscriber.
Thank you.

NHT and HOOMPA Stickers are available FREE by calling 781-595-6225. Compliments of Rob Scanlan.

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

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

Nahant Village Church

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



EMERGENCY MANAGEMENT

Visit the Emergency Management page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website:

<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.



**STEPHEN L. SMITH
ATTORNEY AT LAW**

- Estate Planning & Administration
- Elder Law • Mass Health (Medicaid) Planning

EVENING / WEEKEND APPOINTMENTS

781-595-3456 • ssmithlaw@comcast.net
85 Exchange Street (The Edison) • Suite 230
Lynn, MA 01901

**Guitar & Bass
LESSONS**

Beginners to Advanced
JOE MACK

Nahant, MA
jomackband@aol.com
781-581-0848
www.joemack.com
978-979-7825
www.myspace/
thejoemackband.com

Happy Thanksgiving!



Since 1962, providing all your insurance needs.

AUTO • HOME • FLOOD • COMMERCIAL

Call or fax us for all the details:



QUINN OF LYNN

Insurance
(781) 581-6300
Fax: 581-9070



Red Carpet Event Planning

Stephanie Lukes
Life Saving Event Planner

50 Willow Road
Nahant, MA 01908
781-581-9812
s.m.lukes@comcast.net

*Doesn't everyone deserve to be treated
like a Star on The Red Carpet?*

To advertise
on
this
page,
call
Suzanne
at
781-592-1263.



95 Lynnway Rte. 1A • Lynn, MA 01902
Ph: 781-599-7300 Cell: 781-858-5230
www.seasidefloristinc.com

Maria Migliaccio-Eddows
Owner/Designer

To advertise
on
this
page,
call
Suzanne
at
781-592-1263.

HELP!!! The Harbor Review needs YOU!
Join the Harbor Review Delivery Crew!
Hey Kids! Earn some cash..a few hours, one
Saturday morning a month, a perfect job for
the kids! Call Donna, 781-592-4148.

**Join the Harbor Review
Delivery Crew**

Calling all community-minded early risers, walkers, runners, joggers, dog walkers, bike riders, etc... JOIN the Harbor Review Delivery Crew. HELP deliver the Nahant Harbor Review to YOUR neighborhood. This is a great job for young people.

The Nahant Harbor Review is seeking those who love to be outdoors early in the morning, for about two hours, no matter what the weather, on one Saturday morning of the month, to deliver this newspaper to Nahant. I currently need four volunteers to deliver to homes on:

NAHANT ROAD • WILLOW ROAD

Call Donna at 781-592-4148, for more details.
Join the Harbor Review Delivery Crew today.

To advertise
on
this
page,
call
Suzanne
at
781-592-1263.

To advertise
on
this
page,
call
Suzanne
at
781-592-1263.

Paintings by Carolyn Jundzilo-Comer



For information, please visit or call:

Copley Society
158 Newbury Street, Boston
617-536-5049

www.copleysociety.org

Arnould Gallery
111 Washington Street, Marblehead
781-631-6366 • 800-794-8366

Argosy Gallery
110 Main Street, Bar Harbor, ME
www.argosygallery.com

UNLIMITED COMPUTER SERVICES

CONSULTATION / PURCHASE / INSTALLATION

**Computer ill?
Call Will!**



Computer Repairs & Equipment Installs (Desktop/Laptop)
Internet / Computer Instruction for all ages
Software / Hardware Upgrades / Backup Copies
Virus Removal / Protection / Data Recovery

Cell: 781-215-1226 • Tel: 781-581-0083
William Letourneau • wills_email@hotmail.com

LELAND M. HUSSEY
Builder/Contractor

Major Home Renovations

Individualized Design • complete Remodeling

Kitchens • Bathrooms • Additions

Swampscott, MA 01907

781-593-6630

**VISIT THE
NAHANT HARBOR REVIEW
ONLINE!**

Check it out today at www.nahant.com