



Nahant Harbor Review

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

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

Volume 12 Issue 10

OCTOBER 2005

A Kure for Katrina

by Captain John Nicoll

Plans are well underway for a Mardi Gras Masquerade Ball Fundraiser for the victims of Hurricane Katrina. Saturday, October 8th is the date! The Ballard Restaurant (128 Ballard Street, Saugus) is the place! \$20 per person is the price. A bargain for sure!

Beginning at 7:00 p.m. and continuing until midnight, there will be raffles, prizes for best costume, a special door prize, surprise guests, live entertainment and dancing to your heart's content!

Master of Ceremonies Michael Bird will oversee the festivities and introduce the very special entertainment, featuring James Montgomery and including singer Kimberly La Blanc Hill of New Orleans, Alexandra Moccia, Nahant's very own talented and beloved, 11-year old singer, Maria Donatelli, Kelly Glynn, Barence Whitfield, Craig Fountain, BLIND DRIVE BAND, (Eric Reardon, Mark Hoffman, Kelly Cowman and Mike Stewart) and guitarist, Mario Costa.

The event is sponsored by ECC Services, Captain Wolf Music and Limo and Blue Sun Media. Please call for more information: ECC Services at 781-596-9800, or Captain Wolf Limo and Music at 781-477-2722, or John Nicoll at 781-883-0222.

The proceeds will go to the people of Mississippi and New Orleans. Please come and help ease their suffering.

Nahant Blood Drive Thanks

Thanks to all of you who showed up at Town Hall on Thursday, September 15th, to give blood. The Red Cross received 33 pints of blood, a great turn-out for Nahant.

Thanks, also, to the nurses, volunteers and the Medical Tech on duty. It was a pleasure working with them.

— Harriet Steeves, Nahant Town Clerk

SEA TO SHINING SEA 5 MILE ROAD RACE

**OCTOBER 23rd, 10:00 a.m.
Starting at WARD ROAD**

Proceeds from this race are to benefit the Restoration of the Life-Saving Station. All are welcome to participate. Applications can be picked up at Richland Variety, Nahant Variety, Seaside Variety and the Nahant Cleaners, or call Roz at 781-581-1034

FAA Flight Track Study Underway

by Bob D'Amico

One of the provisos attached to the approval for the construction of Runway 14/32, is the requirement that the FAA and the Massachusetts Port Authority, attempt to improve the noise impacts, from the current flight tracks, for aircraft that fly in and out of Logan. The flight tracks that impact Nahant are as follows: Arrivals to Runway 15R, Arrivals to Runway 33L and Departures off Runway 4R

When Nahant residents are upset by the noise, they should complain by calling 617-561-3333. Please be sure to request a copy of your complaint. Also, you should call or email your local Congressman and Senator. You have no idea how important this is, Massport and the FAA listen very carefully to elected officials. Nahant's representatives include Congressman John F. Tierney (<http://www.house.gov/tierney/IMA/email.shtml>), State Senator Thomas M. McGee (Thomas.McGee@state.ma.us), State Rep. Steve M. Walsh (Rep.stevenwalsh@hou.state.ma.us) and State Rep. Robert F. Fennell (Rep.RobertFennell@hou.state.ma.us).

The study has been underway for close to a year and both agencies have received no input from Nahant Residents. If you like aircraft noise, continue to keep silent. However, if the aircraft noise bothers you, I strongly suggest you follow my suggestions above, for when this study is completed, the flight tracks will remain in place for many years.

When you call your local elected official, just convey to him, or her, that you would like the FAA to alter the flight tracks listed above, so that they do not fly over Nahant. This can only be done during the study, as I stated earlier. When the study is done, the flight tracks will remain with us for years.

If you would like more information, please email me at Bob.D'Amico@cityofboston.gov. If you would rather talk about it, just leave your phone number and I will return your call.

Equitable Bank Accepting Donations for Hurricane Katrina Victims

Equitable Cooperative Bank officials have announced that they have agreed to assist the American Red Cross of Massachusetts Bay and are now accepting financial donations for relief funds for hurricane Katrina. These donations are being accepted at the Equitable Bank main office, 400 Broadway, Lynn. and Nahant Office, 28 Nahant Road.

According to Bank President, Arthur M. Horgan, the Bank has established a special Katrina account and that every week, the Bank will forward, to the Red Cross, donations made by Equitable Bank customers, or any individual or business who may wish to make a financial contribution. The Red Cross is responsible for distribution of these funds in the Gulf States effected by the brutal storm, Mr. Horgan said.

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Celebrate with the Nahant Historical Society

It has been thirty years since the formation of the Nahant Historical Society, whose mission is to preserve and share the rich heritage of our wonderful community. A special birthday party is planned for Sunday, October 23rd, at 2:00 p.m., at 66 Ocean Street, the residence of the late Stanley and Faith Paterson, whose family members are longtime supporters of the Society.

Please join us for a special celebration, "Poetry by the Sea," to hear prominent residents read favorite Nahant poetry, past and present. Professor Carl Carlsen, of the English Department at North Shore Community College, has organized this tribute for your pleasure. Enjoy meeting with your friends and neighbors in the Great Room, with its magnificent view of Nahant Bay.

Members, please watch your mail for your postcard announcement. You are welcome to bring guests. Light refreshments will be served.

Reminder

Don't forget the 2005 Paterson lecture on Sunday, October 2nd, *Nahant's Native Americans and Their 17th Century World* by ethno-historian, Dr. David Stewart-Smith. Come hear the real story, rarely told, about Poquannum, the Sachem of Nahant and his people. This illustrated talk will be held in the Serenity Room, at the Nahant Community Center, at 41 Valley Road. As parking is limited at the Center, shuttle van service will be available from the parking lot of St. Thomas Aquinas Church, at 248 Nahant Road, between 1:30 p.m. and 4:30 p.m.

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Village Church to Hold Hymn Sing

All are welcome to the Nahant Village Church on Sunday, October 16th, at 5:00 p.m., for a Hymn Sing. Sponsored by Music Director Thomas Bold and the Church Council of the Nahant Village Church, this should be fun! Mark your calendars. See you there!

Village Church Dinner Dance

The NVC Deaconate is sponsoring a dinner and dance on Saturday, October 22nd, beginning at 7:00 p.m. The menu includes spaghetti, meatballs, sausage and salad for only \$7.50 per plate for adults and \$5 for Children and Seniors (+ 62).

All are welcome. Please come join us for dinner and stay for fun, dancing and socializing!

Natural History Walk

Plan now to enjoy a guided natural history walk through the Lowlands section of Nahant's new walking trail. On Sunday, October 16th, meet at the Short Beach Parking Lot at 2:00 p.m. for about an hour walk. Sponsored by the Open Space Committee.

Garden Club Scholarship

We are pleased to announce that the winner of our Scholarship Award for 2005, is Miss Emily Crawford, of 15 Howe Road, in Nahant. She is the daughter of William and Carol Crawford, and has a twin, Erika.

Emily is a graduate of Swampscott High School and achieved both honors and high honors during her four years there. She will be attending the University of Wisconsin, majoring in Floral and Faunal Biology. Congratulations!

New Children's Librarian and Programs at the Public Library

The Nahant Public Library welcomes our new Children's Librarian, Rita Stepanova.

Born in Belarus, Rita graduated from school with a gold medal and received two college degrees. She has worked as an After-School Activities Coordinator, organizing a variety of educational projects and creative programs for different age groups.

Currently, Rita also works at North Shore Community College. She has twin daughters, who are seniors in college. Rita has been a reader from the age of 4-1/2. Her favorites are classic literature and science fiction.

New Children's Programs

Miss Rita is seeking volunteers to act in a fairy-tale for preschool children. The participants will select the fairy-tale and its rehearsal times. The actors will come to the library on Thursdays for one hour to have fun, working on the play, until it is ready to perform. Parents, family, and friends will be welcome to watch the play. An opportunity to borrow a fairy-tale book from the library collection is guaranteed.

Do you like animals? Do you want to meet a new cat or dog friend? Please come to the Nahant Public Library, where Northeast Animal Shelter will present their Humane Education Program. Professionals from NEAS introduce their pets, demonstrate the proper care of small animals, tell about their tenants waiting for adoption, and talk to the children about their own pets. Look for a future announcement!

Dear preschool people! You are invited to a story hour that has become traditional at the Nahant Public Library. Each volunteer brings his own talent, making it special. Carolyn Cummings-Saxton reads to a rapt audience each Wednesday morning at 10:30 a.m. If you want to read to small groups of children of varying ages, please call us.

Magic Hour is a new program for children, intended to develop creativity, stimulate interest in reading, and inspire education as entertainment. Because we must limit the number of children in a group, please sign in your child for the program. We will explore stories, animals, poetry, music, ethics, amazing science, and funny math, while activities will include games, discussions, individual and team reading, performing, writing, book competition, and a literary character's contest, all in the safe library environment. Please tell us your child's age, so that we may meet his or her interests. We will ask you to answer an optional simple survey of seven questions. We also welcome volunteers to make their own magic hours.

Do you have your own suggestions? We always appreciate hearing from you!

Lodge Park Update

The Park meadow has been cut as part of the management plan to have it remain a grassland.

The meadow has not been cut in three years and the removal of larger, woody plants was required. Although many of us will miss the natural look of the tall, grassland plants, the meadow will quickly grow back. The grassland was cut back to approximately 6 inches.

Later this fall, new growth will be evident. Next spring and summer, the grassland will be natural and lovely again, with the wildflowers that we have come to enjoy.

— Nahant Open Space Committee

Professor Steven Young of Salem State College To Address Men's Breakfast October 7th

The October 7th Men's Group Breakfast will be held at the Nahant Village Church, from 7:00 to 8:00 a.m. ALL ARE WELCOME. This month's breakfast will feature a presentation on "Studying the Earth from Space," by Professor Steven Young, of Salem State College.

Also mark your calendars for the November 4th breakfast, to be addressed by Nahant resident, Dr. David Torchiana, with a presentation on "Cardiac Surgery." Dr. Torchiana is the Chief of Cardiac Surgery at Massachusetts General Hospital, Associate Professor of Surgery at Harvard Medical School, and Chairman and Chief Executive Officer of the Massachusetts General Physicians Organization.

The breakfasts are free and all are welcome. Questions should be directed to Cal Hastings, NVC Men's Group Coordinator at 781/581-5691 or calhast@hotmail.com.

Garden Club News for October

submitted by Carmella L. Cormier, Publicity Chairman

On Monday, October 3rd, at the Topsfield Fair, three members will participate. Nancy Whitman and Margaret Piccola will be, "The Fair Flower Show" hostesses, from 2:00 to 4:00. Marie Ford will design and exhibit a flower arrangement to be judged. Sounds like a good day to see the Fair.

October 27th is our "Harvest Potluck Supper," which will be held at the Nahant Village Church, at 6:30 p.m. Our Hostess will be Jeanne Buckley. Back by popular request, Fred L. Rice, noted garden designer and lecturer, will present a slide show, "Christmas in New England." Please bring a guest and your favorite dish, with enough to share, for this delightful evening.

Members are planning arrangements for "The Nahant Holiday House Tour," which will be held on Sunday, December 11th. Details to be announced soon.

3rd Annual "Nahant After Dinner Club"

Mark your calendars for Sunday, October 16th, 6:30 p.m., so you forget to be at the Nahant Country Club. It's time again for another reverse raffle, where one lucky winner could go home with \$10,000, if the holders of the last five tickets decide to "split the pot" or "go for broke," leaving only one winner.

The event will again feature great dance music, tasty hors d'oeuvres, four \$100 and other fantastic incentives, including a chance to be involved in the \$10,000 main prize. You need not attend to win any prize. But, you do have to buy a ticket in order to have a chance to win. Tickets are \$100 (which admits two) and are tax deductible. You got to hurry because only 275 tickets will be sold.

For tickets please call: Rich Adamo, at 781-593-1185, Pauline Anderson, at 781-581-1471, Joanne Dunn, at 781-581-1150, Rich Kirouac, at 781-581-0802, Linda Lehman, at 781-581-1638, Claire Loftus, at 781-581-0034, Marie Martin, at 781-592-4120, Tom Mitchell, at 781-581-0690, Pam & Paul Morse, at 781-599-2554, Anne & Jim O'Brien, at 781-581-1993, or Maureen Ward, at 781-581-0138.

CYO Basketball Sign Up

St. Thomas announces that registrations for boys and girls for the 2005-06 CYO basketball season is now under way.

Registration is open to Nahant boys in grades 5-12 and Nahant & Swampscott girls in grades 5-8. All players, regardless of faith denomination, are welcome to sign up.

To do so please e-mail: info@saca.com and give player's name, street address, age and school grade as of September, 2005. If you don't access e-mail you may phone 781-581-0015 or mail to 44 Pond Street, Nahant. Upon receipt of this information, you'll be mailed CYO forms to fill out, work-out schedule, season fee, etc.

Swampscott Arts Association's Autumn Show

The Swampscott Arts Association's Autumn Show opens in Mercy Center, at Marian Court College, 35 Little's Point Road, in Swampscott, with a reception on Sunday, October 2nd, from 2:00 p.m. to 4:00 p.m. Works of art including oils, watercolors, gouache and photography will be judged and awarded prizes, during the reception. Complementary refreshments will be served. Admission is free and handicapped accessible. The exhibit continues through November 21st. The public is invited to view the paintings Monday through Friday, from 9:00 a.m. to 9:00 p.m., at no charge.

The Swampscott Arts Association seeks to foster and encourage the arts and has been active on the North Shore for over thirty years. The association includes over one hundred members, many of whom are well-known on the North Shore and nationally.

For more information and directions to the oceanfront campus, please call Marian Court College, at 781-595-6768, or visit our web site at www.mariancourt.edu.

Hallowe'en Concert at Ellingwood Chapel Oct. 30th by Daniel A. deStefano

The Friends of the Nahant Public Library will sponsor a Hallowe'en Concert, starring violinist Gerry Mordis and pianist Marina Gendel, at the Ellingwood Chapel, at 7:00 p.m., on Sunday, October 30th.

Mordis, who lives in Nahant, has played with many local orchestras and artists, including the famed Boston Pops. Gendel plays piano with the Boston Ballet. The superb performances of both musicians are well-known to those familiar with Nahant Public Library's Hallowe'en concerts.

The Ellingwood Chapel, a landmark of the Town, located on Nahant Road in the Greenlawn Cemetery, donates both an eerie atmosphere and excellent acoustics to this special event. Admission is free and refreshments will be served.

Can and Bottle Drive

Mark your calendars to help out the Nahant Recreation Sailing Program by donating your cans and bottles on Saturday, October 15th, from 9:00 to 11:30 a.m., at the Life-Saving Station. Thanks!

Rob Scanlan, CMS/MMS/ACMS

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Nahant Woman's Club News Union Club Luncheon

On October 11th, the Nahant Woman's Club is planning an excursion to the Union Club, in Boston. John Sherman, historian, will lead the members and their guests on a tour of the building, with its five floors of outstanding art and history. The Club was founded in 1863, to bolster support for the Union cause, during the critical days of the Civil War. Early members included prominent Bostonians, Charles Francis Adams, Ralph Waldo Emerson, John Murray Forbes, Oliver Wendell Holmes and Josiah Quincy.

After the tour, the women will be served lunch in the Union Club dining room. Transportation, or carpooling, will be arranged and departure from Nahant will be at 9:30 a.m. The tour will be at 10:30, lunch at noon and arrival back in Nahant, by 2:30 p.m. The cost of the luncheon is \$24 per person. For more information, call 781-581-0660.

The Full Monty

The date of the North Shore Music Theatre presentation of the popular musical comedy "The Full Monty," planned this fall, has been changed to Wednesday, November 2nd, at 2:00 p.m., so that the performance can take place in the newly rebuilt theatre in Beverly. The theatre was damaged in a fire in July. The grand reopening will take place on November 1st, just the evening before the November 2nd matinee performance that the Nahant Woman's Club members will attend. Nahant Woman's Club members and guests will have the opportunity, not only to see a heartwarming, upbeat comedy, but also to be among the first to see the beautifully restored North Shore Music Theatre.

Tickets may be reserved by sending a check for \$31, per seat, to Polly Bradley, Treasurer, Nahant Woman's Club, 33 Summer Street, Nahant, MA 01908. Transportation, or carpooling, will be arranged. Nahanters who are not Woman's Club members are also invited to attend the November 2nd performance. For more information, call Marrit Hastings at calhast@hotmail.com or 781-581-5691.

American Home Day

Also, please mark your calendars for the November 8th American Home Day event, from 10:30 a.m. to 2:00 p.m., at the Nahant Village Church, featuring presentations on Food and Wellness, as well as Anti-Aging Skin Care. The holiday luncheon will be held on December 13th, at 11:30 a.m., at the Valley Road School, with entertainment by Baritone Don Wilkinson.

Be on the lookout for the 2005-2006 Nahant Woman's Club Program, to be mailed in early October.

Gazebo Thank You!

Many thanks to all who helped in so many ways to celebrate the rededication of the Bailey's Hill gazebo! As we write this, the rededication has not yet taken place, so we can only hope that the day dawned bright and beautiful, and that the Nahant Woman's Club's outgoing president, Calantha Sears, was happy with the results of her three-year effort, to make the dream of a new gazebo, into a reality. As you read this, you'll know.

Christmas Parade Scholarship Winners

submitted by Roz Puleo

This year we had three winners of the 2004 \$500 Christmas Parade Scholarship. They were all well deserving and ambitious entries. The 3 winners are:

Evan Tarmy, 34 Forty Steps Lane, a graduate of Swampscott High School and entering U Mass, Amherst, this fall.

Alicia Donovan, 27 Baker Road, a graduate of Bishop Fenwick High School and entering Boston University, this fall.

Emily Crawford, 15 Howe Road, a graduate of Swampscott High School and entering the University of Wisconsin, this fall.

Congratulations to all of you!!! You make Nahant PROUD!

It's October, the 10th Annual Parade is coming soon! Tickets for the 2005 Christmas Parade Cruise Raffle will go on sale soon. Contributions are being accepted at the Equitable Bank for the parade from now through December. We will have our usual fundraiser at the Tides Restaurant in early December. Hope to see you there! Let's make this, our 10th year, extra special and help support our graduates, as they move on in their education.

Also: Watch for our "Christmas Elves," as the holiday draws near, who will be decorating the Town for another Happy Holiday Season.

Anyone who would like to help is more than welcome, call Lt. Hutton, or Roz, at the Nahant Police Station.

House Approves Movie Tax Break By Large Margin

State Representatives, Steven M. Walsh and Robert F. Fennell, recently joined with their colleagues in the Massachusetts House, to advance a package of tax credits and incentives that lawmakers, film producers and actors say will help local businesses, by putting the Bay State back on the movie-making map.

Massachusetts has seen a decline in film production in recent years, partly due to a federal grand jury investigation of allegations against Teamsters Local 25. The grand jury investigated claims that members of the Teamsters extorted Hollywood producers, who filmed a series of box-office hits throughout New England.

As a result, what used to be viewed as a prime spot for filmmaking, has become a state from which producers shy away. Many movies, whose stories are set in Massachusetts, film in other locations, such as New York, or locations throughout Canada.

House leaders are hoping to turn that trend, by offering sales-tax exemptions to outfits that spend \$250,000, or more, making movies in the Bay State in a year. The legislation also calls for the state to authorize a 15% payroll tax credit for any single production, limited to \$7 million. The vote was 147-4 in the House, in support of this bill.

Representative Walsh is enthusiastic about the potential this bill has for the Commonwealth. "The movie industry can create jobs and bring millions of dollars to our local economy, while requiring very little from us, besides use of our scenery. This is a creative way to increase revenue and one that I believe has enormous potential."

Representative Fennell believes these incentives will also have a positive local impact, adding, "The passage of this tax break should be a boon to the Commonwealth and the North Shore, in particular, given that architecturally speaking, this area is a cinematographer's dream come true. There are very few places in the US where you can find housing and structures that span hundreds of years, all within a few miles radius."

The legislation now awaits approval by the Senate and the Governor, before the tax incentives will take effect.

LynnArts: Mix It Up in Time Warner Gallery

Please join us for the opening of LynnArts annual mixed media show, Mix It Up. This show draws entrants from throughout New England, who submit both 2D and 3D mixed-media work, contributing to a fascinating blend of styles and techniques, on display until October 21st. This year's juror is Johanna Branson, Senior Vice-President for Academic Affairs at MassArt.

Ms. Branson graduated with degrees from Wellesley College (A.B.) and Brown University (Ph.D.), both in art history. She was a professor at MassArt for 20 years, teaching courses in modern and contemporary art history and was also chairman of the Media and Performing Arts Department at different times. She has been Senior Vice President for Academic Affairs since 1995.

The Galleries at LynnArts are open Tuesday, Wednesday and Friday from 10 to 4, Thursday from 10 to 7 and Saturdays from 11 to 4.

For more information about our galleries, or about fall course offerings, please visit our website: www.lynnarts.org, or call us at 781-598-5244.

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Nahant Kids Operate Lemonade Stand to Benefit Hurricane Katrina Victims



On Sunday, September 4th, five local Nahant girls, set-up a lemonade stand, on Castle Road, to raise and collect money for victims of Hurricane Katrina. Karlen O'Neill, Deanna Hayward, Anastasia Beaulieu, Alex Wilson and Kelly Gillis spent all day selling lemonade and iced tea and made over \$90. Thank you!

Photo submitted by Paul Wilson.



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Nahant School News

by Dr. Denise Littlefield, Superintendent and Principal

Family support of a child's schooling continues to show that student success increases. This support includes getting your child to school on time, checking on his/her homework, taking an interest in the school day and giving your child a positive attitude toward school, teachers and the work that is done.

Throughout the school year, principals enjoy many extra-curricula activities with students. Some are more special than others. The following students completed "The Principal's Challenge," over the summer, by reading at least 5 books. Congratulations to 4th-graders: Tony Bell, Melissa Gavin, Katie Coffey, Ian Munnely, Joey Silva, Jared Dignan, Mark Irvine, Auggie Przybycien, Danny Marini and Hannah McBryde-Marshall; 5th-graders: Caitlin Ludke, Arianna Billias, Aristana Scourtas, Misha Zhykov, Victoria Malatesta, Caroline Devereaux and Anna Greene; 6th-graders: William Ross, Shiloh Clark, Kita Wheeler, Alexandra Moccia, Jake Bartholomew, Peter Klee, Heather Doyle, Emily Samson, Lindsey Marini, Abby Caggiano, Madeline McKie, Merry Ball, Tony Silva, Mary Samson, Elijah Clark and Rita Tsokanis. "The Principal's Challenge" participants celebrated with a special luncheon.

The PTO is currently sponsoring the annual gift wrap/candy fundraiser. Because of the efforts of the PTO, the students enjoy field trips, special assemblies, and extra-curricular activities. Please continue to support their efforts. More information will follow.

Parent cooperation, in keeping traffic issues to a minimum, continues to be appreciated. The safety of the children, at all times and in all situations, is always the main priority. There is No Parking in front of the school in the morning, or at dismissal. Traffic needs to keep flowing, in order for all parents to be able to drop off their child(ren) safely. Again, thank you.

The next meeting of the Johnson School Council will be held on Tuesday, September 20th, at 6:30 p.m., in the Teachers' Room. The School Improvement Plan will be finalized, with the intent of presenting this at the next School Committee meeting. All are welcome. Minutes are always posted on our web site.

Reminder: Open House for Grades 4, 5 and 6 will be on Wednesday, September 21st, at 6:30 p.m., in the Cafetorium.

Reminder: EARLY DROP-OFF: The Johnson School continues to offer early drop off for students in grades K-6. (7:00 a.m.) Breakfast will be provided. Please call the school with any questions.

Parent / Toddler Play Group at Community Center submitted by Carolyn Osbahr

The Nahant Community Center, on Valley Road, will continue to provide space for a play group, for children 5-years-old and younger, beginning November 1st.

The play group will meet in the multi-purpose room, adjacent to the School of Refrigerator Door Art, Monday through Friday, from 9:00 a.m. to 1:00 p.m. Late afternoon hours will also be available this year. The afternoon hours will be posted in the room, as soon as the room schedule is finalized. No registration is required and the room is available on a drop-in basis for a fee of \$2 per family, per visit. Infant and preschool toys and books are available.

The play group was organized by Nahant parents, who want to have a comfortable safe space to take their children, for unstructured fun during the winter, when outdoor play is not always practical. It is also a great way to get to know other parents and caregivers, so please stop by with your children and enjoy this great program. The entrance is through the back of the building.

Girl Scouts in Nahant

submitted by Anne Padova Nygren

POPS!, Parents of Performing Students, which benefits Swampscott and Nahant Middle and High School performing art students, is sponsoring a Dinner at Tides Restaurant, on October 6th. We have plans for a festive evening, with POPS members, students, and teachers in attendance. The Tides will donate 10% of all dinners sold between 6:00 and 9:00 p.m. Come enjoy the food and help POPS at the same time!

Learn to Skate at Lynn Connery Rink

A new semester of ice skating lessons for children and adults will be held on Sundays, at 1:40 p.m., starting October 23rd. Classes are for beginners, intermediate and advanced levels using either figure or hockey skates. The fee for the 9-week program is \$144 for children, starting at age 4-1/2 and up, and \$157.50 for Adults. To register, call the Bay State Skating School, at 781-890-8480, or visit us at www.baystateskatingschool.com

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Nancy Daras Framing

How wonderful it's been for me, to be able to go to Richard Kirouac, right here in Nahant, for all my picture framing. I'm sure there are many of you, who have also taken advantage of this convenience, over the years, as well. As soon as I heard that Richard was retiring from framing, I knew that I wanted to step in and maintain this business, that has served Nahanters for so long.

In fact, many years ago, my dad would make the frames for my small decorating business, so that the frames would be "just perfect." My past experience and my dad's "just perfect" framing, will allow me to continue the framing business here in Nahant, so that your framing needs can be done without going off-island.

It's not too early to think about framing for the Holidays. Any orders received, prior to November 1st, will receive a 25% discount. Orders received between November 1st and December 1st can take a 20% discount. Just mention the Harbor Review.

I can be reached at 781-599-6897, or by email at n-daras@comcast.net.

I look forward to serving this community and I thank Richard for the years he was there for me and all of you.

Acupuncture Comes To Nahant

Acupuncture is coming to Nahant in October! Cory Walsh, Lic. Ac. and Tess McGinn Bois, Lic. Ac. are opening an office on the second floor of the Community Center, at 41 Valley Road, Nahant.

Cory is a graduate of Emperor's College of Traditional Oriental Medicine, in Los Angeles, California. Her interest in and subsequent passion for Chinese medicine began in 1999 as she contemplated a change in careers. Having spent the previous 10 years working in the nonprofit arena as an environmental activist, she was ready for a new adventure. Armed with a personal history of successful acupuncture treatments and a desire to help people lead healthier lives, she began her journey into Chinese medicine. Her specialties include musculoskeletal pain; rheumatoid and osteoarthritis; chronic conditions such as fibromyalgia and chronic fatigue syndrome; and many others. She has studied in numerous hospitals in Beijing China and in various clinics in the Los Angeles area. She is thrilled to return to her roots on the East Coast where she was born and raised and is particularly excited about working in Nahant where she spent much of her childhood with her father, Jim Walsh. She lives in Salem with her husband and daughter.

Tess graduated from Meiji College of Oriental Medicine in Berkeley, California in 1999. Her interest in Chinese medicine germinated during her service as a Peace Corps volunteer in Benin, West Africa, during the mid 1980s. She was successfully treated with herbal medicine at a local hospital operated by the Chinese government in northern Benin. In 1996 she began her studies in Chinese Medicine while employed as an Oncology Clinical Research Coordinator for hospitals in the San Francisco Bay Area. Along with the variety of western pharmaceutical studies she coordinated, she assisted on a University of California at San Francisco sponsored, FDA approved Phase II/III study using a Chinese herbal formula to mitigate the side effects of chemotherapy. She now specializes in the treatment of cancer pain and chemotherapy side effects. She has successfully treated clients for infertility and a host of other medical conditions. She has worked in clinics in San Francisco, California and Brookline, Massachusetts. She lives in Nahant with her husband and two sons.

Both women use many tools in their profession, to help clients, including needling; non-insertive needling; massage; moxibustion (a type of herb that is warmed over the skin); infrared heating lamps; cupping (special cups for the skin); scraping (of the skin); nutritional advice; and herbal medicine. We use traditionally based techniques which have been scientifically proven to provide relief from a variety of ailments. The World Health Organization has named over 250 Western-defined medical conditions which may be relieved using acupuncture. Acupuncture comes under the rubric of Complementary Alternative Medicine (CAM) and acupuncturists are employed in many hospitals and clinics around the Boston area. Acupuncturists are licensed through the Massachusetts Medical Board.

Parent Support Group

A six week support group for Parents/Caregivers who are concerned about their child's progress in school. Progress is meant to include success in both academic and social/emotional development.

The groups will include three Tuesday morning and three Thursday evening sessions: Tuesdays, October 25th, November 8th and 22nd, from 8:30 to 9:30 a.m. and Thursdays, October 20th, November 3rd and 17th, from 6:00 to 7:00 p.m.

This group will be facilitated by Tina Beaulieu, Clinical Mental Health Counselor. The group will meet at 23 Railroad Ave., Suite #1, in Swampscott. Please feel free to call Tina Beaulieu with any additional questions, at 781-592-9555

This group will operate as a drop-in group. No formal registration or advance notification is required. Attendees are welcome, but not required to attend all six sessions. Sponsored by: Nahant Special Education Parent Advisory Council (SPED PAC) and Swampscott Special Education Advisory Board (SEABOARD)

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Want to Live Longer?

by Sallee Slagle, Director, Dance Dimensions

Want to live longer? There are many products out on the market today selling you a longer life and anti-aging products. A healthy lifestyle will help you keep your quality of life as you get older. The sooner you start the better results. Exercise has been proven to be one of the keys to a longer life. The more you move, the longer you will live! If you are not exercising regularly then find a way to get moving. 30 minutes 5x's a week. This is what is recommended and it can lengthen your life.

Your exercise also needs to be challenging. If you are doing regular exercise you may find that after a while the workout becomes easy. At this point you are not getting the full benefit of your workout. You must challenge yourself each time.

Try to concentrate on the actions and the muscles and work stronger and deeper. Faster or slower will also challenge. Try something new or alternate workouts to keep your workout challenging.

Exercise has also been proven to help age-related conditions such as cholesterol levels and blood pressure as well as helping you to maintain muscle strength and functionality. Find ways to keep moving more often and increase your health and your life span. The same research showed this to be even more effective with women.

Foods are also gaining anti-aging labels. are often the cause of many. These foods are rich in anti-oxidants to fight free radicals in our bodies that can cause damage to our systems. Dr. Frei, director of the Linus Pauling Institute which researches the role of diet in disease stated that "up to 70% of strokes and 80% of heart disease can be prevented by changes in diet and exercise."

The richest anti-oxident foods should be part of your diet. Spinach and it's age defying nutrient lutein is helpful for your eyes, your mental acuity and reducing cancer risk. Other green leafy vegetables like kale and chard also high on the list.

Broccoli is well known for its high anti-oxident content too. Garlic and onions are high in sulfur and help your heart and reduce cancer risk. Orange fruits and vegetables help vision. Cold water fish like tuna and salmon also provide omega-3 fatty acids help prevent heart disease. The more delicious foods include berries like blueberries, raspberries and blackberries. Wild ones have more of the beneficial bioflavonoids. These can help your mental abilities as we age. Red wine, dark beers and dark chocolate also made the list but of course should be consumed in moderation.

I believe that our diets must include a wide variety of food, with different colors and benefits. To get the most out of your diet be sure to eat fresh fruits and vegetables daily. Ideally they should be organic as these will provide the highest nutrient value without introducing chemicals which may have health risks connected to them. Recognize that our soils are depleted and many foods are irradiated which lowers their nutritional value. Canned and frozen foods also have less nutrient value in them. Supplements may be helpful to make up the quantities of nutrients we need.

Another new idea for longevity has come to light and that is to eat less! In Okinawa Japan there is the greatest number of centenarians (100 years or older). Four times as many as here. Their diet includes fish, homegrown vegetables, tofu and seaweed. Their calorie consumption is also 20% lower than the Japanese national average. Also in the Biosphere 2 outside Tucson, Arizona, participants were forced to eat less due to crop cultivation issues. They ate about 2000 calories a day and after 2 years had lost weight, reduced blood pressure, blood glucose, insulin, and cholesterol which when elevated can lead to chronic disease.

Eating less should not mean undernourished. It would mean eating nutrient dense foods like vegetables, fruits, nuts, beans and legumes a main part of the diet. Meat should be included only occasionally but always leaner cuts and fish should be a regular source of protein. Read food labels. Avoid foods with trans fatty acids and hydrogenated or partially hydrogenated oils, as well as fried foods.

Well this may seem like a lot of information to put to use all at once so let's simplify. To live healthier (and longer) 1. Eat less. Cut portion sizes and eliminate empty calories. 2. Eat fresh, organic if you can and avoid processed foods as much as possible. 3. Exercise at least 30 minutes 5x's a week. 4. Vary the colors of the fruits and vegetables you eat. Each color has its own nutritional value.

The best way to keep young longer is probably a matter of attitude. Stay current and active in your life, your family and your community. The fountain of youth may just be in your mind. Think young, act young, be young!

Sea Sick? Take My Advice

by Rob Scanlan, Marine Surveyor

Seasickness seems almost comical when it happens to someone else. Your fishing buddy, boating companion or ocean cruising lover, at first eager and enthusiastic, is suddenly reduced to a helpless, withering victim doubled over at the rail. You chuckle to yourself quietly, or among the other non-seasick passengers onboard. For some reason, you feel more "macho" than this other guy, who obviously is not tough enough to handle "a few little swells." Then, later in the day, or even the next day, you start feeling a little nauseous yourself. As you step out of the cabin or the ship's salon, to get a little fresh air, the exhaust and fumes of the boat's engine hit you, causing your stomach to turn even more. Your skin gets a little pale and clammy, as you start to think about becoming seasick. And then, before you know it, you find yourself literally in the same boat as your poor friend leaning over the gunwale, "feeding the fish." The fact is, anyone – even the most seasoned mariner – can get seasick at one time or another. Knowing what causes this condition and how to prevent it, or cope with it once you have it, can mean the difference between enjoying your day on the water, or being miserable the entire time that you are out there.

What Causes Seasickness? In simple terms, seasickness occurs when the body, the inner ear and the eyes all send different signals to the brain. The constantly changing movement stimulates receptors in the brain, leading to confusion, queasiness, headaches, dizziness, nausea, dry-heaving and vomiting. The brain begins to malfunction as the normal, land-based environment it is accustomed to suddenly begins to act differently. Your visual system recognizes things like furniture and cabin walls as stable, while your inner ear is sending strong messages to the brain that they are not.

The best means of preventing seasickness is to take steps prior to even setting foot on a boat. Some well known over the counter medications for preventing seasickness include brand name drugs such as Dramamine, Bonine, Meclizine and Benadryl. Several stronger, more effective seasickness medications, including Promethazine and Ephedrine are also available by prescription only. Both the over-the-counter and prescription drugs generally work well for preventing seasickness, or for helping you recover more quickly once seasickness has begun. Many people are fearful of taking these medications, however, because of the possible negative side effects. In most cases, however, the side effects (which typically include drowsiness and blurred vision) are nowhere near as unpleasant as seasickness itself. Medications such as those mentioned above also need to be taken at least a half hour ahead of time in order to do the job. Some users simply fail to allow enough time for these drugs to take effect, and consequently write them off as "ineffective."

There are also natural alternatives to seasickness drugs. One of the best-known remedies is ginger. According to MotherNature.com, a natural products/health advice Web site, several studies conducted have shown that taking two 500 milligram ginger capsules to be more effective in combating seasickness than the recommended dosage of Dramamine. The German researchers that conducted these studies believe that ginger works via the digestive tract, instead of shutting down messages traveling to the brain (as most anti-nausea drugs function). Taking ginger capsules just prior to your planned boating, fishing trip or luxury-liner cruise, or at the first signs of nausea, should help prevent or lessen the severity of seasickness. If you do not have access to ginger capsules, try eating some ginger snap cookies or drinking ginger ale. These sources of ginger are not as strong or pure, but they should help a little.

Another popular option for preventing seasickness is what has become known as "the patch." Worn behind the ear, such patches gradually release the drug Scopolamine into the body (over the course of three days). These patches are available only by prescription, and must be applied at least eight hours before exposure to work as intended. Like seasickness pills, Scopolamine patches can produce various side effects, including dry mouth, blurry vision, drowsiness and dizziness. Despite these possible drawbacks, the patch remains an effective option for seasick-prone boaters and anglers.

A drug-free option for preventing seasickness is available in the form of "wristbands" offered by various manufacturers. This concept was invented by physician and surgeon Dr. Daniel Choy in 1980 during the Newport-Bermuda yacht race, when the seasickness pills he was carrying got wet and melted in his pocket. It was then that Dr. Choy found considerable relief from seasickness by pressing the Nei-kuan pressure point, located just above the crease of the wrist, towards the elbow, midway between the flexor tendons. Medical researchers hypothesize that there are precise neuroanatomical relationships between the Nei-kuan point and the hypothalamus, cerebellum and brain stem. Wristband type solutions for seasickness are available over-the-counter through most drug stores. According to the manufacturers, these bands are incredibly safe and effective, and can be used by both children and adults, even expectant mothers, without any problems. A little secret here to you all; I use these wristbands when I know I will be conducting sea trials on board larger yachts and ships while I am in the engine rooms reading all my computer data from the engines and generators. These wristbands have been 100% reliable in sea conditions over ten feet and higher.

Of course, the best way to prevent seasickness is to take preventative action, but what happens if you find yourself becoming seasick anyway. The best course to take is to recognize and react to any symptoms as early as possible. What are the early warning signs? Yawning, drowsiness, fatigue and lethargy are the pre-cursors to seasickness. Problem is, these signs

(Continued on page 17.)

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A Great Soap Box Derby Day by Suzanne Hamill

Once again, the Nahant Soap Box Derby received cooperation from Mother Nature, as well as Nahant friends and neighbors, as the event turned out bigger and better than in previous years. New features included a monster truck moon bounce for kids, free pizza and drinks served at noon, followed, after the race, by a fabulous Italian festival graciously planned and hosted by the Steriti Family of Little Nahant Road.

This year's participants included Trevor Adams, Kaleb Allen, Kyle Carbone, Heather Doyle, Ryan Evaul, Matt Gooding, Thanasi Kourkoulis, Ryan McDermott, Erik Mihovan, Joseph Moccia, Drew Morad, Keith Patti, Roberta Payne-Strange, Tyler Peterson, Joseph Russo, Evan Scourtas, Alexa Steriti, Adam Wilson, Alex Wilson and Justice Wright. Winners of the Derby were two-time champ Trevor Adams and first-time racer Kyle Carbone.

Local artists Di Athas, Carol Hanson and Carolyn Jundzilo were judges for the Best Appearing Car competition. First place went to Tyler Peterson driving car 34, second place was Roberta Payne-Strange driving car 26 and third place was Alexa Steriti driving car 4. Honorable mention went to Erik Mihovan driving car 13 and Matt Ryan driving car 29. Winners received gift certificates courtesy of Sandwiches, Pizza and More in Vinnin Square.

Co-chairs Bumper Gooding and Suzanne Hamill wish to thank the committee and all who helped make the day a wonderful success! Thanks also go to Selectman Mike Manning for delivering a few opening remarks, Industrial Video and Control for providing photo-finish equipment and technicians, Mary Ann Putnam and her crew for coordinating food on race day, Northeast Nursery for donating bales of hay, Bumper and Betty Gooding for the moon bounce, Mahan's Hardware for donating goody bags for the racers, Joe Moccia for his donation, Heritage Bank for their ongoing support, Commerce Real Estate for their generous donation, the Steriti Family for hosting the meal and street festival, Donna and Ron Hanlon for donating air horns, the Kourkoulis family for their wonderful donation, the Nahant Police Department for providing a detail and for use of their radar equipment, Dean Locke for his invaluable help, Sandwiches, Pizza and More for their gift certificates, and Kevin Nugent for supporting our efforts.

Wait until next year! (Photos submitted by Lisa Doyle.)



Photos by Lisa Doyle.



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Got a story, poem, or photo to share with your neighbors? Send it to Editor, PO Box 88, Nahant, MA 01908. As space allows, it will be published. If you want it back, send a SASE with your submission.

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Useless Information

by Ray Barron

Nahant's October Birthday Babies!

October 1 birthdays: Eleanor DalPozzal, Marion Capano, Lillian Carr, charming Ellen Foley, Patricia Dawson, Antonina O'Connor, Tracy Peterson, Alicia Canali, Bill Clarke, Jim Hickey, Bill King and actress and singer, Julie Andrews.

October 2 birthday babies: Jean Kapaon, Caroline Delori, Bruce Kutcher, Ken Taylor and English rock singer, Sting.

October 3: Debbie O'Shea, Mary Ann Putnam, Sherry Smith, Gina Macone, Candida Cuellar, Ed Hyde, Ken Mostone, Dan Kane and Chubby Checker, rock n' roll singer, who popularized the Twist dance.

Our October 4 birthday kids: Cristina Paixao, Monica Odoy, Deb Murphy, actor Don Gavin and film actor, Charlton Heston.

October 5: Lovely Flora Scalia, Nina DeSimone (Delaney), Kim Miele, Cornelius Ahern, John Bray, Charlie Hansell, Walter Sheppard, papa Terry Ledger, the noble Hollis Hunnewell. Remember, behind every famous man, there is a woman telling him he's not so hot.

Our October 6 birthdays: Educator Mary Mahoney, Frances Beekley, Lilly Scapicchio, Sandra Adams, Joanna Schumann and Martin Pothier. Nahant's noted musicologist Frank Cusack reminds us that on this date, October 6, 1927, *The Jazz Singer*, the first talking feature film, (starring Al Jolson), premiered in New York.

October 7 birthday babies: The attractive physician Marie Pasinski, Lorna Circiello, Courtney Whalen, Dawn Savino, Andy Shyjan, John Durnani, John Reis and Art Monteith.

October 8: Ellen Donahue, Cecile Delaney and film actress Sigourney Weaver.

October 9: Educator Gregory MacDonald, the wondrous Clayton Gates, Susan Macarelli, Bob Arciero, Charlie Abel and John Lennon, singer-songwriter and member of the Beatles.

October 10: The lovely Monica Hanson, Johnny Middleton and comic Chevy Chase.

October 11 birthdays: Nurse Sue Hendrickson, John Magro and actor Richard Burton, also born on this day. If he had lived, he would be celebrating his 79th birthday.

Columbus Day, October 12 birthdays: The personable and charming Patricia McDevitt, Roberta Oliver, Betty Sarpi, Henry Clausen, Robert Inello, Danny Swaine and Italian operatic tenor, Luciano Pavarotti.

October 13 birthday gift-openers: The attractive Giovanna Pasciuto, Alan Brooks, Steve Barlock, singer and songwriter, Paul Simon and singer, Marie Osmond.

October 14 birthday boys and girls: Joyce Haynes, Georgianne Merigo, Tiffany Connolly, Marion Alimenti, Rosario Digata, Dwane DeCastro, Dan Murphy, Jeremy Hutson, Coleman Greene and fashion designer, Ralph Lauren.

October 15: Natlie Karl, Christine Jantz, Betty Desmond, Ian Croall, the popular Bill Bonner and auto executive, Lee Iacocca.

October 16: The personable Meredith Salt, handsome Ken Smith, Toni Harris, Judy Steriti, Joey Colonna, top cop, Tom Gallery, Mike Caprio, Danny Desmond, Stan

LeFave and Irish author, Oscar Wilde.

Our October 17 birthdays: Betty Jelley, Dave Hunter, Joe D'Amico, Nahant's "first lady" Calantha Sears, film actress, Rita Hayworth and actor, Montgomery Clift.

October 18 birthday kids: Anne Bolthrunis, John Quinn and actor, George C. Scott.

October 19: Brian Cox, Dennis Urany, Nahant's former Fire Chief, Lee Fox and Jamaican reggae musician, Peter Tosh.

October 20: Wish a happy birthday to Tricia Herman, Lisa Rizzo, the charming Betsy Wachtel, John Proudian, Tom Mitchell, Russ Derderian, Fred Szczechowicz, congenial Manny Speare and handsome Bob Cook.

Our October 21 birthdays: The brilliant Cynthia Christ, Judy Shea, Beverly Belliveau, Paul Sanborn and film actress, Carrie Fisher.

October 22: Patricia Toomajian, Dick Batchelder, Joe Riccio, the Ritz-Carlton's noted sommelier, Nicola Pecoraro, Mike Cullinan and Constable Mike Kairevich, who is also Nahant's Animal Control Officer.

October 23 candle-blowers: Therese Holdcraft, Madelyn Davis, Mary Ward, Alice Hall and Mike Roberto.

October 24 birthday cake-eaters: Sandra Cavallaro, Cheryl Lefave-Amirault, Doris Barrett, Jackie Paldi, Joanne Hunter, man's best friend Andy Puleo, the noted Marine artist Dimetrious Athas of Wilson Road and Sarah Hale, poet, who wrote, "Mary Had a Little Lamb."

October 25: Marie Lea Conley, Peggy Waters, Marilyn Mahoney, Vince Lique, Tom LeBlanc and artist, Pablo Picasso.

October 26: Mary Ann Godoy, Jeanie Murphy, Kristina Cifuni, Amy Tobin, Carolyn Lombard, John Sereda and Senator, Hillary Clinton.

October 27 gift-openers: Lovely Carolyn Fowle, Laura Hollingsworth, Nahant's noted hair stylist, Shane Cullinan-Codisputi, Michele Sher, sweet Nancy Whitman, Valerie Potter, Dianne Greenstein, Jayne McCarthy, Val Gorham, Pete Famulari, Ray Hoke and Charlie Hyde. Hang-in Charlie! Also born on October 27, US president, Theodore Roosevelt.

October 28 birthdays: The fashionable and artistic Gloria Ventura, Jennifer King, Brendan Olmstead, Kathy Edwards, Steve Toomajian, Ken Black and the former Tonight Show trumpeter, Bob McCoy, who now makes his home with his lovely wife, Gina, a librarian, journalist and playwright, at 267 Nahant Road.

October 29 birthdays: Lovely Heather Scanlan, Mary Ellen Schumann, Gary Recchia, sweet Emily Ann Cook and film actress, Winona Ryder.

October 30 birthdays: The congenial Ken Cormier, Lisa Scourtas, Jane Wilson, Andrea Voegtlin, Linda Cunningham, Len Frisoli, Erin Maher, good sport Richie Conigliaro, "Mr. Nahant," Bob Steeves and poet Ezra Pound.

October 31 Halloween birthdays: The alluring Yvonne Abraham, Jaclyn Cassidy, charming Jane Collins, Phyllis Peterson, Elena Howley, Sandra Bingham, Tim Noonan, musicologist Victor DalPozzal and the noted creative advertising genius, John Welch. Also born on this date, news anchor, Dan Rather.

October is Italian Heritage Month!

A reminder! America is a beautiful Italian name. Say it out loud! "America is a beautiful Italian name." In the year 1507 a German cartographer (map maker) Martin Waldseemuller referred to the New World as America in his book "Cosmographiae Introductio," to honor the Italian navigator, Amerigo Vespucci.

Nahanters Thoughts About Columbus

The electrifying Ed Poulin, of Irving Way, says, "Progress has so improved the world, that if Columbus came back to earth today, he'd think he was in hell."

Ed's sweet wife Gayle, a native of jazzy New Orleans, says, "Traveling on credit is not new: centuries ago Columbus took a trip on borrowed money."

Cal Hastings, of Nahant Road, says, "America is still the land of opportunity; the only foreigner who didn't make money, here, was Columbus."

Cal's attractive and brilliant wife, Marrit, says, "Columbus was the first young man to go West."

The captivating Brenda D'Orazio-Cook, of Seaview Avenue, reminds us, that if Columbus turned back, nobody would have blamed him, but nobody would have remembered him either.

For Nahant Men!

Statistics show that men who kiss their wives goodbye in the morning live five years longer than those who don't. Some of you men had better pucker-up before you tucker-out. Suggest you kiss your wife goodbye in the morning twice to add on another five years to your life.

(Continued on next page.)

Janet Dolan Nahant's Pearl

According to The Numerological Interpretation, Janet Dolan, of Pleasant Street, is curious, keen to learn and very adaptable. Janet has the ability to see the potential joy in everything that life has to offer. She accumulates her experiences, as if they were a collection of shells, finding the pearl in every one of them. Janet also likes to wear pearls! This is a woman who appreciates elegance and sets her goals on worldly success and achievement.

So what else should you know about Janet Dolan, a woman who openly admits she loves living in Nahant and making contributions to the community. Well, she has proven, repeatedly, her dedication to our Town.

In brief, Janet was born in Boston and grew up in the North End. Her father, James Owens, was a noted Design Engineer. Her mother, Mary Forgione-Owen, devoted her time to raising their three children, 2 girls and a boy. The brainy Janet graduated from Charlestown High School, where she served as President of the Student Council and President of the National Honor Society. What's more, Janet was an active member of the Boston Student Advisory Council, which allows a student to serve in an advisory capacity to the Boston School Committee. Impressive!

Nahant's "Pearl" has a Bachelor of Science, Suffolk University, and attended Suffolk University's School of Public Administration. Off she went! She worked as an intern for Boston City Councilor, Larry DiCara. Next, she worked as a coordinator in the 1970 Senatorial re-election campaign for Ted Kennedy and for Mayor Kevin White, in the Mayor's Office of Public Service. As you can readily note, Janet has been associated with some powerful and influential individuals.

Fast forward! Janet met her future husband, the handsome Jim Dolan, when she was an intern at Larry DiCara's office. As she puts it, "the love of my life," who was DiCara's Chief of Legislative aid. In 1978, the lovebirds flew into Nahant! They are the parents of five brilliant children, Kelly, Jimmy, Carolyn, Sean and Courtney. Kelly, graduated with a Masters Degree in Special Education, Summa Cum Laude, from the University of San Diego, where she now resides. Jimmy is a government and philosophy major at George Washington University. Carolyn graduated from the University of Tampa, as a marketing major. Sean is a criminal justice major at Marian Court College. And Courtney is off to San Diego to attend San Diego City College.

Nahant's highly respected and admired Janet Dolan says she always believed it important to make a contribution to the community you live in and love. Proof of what she sincerely believes? Janet has chaperoned children's field trips and helped in fund raising activities. Her heart and soul were deeply imbedded in our school children's education and their future! And so she ran for Nahant School Committee and with ease, was elected to represent all of the people of Nahant to assure our school children received a good education in a healthy and inspiring environment.

After retiring from the Nahant School Committee, our Nahant Pearl, Janet Dolan, was urged, by Town Moderator Dave Conlin, to accept an appointment to the Advisory and Finance Committee. Since accepting the challenge in 1999, to serve on Nahant's most influential Town committee, Janet went on to serve, first as Secretary, then two terms as Vice-Chair and for the past three years as Chairperson. Simply stated, at Nahant's annual Town Meetings, the elegant-looking and articulate Janet Dolan faces the people of Nahant, to inform them of what is good for Nahant and what lies ahead. Yes, she commands their full attention and respect.

Well, this past June, Janet and Jim celebrated their 28th wedding anniversary. Her princely husband Jim, the regional sales manager of Progress Software, proudly supports Janet's dedication to serving the people of Nahant. For relaxation, Janet enjoys gardening and reading books, especially history books. Her hubby, who also enjoys reading books, digs jazz music. Yes, he's a real cool guy!

Well, this has been, truly, a concise insight about Nahant's amazing Janet Dolan. There is much, much more to say about Janet Dolan, Nahant's gleaming Pearl, the truly inspiring individual. Thank you, Janet, for your dedication to all of the people of Nahant, the young, the old, and the future generations to come. Janet, you are a priceless Pearl!

Remembrance

Marilyn Barisano
October 23, 2002

Across the years I will walk with you in deep, green forests; on shores of sand;
and when our time on earth is through, in heaven, too, you will have my hand.

Your loving husband

For Women Who Like to Flirt

Flirtatious women lose at work, according to a Tulane University study. Women who made provocative comments or engaged in other flirtatious behavior on the job won fewer promotions and pay raises than their modest peers. Simply put, don't fool around where you work!

Peggy Hanagan, says, "A flirt fools some of the men all of the time, and all of the men some of the time, but not all of the men all of the time."

Cal Hastings, of Nahant Road, says, "What married life needs is more wives who flirt with their own husbands, and less who flirt with other women's." Cal's alluring wife, Marrit, says, "A flirt says things with her face and figure that other girls waste time putting into words."

Jean Hosker, of Valley Road, says, "When a flirt turns around to look at a man, it's only to see if he turned around to look at her."

Nahant Women Welcomed To Flirt!

Here in Nahant we have some gorgeous brilliant women who would be welcomed by most Nahant men to flirt with them. So who are some of them? Well, according to Charlie Seagull they are, Marcia Gaudet, Gayle Poulin, Peg Hanagan, Gina McCoy, Peggy Silva, Lissa Keene, Paula Smith, Pamela Osterlin, Mary Dill, Donna Foti-Scovell, Barbara Lombard, Sheila Hambleton, Maria Welch, Karen Canty, Janet Dolan, Cynthia Pierce, Stacey O'Brien, Daisy Arena, Heather Scanlon, Ellen Klink, Christine Howard, Bonnie Blydell, Barbara Collins, Ruth Brownell, Suzanne Bailey, Marie Pasinski, Lynne Spencer, Anne O'Brien, Judith Walsh, Maura Devereaux, Susan Pillsbury, Jane Lombard, Barbara Mackey, Gayle Billias, Angela Bonin, Sallee Slagle, Beverly Dawson, Angela Lowell, Anna Manzano, Pam Motley, Sara Riley, Julie Tarmy, Polly Carter, Paulette Marie, Linda Kane, Molly Conlin, Lisa Perella, Darlene Conigliaro, Barbara D'Amico, Patricia O'Shaughnessy, Marie Meyer, Joan Kavanagh, Donna Lee Hanlon and the leggy Maura Costin-Scalise. If you wish to join the Flirter's Society of Nahant, contact Charlie Seagull.

Paintings of people and places in Nahant



by
Carolyn
Jundzilo Comer

For Info:
781-581-9689
email: jundzilo@mit.edu

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Summer In Nahant

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



The First English Settlers

The first English settlers of Lynn arrived in 1630. At that time Nahant was part of Lynn. Mostly farmers, they quickly perceived the advantages of the peninsula of Nahant in protecting their cattle from the wolves that infested the region. The ocean provided impenetrable “fences” on three sides that never required upkeep. A short wooden railing across the causeway finished the job. Cows in, wolves out!

If there had been a good harbor on Nahant, the first settlers might have built there instead of on the banks of the Saugus River in Lynn. But the peninsula was too inaccessible and exposed for a permanent settlement. Yet as a cow pasture it was ideal.

Four hundred million years before it became a cow pasture, Nahant began in a great pool of molten rock pushing upwards from deep in the earth. When it reached the surface, it stretched from Cape Ann southward and took ten million years to cool down. Its southern tip became the Nahant peninsula. Nahant was in no hurry to become a cow pasture.

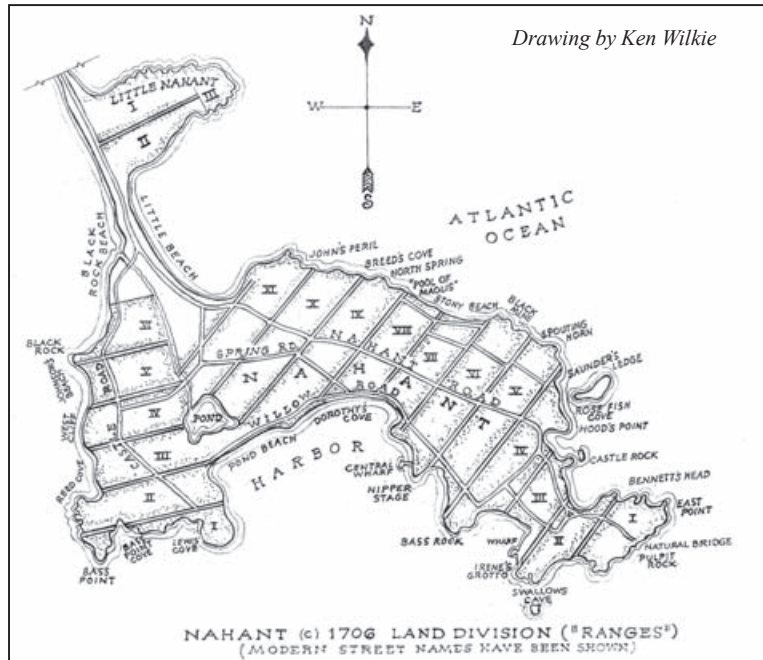
The molten rock cooled gradually from the outside to form alternate light and dark layers. This rock is called gabbro, and is considered unique by geologists. When the great glaciers began periodically inching down from the north a million years ago, they scraped their way back and forth across the peninsula of gabbro dumping off rocks accumulated along the way. There’s no easy way to make a cow pasture.

When the first English settlers arrived in the Lynn area in 1630, they found a few people had preceded them. John Wood and his son William, the Ingalls brothers, and William Dixey had already put up their rough houses on the “faire Playne” that was Lynn. Nearby on Sagamore Hill was an Indian village whose chief, Montowampate, was called “Sagamore James” by the new settlers. He gave the English permission to dwell in his territory.

Who owned Lynn and Nahant, King Charles of England or Sagamore James? Since Sagamore James and King Charles had both given them permission to occupy the land, the settlers assumed it belonged to them. But the Native American Indians had little understanding of the English concept of private land ownership. This confusion would eventually lead to a legal squabble over who “owned” Nahant.

William Wood, when he returned to England in 1633, published a book called “New England’s Prospect.” In it he gave a clear description of that part of the new territory called Nahant as he knew it from his four years’ acquaintance:

It is six miles in circumference, well wooded with oaks, pines and cedars. It is well watered having besides the fresh spring, a great pond in the middle, before which is a spacious marsh. In this neck is a store of good ground, fit for the plow, but for the present it is only used to put young cattle, goats and swine in, to secure them from the wolves. A few posts and rails from the low water marks to the shore keeps out the wolves and keeps in the cattle.



One Black William, an Indian duke, out of his generosity gave this place, in general, to this plantation of Saugus (Lynn), so that no other can appropriate it to himself.

The Indian Wood called “Black William” was Poquanum, which means “Dark Skin.” He was also called Duke William or Black Will by the English. He was considered to be the sachem of Nahant. So everybody thought that by his gift Nahant belonged to the residents of Lynn. Yet Nahant’s history in the seventeenth century was largely one of various people trying to appropriate it for themselves.

At a Lynn town meeting in January 1635, the citizens voted that nine of the freemen who had settled Lynn would have “liberty to plant and build at Nahant and shall possess each man land for the said purpose

and proceedings in the trade of fishing.” Thus the possibilities of Nahant doubled: not only was it good for pasturing cattle safely, it could also serve as a useful base for fishing enterprises.

The settlers given land on Nahant in 1635 were Mr. Humphreys, Daniel How, Mr. Ballard, Joseph Rednap, Timothy Tomlins, Richard Walker, Thomas Talmage, Henry Feakes and Francis Dent. These nine individuals were to engage in fishing or the land would be forfeited back to the town. There is no indication that any of these men either moved to Nahant, or made more than a makeshift shelter, in order to help carry on their enterprise.

In 1657 pressure was put upon the leaders of the growing town of Lynn to make additional land available to its residents. The selectmen cast their

eyes upon the unoccupied land at Nahant and voted that it “should be laid out in planting lots.” Every householder was to have an equal share in the division. They were required to clear their lot of wood in six years, and in the seventh year, they were to sow their lot “with English corn.” A further stipulation was that no one could raise a building of any kind on their lot.

This plan vexed at least one citizen, Thomas Dexter, better known as Farmer Dexter. He claimed that he — not the town — owned Nahant, and brought suit against the town to prove his claim.

Since Dexter did not possess a deed, the case seemed to hinge on which set of old memories the court cared to believe. But there were other and important precedents for the court to draw upon in reaching a decision in this matter.



Original Townies

Part 1 of a 4 part series.



Nahant Land Purchase Shown on Town Symbol

The Nahant seal commemorates the purchase of the land by Thomas Dexter from the Indian Poquanum, who was Sachem of Nahant and also known as Black Will, for a suit of clothes and a plug of tobacco. A legend persists that a keg of rum was involved and hidden under the clothes as the land transfer was made somewhere on the causeway connecting the area to Lynn.

Dexter was a farmer, and lived west of Saugus River, near the Iron Works. He owned 800 acres of land and was called "Farmer Dexter." He was an active and enterprising man and this purchase was one of his many speculations.

The selection of the subject for the seal never seemed fortunate, for Dexter's title to Nahant was successfully contested by the town of Lynn, because Poquanum, in his ignorance, had obtained money several times by mortgaging or selling Nahant. This is told in "Some Annals of Nahant" by Fred A. Wilson.

Some 50 men and their families came to Lynn in 1630 and occupied from 10 to 200 acres. Before the land was divided and fenced their sheep, goats and swine were kept on Nahant and tended by one or more shepherds. These men, with their families, apparently lived on Nahant.

A few years later the intent of keeping Nahant for pasturage was waived because of the importance of fishing. Nine men were given permission to plant and build, to further the fishing industry. It was also decided that Nahant should be laid out in planting lots and every person clear his lot of wood within six years.

This encouragement to cut down forests and make farm land resulted in a treeless town, except for a few scrub cedars.

From "Historical Seals of Greater Lynn" distributed by Daily Evening Item, circa 1977. Courtesy of the Nahant Historical Society. Accepted at Town Meeting, March 13, 1875.

The foremost precedent was that from the earliest days the authorities had discouraged any attempt on the part of the settlers to purchase lands directly from the Indians. The first general letter of instruction regarding settlement written from England to the company bound from Gravesend, England, April 17, 1629, stated that if any of the Indians "pretended" rights of inheritance to the land, company representatives and only company representatives should try to buy their titles "that wee may avoyde the least scruple of intrusion." This injunction was repeated in a second general letter from the company dated from London, May 28, 1629. Once the settlement was underway, this decision of the Company was reaffirmed on March 4, 1634.

So the court decided that Nahant belonged to Lynn. Dexter appealed but this was denied. In his attempt to gain possession of Nahant he had twice failed.

It turned out, too, that Duke William was a bit of a rascal. Soon after the arrival of the English, he discovered that they liked to "buy" land from him. Apparently he had sold Nahant several

times over; often knocking on a settler's door to say that his father's wigwags had once stood there and asking if they would like to buy the property from him? It was a shell game while it lasted and if the settlers wanted to play it, the Duke was willing to oblige them.

Source: Nahant on the Rocks. Stanley Paterson and Carl Seaburg. 1976.

Photos at corners of this page: Town Seal float for parade either in Lynn or Nahant. Picture probably taken on Nahant Road between 369 and store on the corner of Wharf Street. Nahant Historical Society.



If you have something you would like to share on this page, please contact the author:
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The Nahant Historical Society cordially invites you to our Annual Paterson Lecture

"Nahant's Native Americans and their 17th Century World"
by David Stewart-Smith, PhD.

Sunday, October 2, 2005, at 2:00 p.m., at Serenity Room, Nahant Community Center, 41 Valley Road, Nahant, Massachusetts.

Dr. Stewart-Smith is an ethno-historian and author, specializing in New England Native American tribal history at Vermont College in Montpelier. Come learn about Nahant's early people, especially Poquanum, known to European colonists as "Duke" or "Black William."

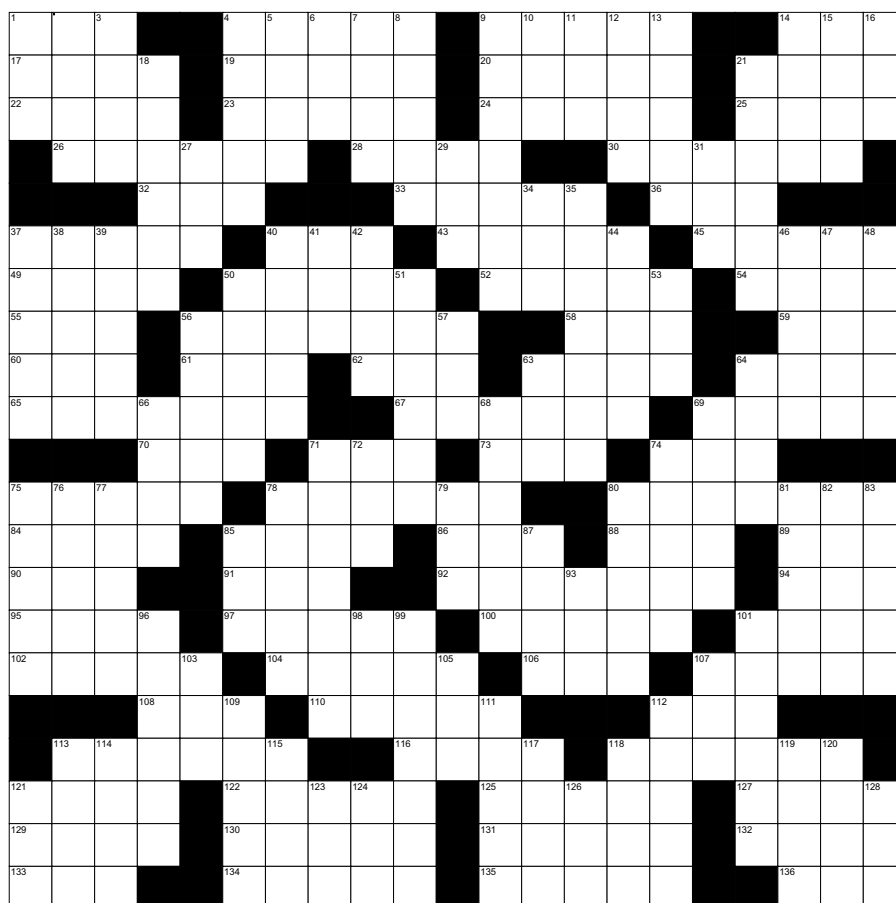
Light refreshment will be served. Members' guests and the public are welcome. Parking is limited at the Community Center. A shuttle van service will be available from the St. Thomas Aquinas Church parking lot at 248 Nahant Road between 1:30 and 4:30 p.m.

Picture: Plate Engraving: "Black William Selling Nahant to Thomas Dexter for a Suit of Clothes, 1630," from "History of Lynn" by Alonzo Lewis, published 1829. Collections of The Nahant Historical Society.

NAHANT PUZZLE PAGE

"Fall Foliage"

by Rick Kennedy



ACROSS

- 1** Our sun
4 Artery
9 Water retention
14 Cooking meas.
17 Opaque gem
19 *Tree knot*
20 *Arbor*
21 Surge
22 Large truck
23 Chilly
24 Squashed circles
25 Uncertain
26 *Treetops*
28 Repast
30 Mouth part
32 Unpaid
33 Competitor
36 Play on words
37 *gum*
40 Before, poetically
43 Particle
45 *poplar*
49 Other
50 Greek ending?

- 52** Fire
54 Window part
55 Set up
56 Rust
58 Day of the wk.
59 Legume
60 Snacked
61 Zero
62 State
63 *Jack or Scotch*
64 Dagger
65 Treachery
67 Discovers
69 Pennies
70 Shad delicacy
71 Toll
73 *With 129A, common landscape tree*
74 Expression of surprise
75 *Golden shaker*
78 European nation
80 Passage
84 Regretted
85 Heave (slang)

- 86** *Eastern Red*
88 Kimono sash
89 Digit
90 Scamp
91 Positive vote
92 Peru neighbor
94 United
95 Orient
97 Tropical fruit
100 Mystery writer award
101 Deride
102 Plant shoot
104 Undercoat
106 Chinese sauce
107 *American or European*
108 *Scarlet or Pin*
110 *Norway or Striped*
112 School grp.
113 Pacific Ocean discoverer
116 Convexity
118 *Mountain*
121 *Kentucky Coffee*
122 Capital of Morocco

- 125** Hunter in the sky
127 *State tree-blue spruce*
129 *See 73A*
130 Irregular
131 Guts
132 Catamount
133 Hold
134 *Orchard tree*
135 Harnesses
136 Big Blue

DOWN

- 1** Distress call
2 Oil cartel
3 Tibetan monk
4 Open mouthed
5 Lone
6 Remnant
7 Cut closely
8 *Catkin producer*
9 Unfolds
10 Division (abbr.)
11 Airport abbr.
12 Shake
13 Man with morals

- 14** Meat alternative
15 Unhurt
16 Open forcefully
18 *Basswood*
21 Enlist (2 wds.)
27 Gone to lunch
29 Aspire
31 *Butter*
34 *Used in making baseball bats*
35 Raiding
37 Cord
38 *Pine or Birch*
39 Keen
40 Author Dickinson
41 *Maple or Oak color*
42 Auspices
44 Verbs' partners
46 Rabbit
47 Sluggish
48 Tops
50 Nitrous (laughing gas)
51 *Rhododendron type*
53 Ball holder
56 Hamburger topper
57 *Ohio Buck*

- 63** For
64 Big man on campus
66 Wilma's hubby
68 Cite evidence
69 Head of a committee
71 Lower arm
72 Imp
74 *Day*
75 Sign of the zodiac
76 *Berried shrub*
77 Cola
78 Remit (2 wds.)
79 Compass pt.
80 NBC morning show
81 *Popular Vermont foliage destination*
82 Column type
83 Canines
85 Purse
87 Togs
93 Past
96 Shaped
98 By way of
99 Someone who has lost a limb
101 Shred (2 wds.)
103 Arrest
105 *American or Slippery*
107 Heat unit
109 Asian nation
111 *Tropical tree*
112 Sheets of glass
113 Forehead
114 Long time
115 Retired persons assoc.
117 Sandwich cookie
118 Enjoy
119 Decorative needle case
120 Sheep
121 Pair
123 Hit
124 American sign language
126 Gall
128 *radio*

Sea Sick? Take My Advice (Continued from page 9.)

can be hard to recognize, especially if you are already tired. Most people do not detect oncoming seasickness until there are more obvious signs, such as stomach discomfort (nausea) and slight sweating, excessive salivating or belching. As you start to become seasick, you will find that performing various tasks requiring mental concentration becomes more difficult. Even simple assignments, such as threading line through the guides of a rod or tying on a hook become seemingly impossible.

Seasickness is obvious in its more advanced stages, when vomiting usually begins. As mentioned, in order to avoid getting to this point, do something before these serious symptoms occur. Take anti-motion sickness medication. Avoid small, cramped spaces, get out in the fresh air, and take slow, deep breaths. Try going up on deck and looking at the horizon to eliminate visual conflict. Stay around midship or aft, where the pitching and rolling of the ship is less intense. Also be sure to avoid alcohol and smoking – this will only make your condition worse. The worst thing you can do is to stay in a confined area (such as the galley) where there is typically smoke and various odors, and be sure not to eat any greasy or spicy food being served up. You can try downing some soda crackers, but that's about it. Do not sit inside and try to read either, thinking the distraction will help. Trying to focus on the print while the boat moves is a sure way to bring on seasickness. While the tendency is to go off by yourself when seasick, do not let your embarrassment discourage you from seeking aid from others onboard, such as the skipper or crew members, that may be able to offer helpful suggestions and/or time-tested remedies. The skipper may also be able to make a course adjustment that will make the ride a little less rough.

If you do become seasick, remember to replace the nutrients lost from your system due to repeated vomiting. Even if you do not feel like eating, force yourself to consume small amounts of saltines, broth and fluids that include glucose and electrolytes. Doing so will help alleviate continued bouts of nausea, strengthen your system, and move you along on the road to recovery.

SEPTEMBER 2005 PUZZLE WINNER

Congratulations to RALPH CANALI who successfully completed last month's puzzle. You, too, can win a FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at Seaside Breakfast.

Back to School by Rick Kennedy

Solution:

S	C	A	M		U	R	N		W	E	B		S	A	G		O	A	K	S				
D	A	L	L	Y		T	O	O		O	R	E		P	D	A		P	L	O	W	S		
A	M	A	I	N		A	L	T		N	E	T		A	I	M		E	E	R	I	E		
S	O	S		A	M	H	E	R	S	T			A	B	D	O	M	E	N		E	R	A	
H	A	S	P		E	A	S	E	L				A	E	S	O	P		H	A	L	L		
				E	A	R	N						U	N	I	O	N		N	E	B	E		
E	S	C	A	P	E		C	A	M	B	R	I	D	G	E		E	R	A	S	E	R		
N	A	A	C	P		W	O	K		A	S	L		N	O	R		O	V	U	L	E		
E	N	R	O	L		E	P	I	C				B	A	N	E		W	I	E	L	D		
				C	E	L	L		N	U	T		S	O	T		P	A	N	E				
B	A	C	K		A	L	A		T	H	R	O	W		B	U	S		R	U	M	P		
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Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for NOVEMBER 2005

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

Saturday, October 15th • 5:00 P.M.

Mail Date: Wednesday, October 26th

STAFF

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

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, Donna Lee Hanlon, Owner, Editor & Publisher.

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

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

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

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

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Advertise your yard sales, moving sales, car and boat sales, apartment rentals, personal messages, birth announcements, memoriams, holiday and birthday greetings in the **NOVEMBER 2005** issue of the **Nahant Harbor Review!**

Fill out the form below, cut out and mail to: Nahant Harbor Review,
PO Box 88, Nahant, MA 01908.....OR..... Save a stamp!
Take the envelope to the Equitable Cooperative Bank on Nahant Road
and drop it in the black box on the Teller's counter.

Payment must be included with the form. Make your check payable to
Seaside Business Services. Photos will be returned if accompanied with
a self-addressed, stamped envelope.

Deadline for the NOVEMBER issue is SATURDAY, OCTOBER 15th.

Name: _____
Telephone: _____
Photo Enclosed? _____
Ad Size: _____
Amount enclosed: _____
Print Message (or attach to form): _____

Price List

One column wide by	
1" box	\$10.00*
1.5" box	\$15.00*
2" box	\$20.00
2-1/2" box	\$25.00
3" box	\$30.00
Two columns wide by	
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*For more info., call Suzanne at
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Community Calendar • OCTOBER 2005

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

SAT	1		Nahant Acupuncture Opens.
SUN	2	2:00P	Paterson Lecture. Community Center.
		2:00P	Swampscott Art Autumn Show. Marian Court College.
MON	3	2:00P	Nahant Garden Club at Topsfield Fair. Till 4:00 p.m.
		sundown	ROSH HASHANAH begins at sundown
THU	6	6:00P	Girl Scout Fundraiser at Tides Restaurant. Till 6:00 p.m.
FRI	7	7:00A	Men's Group Breakfast. Village Church.
SAT	8	7:00P	Kure for Katrina Fundraiser. Ballard Restaurant.
MON	10		COLUMBUS DAY
TUE	11	9:30A	Woman's Club at Union Club Luncheon.
WED	12	sundown	YOM KIPPUR begins at sundown
SAT	15	9:00A	Can and Bottle Drive. Life-Saving Station.
	15	5:00P	DEADLINE NOVEMBER HARBOR REVIEW
SUN	16		NATIONAL BOSS DAY
		2:00P	Natural History Walk. Short Beach Parking Lot.
		5:00P	Hymn Sing at Nahant Village Church.
		6:30P	Nahant After Dinner Club. Country Club.
THU	20	6:00P	Parent Support Group. Call Tina, 781-592-9255.
SAT	22	7:00P	Spaghetti Dinner Dance at Village Church.
SUN	23	10:00A	Sea to Shining Sea Road Race. Ward Road.
	23	1:40P	Bay State Skating Lessons Begin. Lynn Connery Rink.
	23	2:00P	NHS Birthday Party at Paterson Estate.
MON	24		UNITED NATIONS DAY
TUE	25	8:30A	Parent Support Group. Call Tina, 781-592-9255.
THU	27	6:30P	Garden Club Harvest Potluck Supper. Village Church.
SUN	30	7:00P	Hallowe'en Concert at Ellingwood Chapel.
SUN	30	2:00A	DAYLIGHT SAVINGS TIME ENDS
MON	31		HALLOWEEN

NOVEMBER

WED	2	2:00P	Woman's Club at North Shore Music Theater
THU	3	6:00P	Parent Support Group. Call Tina, 781-592-9255.
FRI	4	7:00a	Men's Group Breakfast at Village Church
TUE	8	8:30A	Parent Support Group. Call Tina, 781-592-9255.
TUE	8	10:30A	Woman's Club American Home Day at Village Church
THU	17	6:00P	Parent Support Group. Call Tina, 781-592-9255.
TUE	22	8:30A	Parent Support Group. Call Tina, 781-592-9255.

DECEMBER

TUE	13	11:30A	Woman's Club Holiday Luncheon at Village Church.
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Starting in 2007, the United States will have new dates for Daylight Saving Time: Daylight Saving Time will begin on the second Sunday in March (2007), at 2:00 a.m., local time. We will return to standard time on the first Sunday in November (2007), at 2:00 a.m., local time.

AA Meetings

Tuesdays and Thursdays: Alcoholics Anonymous meets at 7:15 a.m. St Thomas Aquinas Church basement on Nahant Road.
Fridays: Alcoholics Anonymous meets at 7:30 a.m. Nahant Village Church Library on Cliff Street.

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

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

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

Public Library Hours

Mon. thru Thurs.
10:00 a.m. to Noon. & 2:00 to 8:00 p.m.
Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.
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