Where in the World is HOOMPA

Polly and Larry Bradley celebrated their Golden Wedding Day in Salzburg, Austria, with a happy HOOMPA. Polly (Lewis) and Larry Bradley were married on September 5, 1956, in Oklahoma City, Oklahoma. They have lived in Nahant for 42 years. (Polly’s necklace by Donna Hanlon.)

Representative Walsh Announces Nahant Office Hours

State Representative, Steve Walsh, is pleased to announce that he will be holding office hours at the Nahant Town Hall, beginning on Friday, October 6th. Representative Walsh is always happy to meet with Nahant constituents, upon request, but also wanted to set aside time when Nahant residents can stop by, to discuss an issue, or just to say hello.

Representative Walsh’s Fall 2006 office hours will be from 9:00 to 11:00 a.m., on Friday, October 6th and Friday, November 5th, at the Nahant Town Hall. For those unable to attend the office hours and may have a concern they would like to discuss, feel free to call Representative Walsh, at his State House office, anytime. For more information on the office hours, or to set up a meeting, please call Representative Walsh, or Lainey Titus, at 617-722-2396.

Important Notice

Town Clerk, Harriet Steeves, announces that the State Election will be held on Tuesday, November 7th. The last day to register to vote in this election, for those not already registered in Nahant, will be Wednesday, October 18th, in the office of the Town Clerk at the Nahant Town Hall, between 8:00 a.m. and 8:00 p.m.

Boston Pops in Lynn Oct. 1st

Keith Lockhart and the Boston Pops, will be performing at the Lynn Auditorium on October 1st, beginning at 4:00 p.m. For ticket information, call 781-581-2971

Nahanter Rozi Theohari Wins Naji Naaman Literary Award

Congratulations to Rozi Theohari, of Nahant, the winner of a special prize, “Honour Prize For Complete Work,” which was awarded by Maison Porur La Culture, of Junieh, Lebanon, on March 31, 2006.

The commission that awarded the Prize, the “Bota e Gruas Shqiptare — Albanian Women World” group, chose from among many poems, short stories and creative writings. They felt that Ms. Theohari’s writings have always offered much joy and educational information as well as, unconditional love and friendship that comes from her spirit, as an author and person. She has been named “The Spirit of Albanian Diaspora’s creative journalism.” They feel privileged to learn that your works have been rated and appreciated and are worthy for such an important prize.

This Prize, awarded to you as an Albanian Woman author, shows appreciation and honor, not only as an Albanian author, but a woman who is complete in all dimensions of a modern human being, intellectual, creative; active in society, who is especially caring and has a gentle spirit, a woman that is a role model in nowadays society of the 21st Century.

Submitted by Aferdita Halimi (Hamburg, Germany), Arlinda Gjaka (Vushtrri, Kosova), Dorotea Kerni (Zagreb, Croatia), Etleva Durmishi (Prishtina, Kosova), Flora Durmishi (Prishtina, Kosova), Flora Latifaj (Belgium), Flutra Malo (Rome, Italy), Juliana Cukaj (New York, USA), Keze (Kozeta) Zylo (New York, USA), Merita Bajraktari Mccormack (New York, USA), Mirela Bogdani (Cardiff, United Kingdom), Raimonda Moisiu (Connecticut, USA) and Vera Pelaj (Prishtina, Kosova).

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Here’s your copy of ...
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**Improve Your Safety at Home and On the Road**
Submitted by Marrit Hastings

The Nahant Police Department has two new initiatives to improve one’s safety, which were described by Sgt Paul Manley and Officer Armand Conti, at the September 8th breakfast at the Nahant Village Church.

**ARE YOU OKAY?** Over the past three years, the Nahant Police Department has been operating this free computer-based system, to check on elderly, injured, or bedridden individuals, who are enrolled in the program on a daily basis. All it takes to enroll, is to complete a form at the Police Department and to pick an appointed time for the daily call. If a call goes repeatedly unanswered, the Police and Fire Department will be dispatched to that individual, to see what help (if any) is needed.

Since the program started, it has saved two or three lives in Swampscott, who is piggy backing on the Nahant system. Only five people in Nahant are currently enrolled in the Are You OK program (28 in Swampscott) and Office Conti would like more people to take advantage of this life-saving program. Stop by the Police Department and ask Roz Pulce for an enrollment form. The Police Department will hand deliver the form, if you are unable to leave your home.

Anyone enrolled in the program must notify the Police Department if he or she will be away from home, to stop the service temporarily.

The program is FREE and the information provided on the enrollment form is strictly confidential.

**55-ALIVE: In 1978, the American Association of Retired Persons (AARP) developed the “Safe Driving Program,” to help older drivers compensate for normal age-related physiological changes, such as slower reaction, vision and hearing deficiencies.** The Nahant Police Department has arranged for this course to be taught at the Nahant Town Hall, on Wednesday and Thursday, October 18 and 19 and is sponsoring the event. The two-part, 8-hour course will take place, from 9:00 a.m. to 1:00 p.m., on both days and will be taught by Nancy Doherty, a trained volunteer instructor. The course covers many facets of driving, such as traffic interaction, vehicle safety, adverse driving conditions, and rules of the road. The cost of the course is $10 for materials and supplies. Refreshments will be served. The course requires registration and is limited to 20 people. To reserve a spot, or get more information, please call Sgt. Paul Manley at 781-581-1212, after 4:00 p.m.

Many states (but not Massachusetts) mandate a reduction in car insurance premiums for individuals who have completed the Safe Driving Program. Florida, where many of our Nahanters reside during the winter months, does offer such an incentive.

**Chowder Lunch With First Female Keeper of Boston Light**
Submitted by Marrit Hastings

The Nahant Woman’s Club will feature Sally Snowman, the first female keeper of Boston Light, at a luncheon to be held on October 10. Three years ago, Sally became the 70th keeper of this nearly 300-year old structure. As noted in a recent Globe article, she is a practitioner of a dying profession. Once, keepers maintained all lighthouses operated by the US Coast Guard. Today, Boston Light is the last USCG lighthouse with a full-time staff. She and her husband are authors of the book “Boston Light: A Historical Perspective.”

This is the Woman’s Club second event, with our focus on Empowered Women. This event starts at 11:00 a.m. and will be held in Swansburg Hall of the Nahant Village Church. Our two hostesses, Margaret Antrim and Margie Parisi, will serve up our famous clam chowder for lunch. Please bring something to share for dessert. Past President Calantha Sears will give the invocation.

For more information, call Marrit Hastings at 781-581-1212, or email calhast@hotmail.com.

Also, please visit us at the Nahant Woman’s Club table at the Nahant Historical Society’s Harvest Fair on Saturday, Sept. 30th, from 10:00 a.m. to 2:00 p.m., to get information about our upcoming events, or to learn about becoming a member, and to do some early shopping for Christmas, or other occasions. Items offered include fleece Bailey’s Hill gazebo scarves, beautiful hand-painted mugs commemorating the rebuilt gazebo at Bailey’s Hill, note cards of various Nahant scenery, Nahant spoons, and “Hooked on Clean Beaches” t-shirts that were sold as part of the 1st annual beach cleanup sponsored by the Woman’s Club last June. Proceeds will go to underwrite the costs of the permanent Sears Pavilion Plaque, to be placed at Bailey’s Hill Park and to our scholarship fund.
The Workings of the Government
Submitted by Marrit Hastings

State Representative Steven M. Walsh will give a presentation on this topic at the October monthly breakfast at the Nahant Village Church. It is a great opportunity to ask him about issues facing our town and how the State is addressing those.

The free breakfast will be served at 8 a.m. on Friday, Oct. 6th, with the presentation to start at 8:30. Please come and invite one or more friends.

Grin & Share It Laugh-Fest to Benefit
My Brother’s Table
Submitted by Mary Magner

Nationally known funnyman—and Nahant resident—Don Gavin, has put together Grin and Share It 4, an all-star comic laugh-fest, featuring comedians Lenny Clarke, Steve Sweeney, Tony V, Jim Colliton, Jim Dunn, Artie Januario, Al Klemick, Paul Gilligan, Patty Ross, Harrison Stebbins, Greg MacDonald and Larry Lee Lewis (plus a few surprise guests), all to benefit My Brother’s Table, of Lynn, the largest soup kitchen on the North Shore.

The evening of fun and food is set for October 1st, at 6:00 p.m., at Montvale Plaza, in Stoneham. Tables of 10 are available for $500 and individual tickets are $60. Please call Mary, at 781-595-3224, or email mary@mybrotherstable.org, for more information.

Halloween Magic Show at the
Nahant Public Library
Submitted by Rita Stepanova, Children’s Librarian

The Nahant Public Library will present famous Greg McAdams’ Halloween Magic Show, on Wednesday, October 18th, at 3:00 p.m. This show combines comedy, surprises and audience participation with exciting magic. Children with parents are welcome. Nahant Public Library is grateful to the Friends of the Library for funding this program. Admission is free.

Fall Library Book Sale

The Friends of the Nahant Public Library announce a Book Sale, from Saturday, November 4th, through Sunday, November 12th, during regular library hours: Mondays –Thursdays, 10:00 a.m. to noon and 2:00 to 5:00 p.m.; Fridays, 10:00 a.m. to noon and 2:00 to 5:00 p.m. and Saturdays and Sundays, 2:00 to 5:00 p.m.

There will be best sellers, biographies, non-fiction, coffee table books, discards from the library attic and many other interesting books for sale. There will also be a limited amount of CDs, audio and video tapes available. Please bring your book donations to the library up until November 1st. We will not be accepting magazines.

Thank you for supporting your library.

Memory Lane in the 1950’s & 60’s
Submitted by Anne Cote for the Nahant Historical Society

Recently, the Nahant Historical Society received an e-mail from a former summer resident, who loves Nahant and spent many wonderful summer days growing-up, enjoying the beach and experiencing the fun of young people, during the 1950s & 60s. He cited the many events, people and places he frequented. He asked, “How could we get others to contribute their memories?”

The Nahant Historical Society extends an invitation to all who would like to go down memory lane and share their personal joy of growing up in Nahant.

We encourage photographs, or other memorabilia. Arrangements can be made to copy and return originals to you. We welcome either those who wish to come by the Society, or those who are far away and can only mail their hand written stories. We encourage those who have friends, who moved away from Nahant, to share their memorable days of long ago, by e-mailing to info@nahanthistory.org, or by mail, to Nahant Historical Society, 41 Valley Road, Nahant, MA 01908.

We are open each Wednesday and Thursday from 1:00 to 4:00 p.m. and the first Sunday of the month, 1:00 to 4:00 p.m., except on holidays. Another avenue which we are considering, is to publish these wonderful stories of the 1950s and 60s, into book form. Please join the fun and thanks so much for your help!

Sea to Shining Sea Road Race
October 22nd
Submitted by Roz Puleo

The 2nd Annual 5-Mile, Sea to Shining Sea road race, to benefit the Nahant Life-Saving Station, is being held on October 22nd, beginning at 10:00 a.m. The fee for pre-registration is $18, registering on the same day will cost $22. Applications are available through Roz Puleo, Athletes Corner, Seaside Variety and Seaside Pizza. Online Registration is available at www.active.com.

Send checks made payable to Nahant Preservation Trust, to: Sea to Shining Sea, NLSS c/o Roz Puleo, 21 Greystone Rd, Nahant 01908.

Raffle items for the runners and sponsorships are still being accepted. For more information, please call Roz, at the Nahant Police Station.

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in Swampscott-by-the-Sea

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Mitchell’s Cahnah A Success
Submitted by Peter E. Przybycien, Adj., Post #215

The Nahant American Legion Post #215, in association with the Nahant Veterans Association, would like to extend our sincerest thanks to the Brothers Tudor and all the volunteers at the Mitchell’s Cahnah block party. The uninvited guest, Ernesto, left just in time to allow us to have a great party. Never has weather played such a key role in the party-planning. The decision to have the party on Sunday night was on par with Eisenhower’s decision to go on D-day.

The funds raised will go a long way to keep your Nahant Veterans warm this upcoming winter. Again, thanks to Tudor Brothers, Duddie & Ponsie, the volunteers and the good people of Nahant, for supporting your Veterans and doing what you do best—PARTY!!

Marine Science Center Lecture
Submitted by Tracy Hajduk, Outreach, Northeastern

Dick Russell, environmental journalist and author of “Striper Wars: An American Fish Story,” will be presenting the first lecture of the 2006-2007 year, on Tuesday, October 10th, at the Marine Science Lab, beginning at 7:00 p.m.

“Striper Wars” tells the remarkable story of how one species was brought back from the brink of extinction—only to face new and even more daunting threats. When populations of striped bass began plummeting in the early 1980s, author and fisherman, Dick Russell, was there to lead an Atlantic coast conservation campaign, that resulted in one of the most remarkable wildlife comebacks in the history of fisheries.

As any avid fisherman will tell you, the striped bass has long been a favorite at the American dinner table; in fact, we’ve been feasting on the fish from the time of the Pilgrims. By 1980, that feasting had turned to overfishing by commercial fishing interests. “Striper Wars” is Dick Russell’s inspiring account of the people and events responsible for the successful preservation of one of America’s favorite fish and of what has happened since. http://www.dickrussell.org/striper.htm

This lecture is free to the public.

Nahant Garden Club
Submitted by Carmella L. Cormier, Publicity Chairman

If you visit the Topsfield Fair, between 9/30-10/9, look for flower arrangements created by some of our members.

Our annual “Harvest Potluck Supper” will be held on Thursday, October 26th, at 6:30 p.m., at the Nahant Village Church. Our Hostess will be Carol Hanson. Members may bring a guest and your favorite food, to share with others. Our guest speaker will be Fiona Barrett, Holistic Health Counselor. She will speak about the health benefits and culinary uses of herbs and edible plants.

The focus of her talk is on the concepts of natural beauty, relaxation, stress reduction and nutritional benefits from these plants. This will be an interesting, and informative evening and a nice meal with our members and friends.

Ice Skating Classes to be Held at Lynn Connery Rink
Submitted by Rosemary Cloran

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

The Lynn Connery rink is located at 190 Shepard Street. Classes are held on Sundays at 1:40 pm, for 5 weeks, starting October 29th. The Lynn Connery rink is convenient for residents of Saugus, Revere, Nahant, Swampscott, Peabody, Salem and Marblehead.

Come join the fun at the Lynn Connery rink, or at any of the other 13 Boston-area rink locations. To register for classes, or for any additional information, please call the Bay State Skating School at 781-890-8480, or visit www.baystateskatingschool.org. Ice skate and feel great!
E-10 Ethanol Fuel Problems for Our Boats
by Rob Scanlan, U.S. Master Marine Surveyor

In all my technical studies and research, Star Tron solves the fuel problems caused by the new formulated E-10 Ethanol enhanced gasoline. This is the only product I am recommending to clients and all boaters.

The gasoline we buy for our boats and cars is in the process of a major reformulation. Ethanol, an alcohol derived primarily from corn, is both a domestically produced, and renewable fuel. E-10 (10% ethanol) has become a critical component of our fuel infrastructure, but it requires better housekeeping, especially in the boating industry. Ethanol is being phased into the fuel supply across the country.

The problem is all alcohols are hygroscopic. That means it likes water, and it attracts and couples with moisture in the air, resulting in greater amounts of water collecting in the fuel tank. Since water is heavier than gasoline, the water and ethanol mix settles to the bottom. This is referred to as “phase separation,” and eventually the water/ethanol phase is drawn into the fuel delivery system. If there is no water separator in the line, the water goes into the injector/carburetor and the engine does not run properly. In extreme cases, the engine will stop running. For automobiles, this is not a common problem in that an entire tank of fuel will most likely be used up within one week, well before a water/ethanol build up takes place. Also, automobiles have smaller gas tanks, leaving less air space for condensation to accumulate. Boats usually do not use up their fuel for many weeks, if not months, and their large gas tanks, when left low in fuel, readily form condensation.

This presents a problem for most boaters. An additional problem boaters will face is loss of octane, which is critical to an engine’s performance. Ethanol is over 100+ octane, and provides the fuel with much of its octane rating. Once water reaches about a .5% level, it will phase separate. With the ethanol drawn to the bottom along with the water, the fuel will lose octane, and this can cause a loss of performance, including pinging and engine knock, which can damage your engine. It also severely worsens fuel economy and power.

There are other problems with E-10 fuel. Ethanol is a powerful solvent and readily breaks up tar and organic sediment found in many marine fuel tanks. The ethanol/water mix also makes a potent stripping agent for old varnish and gum accumulated from years of gasoline sitting in the tank. These organic contaminants, once loosened from tank walls, can plug filters and injectors quickly, disabling your boat’s engine. In cold weather, the water/alkohol phase can also freeze, turning into a syrupy mix that plugs filters.

To assist boaters, Star Brite has introduced Star Tron, a revolutionary fuel additive based on enzyme technology that can prevent these water-related fuel problems. The enzyme package in Star Tron disperses water derived from normal condensation into microscopic clusters, and allows the water to pass through the fuel system and engine harmlessly, preventing the buildup on the tank bottom that can contribute to poor performance, fuel gelling and corrosion. This de-watering effect prevents potential phase separation. If large amounts of water are already present it will be de-emulsified and drop out of the body of the fuel, improving overall fuel performance.

Over a period of time, with fresh gas loads treated with Star Tron, even large accumulations of water will be totally eliminated.

Star Tron can also counter the effects of lost octane, greatly improving the combustion performance of E-10 fuel that has had water contamination. Star Tron can also prevent filter plugging from old gum and varnish. The enzymes help break down the dissolved sludge and other deposits into sub-micron-sized particles that usually pass through the fuel filter and are burned away as part of the combustion process. Tank deposits that would cause gelling are solubilized so that fuel flows uninterrupted through the filters.

**STARTRON GASOLINE ADDITIVE**
8fl.oz bottle will treat 128-gallons of gasoline. 16 fl. oz. bottle treats 255 gallons of gasoline. 32 fl. oz will treat 500 gallons of gasoline

**STARTRON TANK CLEANER**
64 fl. oz treats 250 gallons gasoline (1) gallon treats up to 500 gallons gasoline.

**STARTRON DIESEL ADDITIVE**
8fl.oz treats 255 gallons diesel fuel.
16 fl. oz treats 500 gallons diesel fuel.
32 fl. oz treats 1,000 gallons diesel fuel.
Johnson School News

by Dr. Denise Littlefield, School Superintendent & Principal

We did it! The new Johnson School opened to students on September 11, 2006. We have just completed the first week of school and are now enjoying our brand new space. All of the classrooms are operational and complete. There are so many people to thank and everyone has come together to make our school opening perfect! Construction continues, as the gym and cafeteria are being renovated. We have a temporary cafeteria and gym classes take place outdoors, (keep your fingers crossed for nice weather). The project should be completed by December 15, 2006.

The difference in the classroom environment cannot help but affect the conditions of learning. The lighting, brightness and cleanliness are most notable. Respecting our new space is a priority for all of us and the Nahant community can be reassured that the Johnson School will be diligently protected. There are 214 students in grades K-6 representing, an increase of 15 students over September of 2005; perhaps the new space is an attraction.

Families attended open house/curriculum night, at the Johnson School, on Tuesday, September 19th and Wednesday, September 20th. This presented a chance for parents to meet their child’s new teacher and especially, to view our new space. When the entire project is completed, there will be many opportunities for community members to also view the school. None of this would have happened without community support. Thanks from the bottoms of our hearts.

Though the building project kept us busy all summer, teachers worked in curriculum groups, attended graduate classes and spent time on professional readings. The new math materials have been introduced and teaching and learning continue in earnest, as we go on with the Johnson School renovation.

Because of the late start-date of school this year, there are not many events/happenings to report. It is anticipated that future Harbor Review articles will highlight our accomplishments.

As a reminder, the students (and teachers) will enjoy the first long weekend of the school year, beginning on October 6th. There is no school on October 9th, as we commemorate Columbus Day. Enjoy this holiday.

Nahant Amy Famulari Makes Dean’s List

Submitted by Kathleen Beals

Amy K. Famulari, a University of Massachusetts Dartmouth student from Nahant, has been named to the Dean’s List (grade point average 3.2 or higher out of a possible 4.0), for the spring 2006 semester. Congratulations, Amy, on this achievement.

Marian Court College News

Submitted by Nicole Goguen

Marian Court College, 35 Little’s Point Road, in Swampscott, will be holding OPEN HOUSES, during October, on Tuesdays (October 3, 10 and 17); Thursdays (October 5, 12 and 19), from 4:00 to 8:00 p.m. and Wednesday, October 18th, from 6:00 to 8:00 p.m. Visitors will have the opportunity to tour the ocean-side campus, review financial aid options, talk with admissions and financial aid counselors and learn about the new accelerated programs, designed to allow students to attain an Associate’s degree in 16 months or less, or a certificate in a year or less. A new 8-week evening session starts October 24, 2006 and is enrolling now. For more information and directions, please call Marian Court College, at 781-309-5210, or email fastrackinfo@mariancourt.edu.

Marian Court College will host the Swampscott Arts Association’s Autumn Show, in Mercy Center Gallery. The show will open with a reception on Sunday, October 1st, from 2:00 to 4:00 p.m. During the reception, refreshments will be served and works of art will be judged and prizes awarded. The exhibit continues through November 16th and may be viewed Mondays, Wednesdays & Fridays, from 9:00 a.m. to 4:00 p.m., and Tuesdays & Thursdays, from 9:00 a.m. to 8:30 p.m. Admission is free and handicapped accessible. For further information, please call Marian Court College, at 781-593-6768.

Marian Court College is certified by the Massachusetts Department of Revenue as a non-profit organization.
The Nahant Junior High School 50th reunion was held at the Valley Road School on August 26th. It was a huge success. We had an overwhelming response from our classmates. Many traveled from Florida, Georgia, South Carolina, Connecticut, Vermont, New York and throughout Massachusetts.

Appearing in the first photograph at right of the Class of 1956, dated June 22, 1956: Front: Judith Bryant, Joan Hussey, Shirley Ingalls, Rita Athy, Betty McCormack, Sheila Sciaba, Susan Bushnell, Mary Ann LaFalce, Susan Linnane
Third Row: Frank Taylor, David Cass, Ted Quinn, Billy Stevens, Ronald McIntire Bobby Giarla, Alan Genosi
Fourth Row: Billy Matheson, Ed McCarthy, Kenny Taylor, Lithgow Devens, Jimmy Ward, Peter Flynn, Robert Lemmond, Michael Drooker
Fifth Row: Tom Rogers, Donald Alexander, Roger Roy, Larry Smith, Ray Parker, Terry Graham, Charles Dick, Terry Grue

The second photograph at right is the 50th Reunion picture, dated August 2006.
Front Row: Judi Bryant, Joan Hussey Hickey, Shirley Ingalls Geaney, Ruth Athy Ciafardoni, Mr. Leonard Piazza (Principal), Susan Linnane Bonner, Susan Bushnell Kane, Sheila Sciaba Platt
Second Row: Claire Gaudet, Ed McCarthy, Stephen Sindoni, Jimmy Ward, Christine Svenson Barrie, Mary Ann LaFalce Putnam
Third Row: David Cass, Kenny Taylor, Larry Smith, Terry Grue, Robert Lemmond
Fourth Row: Roger Roy, Charles Dick, Terry Graham, Michael Drooker
Missing from picture: Elizabeth McCormack Quinn and Thomas Rogers
The highlight of the evening was our surprise guest, the very popular Leonard Piazza, former principal, teacher, basketball and softball coach. Amazingly, he recognized most of the class members by name.

A very special thank you to Calantha Sears, who very graciously compiled memorabilia from 1950 thru 1960. The Historical Society was opened throughout the day for everyone to enjoy. It was a visual trip “through Memory Lane,” as Calantha was happy to answer all our questions and share our special memories with us.

At the end of the evening the class decided to meet again next August (2007), on Short Beach, for our 51st Junior High School Reunion.
See you next year!

~Submitted by Mary Ann LaFalce Putnam.

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Blast From The Past
NAHANT JUNIOR HIGH SCHOOL 50TH REUNION

Senior News
Volunteers Wanted

The Nahant Council on Aging is looking for a few volunteers to join the Board to fill the vacancies caused by retirement and illness. Please call 781-581-7557, for more information.
Adolescent Eye Problems
Submitted by Dr. Neil Gross

If you are a parent of a school-aged child, you may have spent some time this week-end buying school supplies, or clothes, in preparation for school. But, did you know that some adolescents might need an eye exam, as much as a new backpack? Children, ages 12-17, are at risk for certain eye problems that can interfere with their academic and athletic performance.

During adolescence, children experience the greatest growth in the length of their eyes. Between the ages of 0-10, most children are farsighted. However, as they approach the teenage years, they can become more nearsighted, as a result of this “eye” growth spurt. Without glasses, their distance vision becomes blurred, making it more difficult to see the blackboard, or drive safely.

Most parents expect adolescents to tell them when something bothers them (at least physically!) However, this may not be the case, since the change in vision may be gradual and the child may not realize that his/her vision is abnormal. After fitting several teenagers with their first pair of glasses, I remember hearing them say: “I never knew you could actually see the leaves on a tree.”

Adolescents are also at greater risk for developing convergence insufficiency. Convergence insufficiency refers to an inability to align the eyes properly, while reading. Children with this problem often complain of headaches, double vision, blurred vision, or an inability to read. This can be reflected in poor grades, along with an aversion to reading. Fortunately, most convergence insufficiency is not a serious problem. Special types of eye exercises, or glasses, remedy most complaints related to convergence insufficiency.

During middle and high school, most students also play sports. The ability to judge depth and distance (stereopsis) accurately is critical, if one tries to catch a fly ball in the outfield, or drive a golf ball. Subtle muscle imbalances, or minor differences in the degree of nearsightedness between two eyes, can contribute to impaired stereopsis. An appropriate correction with glasses, or contact lenses, can improve certain types of problems with depth perception and lead to better athletic performance.

School is challenging. Children need their best vision in order to take advantage of the time spent in class. So, if your child is complaining about his/her eyes, have them checked right away. Otherwise, since certain types of eye problems, that afflict children between the ages of 12 and 17, may go unreported; parents are urged to make sure their children undergo at least one complete eye exam, by an ophthalmologist, during adolescence.

Q & A With North Shore Physical Therapy
Submitted by Nancy Demuth

A. Raking is a great way to stay active, but it can be hard on the spine. Start off by warming up your body, either with a walk, or some gentle stretches (back, legs and arms). Break up the job into manageable pieces, by spending only 20-30 minutes at a time raking. As with any vigorous activity, be sure to stay well hydrated, by drinking lots of water.

When raking, it helps to position your legs in a staggered stance, so that you can easily shift weight from one leg to the other. You can switch which leg is forward and which is back, to minimize strain and fatigue. Place one hand near the top of the rake handle and the other hand part way down the rake, always working with your elbows slightly bent. It may be helpful to switch which hand is on top, from time to time. Keep the rake handle close to your body and move your feet from one place to another, so that you are always raking an area that is close to you. Avoid reaching forward, or sideways, whenever possible. Take short strokes, pulling the rake with your arms towards you, rather than twisting your spine.

Bagging leaves can be even more challenging for the back, especially if the leaves are wet. Filling the bag may be done by kneeling on a foam pad, if your knees are willing. If kneeling is difficult, or painful, try partially filling the bag by putting the bag in a trash can, or container, then pulling out the partially filled bag. Keep the load manageable, by not putting too many leaves in the bag. When lifting the bag, keep your back straight and engage your abdominal muscles, by drawing your belly button in, toward your spine, as you lift. Keep the bag close to your body, and avoid (Continued on next page.)
Aerobic Exercise for Fat Burning
Submitted by Sallee Slagle, Director, Dance Dimensions

I’m sure you have all heard that aerobic exercise burns fat. This is true. But do you know at what level you burn the most fat, efficiently? Often we approach aerobics with the idea that the harder we work, the more fat we burning. Unfortunately this is not true. In fact, the opposite is true. If you are working too hard, then you are not burning fat.

Okay, this is not a statement that means you should not push yourself, or that you can do exercises leisurely, but you must know, find and maintain, your personal aerobic level, that calls on the fat cells for fuel and burns them steadily. Probably in the past, you may have tried aerobics to lose weight and may not have found the right level, or worked too hard and didn’t see the results. High energy aerobics, intense stair-stepping, fast-paced spinning and even running, often fail to burn fat. If you exceed your target fat-burning zone, you will be sweating profusely, but you can easily pass into anaerobic state where you will not burn stored fat, but glucose(sugar) instead.

How do you find your fat-burning zone? Your fat-burning zone is based on your heart rate. There are many heart rate monitors and charts available. The charts are based on a general formula to find your Maximum Heart Rate (MHR) and then by calculating the levels at 60%-80%. From 70%-80%, your fat-burning levels will be less. The formula is 220 minus your age equals MHR times .6 (60%), times .65 (65%), times .7 (70%), etc. This is a very general formula and can vary up to 10+ beats with different people and fitness levels. Also finding and counting your pulse must be done accurately. Heart monitors can be a great investment and help to ensure accurate heart rate quickly.

They can cost from $50-$200 so invest wisely and get one that is simple to use and read, while exercising. If you prefer to take your pulse by using your first two fingers (index and middle), find a strong pulse in your wrist, just below the thumb, or on the neck just below the jaw, pressing gently. Count your pulse for 10 seconds, starting with the first pulse counted as zero. Then multiply times 6 to get your beats per minute. The charts will often give you the math and give you the number of beats in a 10 second count. You stop exercise to check your pulse, but do so quickly, so your heart rate will be accurate and return to exercise, to maintain your heart rate.

For maximum fat-burning, exercising at 60-65% of MHR, is best. If you are not in shape and are just starting, aim for 50% and build up in intensity (heart rate) and endurance (time).

Another way to test for your “fat-burning zone,” is the Rate of Perceived Exertion (RPE). If breathing is comfortable and talking is easy, then you are probably below your zone. You should be breathing deeply, not gasping and you should be able to talk more than three words at a time, but not really a conversation. You should feel that you are working at a steady rate, with rhythmical breathing. Breathe deeply to get more oxygen, which will also help burn fat more efficiently.

Duration of workout also influences fat burning. We are often in a hurry to get our workout done. That can work against us. Aerobic workouts should be long and steady. It is recommended that you exercise 30-60 min in your target zone. You should warm-up into your target zone for 5-10 minutes and then maintain it for 30, or more, minutes. You may hear that more than 20 minutes is not necessary. This is true for cardiovascular (heart/lungs) strengthening, but fat burns best in slower and longer sessions. Think of increasing endurance and you should be burning fat.

Okay, maybe you have been doing more intense workouts. I don’t want to give you the wrong idea. Anaerobic exercise is still of value to you and, of course, it does burn calories and works to strengthen muscles and is good for short bursts of energy and speed. These are when you get out-of-breath and when you feel your muscles burn, or are exhausted. Both types of exercise is needed, but if your goal is to lose fat, you need to watch that your fitness activities don’t all over-exert. Find your fat burning zone and use it to lose it!

Q & A (From previous page.)

carrying it any farther than necessary. A wheel barrow may come in handy for this. If you use the paper leaf bag, you may be able to drag the bag and avoid carrying altogether.

When you are done raking for the day, cool down, by doing some more stretches. If you are sore, remember that ice is a great help when your muscles are overused. If the pain persists, seek help from your doctor and/or a physical therapist.

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

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Save the Tudor Apple House

As you may have read recently, The Tudor apple storage house (the stone house, located on a pie shaped lot, at the corner of Spring Rd. and High St. Ext.) through a variance, may be torn down in favor of a house lot. Before this is done, let me brother Duddie and myself let you in on our family secret and the little-known history of that structure. After you read the following you may want to reconsider its demise.

When Dad, Frederic Tudor, came to Nahant, and bought what is now known as the Nahant Country Club, for our summer residence, the sleepy summer town had nary a tree on the entire peninsula. At low tide, the farmers from Lynn would drive their cattle across the causeway to graze. Some of those “bright bulbs” got the idea to cut down all our trees, on what they referred to as Lynn Neck, in favor of grassy pastureland. This did not sit well with Dad. He, along with his faithful rooster and companion the 96 lb., 4’3”, FANDANGO, decided to take matters into their own hands.

The stone house was the original home of the “Great Fandango,” in his native Martinique. When the Crown Prince of Martinique presented Fandango to Dad, as a thank you for introducing ice to his tiny island, he also sent along his island home. This building was no ordinary structure. Each stone was hand cut and erected on Martinique, by the island’s high voodoo priest “IATOLDUSO.” Island folklore believed that the structure, along with FANDANGO, had mystical powers (see last month’s column of Ice Shavings). Each stone was numbered, dismantled, loaded on an empty ice schooner, and shipped to Nahant, along with Fandango and the voodoo priest, to oversee its reconstruction.

When it was completed Dad, along with a jug of his famous hard apple cider, would take midnight strolls, to look in on Fandango. There, Dad decided that he would become a cross between his childhood heroes Paul Revere and Johnny Appleseed.

Armed with a jug of hard cider and a bag of seeds, he would saddle up the “Great Fandango” and set out on midnight rides, to transform Nahant into an island paradise. They were quite a duo, Dad planting the seeds and Fandango leaving his magical droppings along the way. By morning, the new seeds had sprouted into 1 ft. saplings.

By 1832, Nahant was no longer treeless. Today, due to their devotion, our peninsula has an abundance of black poplar, firs, elm, oak, hickory, sassafras, beech and apple trees. When the apple orchard got going, that stone house doubled as an apple storage house and hard cider mill.

In August, 1858, Robert C. Winthrop accepted Dad’s invitation to hold a meeting of the Massachusetts Historical Society at our summer cottage, at 280 Nahant Rd. Dad had only recently been elected a member of this high-hatted, frock-coated group, the first historical society in the country. More than a few of the elite members were duly impressed with Dad’s horticultural wonders.

They came to view his trees, take a midnight stroll to the “stone house,” to share in the hard apple cider and feast their eyes on the magnificent Fandango. The more cider they drink, the more magnificent he became.

Disclosure: Duddie and I can’t seem to remember if the home of Fandango was nicknamed the stone house, or the “stoned” house. That will be left to the future generations to ponder. Alas, Nahant residents, look to your conscience, and see if you can live with yourselves, knowing we might be losing a very important piece of Nahant history.

Birth Announcements

Congratulations to new parents Cynthia & William Young and sister Summer Kathryn, of Salem, and grandparents Larry and Polly Bradley, of Nahant and Dave and Peggy Young, of Tucson, AZ, on the birth of twins, Ivy Camille Young & Margaret “Maggie” Alice Young, in Beverly Hospital on July 29, 2006.

Congratulations to Suzanne and Craig Cox, of Reading, on the birth of a son, Connor James Cox, on September 9, 2006. Proud grandparents are Susan and Matthew Hendrickson of Nahant, Roger Kay of Medford and Edith and Patrick Cox of Woburn and great-grandparents Edith and Sam Gregorio of Woburn and Seta and Rene Michaud of Nahant.
Summer In Nahant
A collaboration of old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us.

Presented Gift

Fred A. Wilson, former moderator was presented a sterling silver platter suitably engraved by town officials Friday night at his home. The gift was in appreciation of his long years of service as moderator during which he presided at 68 town meetings during a period of 31 years.

The gift was a complete surprise to Mr. Wilson. Mrs. Wilson received a beautiful bouquet of flowers.

Taking part and present at the presentation were the Board of Selectmen, James J. Devereaux, Charles C. Gallery, Ralph M. Lewis; Board of Assessors, Robert T. Coles, Edward Gaffney, Robert W. Telford; Town Treasurer Charles Cabot Johnson; Town Accountant Fred Timmins; Town Counsel Edward Murphy; Sewer Commissioners Richard Gove, Dwight Van Horn and Robert Telford; Planning Board, Raymond A. D’Arcey; Building Inspector James J. Deveney; Highway Surveyor William A. White; Chief of Police, Benjamin A. Lamp; Chief of the Fire Department, John J. Coakley; Chairman of School Board, William English; Chairman of Advisory Board, James O. Bangs; Public Library Trustees Fred A. Pirie and Mayland P. Lewis.

Published in Item, Lynn, Mass. Monday, March 17, 1947.

Note: The silver tray is in the collection of the Nahant Historical Society.


Letter above from Henry Cabot Lodge to Fred A. Wilson, Esq. Nahant Historical Society

In Memoriam
Fred A. Wilson

It is with deep regret and a feeling of great loss that we pause amid the turmoil of the day to report the passing of a loyal son and steadfast citizen of our town, Fred A. Wilson, whose love for the place of his birth and his devotion to its welfare merit more than a casual notice.

Known as an outstanding town official, his fifty-four years as a member and chairman of the Board of Public Library Trustees present a record for service unapproached in the history of Nahant. However, it was as Moderator of town meetings, from which position he retired in 1947, that his unusual talents and fine quality of leadership became recognized and appreciated by his fellow townspeople.

As Moderator for thirty-one years, presiding over sixty-eight town meetings, his rulings were made in a fair and impartial manner, winning for him enduring honor as a capable, courageous and conscientious public official who would not be swayed by spontaneous oratory or by personal leanings.

No one of our time had greater or more intimate knowledge of the tradition and history of the town. His book, “Some Annals Of Nahant” was the result of years of research and study and formed the crowning glory to a busy life as well as leaving a heritage to posterity.

Widely known as a building contractor of quality and of high repute, he became a leader of men and often served as presiding officer of many social, business and professional organizations. His friends were legion as he was noted for his integrity and sincerity. Acquaintance with Fred Wilson was to know a gentleman of high ideals, possessed with a keen insight for current events. Always friendly and helpful, those who knew him well liked him, those who knew him better formed a bond of affectionate friendship — to these his passing has produced a void that never can be filled.
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**Women Who Add Beauty To Nahant**

So who are some of the women who “beautify” Nahant? Emily Crawford, Coreen Sullivan, Maureen Viviano, Aimee Meuse, Marcia Gaudet, Gayle Poulin, Peg Hanagan, Gina McCoy, Peggy Silva, Lissa Keene, Alicia Vannetta, Paula Smith, Pamela Osterlin, Mary Dill, Donna Foti-Scovell, Barbara Lombard, Sheila Hambleton, Anne Bolthrusis, Maura Graul, Melissa Barile, Diana Meyer, the Kavanaghs, Jessica, Julia and Mary, Elizabeth Maroney, Elizabeth Cullinan, Jaylin Davis and Lauren Trensch, Amy Fumulli, Ashley and Maureen Palangi, Rebecca Pillsbury, Christina Roberto, Jayna Migliaccio, Alexandra Markos, Emily James, Nicole Alessi, Moira Crowley, Mary Donovan, Karen Barisano, Kerry Gordinas, Mariana Rauworth, Maria Welch, Karen Canty, Janet Dolan, Cynthia Pierce, Stacey O’Brien, Daisy Arena, Heather Scanlan, Ellen Klink, Christine Howard, Bonnie Blydell, Barbara Collins, Ruth Brownell, Suzanne Bailey, Marie Pasinski, Lyncme Spence, Anne O’Brien, Judith Walsh, Maura Devereaux, Susan Pillsbury, Jane Lombard, Barbara Mackey, Gayle Bilias, Angela Bonin, Sallie Slagg, 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’Shaughnessey, Marie Meyer, Joan Kavanagh, Lisa Scourtas, Donna Lee Hanlon and the leggy Maura Costin-Scalise.

Ah, Maura Costin-Scalise of Nahant Road! Maura, a graduate of Harvard, who coached Harvard’s women’s swimming and diving teams. Maura is married to the illustrious Bob Scalise, Harvard’s noted Athletic Director. Maura and Bob are the parents of four exceptionally active children, Michael, Mark, Matthew and Rosemary. Yes, they are members of the “ Gaelic and Garlic Society.”

**Top Women Employees’ Salaries**

Women Town employees who earned more than $50,000 in 2005: Denise Littlefield, Deborah Cormier, Patricia McSweeney, Dianne Dunion, Marsha White, Margaret Silva, Diana Hennessey, Judith Shanahan, Elizabeth McKenna, Mary Margaret Brown and Terry Brown. Topping the list is Denise Littlefield, who earned $84,236.40. All of the women listed, except Deborah Cormier, are school employees. Believe me, they are hard-working women, who more than earn their salaries.

**A View of Nahant**

“From the air, the town resembles a fish snagged on a hook and line. This isolated North Shore town in fact dangles from the Massachusetts coastline at Lynn, by the thin thread of a causeway road.” So says Christopher Kenneally.

Inspiring words from Mother Superior, Ann Mascari-Kenneally.

**Nahant’s October Birthday Babies!**

October 1: Eleanor DalPozzal, Marion Capano, Lilian 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.

Our October 2 birthday babies: Jean Kapaon, Caroline Delori, Bruce Katcher, 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, Dane Kane, Bob Madden, Lauryn Trensch and Chubby Checker, rock n’ roll singer who popularized the Twist dance.

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

October 5: Kim Miele, Davida Block, Cornelius Ahern, John Bray, Charlie Hansell, Walter Sheppard, papa Terry Ledger, the noble Holts Rummewell. Remember, behind every famous man there is a woman telling him he’s not so hot.

October 6 birthdays: Educator Mary Mahoney, Lilly Scapicchio, Sandra Adams, Dot Comito, Joanna Schumann, Anthony Alessi, Dan Cadigan 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 on this date, October 6, 1927, The Jazz Singer, the first talking feature film (starring Al Jolson), premiered. October 7 birthday babies: The attractive physician Marie Pasinski, Lorna Cincillo, Courtney Whalen, Dawn Savino, Brice Taylor, John Reis and Art Monteleth.

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

October 9: Educator Gregory MacDonald, lovely Dianne Johnson, Susan Macarelli, Bob Arciero 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, was also born on this day. If he had lived, he would be celebrating his 79th birthday.

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

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

October 14 birthdays: Joyce Haynes, Georgianne Merigo, Tiffany Connolly, Marion Alimenti, Rosario D’Agata, Dwane DeCastro, Andrew Norton, Dan Murphy, Jeremy Hutson, Coleman Greene and fashion designer, Ralph Lauren.

October 15: Natlie Carl, Christine Jantz, Betty Desmond, Ian Croall, the popular Bill Bonner, 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, Matthew Dunn, Meaghan Graul and Irish author, Oscar Wilde.

Our October 17 birthdays: Betty Jelley, Dave Hunter, Joe D’Amico, Nahant’s “first lady” Calantha Sears and film actress, Rita Hayworth.

October 18 birthday kids: Anne Bolthrusis, Betty Tibbo, John Quinn and actor George C. Scott.

October 19: Brian Cox, Dennis Urany and Nahant’s former gallant Fire Chief, Lee Fox.

October 20: Wish a happy birthday to Tricia Herman, Lisa Rizzo, the charming Betsy Wachtel, John Praudian, Tom Mitchell, Russ Derderian, Fred Szczeczotis, congeal- nary Manny Speare and handsome Bob Cook.


October 22: Patricia Toomajian, Dick Batchelder, Joe Riccio, the Ritz-Carlton’s noted sommelier, Nicola Pecoraro and Mike Cullinan.

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

October 24 birthday cake-eaters: Sandra Cavalloro, Cheryl Lefave-Amirault, James Maguire, 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 Comley, Peggy Waters, Marilyn Mahoney, Tom LeBlanc and artist Pablo Picasso.

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

October 27 gift openers: Lovely Carolyn Fowle, Laura Hollingsworth, Nahant’s noted hair stylist, Shane Cullinan-Codispoti, Michele Sher, sweet Nancy Whitman, Valerie Potter, Dianne Greenstein, Jayne
Birthdays (continued)

McCarthy, Val Gorham, Pete Famulari and Ray Hoke. 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 journalist and playwright, at 267 Nahant Road.

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


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

Living and Dyeing in Nahant

Carter Smith of Pleasant Street, continues to receive praises for his creation of an original line of versatile and flattering bias-cut dresses and separates. In fact, Carter is an internationally recognized master and interpreter of Shibori, a method of dyeing fabrics that has roots in many ancient cultures that Carter honors in innovative ways. Carter’s work is featured by many noted boutiques and galleries. His truly beautiful breath-taking colorful dresses and separates have sold in Canada, Europe, Australia and Japan with celebrities and women of high profile among his clientele.

Good News For Stupid People

Scientists at Germany’s Max Planck Institute for Molecular Genetics announced the invention of the first pill to combat stupidity. The drug has been shown to improve the attentiveness and short-term memory of fruit flies and mice.

Charlie Seagull says there’s a guy who lives in Nahant called “the Liberty Bell,” because he’s half-cracked. And he says he knows a woman on Castle Road, who takes an hour to cook Minute Rice.

One More Time! 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.

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

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.

Federal Law Provides For The Protection Of Children's Privacy.
"Country Time"
by Rick Kennedy

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<td>51. Little bit</td>
</tr>
<tr>
<td>52. Johnny ____</td>
</tr>
<tr>
<td>54. ___ McEntire</td>
</tr>
<tr>
<td>56. Fawn</td>
</tr>
<tr>
<td>57. Particle</td>
</tr>
<tr>
<td>59. Aroma</td>
</tr>
<tr>
<td>61. &quot;Hail&quot; Caesar</td>
</tr>
<tr>
<td>62. Rents</td>
</tr>
<tr>
<td>63. Time pd.</td>
</tr>
<tr>
<td>64. Finish</td>
</tr>
<tr>
<td>65. British ___</td>
</tr>
<tr>
<td>66. Prelude creator</td>
</tr>
<tr>
<td>68. Data</td>
</tr>
<tr>
<td>70. Household cleaner</td>
</tr>
<tr>
<td>71. Cultivated crop</td>
</tr>
<tr>
<td>72. Void</td>
</tr>
<tr>
<td>73. Dismay</td>
</tr>
<tr>
<td>79. &quot;as you ___&quot;</td>
</tr>
<tr>
<td>81. Domineering</td>
</tr>
<tr>
<td>83. Clark</td>
</tr>
<tr>
<td>84. Clairvoyance</td>
</tr>
<tr>
<td>87. Just</td>
</tr>
<tr>
<td>88. Joe ____ Rooney (Rascal Flatts)</td>
</tr>
<tr>
<td>89. Taft</td>
</tr>
<tr>
<td>92. Licorice treats</td>
</tr>
<tr>
<td>93. ___ Jones</td>
</tr>
<tr>
<td>95. ___ Keith</td>
</tr>
<tr>
<td>96. One of Columbus' ships</td>
</tr>
<tr>
<td>98. Dab</td>
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</table>

<table>
<thead>
<tr>
<th>DOWN</th>
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</thead>
<tbody>
<tr>
<td>1. Rents</td>
</tr>
<tr>
<td>2. Green spot</td>
</tr>
<tr>
<td>3. Head skin</td>
</tr>
<tr>
<td>4. Covers</td>
</tr>
<tr>
<td>5. Pulpit</td>
</tr>
<tr>
<td>6. Attached</td>
</tr>
<tr>
<td>7. African nation</td>
</tr>
<tr>
<td>8. Open forcefully</td>
</tr>
<tr>
<td>9. ___ Brooks</td>
</tr>
<tr>
<td>10. Dolt</td>
</tr>
<tr>
<td>11. Sylvester's speech</td>
</tr>
<tr>
<td>12. ___ Greenwood</td>
</tr>
<tr>
<td>13. Look</td>
</tr>
<tr>
<td>14. Opaque gem</td>
</tr>
<tr>
<td>15. Short</td>
</tr>
<tr>
<td>16. Window ___</td>
</tr>
<tr>
<td>20. Coke alternative</td>
</tr>
<tr>
<td>21. Cuff</td>
</tr>
<tr>
<td>28. Rio filler</td>
</tr>
<tr>
<td>30. Talking computer</td>
</tr>
<tr>
<td>32. College grp.</td>
</tr>
<tr>
<td>34. Charged particle</td>
</tr>
<tr>
<td>35. With 55 Down, &quot;Cheatin&quot; singer</td>
</tr>
<tr>
<td>37. Hello!</td>
</tr>
<tr>
<td>39. Greek goddess of youth</td>
</tr>
<tr>
<td>40. Cut</td>
</tr>
<tr>
<td>41. Feed the kitty</td>
</tr>
<tr>
<td>42. Computer image</td>
</tr>
<tr>
<td>43. Ribald</td>
</tr>
<tr>
<td>44. ___ Cline</td>
</tr>
<tr>
<td>45. Gods</td>
</tr>
<tr>
<td>46. Acid</td>
</tr>
<tr>
<td>48. ___ Paisley</td>
</tr>
<tr>
<td>50. From skim milk</td>
</tr>
<tr>
<td>51. Shadow</td>
</tr>
<tr>
<td>53. Hostess snack</td>
</tr>
<tr>
<td>55. See 35 Down</td>
</tr>
<tr>
<td>56. Relatives</td>
</tr>
<tr>
<td>58. Catcall?</td>
</tr>
<tr>
<td>60. ___ Clark</td>
</tr>
<tr>
<td>62. Unit of measure</td>
</tr>
<tr>
<td>65. Sleigh</td>
</tr>
<tr>
<td>67. Man of means</td>
</tr>
<tr>
<td>69. Antonym of close</td>
</tr>
<tr>
<td>71. Holy ___</td>
</tr>
<tr>
<td>73. Wield</td>
</tr>
<tr>
<td>74. Loretta ___</td>
</tr>
<tr>
<td>76. See 29 Across</td>
</tr>
<tr>
<td>77. Shaded structure</td>
</tr>
<tr>
<td>78. Index</td>
</tr>
<tr>
<td>80. Regret</td>
</tr>
<tr>
<td>82. Black gem</td>
</tr>
<tr>
<td>84. Ova</td>
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<tr>
<td>85. Ooze</td>
</tr>
<tr>
<td>86. Johnnycake</td>
</tr>
<tr>
<td>88. Cupola</td>
</tr>
<tr>
<td>90. Insult (slang)</td>
</tr>
<tr>
<td>91. See 111 Down</td>
</tr>
<tr>
<td>92. Free of</td>
</tr>
<tr>
<td>95. Level</td>
</tr>
<tr>
<td>97. Univ.</td>
</tr>
<tr>
<td>100. Wife of 9 Down</td>
</tr>
<tr>
<td>102. As previously cited</td>
</tr>
<tr>
<td>103. Wrath</td>
</tr>
<tr>
<td>105. ___ Gayle</td>
</tr>
<tr>
<td>107. X</td>
</tr>
<tr>
<td>109. Concur</td>
</tr>
<tr>
<td>111. With 91 Down, &quot;I'm Movin' On&quot; singer</td>
</tr>
<tr>
<td>112. Nudges</td>
</tr>
<tr>
<td>113. Way</td>
</tr>
<tr>
<td>114. ___ Adkins</td>
</tr>
<tr>
<td>116. Skip church?</td>
</tr>
<tr>
<td>117. See 25 Across</td>
</tr>
<tr>
<td>118. Supervisor</td>
</tr>
<tr>
<td>119. Reverberate</td>
</tr>
<tr>
<td>120. Intend</td>
</tr>
<tr>
<td>121. Rowers needs</td>
</tr>
<tr>
<td>122. Faith ___</td>
</tr>
<tr>
<td>124. Detail</td>
</tr>
<tr>
<td>126. Book</td>
</tr>
<tr>
<td>129. Ripen</td>
</tr>
<tr>
<td>130. Mayday</td>
</tr>
<tr>
<td>133. ___ Adkins</td>
</tr>
<tr>
<td>134. ___ Clark</td>
</tr>
<tr>
<td>135. ___ Keith</td>
</tr>
<tr>
<td>136. ___ McGraw</td>
</tr>
<tr>
<td>137. ___ Jones</td>
</tr>
<tr>
<td>138. Staunch</td>
</tr>
<tr>
<td>139. Unless</td>
</tr>
</tbody>
</table>

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

| 60. ___ Clark |
| 62. Unit of measure |
| 65. Sleigh |
| 67. Man of means |
| 69. Antonym of close |
| 71. Holy ___ |
| 73. Wield |
| 74. Loretta ___ |
| 76. See 29 Cross |
| 77. Shaded structure |
| 78. Index |
| 80. Regret |
| 82. Black gem |
| 84. Ova |
| 85. Ooze |
| 86. Johnnycake |
| 88. Cupola |
| 90. Insult (slang) |
| 91. See 111 Down |
| 92. Free of |
| 95. Level |
| 97. Univ. |
| 100. Wife of 9 Down |
| 102. As previously cited |
| 103. Wrath |
| 105. ___ Gayle |
| 107. X |
| 109. Concur |
From Boxtops to Sox Tops
Submitted by Julie Tarmy

We hope you have been clipping and saving your General Mills Boxtops for Education all summer. If you have, please send them to school with your child, or grandchild, or drop them off in our collection bins at the Equitable Bank, or the Library. If you haven’t been clipping them out, now is the time to start! Each Boxtop is worth 10 cents to our school. Last year, we collected $252 worth of Boxtops, which helped pay for our Field Day. This year, we hope to raise over $300, with your help. So, keep clipping, saving and sending in those Boxtops!

In addition to the Boxtops, for a brief time we are also collecting Hood Sox Tops for Kids. This is a program presented by HP Hood LLC and Red Sox Kid Nation, which allows schools to earn money, by collecting and redeeming Sox Tops for Kids caps, from packages of Hood milk, in the LightBlock Bottle, through the end of October 2006. These caps are worth 5 cents each. In addition to earning money for our school, the school that redeems the highest percentage of caps per student, will win a visit by the Boston Red Sox in the Spring of 2007. This would be a dream come true for many of our students, and for some of our die-hard teacher fans, too! You can drop these bottle caps in the same collection bins with your Boxtops!

As always, we at the Johnson School appreciate your continued support in our many fundraising activities. If you have any questions, you can email our program coordinator, Julie Tarmy, at jat1210@comcast.net.

Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Many “Thanks!” are extended to these voluntary subscribers who sent in their $15 subscription between August 16th and September 15th: Denver & Estelle Goodell, Cecil Hollingsworth, Constance Hanson, Michael Evaul and Krisan Evaul Pope. Thank you all very much.

SEPTEMBER 2006 PUZZLE WINNERS

There were no winners of last month’s puzzle. Win breakfast for two at Seaside Breakfast. It is easy to enter and win a FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at Seaside Breakfast.

See You In The Funny Pages
by Rick Kennedy

EELS MORT USSR FLEW
CLOP AMOS NAKED COATI
HOSE LIMP CLIME LINUS
OPEC ETA CALM BLONDIE
ERIC SNOOPY JOEY
ALT SAR GENE FROG
BOLERO FARE PRIME
ERN FILM OARS OHIOAN
LOSS ODIESLY AWL TNT
SWEEP KNEEL CLEG
ENTER FEET EMUS GOOSE
SILO HAYES MOCHA
OFF NIX BED NEON DEUS
PIERCE LIRA SOUP LANT
UNTIE CAL MJB PLIANT
SEEP COOL UTE LET
SUNS ABDUCT STAR
SATCHEL ACRE HUB REEL
ACHOO ENNUI SOLO ARLO
SNERT YENTA PELT CIAO
HEMP TEEN ASEAT TEXT

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

DEADLINE INFORMATION for NOVEMBER 2006

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
SUNDAY, OCTOBER 15th • 5:00 P.M.

Mail Date: Wednesday, October 25th.

Staff & Contributors

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Sales Director: Suzanne Hamill 781-592-1263
A/R Manager: Barbara Thistle 781-592-4148
Historical Consultant: Harold (Bumper) Gooding 978-979-3049
Proofreader: Harriet Steeves 781-581-0715
Birthday Greetings: Ray Barron 781-581-0809

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.

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

Breakfast at the Seaside
from 6:30 to 11:00 AM
149 Nahant Road • Nahant • 581-9994

WELCOME FALL!

Take a well-deserved break! Let someone wait on you for a change!
Hot coffee, muffins, or breakfast, all is ready in minutes. Come and eat by the sea!
Chris & Crew by the Sea!
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

**OCTOBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
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<tbody>
<tr>
<td>SUN 1</td>
<td>10:30A</td>
<td>Sunday School and Sunday Worship Service at NVC</td>
</tr>
<tr>
<td>SUN 1</td>
<td>8:00A</td>
<td>Boston Pops at Lynn Auditorium FMI 781-599-1444</td>
</tr>
<tr>
<td>SUN 1</td>
<td>6:00P</td>
<td>Sundown at Town Hall. Till 11:00 a.m.</td>
</tr>
<tr>
<td>FRI 6</td>
<td>9:00A</td>
<td>Free Breakfast at NVC. State Rep. Steve Walsh to speak.</td>
</tr>
<tr>
<td>SUN 8</td>
<td>10:30A</td>
<td>Soap Box Derby 2006. FMI 781-592-1263</td>
</tr>
<tr>
<td>MON 9</td>
<td>7:00P</td>
<td>Columbus Day - No school</td>
</tr>
<tr>
<td>TUE 10</td>
<td>10:30A</td>
<td>Striper Wars at Marine Science Center. FMI 581-7370</td>
</tr>
<tr>
<td>SUN 15</td>
<td>5:00P</td>
<td>November Harbor Review DEADLINE</td>
</tr>
<tr>
<td>WED 18</td>
<td>3:00P</td>
<td>Halloween Magic Show at Library</td>
</tr>
<tr>
<td>THU 19</td>
<td>3:00P</td>
<td>Peter, Paul &amp; Mary at Lynn Auditorium FMI 599-1444</td>
</tr>
<tr>
<td>FRI 20</td>
<td>10:00A</td>
<td>Sea to Shining Sea Road Race.</td>
</tr>
<tr>
<td>SUN 22</td>
<td>10:30A</td>
<td>Sunday School and Sunday Worship Service at NVC</td>
</tr>
<tr>
<td>TUE 24</td>
<td>6:30P</td>
<td>Garden Club meeting at NVC.</td>
</tr>
<tr>
<td>SUN 29</td>
<td>10:30A</td>
<td>Daylight Savings Time Ends</td>
</tr>
<tr>
<td>SUN 29</td>
<td>1:40P</td>
<td>Ice Skating classes begin. FMI 781-890-8480</td>
</tr>
<tr>
<td>TUE 31</td>
<td>10:30A</td>
<td>Happy Halloween</td>
</tr>
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**NOVEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>SUN 5</td>
<td>10:30A</td>
<td>Sunday School and Sunday Worship Service at NVC</td>
</tr>
<tr>
<td>TUE 7</td>
<td>10:30A</td>
<td>Election Day</td>
</tr>
<tr>
<td>SAT 11</td>
<td>10:30A</td>
<td>Veterans Day</td>
</tr>
<tr>
<td>SUN 12</td>
<td>10:30A</td>
<td>Sunday School and Sunday Worship Service at NVC</td>
</tr>
<tr>
<td>WED 15</td>
<td>5:00P</td>
<td>December Harbor Review DEADLINE</td>
</tr>
<tr>
<td>SUN 19</td>
<td>10:30A</td>
<td>Sunday School and Sunday Worship Service at NVC</td>
</tr>
<tr>
<td>THU 23</td>
<td>10:30A</td>
<td>Thanksgiving Day</td>
</tr>
</tbody>
</table>

**RECYCLING SCHEDULE 2006-2007**

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

**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 Emergency Management page. From there you can print out a Preparedness Guide. Here is the link to the Town of Nahant’s website:

http://www.nahant.org/services/ems.shtml
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781-592-1033

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115 Derby Street, Salem
1-800-544-1692

Treasures Over Time
131 Essex Street, Salem
1-978-745-2330

Crafters Market
Pickering Wharf, Salem
1-978-745-2025

Hair’s The Place
1147 Main Street, Tewksbury
1-978-851-4919

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Advertise in the Nahant newspaper!

Call Suzanne at 781-592-1263.