



Nahant Harbor Review

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

Volume 14 Issue 7R

* UPDATED ONLINE VERSION *

JULY 2007



Dennis Forbush Memorial Road Race on July 4th

The 28th Annual Dennis Forbush Memorial Road Race will begin promptly at 8:00 a.m., on Wednesday, July 4th. The race begins in front of the Nahant Fire Station, at 67 Flash Road and goes past the golf course, the Town Wharf, up the hill on Willow Road, past the Village Church, around Forty Steps, then returns down Wharf Street and back to the fire station. Registration starts at 7:30 a.m. and there is no entry fee. The main event is a three-mile run and there will also be a one-mile race for ages 16 and under. Prizes will be awarded to the top finishers in each age category. The courses are well marked and the race is led with a police escort.

Dennis Forbush was a Nahant native, who was killed in a car accident on October 1, 1976. He was active in the organization of Nahant's 4th of July events and many other community activities. His friends organized the first Dennis Forbush Memorial Road Race on July 4, 1980.

This unofficial race is sponsored by the Town and all runners (no dogs please) are welcome. We hope you will wake up early and join in the fun!



Brownie Girl Scouts from Troop 24 get ready to march in the Memorial Day Parade. Photo submitted by Mary Jo Ludke

Nahant Fireworks Display Short Beach • July 4th • 9:00 p.m.

Nahant American Legion to Sponsor Flag Retirement Ceremony

Submitted by Peter Przybycien

The Nahant American Legion, in conjunction with the Nahant Veterans Association, is sponsoring a flag retirement ceremony, as part of the 4th of July activities. What is a flag retirement ceremony? It is brief ceremony that will allow you to dispose of your worn and tattered American flags, with the honor and respect they deserve.

If you are in possession of a flag that needs to be retired, it can be dropped off at the Legion Hall, located at 5 Coolidge Road in Nahant, or brought to the service on the 4th. We are tentatively planning to conduct the retirement ceremony at the conclusion of the field day events behind the fire station, the morning of the 4th. The time and location of the ceremony will be posted in the local papers, in the week leading up to the 4th.



Nahant Katherine Alexander is working at the Red Cross helping to pack emergency preparedness kits for the 2007 hurricane season that began on June 1st. The packs include items such as dry storage food and water, emergency blankets, first aid kits, batteries, flashlight, evacuation guides, etc. Submitted by Katie Green.



Here's your copy of the . . .

Nahant Harbor Review

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For subscription information, see page 21.

To advertise in this publication, call Suzanne Hamill, 781-592-1263.



Looking for activities for the kids this summer?

Ms. Ann's Place, located in the basement of the Community Center, on Valley Road, offers creative and imaginative play for children ages 3 and up. Ms. Ann's playroom has a sandbox, a water table, a train table and lots of dolls and books and cars. She offers 1-hour, 2-hour and 3-hour classes in the mornings and afternoons, at a cost of \$10 per hour. Some of the activities include sewing pillows, teddy bears and doll clothes; painting jewelry boxes, cars and trucks; and a whole lot more arts and crafts. For more information, contact Debra at (617) 605-7464, or stop by the basement of the Community Center. Classes are enrolling now.

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July Garden Club by Carmella L. Cormier, Publicity Chairman

The Nahant Garden Club held their Annual Meeting June 21. Nancy Whitman and Lois Andreasen are Co-Presidents for 2007-2009, along with several new members on the Executive Board and Directors. Our program committee has worked out a great year for us, starting in September.

Thank you, residents and visitors, for making our Spring Plant Sale a great success. Next year we plan to have more plants available for sale.

July 19, will be our Annual Outing. As usual, Nancy Whitman has chosen another great tour, to the Mass. Horticultural Society at Elm Bank Reservation, Wellesley. Lunch will be at someplace special!! Members, please call Nancy at 595-7442, if you want to go. We will carpool.

September 15 and 16, we will be having our "Autumn Gardens By The Sea" Tour. The committee plans to have 10 gardens for all to visit. Tickets are \$25 pp and will be available in early August. The Harbor Review, our website and Channel 8, will have information about where to purchase them. This will be a wonderful time of the year to tour Nahant's lovely gardens.

Starting in August, Suzanne Hamill will be our new Publicity Chairman. I will be moving on to the Executive Board.

Have a great 4th of July and a wonderful summer.

Garden Club Scholarship Winner by Edith E. Hunnewell, Chairman

Congratulations are in order for Sean M. Dunn of 9 Spring Road. He is the recipient of the Nahant Garden Club's Academic Scholarship award of \$1,000. His application was very impressive. Being accepted into the New York University Tisch School of the Arts next fall, is a dream come true for Sean. This school is a community, in which young artists and scholars explore, learn and practice their disciplines in sophisticated ways.

One of Sean's recent accomplishments was videotaping a memorial of the funeral of the two Swampscott residents who recently died in the war in Iraq. Sean's qualities of leadership are strong and done with wit and humor. People enjoy working with him.

He has been very active at the St. Thomas Aquinas Church, all through his high-school years and has been a golf instructor / counselor, at Kelley Greens Golf Course.

We are so pleased that Sean is the winner of our Club's scholarship.

Children's Summer Program at the Public Library by Rita Stepanova, Children's Librarian

The Nahant Public Library invites the community to the Children's Summer Reading Program "Catch the Beat."

Magic is always helpful to catch the Beat, as the young patrons of the Library can learn from the famous Professor Readalot's, or Motivational Magician Greg McAdams', Magic Show, which begins the celebration of the Summer Program on Thursday, June 21, at 3:30 p.m.

Then, the Summer Program leads children from Magic to Science. The Nahant Public Library presents Mad Science® of Greater Boston, amazing interactive workshops: "Space...The Final Frontier," "Dinosaurs" and "Mineral Mania," on Wednesdays, July 11, 18, and 25, at 11:00 a.m.

Consequently, from Science to Art, the kids, aged 5 and older, are welcome to the inspiring Art Workshop, "Creativity," with a well-known local artist, writer and illustrator, Yetti Frenkel, on Thursday, July 12, at 3:00 p.m. To participate, please remember to sign by July 11, since up to 15 people can be accommodated.

Parents' Choice Award-winning performers, Davis Bates and Roger Tincknell, conclude the annual Summer Reading Program "Catch the Beat," presenting "Rhythms of the World," on Wednesday, August 15, at 10:30 a.m.

During the summer, the traditional Story Hour+ for children, aged 2 to 5, is available on Thursdays, at 11:00 a.m. The Chess Club continues its weekly meetings on Wednesdays, at 3:15 p.m. As usual, the Nahant Public Library offers a book collection for any sphere of interest, age and taste.

Please look for postings and updates about our other summer reading activities.

"Catch the Beat" materials of your library are sponsored by your library, the Massachusetts Regional Library Systems and WM. The Nahant Public Library is grateful to the Friends of the Library, the Nahant Cultural Council and the Knights of Columbus, for their financial support.

All programs are free to the community.

July 13th NVC Breakfast: Life in Singapore

Bill Hanagan will be the speaker, at the July 13th (not 6th) breakfast, at the Nahant Village Church. Bill has been a psychologist at the American School in Singapore. He and his wife, Gail and two daughters, summer in Nahant. Bill will share with us what it is like to live and work in Singapore and to travel to many exotic places throughout the world, while on leave.

The free breakfast is served at 8:00 a.m., with the presentation to follow at 8:30. ALL ARE WELCOME. Please bring one, or more, friends for a great breakfast and an informative talk.

COA Notebook by Diane Desmond, Director

The Council on Aging is alive and well and living in Nahant!

Summer is here and it's a great time to "get out" and participate in planned activities. Some of our plans include barbecues, ice cream rides, trips to the movie theater and mall shopping, mystery lunches, boat trips, outdoor concerts and perhaps, a Spirit game. Some trips are limited and others have more openings, as we join with our Swampscott friends, to have more accommodations.

There will be a trip to Foxwoods on July 11th, with Swampscott and you can sign up by calling the phone number below.

Our Luncheon program continues Monday through Friday, from 11:30 a.m. till 12:30 p.m., at the Tiffany Room located at the rear of the Town Hall. Should you not "do lunch," please feel free to join us anytime for coffee, or tea. We pick up and deliver—guests, that is!

Meals on wheels can be delivered to anyone homebound. The regular, weekly shopping trip to Market Basket, in Salem, leaves from the Tiffany Room every Wednesday, at 12:30 p.m.

COA sponsors various classes and programs, held at the Valley Road School. We have available to us a monthly blood pressure clinic and many health assessments and resources. The Council on Aging welcomes volunteers. Help with office organization and event planning is needed at this time. We especially welcome new "junior" seniors to our programs. Any questions, or for information, please call Diane at the COA Center, 781-581-7557.

Battle of the Beaches July 14th by Cathleen J. Bartholomew

On July 14, 2007, Tudor Beach will be hosting the first "Battle of the Beaches." The battlefield will be set for competition at 2:00 p.m. The games will include eight events that test strength, smarts and charm. The winner of the title "Best Beach in Nahant" will be awarded at 4:00 p.m. and will spark off a Town-wide party. The Acme Blues Band will be performing and the Mount Vernon Restaurant will be selling food, beer and wine, for the town's convenience. This event is for everyone and shouldn't be missed.

Tee shirts are available at Captains, Tides and Kelley Greens for \$10 each. Pick your beach. Tudor Beach will be wearing gold and Short Beach in blue. Please come and cheer for your beach, or just sit in your chair and enjoy the fabulous music, amazing scenery, great company and delicious food, beer and wine. This party is for everyone.

9th Annual Buck Lombard Memorial Golf Tournament

The 9th Annual Buck Open will be hosted again this year, at Kelley Greens! Thank you to all who made last year's Buck Open such a success! We are looking forward to another great day of golf, dinner and dancing! We invite you to join us this year, Friday, September 7th, as we strive to provide a scholarship to St. Mary's High School, for a deserving student athlete, in memory of Buck. Swing by Kelley Greens to pick up an entry form, located in the pro shop. If you're not a golfer, join us for dinner and entertainment, immediately following the tournament! If you need any additional information, please call Britte Roossien at 781-581-9384

Correction: An article that appeared last month, stated that Junior Troop 57 held the distinction of being the first troop in the Ocean Bay neighborhood to have all members of the troop earn the Bronze Award. In fact, former Junior Girl Scout Troop 24 was the first! I apologize for the error. —Mary Jo Ludke

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Johnson School News

Dr. Denise Littlefield, School Principal & Superintendent

By the time this article is read, the school year will have ended. We have successfully completed our first year in the new school. It was a daunting task to start the year, with all the fine-tuning to be done on the building, but we did it! We look forward to the finished product with our new roof. Thank you so much, to the Town of Nahant, for allowing us to complete what we started.

Please join me in congratulating all of our Nahant students, who will be moving on to the next chapter in their lives. Sixth Grade students will be experiencing the annual rite of passage, as they venture across the causeway to Swampscott Middle School. They are: Samantha Baldwin, Shannon Barrasso, Arianna Billias, Matty Byron, Corey Carmody, Kurt Collins, Lincoln Collins, Caroline Devereaux, Anna Greene, Mariah Hanson, Scott Hartigan, Zachary Hodgdon, Caitlin Ludke, Victoria Malatesta, Rosalie Moleti, Derek Osbahr, Tyler Peterson, Kyle Rogers, Anna Rusk, Nicholas Sarcia, Steven Scaglione, Aristana Scourtas, Alexa Steriti, Melinda Wilson, Justice Wright and Michael Zhuikov.

We would especially like to thank our Student Council President, Derek Osbahr, Vice-President, Anna Greene, Secretary, Tyler Peterson and Treasurer, Aristana Scourtas. These officers along with the two, 6th-grade representatives, Corey Carmody and Anna Rusk, and with the representatives from the 4th and 5th grades, were able to raise over \$3,000 for the Technology Improvement Initiative, at the Johnson School. They voted to use the money to purchase new computers, along with much needed walkie-talkies for the school.

Upon hearing about the need to update our technology, Kindergarten students, Jackie Frisoli and Jack Maguire, set up a lemonade stand on Memorial Day. They donated all their earnings to help the Technology Improvement Initiative. We would like to thank them, so much, for the \$50 contribution. Their thoughtfulness, generosity and school spirit is heart-warming and deeply appreciated.

The Johnson School Student Council is sponsoring its last "event" this year. It voted to assist in getting the word out, to as many people as possible, that our young soldiers in Iraq are lonely and would like to receive mail. We have made contact with Tony Williams, who is a Marine and has friends here in Nahant. He has agreed to share his mail with others, who do not regularly get mail. Anyone wishing to brighten up the day of our brave troops in Iraq, can send their letters to:

Williams, Anthony L.
MSF-A
TF 382 D MPBN
APO, AE 09391

We would also like to congratulate the Middle School students who will be lucky enough to be the first full class in the new Swampscott High School. After a school sponsored trip to Washington, DC, the students will be moving on June 19th. Best of luck to: Ian Antrim, Frank Barba, Daniel Barbacoff, Alexander Billias, Heather Cadigan-Dunlea, Dimitri Christoforidis, Kaitlyn Dantona, Jennifer Desmond, Bridget Donovan, Mikaela Donovan, Mario Forgione, Patrick Gavin, Eric Greene, Jaimie Konowitz, Thomas J. Lamando, Taylor Maccario, Christopher Mason, Christi Mazareas, Nicole McDermott, Dara Mosher, Emma O'Donnell, Maggie Osbahr, Connor Palombo, Branden Pereira, Richard Roland, Casey Shanahan, Jessica Simons, Kyle Spencer, Meghann Toomajian, Leah Towe and Gabriella Thornton-Wooten.

Congratulations to our Swampscott High School graduates: Kate Bartholomew, Michael Caira, Andrew Capozzi, Ariana Clements, Timothy Collins, Jaclyn Davis, Kerrian Dill, Sean Dunn, Nicolas Farr, Frances Flynn, Jessica Goode, MacKenzie Hall, Molly Kasper, James O'Connell, Hannah, Pelletier, Allura Poulin, Reid Sanphy, Alexander Scovell, Jayne Spinelli, Rachel Tarmy, Jeffrey Tibbo and Samantha White.

On Thursday, June 14th, the annual Mental Math Challenge was held. Congratulations to this year's winners: Justin Chasse, from 5th grade and Anna Greene, from 6th grade. The first runners up were Joey Silva, from grade 5 and Aristana Scourtas, from grade 6. It was a grueling competition and as always, a mind-boggling experience. A huge thank-you goes out to Mrs. Hennessey for all her hard work and inspiration.

It is a bittersweet time of the year for us. The students and staff are looking forward to the summer break. Unfortunately, the Johnson School will be losing two of its most beloved teachers, Peggy Silva and Diana Hennessey. Their devotion to the children of the Johnson School and dedication to the community, will never be forgotten. Good-bye, good luck and thank you for all that you have done. You will be sorely missed.

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

Let's Put On a Show or at Least an Exhibition

Submitted by Robin deStefano

What does it take to mount an exhibition, that shows not only an important piece of Nahant's story, but also a major event of American history?

The answer is decades of gifts to the Nahant Historical Society, years of collecting and preparation, and experts who consult, restore, design, build, paint, and assemble. And let's not forget the lenders: people who own objects that will be seen in the exhibition, to be returned once the event is done.

The accompanying photograph shows all of these. Dan deStefano, far left, represents his wife, Robin, who is lending a sword. Bonnie D'Orlando, second from the left, Assistant Curator of the NHS, is working hard to prepare this exhibition. Bill MacMillan, second from the right, an arms conservator at the Higgins Armory in Worcester, has just completed restoration of several swords for the Society. Calantha Sears, Curator of the Nahant Historical Society, far right, has collected Nahantiana for decades.

Why have Calantha and the Nahant Historical Society assembled all this stuff? Why have people lent it? They did that all for you.

Come and see this exhibition, titled "Sacrifice of Self," at the Nahant Community Center. The exhibition will be open for public viewing, between the hours of 1:00 p.m. and 4:00 p.m., each Wednesday, Thursday, Saturday and Sunday, beginning Sunday, June 24 and ending September 2, 2007.

Last Call at the Legion Hall

by Peter E. Przybycien, Vice Commander

Once again, the Nahant American Legion is extending an open invitation to the public, to share their thoughts, opinions and ideas, as to what they would like to see done with the American Legion Hall, located at 5 Coolidge Road. This invitation was originally extended in December, but we did not receive many responses.

Our organization is solvent and is in good financial standing, but we have found ourselves, over the past few years, spending all our efforts on maintaining our building and not doing enough for our fellow Veterans.

The Legion members feel an obligation to the community, to extend this invitation, prior to making our final determination on the fate of the property. We will welcome ideas from any organization, or individual. If we do not receive any viable proposals to sustain the property, the entire property will be placed on the market, for sale, by the end of the summer. Speak now, or forever hold your peace.

If you can not make a meeting, but have an idea, please drop a note in our mail box and we will make arrangements to hear your proposal. Our monthly meetings are held on the 1st Tuesday of the month, at 7:00 p.m., in the Legion Hall, at 5 Coolidge Road.

Young Poets Performed at EarthFest

Submitted by Maureen Edison

Winners of a poetry contest, for Johnson School students, read their award-winning work, during Nahant's Earth Fest. Six winning poems, on why we must appreciate our planet, were selected from over eighty entries. Finalists were chosen by Maureen Edison and Library Director Dan deStefano. Each

winner received a green plant and all participants were given certificates of appreciation.



The winners: Second Grade, Michelle Connor, Fourth Grade, Joey Fernald and Emma Bartholomew, Fifth Grade: Haley McDevitt (at center, in photo above) and Jake Dignan and Sixth Grade, Melinda Wilson.

Maureen Edison, who managed this event, expressed special thanks to Mrs. Diane Dunion and the teachers of Johnson School, for their assistance. Edison noted, "A genuine love for, and desire to protect, Mother Earth came through loud and clear, in these students' expressions. We hope to make the Poetry Contest an annual Earth Fest activity."

Photo, l. to r., Maureen Edison, Haley McDevitt and Julie Arnold. Haley is 11 years old and in the 5th-grade at the Johnson School. Maureen is the organizer of the poetry contest and performance and Julie is the EarthFest Coordinator. Photo by Patricia McDevitt.

Friends and PTO Sponsor Johnson School Class Field Trip

The Friends of the Nahant Public Library and the PTO of the Johnson School, have shared resources to fund a Fifth Grade field trip.

The classes of Mrs. Dunion and Mrs. Tibbo participated in the Tide Pool Outreach Program, at Northeastern University's Marine Science Center in Nahant, on Friday afternoon, June 15, 2007.

Thanks to the good offices of Denise Littlefield, Principal-Superintendent and Stacie Nardizzi, Volunteer Coordinator, the students of the Fifth Grade had a chance to imitate Nahant's resident naturalist of the Nineteenth Century, Louis Agassiz, and learn a bit of field biology.

By exploring the tidepools found on the shore, the students had a chance, as Agassiz was wont to say, "to catch Nature in the act."



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by Susan Cadigan

My name is Susan Cadigan, LMT, NCTMB. I am licensed and nationally certified in massage and bodywork. I am a certified member of ABMP, as well.

At the moment, I am a teacher's assistant in the advanced elective of Oncology Massage, at Palmer Institute & Bodywork.

I began my interest in massage & bodywork in 1986. I was taken under the wing of Eclectic & Integrative Shiatsu teacher and founder of Nippon Shiatsu Daigaku, Toshiko Phipps. With Toshiko, I was able to witness the benefits of massage on health and well-being. I sat elbow to elbow with my teacher and am forever grateful to her encouragement and wisdom she has shared with me. After a victorious recovery from two bouts of leukemia (cancer of the marrow/blood) and more than one miracle, I became educated in the western approach to massage, to complement some of the eastern approaches I had learned.

I am a graduate of Palmer Institute of Massage & Bodywork, with a 750-hour certificate in Advanced Massage Therapy. I have had training in Swedish, Sports, chair massage and the specialty of Cancer & Aging (Oncology & Geriatric). I combine these, as well as some Shiatsu techniques, to create a massage suited for your needs. It can take more than one visit to get to know you and develop your own massage. My goal is to help you to relax, breathe and feel better.

I am in a peaceful, bright and airy room at Dr. Deborah Feinbloom's office, Nahant Natural Healing, at the Community Center (the former Valley Road School). Appointments are available at Nahant Natural Healing, or I will come to you, in the comfort of your non-smoking home.

I have many people in town to thank. I will begin with Dr. Deborah Feinbloom, for the opportunity to work within her business. Second, I would like to thank all the families of Little Nahant and Big Nahant who provided my children and I with warmth and comfort, when I was undergoing treatment all those years. The Janet Taylor family, Judy Moccia family, Dantona family, Gooding family, Richie Adamo, Paul Morse, Larry and Paula Smith, George and the guys at Captain Seaside, to name just a few. Thank you so very much. Your care and prayers have led me to new and bright horizons.

Nahant Dory Club News

The Nahant Dory Club kicked off the 2007 season with its Opening Party on Saturday, June 23rd. The members were thrilled with the restoration of the historic Clubhouse, built in 1906 and enthusiastic about the events planned for the season ahead.

The Dory Club sponsors boating events of all kinds, including weekend racing of Town Class, one design, cruising and other sailboats, as well as day sail flotillas, an overnight adventure and cookouts. In addition, the Club has supported the Town Sailing Program for many years, encouraging young people to have fun, while learning seamanship skills. The Dory Club offers social events for members and their guests, throughout the season and recently hosted an Open House at the Town Wharf, after the Memorial Day Parade.

On Saturday, July 28th, the Dory Club will be hosting the 2nd Annual "King of Clubs" Regatta, with the Lynn and Swampscott Yacht Clubs. The course is approximately six nautical miles and is held in the waters south of Nahant. Last year there were 25 boats that entered the race and an even larger draw is expected for this year. A barbeque will be held at the club for sailors, crew and members following the Regatta, to celebrate the friendly, yet spirited, interclub competition among the fellow sailors of Broad Sound.

To find out more about the Nahant Dory Club, visit the web site at www.doryclub.org, or stop by and talk with any member and see what this summer 2007 has in store!



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Drink, Drink, Drink!

by Sallee Slagle, Director, Dance Dimensions

Exercising in the summer can dehydrate you quicker than you think. You may not even feel thirsty. Water intake is a year round concern. We all know the general 8 glasses of 8 ounces a day. Few of us actually drink enough water anyway, so when it is hot and we are exercising, we need to be even more aware of water and fluid intake. Endurance and performance depend on proper hydration before, during and after summer exercise, activities and sports.

During the day, don't wait till you're thirsty to drink water. Many experts agree that you are already slightly dehydrated when thirst is signalled. Drink on a schedule: Add a glass of water every morning, drink one before each meal and one before bed. Find other ways to include water regularly. To prepare for activities and prevent dehydration, the American Dietetic Association (ADA) recommends at least 16 ounces of fluids, 2 hours before and again, 15-20 minutes before, exercising. During exercise you should drink more water every 15-20 minutes.

Your body sweats to cool down. Even if you don't see the sweat dripping, don't be fooled, it often evaporates quickly in the heat. As you sweat you lose fluids and minerals like salt and potassium. To replace fluids, water is still the best and fastest. Drinks with too much sugar (glucose, sucrose, fructose, etc., more than 3%) are absorbed much slower than plain water, or diluted juices and drinks. So after exerting yourself in exercise, sports, or just play, drink water first, then have a sports drink, or juice, 15-20 minutes later.

You may occasionally need to replace salt and potassium lost in sweating, especially if you're exerting longer than an hour. Sports drinks will help to replenish these, or you may consume foods high in sodium. Our diets often contain enough sodium, so this is not usually a major concern.

Carbohydrates are needed to refuel your muscles, but unless you exercise intensely, or more than once a day, these are sufficiently maintained by eating a balanced diet. Your body will replenish itself with your next meal, or snack. Protein is an important building block, too. Most experts recommend eating carbohydrates and proteins in a 4:1 ratio, 4 servings carbohydrates such as vegetables, fruits and whole grains to 1 of protein such as meat, fish, poultry and legumes.

A well-balanced diet and sufficiently hydrated body will perform well, even in the summer. Do not overexert in the sun, as your body needs to cool down, by circulating blood to the surface and increased demand by muscles can cause overheating, dehydration, headache, nausea and heat exhaustion.

Take time to cool down. Stop and rest and be sure to hydrate. Water is truly the best, so drink more water. Remember caffeine and alcohol dehydrate you even more.

Drink plenty of water and enjoy the summer fun in the sun.

Therapeutic Massage: Does it Really Work?

by Susan Cadigan, LMT, NCTMB

"Does it really work?" Recently, I was asked this question, as I was speaking to a colleague about a big ball of scar tissue that had formed after surgery. I was asked if I could help massage and breakup the scar tissue. This scar tissue was attached to surrounding bone and tissue and was causing pain and limited range of motion. It was affecting his quality of life. The answer to both questions is, yes!

Massage can help an area tightened up with scar tissue. By using specific techniques to loosen up adhesions and break up scar tissues, this gradual process will lead to increased blood circulation through the area and help restore the muscle's normal range of motion. The end result: better function, pain relief, better quality of life and activity.

Massage has many benefits. Massage improves health by acting directly on the body's muscular, nervous, circulatory and immune systems. Simply put, massage relieves sports-related soreness, reduces anxiety, improves energy and provides an overall feeling of well-being and relaxation.

Stress can be stored in many areas of our bodies and in many ways. Stress can cause tense neck and shoulders, stiffness, headaches, fatigue and even more stress. One can become "grouchy," or "crabby," when there is too much stress. Stress can be alleviated with massage therapy.

Regular scheduled self-care can make a difference to your overall health and well-being. Massage is not just a luxury. In today's demanding and fast paced world, massage is a necessity. Massage, when combined with traditional medical treatments, can reduce stress and promote healing in people with certain health conditions.

To be continued...

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Christmas Parade Scholarships

by Roz Puelo

Congratulations to all the recipients of the 2006 Christmas Parade Scholarships. We wish you well on your journey into the future.

Just a few words of wisdom to guide you along the way: You have all worked hard to achieve your goals this far. Enjoy your college years, they fly by so fast. Soak up all the knowledge, academic and social, that comes your way. Face your challenges with an open mind and a willing attitude and the world will open it's doors to you. Remove the words "I can't do it" from your vocabulary, you will find a way.

Congratulation to: Andrew Capozzi, Roger Williams University, Ariana Clements, University of Rhode Island, Kerriann Dill, University of Connecticut, Sean Dunn, New York University and Jeffrey Tibbo, University of Southern Maine.

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Congratulations to High Achiever Aristana Scourtas



Congratulations to Aristana Scourtas, who left with an armful of awards upon graduation last month. The awards she received include The President's Award For Academic Achievement, The Lowland Award for Proficiency in Mathematics and The Student Council. Pictured: High achiever Aristana Scourtas, her brother Evan Scourtas and proud parents, Lisa and Rick Scourtas. Photo by Lisa Scourtas.

Woman's Club Scholarship Award Winner is Jessica Goode by Marrit Hastings

Nahant resident, Jessica Goode, was chosen as the 2007 recipient of the annual \$1,000 scholarship, given by the Nahant Woman's Club. A graduate of Swampscott



High School, she was one of six applicants. Jessica is the adopted daughter of Walter and Margie Goode, of 93 Bass Point Road. She is an only child and has lived in Nahant all her life.

Graduating as an honor student, Jessica will attend Merrimack College and study computer science. Her career goal is

to become a computer programmer. In Jessica's application, she recalls watching her parents try to connect the wires and components of a new stereo system, without much success. Jessica took over and had it all assembled and working, in ten minutes. She has advanced her mechanical talents to electronics and the computer and looks forward to continuing to explore the world, through using and programming computers.

Jessica is both mathematically oriented and physically fit. She has been a Swampscott varsity cheerleader and cheerleading coach for Pop Warner. She has volunteered for Bridgehouse, a family shelter in Lynn and as a camp counselor-in-training, at Camp Seaview. Jessica works as a hostess and expeditor at the Tides Restaurant.

Nahant Girl Scout Ariana Clements Receives Highest Honor: The Gold Award by Heather Clyne, Program Specialist

Ariana Clements, of Nahant, has earned Girl Scouting's highest honor and was presented with the Gold Award, at Girl Scouts of Spar and Spindle Council's ceremony, on Thursday, June 7, 2007, at the Sheraton Colonial, in Wakefield. The Gold Award is the highest honor available in Girl Scouting, and it requires a significant community action project.

Ms. Clements' community-action project was titled "Wildlife Matters." Ariana held a "Wildlife Awareness Day," at her Town Hall. The children in town came to play games, win prizes, watch an animal show put on by Animal Adventures and learn about the importance of conservation.

The Gold Award is the highest award in Girl Scouts. A national award, with national standards, it represents the time, leadership, creativity and effort a girl contributes, to making her world a better place. The award requires a girl to demonstrate strong leadership skills, engage in meaningful community service, explore career options, commit to improving herself and implement a community-action project that requires at least 65 hours of work. For many, the skills and sense of community and commitment, that come from "going for the Gold," set the foundation for a lifetime of active citizenship.

In acknowledgment of this extraordinary accomplishment, each Girl Scout Gold Award recipient receives recognition from the White House and other federal, state and local organizations. Those that choose military service, enter at a higher rank. Girl Scout Gold Award recipients are also eligible for scholarships, at more than 100 colleges and universities.

Girl Scouts of Spar & Spindle Council serves more than 14,400 girls and 3,500 adults, throughout the North Shore and Merrimack Valley. Girl Scouts is the world's preeminent organization for girls and is committed to helping girls build courage, confidence and character. Through Girl Scouts, girls discover the fun, friendship and power of girls together, and work to make the world a better place. For more information on Girl Scouting, visit us at www.ssgsc.org, or call 978.689.8015.



Tower School Announces Honor Roll

Congratulations to Nahanter Devon Harrell,
Maggie Murray and Taylor Reeh

Several Nahant residents were named to the second semester honor roll at Tower School, in Marblehead. Devon Harrell, Maggie Murray and Taylor Reeh achieved high honors and Abby Hooper achieved honors.

Congratulations to you all! Submitted by Jennifer Burke, Tower School.

nahant dory club

This year marks the 101st anniversary of the Nahant Dory Club. Along with the tireless efforts of members to complete the restoration of the historic clubhouse, we are working to restore the spirit of the club and reaffirm our mission to promote boating and seamanship skills, and camaraderie in Broad Sound and Nahant. For the 2007 season we have planned:

- Racing events
- A new kayaker/paddling group
- Flotillas and picnics
- Summer evening parties on the patio
- Educational programs

You do not have to be a boat owner to join. Stop by the club, speak with a member, and see the changes. Help us make it a place to learn, share, and have fun as our second century continues!

For more information, visit our website, www.doryclub.org, or send a request to Nahant Dory Club, P.O. Box 114, Nahant, MA 01908.

Nahanter Mary Kate Donovan on Dean's List

Submitted by Stephanie Duesing [SDUESING@Rollins.edu]

Mary Kate Donovan, daughter of Mary and Kevin Donovan of Nahant, Mass., was recognized on the Dean's List, the athletic director's honor roll and as a 2006 athletic scholar, at Rollins College in Winter Park, Florida. Donovan graduated from Swampscott High School in 2003. She plans to attend Suffolk University Law School to pursue her Juris Doctorate degree.

Donovan, a 2007 graduate from Rollins College, with a bachelor's degree in international business and a minor in Spanish, was a two-time captain of the Rollins College Varsity Sailing Team and received awards for the "most valuable player" and "most outstanding senior" for the 2006-07 season. Donovan was a senator on the Student Government Association and the Student Athletic Advisory Board. She also volunteered in a Central Florida public school, teaching bilingual children. She served as a Habitat for Humanity volunteer, during which she restored a Puerto Rican weather station, that was destroyed during Hurricane Katrina.

Founded in 1885, Rollins College is Florida's oldest recognized college, and is consistently ranked by U.S. News & World Report as one of "America's best colleges." The College of Arts & Sciences offers full-time undergraduate programs in the liberal arts. The Hamilton Holt School serves the Central Florida community, by offering exceptional undergraduate and graduate degree programs, during evenings and weekends, to students diverse in age, experience and professional development. The Crummer Graduate School of Business is consistently ranked by Forbes magazine among the best business schools, for return on investment and Forbes recently ranked the MBA program No. 1 overall, in Florida. For more information about Rollins, visit our Web site at www.rollins.edu.



Elizabeth Peterson Palmer Scholarship Awarded to Ruthie Carter and Schuyler Livingston

The Elizabeth Peterson Palmer Scholarship has been awarded to two deserving 2007 high school graduates, Ruthie Carter and Schuyler Livingston (pictured at right). These \$500 scholarships were presented during the Sunday Worship Service, at the Nahant Village Church, on June 24. The scholarship is awarded annually in memory of Elizabeth, the daughter of Mr. and Mrs. Edwin Peterson, 140 Willow Road.

Ruthie Carter (no photo), daughter of David Carter, PhD, and Katharine Carter, MD, 265 Castle Road, graduated from The Putney School in Putney, Vermont. Ruthie will attend Earlham College in Richmond, Indiana. Ruthie was a member of the NVC Confirmation Class of 2003 and she remains active in the life of the Church. She is a young woman of conscience, who wrote and performed her own monologue, adding to "The Laramie Project," a play about the tragic hate crime in Wyoming. She is interested in music (violin) and is a determined team member and a passionate student of wildlife (with special interest in herpetology).

Schuyler Livingston, daughter of Judge D. Dunbar Livingston and Atty. Mary C. Livingston, 60 Wharf Street, graduated from St. George's School, in Newport, Rhode Island. Sky will attend Trinity College in Hartford, Connecticut, in the fall. Sky's interests include music (singing in chorus, taking piano lessons for 13 years and recently studying organ), athletics (Varsity Squash and captain of the Girls' Varsity Tennis team at St. George's), as well as her academic pursuits. She was named a "Rhode Island Scholar" by the Rhode Island Higher Education Commission. Sky has also remained active in the life of the Nahant Village Church.

Congratulations to these two exemplary students!



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30 To 1 Odds

"Mitchell's Cahnah" Raffle Tickets Have New Look

As if \$7,500 in cash prizes wouldn't be enough, Duddie, Ponsie and myself are proud to announce that this years Mitchell's Cahnah raffle tickets are sporting a new look. There will only be 150 tickets sold and as usual, they will go fast! Each limited ticket will be shamelessly adorned with one of 21 original photos, or paintings, of summer in Nahant, stolen from local artisans (check out the sample photo). How cool is that?



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• Only 150 tickets will be available for sale. • Each ticket is \$100.00. • You must be at least 18 years old to play. • You DO NOT have to be present to win. • Entries close upon the sale of all 150 tickets or at the time of the drawing. • Actual prize value is based on 50% of total ticket sales. • All 150 tickets must be sold for the prizes to reach the maximum value. • All winners must claim their prize before 10/01/07. • All unclaimed prizes will revert to the 153 organization.

SAMPLE

There are 5 cash prizes to be drawn on the evening of the event, Sunday, September 2nd at 9:00 p.m. First prize is \$5,000 cash, second prize is \$1,000 in cash and there are 3 third prizes for \$500 cash each. Only 150 tickets, a great shot to win 5 prizes. That's 30 to 1 odds. How can you beat that?

For a \$100 donation, you're in! This year's donations will go to the Nahant Ocean Rescue Squad, to help buy a quick-response rescue boat. As we have been telling you over the last few months, basically we are a rock of about 3,700 people surrounded by water and our town does not have a quick-response rescue boat to save us from drown-ing. Not good!

Get your raffle tickets from the boys down at the fire station, or call Mike Billias, 781.581.1338, or Frank Cardile, 781.581.1559.

As usual, the annual Mitchell's Cahnah Labor Day block party will be held on the Sunday night, September 2nd from 7:00 to 11:00 p.m. (rain date, Monday, September 3rd, 1:00 to 5:00 p.m.

When the last ball hits the hole at the annual "Calcutta" golf tourney at Kelley Greens, Mitchell's Cahnah will come alive with food, libations and good ol' rock n' roll, continuing a Nahant tradition that started when our town was predominantly a summer residential community. The block party was a way to bid adieu to folks you met on our beaches over the summer, share tales, and make plans for next year.

The Tudor Cocktail Ice Company is proud to be the main sponsor for this great Nahant tradition. My twin brothers, Duddie and Ponsie and myself, need your help in putting this together. If you're new to town, your gonna' love this thing. "It is Nahant!"

The slogan for this year's donation is "BUY A BEER, GET A BOAT." Come one, come all, admission is free. Get in the raffle, buy some food, a commemorative drink, or a shamelessly original tee-shirt designed by the Tudor family.

Let's show Bob Ward, Ed Steriti, Andy Puleo and the rest of the Nahant Ocean Rescue Squad that we appreciate the annual training they go through, by coming to the bash, spending some dough and getting them that boat. "Hell-O," that quick-response rescue boat is really for "ALL OF US."

Come on down, have a ball, "BUY A BEER, GET A BOAT."

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The Irreplaceable Library

by Gina McCoy

There are murmurings of the demise of the millennial old institution of libraries to the high-tech, non-tenderness of digital technology. Don't bet on it. The job of a librarian is educating visitors, regardless if it's in book, or digital form, requiring an affinity for imparting learned guidance. Libraries are evolutionary and part of a continuing mainstream culture, an historical memory that measures and contributes to the greatness of civilizations. The library building is also a gathering place for discussion, with social interaction, lectures and live artistic performances for people of sundry ages. Libraries are devoted to the people, not subject to manipulation and sssshhhhhhh....they're FREE.

The library (center of discovery and universal inquiry) does often serve as revelatory to talent and insight.

Norman Laliberte

Norman Laliberte was born in Worcester, Massachusetts to French Canadian parents. The Nahant resident was raised in Montreal where he had his first exhibition at the Montreal Museum Of Fine Arts. He received his Doctorate Of Fine Arts in 1982 from Notre Dame University and an Honorary Doctorate from McGill University in 1986.

An educator of note, the prolific artist has had more than 100 one-man exhibitions which encompasses paintings, banners, drawings, prints, murals, sculpture and film design. More than 60 museums, private corporations and public collectors in the United States and Canada alone, currently own or have displayed his work. He has participated in more than 200 group exhibitions throughout the world.

Wanting to expand my knowledge of Mr. Laliberte's originations and hoping to find one of his more than 70 publications, I went to the Nahant Public Library and was fortunate to find a number of them. Each book, a gem in it's own right is highly commended to you for a reading and visual adventure.

For example: An exhibition catalog of his recent art show THE ART OF JOY at The Galerie De Bellefeuille in Montreal is Laliberte's realization of love, joy and plenty.

SOMEWHERE BEYOND THE DREAM - Is

Laliberte's striking color filled painting with his signature flowers bursting from a translucent vase reveling in the joy of life. Two blue birds, perhaps of happiness or paradise, in their Eden like garden, one male, the other female are captivated by each other, as a swan of grace and seduction and an owl of wisdom and good fortune find their places amid cascading flowers.

UNLOCKING THE SECRETS OF LOVE - Laliberte has nine panels of muse like maidens. To me, they seem to represent all the different forms of love as to one's spouse, children and country etc. Each character is housed in her own space, yet all are in harmony. They are paying homage with floral offerings to two central figures that may be inspired by Eros and Agape - the erotic and the universal, who hold these secrets under lock and key. All of Laliberte's characters are original and all-inclusive.

The UNLOCKING element of love's secrets is in the continuum, tantalizingly near-available, suspending this age old question in perpetual anticipation and expectation but persisting in mystery.

Also available at the the Nahant Public Library is a booklet from THE BILL OF RIGHTS GALLERY. The New York Bar Center, in Albany, New York that has installed Laliberte's elaborate banners of the eight legal systems throughout history, the evolution of the Great Seal Of New York and the Seal Of the Supreme Court in the early 1970's.

His most recent work at the Bar Center displays a series of Laliberte's highly sophisticated ten panels interpreting the First Ten Amendments to the Constitution. Originally planned to be executed on stained glass Laliberte determined that it would be more appropriate using marker on acetate; unusual for a "final" drawing but when lit from behind, it produces a hint of the glow of stained-glass composition.

Besides enhancing the beauty of the building, the artist presents sophisticated visual examples expressed in vibrant colors

and universal symbols, to introduce simple and complex topics. Windows to knowledge, they communicate to people of all ages, from every walk of life. Young, old and the letter-less can gaze upon them and understand the message of these works without the use of words.

The panel encompassing Amendment 1, freedom of speech, religion and of the press, depicts a Gutenberg-style printing press which printed Thomas Paine's revolutionary pamphlet COMMON SENSE in 1776. "I use familiar symbols," said the artist. "An open cage and birds in flight represents freedom. A sprouting tree symbolizes the rights of people flourishing under a constitutional government."

A master craftsman, his art is infused with worldly impressions gathered during his many journeys. He lives in Nahant with his wife, Laurel, a designer and their son, Kristian, who attends Columbia University.

If you wish to view some of of Norman Laliberte's publications, you can start by going to the Nahant Public Library.



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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.

January 1, 1915: NEW YEAR'S AT RELAY

Without a doubt the New Year's party at the Relay house last evening was one of the prettiest that the house has ever held. From the New Year's cake at the entrance of the Dutchroom to the potted plants and the soft red lights it was decidedly a New Year's party, and the glad hand of fellowship was extended to all those present.

The guests commenced to arrive early in the evening and by 11 o'clock there was not an empty table in the room. Most of the guests arrived by automobile and the Relay yard looked like a night in June with it's unusual number of machines present. Once inside there was no end of merriment, each guests being presented with a souvenir cap, these being of all colors and descriptions.

During the evening an orchestra was in attendance, sheltered behind a bower of palms, and from this section of the room came floating strains of the latest music of the day, which quickly brought a large number of guests to their feet and dancing was enjoyed by them. A number of pleasing vocals solos were rendered by Zeppe McDonald of Lynn, and a member of the Comique trio, Miss May White, and Eddie Mumford, also of Lynn. Various other entertainers were present from out of town, all of which helped to make the party that will be long remembered.

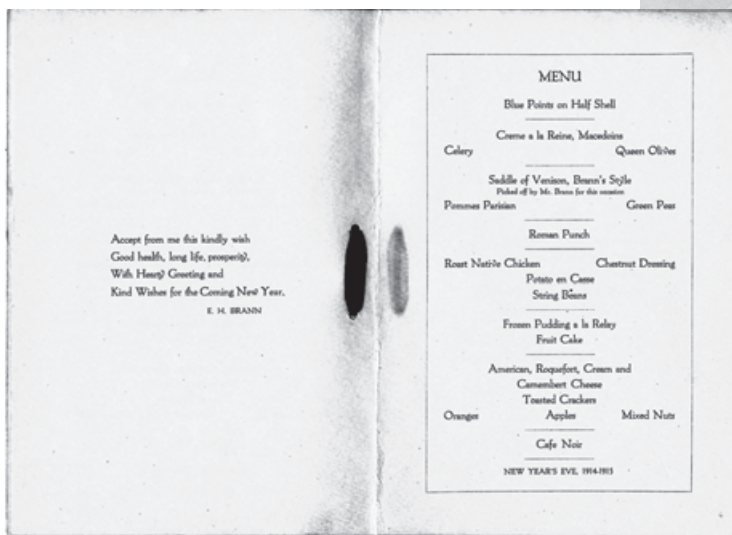
At 12 o'clock the lights were dimmed and to the tune of "Auld Lang Syne." Sung by all those present, old 1914 tottered out and 1915 rushed in.

One of the souvenirs of the party which was highly prized by the guests of the house was a very pretty menu card handsomely done in various colors, the whole card being bounded together by a dainty red bow. On the inside cover was found an original little New Year's greeting from Mr. Brann.

SOURCE: Lynn Item, January 1, 1915.



HAPPY NEW YEAR
RELAY HOUSE
NAHANT



Accept from me this kindly wish
Good health, long life, prosperity,
With Heart's Greeting and
Kind Wishes for the Coming New Year.
E. H. BRANN

THE ORIGINAL PART OF THE HOTEL...

was erected early in the spring of 1861, and has been the scene of some of the most notable gatherings in the State of Massachusetts.

"Uncle Nate," as the first proprietor and owner was affectionately called, did not keep any room for lodgers and the place was closed at dark. It was a common saying of his "that he wanted every man to enjoy himself, spend all the money he wanted to, eat and drink all he pleased, but to go home before dark."

SOURCES: Menu, above, Gift of Frederick Dichest. October 1990. Nahant Historical Society. Relay House in Flags, next page, top right. Gift of Dana Pike Collection. May 1975. NHS. Relay Yard, with Scenic Coaster in background, next page across bottom. W.D. Hodges, Jr. March 2004. NHS



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

The Relay House

Built Early Spring 1861

RELAY HOUSE PASSES INTO NEW OWNERSHIP

Just a simple little announcement of lad transfer in Nahant, Reading, "Eugene H. Brann from John D. Mower, land and buildings on Bass neck road Nahant," marked the passing from the control of the original owners of one of the most notable sea shore hotels, and one of the oldest summer houses in this vicinity namely, the Relay House, and its adjoining property, to the present, well known landlord, Eugene H. Brann.

This hotel has a most remarkable history from it's beginning up to the present day, and has witnessed many changes around in the locality around its site.

The Mower family, through the Zeal of Nathan Mower, first built and instituted the old and original house early in "War Times," it being constructed against the apparently sound advice of his many friends who prophesied a quick and complete failure. Contrary to public opinion the hotel became more than successful and soon became a Mecca for the soldiers returning home on furloughs. It received its title from the famous historical relay House in Baltimore, Md., where the headquarters for the Union army officers were established during the Rebellion. From the very outset and extending for a period of almost 40 years, the house has always maintained a high standard and particularly during the last 15 years under Mr. Brann's management.

The Relay House has been under a lease to him for a number of years, but was not until last week that the deal of purchase was consummated, and he now has the entire control of the estate fronting along the harbor, about three and one-half acres of land with the hotel, dancing pavilion, theatre, livery, and a number of cottages under his direct ownership and charge.

SOURCE: Daily Evening Item, Lynn, MA. Saturday, September 1, 1906.

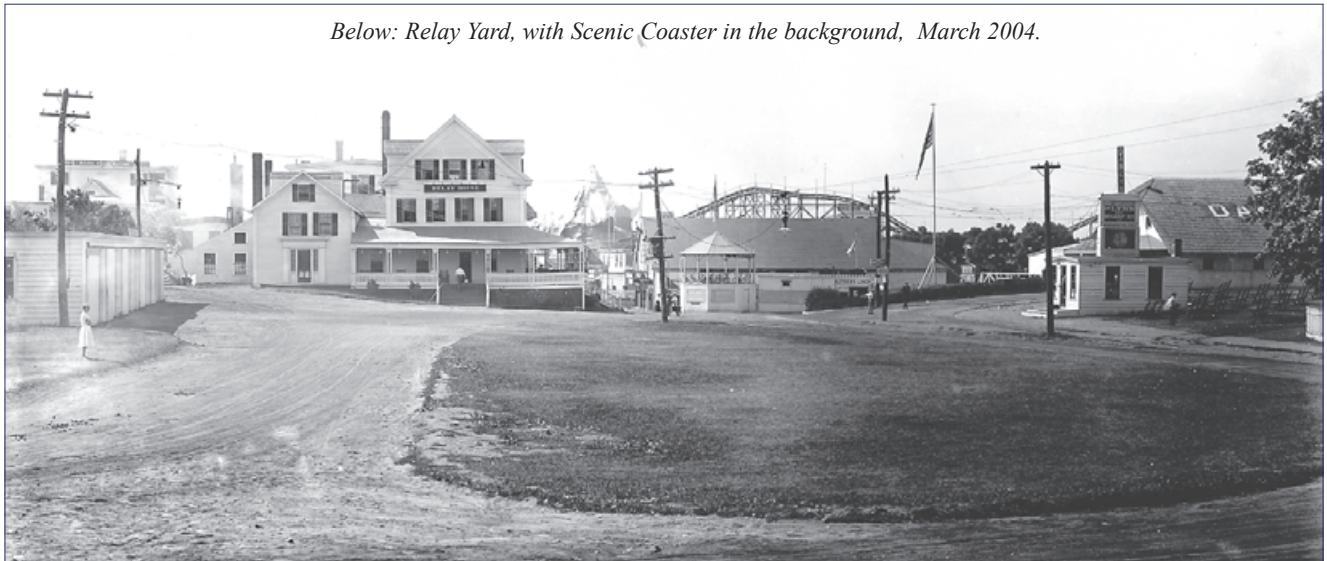


Above: Relay House.

Below: Relay House draped in Flags. May 1975.



Below: Relay Yard, with Scenic Coaster in the background, March 2004.





Useless Information

by Ray Barron

Warning to Nahanters!

Backyard barbecues can age you! The chemical process that takes place, when we grill meat at a backyard barbecue, could accelerate aging, says a new study. New York medical professor, Helen Viassara, says a whole new class of toxins, produced when we cook meat on the grill, broiler, or fryer.

When meat and poultry are cooked at high heat, they accumulate glycation end products, or AGEs. AGEs build up in our bodies, and have been known to accelerate the aging process. They're also associated with inflammatory conditions, diabetes, Alzheimer's, vascular degeneration and kidney disease.

"People have to realize that cooking is a chemistry project," professor Josephine Connolly Schooned, tells Newsday. "There are a lot of chemical changes that occur to our food, as we cook it. Negative compounds are produced when food is exposed to heat."

Cal Hastings, says, "Summer is the season when a man thinks he can cook better on an outdoor grill than his wife can on an indoor stove."

Cal's adorable wife Marrit says, "Progress is wonderful: it is only after we modernized the kitchen that the backyard cookout became popular."

The attractive Sheila Hambleton reminds us, in ancient times, when meat was burnt outdoors it was a sacrifice, nowadays it is a cookout.

New Nahant Law?

A new law in Nahant bans couples from "lip-to-lip kissing," or "touching each other in a sensual way" in public, for more than five consecutive minutes. Calm down! This is a new law in Indonesia.

Up For Grabs!

Lowell Gray's Swallow Cave Road properties are yours for just \$4,950,000! Built in 1937 by a Boston financier, this seven-bedroom mansion has views of the Harbor Islands and the Boston skyline. Two waterfront acres include a small vineyard containing a variety of French-American hybrid and classical European vines, an orchid, a private beach and a small island. The Week, a widely read national magazine, featured an impressive color photograph of the estate and was headlined, "Best properties on the market." Perhaps by the time you read this, the property will have been sold to a noted tycoon.

Remember, living in Nahant offers you serenity and precious privacy. Frankly, this was one of the reasons why we settled here. My beloved wife, Marilyn, who was a popular radio and TV children's show hostess, loved it here. No one ever rang our door bell and said they were passing through Nahant and dropped by to say hello. You do not pass through Nahant!

For the record, there are 85 single family homes in Nahant valued over \$1,000,000!

JULY BIRTHDAYS

July 1 birthdays:
Lovely Jean Devereaux, Rafael Munoz, Paul Murphy, Matt Donaghey, handsome Tim Smith and the diligent Jack Ryder.

July 2: Jean Vangrouw, pretty Pam Oesterlin, Joan Colantuoni, Elaine Mavros, Mike Quigley and Geraldine Scigliano. Also, on July 2, 1956, Elvis Presley recorded "Hound Dog."

July 3: Colleen Guiney, Rosa Galvao, John Delaney, Betty Sherlock, Pat Conlin and Matthew Morse.

According to Nahant's Residential Listing, here are our Fourth of July birthday kids! Personable Hugh Mosher, Pamela Strong, Janet Boehler, Chris Scannell, Joe Delgrasso, Julie Forgione, Grace and James Whitlock, Teresa Kaplan, Cynthia Donofrio, Ellena Cant, Barbara Rourke, Nikki Granitsas, Mary Rouge, Gina Orsillo, Dot Morley, Jill Kark, Dan Donahue, Steve Lerman, Jonathan Locke, Rachel Oliver, Reha Oztekin, Ken Smith, Matt Wheeler, Yuri Kravchouk, Chris Green, Ryan Thibodeau and Bill Murphy.

July 5 birthday kids: Attorney Charles Riley, Jr., Mike Ford, Achilles Bryanos and actor, Sylvester Stallone.

July 6: Marianna Pezaris, Jessieann Johnson, Sarah Scapicchio, Ryan Kane and the personable John Canty.

July 7: Peggy Cully, Nichole Yannetty, Michael McKie, Helen Clements, Allison Russell, Walter Goode, Steve Bulpett, Kevin Meagher, the tycoon Joe Machera, Dimitri Christoforidis and James Osborne.

July 8: Ashley Corcoran, Pam Miraglia and singers, Billy Eckstine and Steve Lawrence.

July 9: Roger Sirois and actor Tom Hanks.

July 10: Lovely Suzanne Provencher, Charles Messina, Pam Lessor, Christi and Christine Vanheek, Janet Taylor, Mary Thomas and folk singer, Arlo Guthrie.

July 11 birthday-cake eaters: Triantafillos Pinakas, Johnathon Hall, Doris Tompkins, Betty Macarelli, Janice Taylor, Dan O'Connor, Bill Loizides, John Beaulieu, Dick Strutz and John Quincy Adams, 6th US president.

July 12: Lovely Edith Robinson, Athena Hackett, Kathy Burke, Stephanie Dent, Linda Castetter, Mike Meagher, David Walsh, comedians Milton Berle and Bill Cosby. Also born on July 12, my favorite artist, Amadeo Modigliani.

July 13: Cliff Flynn, Madeline Tanen, Brigit Scapicchio, Randy Gray and actor, Harrison Ford.

Our July 14 birthday babies: Shea Mavros, Antoinette Trentsch, Nancy Wyckoff, Patricia Benecke, Dave Walsh and Gerald Ford, 38th US president.

July 15: Robin Lang, Linda Markham, Peg Lewis, Laura Konowitz, the congenial Bill Mantzoukas and singer, Linda Ronstadt.

July 16: Eleanor John, Marsha Francis, Joey Giannelli, "big guy" Parker William Cook and Stephen Dickenson.

July 17 birthdays: Nahant's popular and attractive school teacher, Peggy O'Leary-Silva. It's no secret Peggy has many admirers! Also celebrating their birthdays on July 17, the congenial Cal Hastings, Deborah Savage, Anthony and Susan Caloggero, Chef Vichai Thienprayoon, Mark McBride and Dan Landrigan.

July 18: Frau Ilona Connor, Evelina Simmons, Gerald Landry, Eric Suhr

and Katherine Collins.

July 19: The gracious Margarida Torchiana, Andrea Ritchie, Jamie Byanos, Lisa Hess, Marc Langevain and it was on this date in 1993, President Clinton announced that homosexuals could serve in the US military.

July 20: The captivating Sylviane Poulin, Julie Bryanos and Ann Gaffney.

July 21st birthday kids: Sarah Quigley, Valerie Ventura, Ginny McLaughlin, Lisa Eaton, the fashionable Anne O'Brien, Amber O'Shea, Ron Buckley, Gerry Alimenti and Richard Capozzi. And let us not forget Buffalo's gift to Nahant, the noted intellectual, Harvard University graduate, Joe Klink.

July 22: Lovely Sarah St. Pierre, Dan Sherlock, Kosta Daras, Flo Lazar, Attorney Carol Wasserman, Dick Gallagher, Bob Devereaux, Gregory Marie, Katherine Wacker and Paul Delaney.

July 23: The creative Barbara Powers, Lee Trentsch, Julie Morse, Andrew Sigourney, Peter Foukal, Bill King and Paula Ashley.

July 24: Melinda Noonan, Jean Adamo, Deb Mahoney, Jim Cashman, Bill Morgan, Brian Robinson, Shawn McDuff, Mike Urany and Henry Katelyne.

July 25 birthdays: Deborah Cashman, Maureen Desilets, the charming, gorgeous, sweet, alluring Cay Cusack, Al DiVenuti and character actor, Walter Brennan.

July 26: Corey Goudey, Betty Quinn, Betty Johnson, Matt Canty, Joanne Bryanos, Robyn Fiore, Jane Hemingway, Jonathan Morse, Sui Cheng Li, Danielle Breithaupt and British rock singer, Mick Jagger.

July 27: Rita Mitchell, John Brubacher, Clifford

Continued on next page.

Birthdays, Continued

O'Neill, John Nichols, Dr. Dan Wright and singer, Bobbie Gentry.

July 28: Matt Colson, Darren Ferguson, Emma Greene, Elaine DiGangi, nice guy Bob Doran, Joseph McGinn and Jacqueline Onassis, the widow of President Kennedy and of Greek millionaire, Aristotle Onassis.

July 28: The highly-respected Michael Georges' birthday! In brief, Michael is an articulate individual and a music lover who plays the violin. What else you should know about the personable Michael, is that he is a World War II veteran, worked at GE as an inspector, attended Boston University and he once worked for a Gloria Chain food store, in East Boston. Perhaps this explains why Michael Georges gets along with people.

July 29: Bill Johnson, Joanne Lauber, Caitlin Collins and Italian Fascist leader, Benito Mussolini.

July 30 birthday babies: Jayne Deslaurier, the vivacious Claire Collins, Kathy Roberto, Betsy Hickey, Lagenia Donegan, Diane Desmond, Dick Pustorino, Jim Dana, Dave Moran, Tim Long, Mike Flynn, Tom Mercurio and Steven St. Ives.

July 31: Claire Hynes, Lisa Ruthig, Marlene Harris, Kathy Carter, Bill Todisco, Bill Lamando, Jim O'Connor and Bill Amero.

Update! Nahant's Hunks!

According to Molly Bloom, Nahant is the home of some handsome hunks. So who are they? Kyle Kelley, Sean Dolan, Brian Palangi, Brendon Brownell, Matthew Colson, Jason Silva, Michael McKie, Ken Koehler, Christopher Jarruc, James Passanisi, Jonathan Morse, Michael Manning, Matthew Morse, William Lowell, Erin Maher, Matt Chamigny, Matt Canty, Matt Morin, Tim O'Keefe, Dan and Tim Collins, James Sanborn, Andrew Morton, Ivan Zhuykov, Stephen Viviano, Ryan Hambleton, James Whitlock, Sean Kaplan, David Moore, Eugene Howard, Max Kaspel, Anthony Alessi, Clinton Alessi, John Crowley, Matthew Dunn, James Moleti, Zachary Taylor, Steven St. Ives, Theodore Ohagan, James Osborne, Clayton Purdy, Dan Cadigan, Jeff Baldini, Ed Lent, Chris Hyde, Igor Babushkin, David Barile, Eric Pasinski, Don Baker, Jonathan Paula, Brian and Erin Poth, Adam Wacker, John Bardgett, Nick Papagelis, Ryan Mahoney, Antonio Barletta, Alex Mazareas, Gregory and Eric Marie, Jake Lemle, Jonathan Tibbo, James Maguire, Garon Clements, Ozgur Simsen, Joseph Migliaccio, Jason Caloggero, Gregory Haywood, Michael Scalise, A.J. Markham, Michael Cullinan, John Barry, William Todisco, Matt Kennard, Matt Wheeler, Michael Caira, Barrett Senk, Joseph Scapicchio, Ian Potts, Brian and Gregory Hawko, Sean Davis, Jay Cronin, Brice Taylor, Ron Petrucci, Phil Lessor, Stephen Dickenson, Jacob Musman, Michael Golosovker, and Eric Vonaschwege. Gee, how come I didn't make the list?

Not in Nahant!

Wow! It has been reported, 74% of Americans say they encounter profanity in public frequently, or occasionally. And 66% say they believe people swear more than they did 20 years ago, while 64% say they themselves use the F-word at least occasionally. So reported an Associated Press/Ipsos Poll.

Coming Up at LynnArts

Submitted by Susan Halter

PAINT: In the Time Warner Gallery, June 20 – July 27.

Come visit PAINT, a show highlighting painting in all its forms; from watercolor to oils, from realism to abstraction. Featuring over 30 works, this show was juried by Alexis Dunfee, of the Howard Yezerzki Gallery in Boston, a gallery which exhibits contemporary painting, sculpture, photography, video and installation, by established and emerging artists. www.howardyezerzskigallery.com

Stories in Objects: Sculptures made from materials gathered in the streets of Lynn (and a few other exotic places), by Marcella A. Stasa. In the Willow Community Gallery, June 21 – July 28.

Marcella Stasa's work is made up of objects found in her environs. She uses decayed and rusted materials, in combination with things found in nature, which include dead animals and their bones. While some of these elements may seem morbid, she transforms them into beautiful and engaging objects, more eloquent than melancholy. All animal components are found after the animals have died; no harm is done to acquire materials for the work.

For this exhibit at LynnArts, she has collected materials from the City of Lynn. Streets, parks, industrial zones and neighborhoods provided her with a collection of "art supplies," with which she has developed a series of works telling a story about Lynn, through things discarded and discovered.

Student Work from St. Pius: In the Hartman Leigh Gallery for the Art of Children, June 21 – July 28. St. Pius V Student Artists Shine!!

Junior High artwork, featured in the St. Pius V School Annual Art Exposition, held in March of this year, will be on display at the LynnArts Hartman Leigh Gallery for the Art of Children, in Lynn. The exhibit will run through July 28th and showcase an impressive sampling of seventh and eighth grade artwork, including charcoal studies, amusing self-portraits and abstract cities. Highlights of the exhibit include patterned playing card paintings and "sweet treat" studies in oil pastel, inspired by artist Wayne Thiebaud. Through this artwork, the students demonstrate a mastery of mediums and a clear grasp of the curriculum.

The Galleries at LynnArts are located at 25 Exchange Street and are open Tuesday, Wednesday, Friday and Saturday from 10-4, and Thursdays from 10-7. LynnArts is closed for all major holidays.

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

Girls Inc. Annual Golf Tournament

On Wednesday, August 29th, Girls Incorporated of Lynn, will host their annual charity golf tournament and everyone is invited to participate. The Guys and Gals Teeing off for the Girls charity tournament takes place at Gannon Golf Course in Lynn, beginning at 9:30 a.m. The proceeds from the tournament will benefit Eureka, a summer math, science, technology and sports enrichment program, for disadvantaged, low-income girls.

The tournament features a four-person scramble, with a shotgun start, at 10:00 a.m. All levels of playing ability are welcome. The cost to play is \$175 per person and includes greens fees, golf cart, Continental breakfast, gifts, awards and dinner.

Several levels of sponsorship are available for businesses and other supporters. Get into the swing with Girls Inc. and help support the women of tomorrow; and have fun doing it! For information about sponsorship, or player registration, call 781-592-9744, ext. 258.

Mass Theatrica Presents Broadway Melodies

Mass Theatrica presents Broadway Melodies, the second concert in their 2007 Summer Series, on Thursday, July 19, 2007, 7:30 p.m., at LynnArts, in The Neal Rantoul Vault Theatre, 25 Exchange Street, Lynn, MA.

Come and enjoy some wonderful music! The concert will feature show tunes from such musical favorites as Carousel, Finian's Rainbow, The King and I, Spamalot, State Fair, My Fair Lady and Camelot. The selections will be performed by a talented cast of artists, which includes singers, Stacy Arambages, Michael Belle, Andrew Cranin, Catherine Lee, Karen Lennox, Meredith Lavine, Stephanie Mann, Francesca Perrone, Gabriella Snyder, Angeliki Theoharis, Tom Weber, Stephanie Workman and Karla Kelley, piano.

Admission is \$15 and \$13 seniors and students. There is free on-street parking and a parking lot behind LynnArts. The theater is wheel-chair accessible. For more information, please call Mass Theatrica by phone: 508-757-8515, or email: masstheatrica@yahoo.com, or visit our website: www.masstheatrica.org

Global Warming Threatens Beaches on the North Shore by Lynn Nadeau, HealthLink

Beach Bluff Park, on the border of Swampscott and Marblehead, is under attack. An enemy has succeeded in destroying the wall that kept the ocean at a distance. It threatens to wreck the memorial benches, cover the walkways with sand and pebbles and wipe out a place where people are always welcome to sit and watch the ocean, talk quietly, have weddings and enjoy natural beauty.

This enemy is sneaky. It disguises itself as powerful winds, frequent storms and higher tides. It masquerades as natural, random events, perhaps a bit eccentric, yet within the limits of Nature, as we have always known her.

But Global Warming, our small park's stalker, is a new threat, reaching out for waterfront homes, flooding our cellars, stirring up tornadoes in our harbor, warming our waters, shifting our growing season, increasing the number of bad air days and encouraging insect infestations. These are only previews of its growing power.

Our precious little park is battered and bruised: its wall has fallen; its walkways washed into Atlantic Avenue; our grasses and plants suffered under the onslaught of rocks and shifting sand. Even its big iron anchor was moved by the fury of April's storm.

Perhaps the park should be renamed Harbinger Park. If you think about it, Beach Bluff Park is our own little canary in the coal mine, warning us of the effects of climate change. It is one small part of the total ecology, harmed by our personal, narrow interests and our nation's willfully bad policies. Global Warming has its allies, including public resistance to windpower and other forms of sustainable energy, the reluctance of Dominion to reduce carbon dioxide from the Salem Harbor Generating Station, the desire for big gas-guzzling cars, and our thoughtless habits of wanton wastefulness. This is a wake-up call.

The Clifton Improvement Association is raising funds to replace the wall with a sloping, natural embankment. This campaign was launched, with a party at the park, on Atlantic Avenue on Saturday June 23.

HealthLink, the local environmental group, has been active in fighting global warming. This volunteer organization has worked for 10 years to ameliorate the destruction of our sustaining habitat, not only in Marblehead, Swampscott and Nahant, but on the entire planet. Beach Bluff Park is an indicator of the big picture: we can act locally and globally as well.

Welcome Summer Boating

Feel the spray of the ocean on your face as the hot sun beats down. You are the captain of your boat, in tune with your surroundings. The way you play on the water today sets the course for your sport on the water. Be respectful and be courteous to boaters around you. Stay the course and respect the waters.

*Submitted by Rob Scanlan, CMS/MMS/ACMS,
United States Master Marine Surveyor;
www.mastermarinesurveyor.com*

Highlights from CleanUp/EarthFest 2007

Girls, Inc. of Lynn (17 girls and 3 leaders) crossed the causeway, in dense fog, Saturday, June 9. They found the Beach CleanUp/EarthFest had been postponed until Sunday, but they cleaned Short Beach, anyway. Food hadn't arrived, so the girls were treated to Tides pizza for lunch.

Sunday dawned sunny! Our environmental friends showed up in force — HealthLink, with its kites, Mass. Ocean Action, with their rubber duckies, John and Katy Dolhun, with their experiments and sun-toasted marshmallow Somorras, Friends of Lynn & Nahant Beach, with their enthusiasm for Nahant Beach, and the New England Aquarium Dive Club, with its expertise at underwater cleanup.

The Bass Point Neighborhood Association turned out to clean up. So did the Boy Scouts, Cub Scouts, Girl Scouts, Brownies and Tiger Cubs. Lissa Keane and Leslie Holmes came with face painting and Refrigerator Door Arts with recycled paper-making and musical instruments.

The United States Coast Guard sent a contingent in uniform, looking so spic and span, working to make Nahant's beaches spic and span. Cheers!

Music! The Gears from Marblehead High School, Captain Wolf's Band and The Porch Rockers, made the day joyful.

The Johnson School Poets delighted us with their imagination. The Nahant Garden Club donated flowers for the winners. The Coast Guard Station fence was decorated, with an art display, by the Johnson School Artists. Special posters were made from the drawings of the winners.

Some businesses had to cancel out, because of the rain date, but many came — JM Herbals, with its healthy cosmetics, Borders Express, with its earth-friendly books (children's books sold best), Berry Tree Removal, with its bobcat to pull out huge tree stumps and logs and G/J Towing, with its front-end loader, to pull out heavy junk, tires and debris. Down at the wharf, a fire hydrant was pulled out, which someone had thrown in, to pacify the dogfish. The cook, who tossed off hamburgers and hot dogs, was not only skilled, but a really great guy. Trader Joe's made a generous donation and Whole Foods donated healthy and delicious goodies, for participants to nibble on.

The Nahant Public Works and the Nahant Police were awesome. We apologize for the postponement, but in the end, you did your good works on a good day.

You can still buy 2007 Nahant Beach CleanUp/EarthFest T-shirts at Robert's Cleaners, on Nahant Road. The 2007 T-shirt is \$12 and last year's 2006 T-shirt is \$3.

300 people registered to help with the Beach CleanUp, including 75 children, aged two-and-a-half and up. The final turnout was 500 workers and players for Nahant CleanUp/Earth Fest 2007. Submitted by Polly Bradley.



MANY THANKS & HUGE HUGS!!!

to all who worked and played at the Nahant Beach CleanUp/EarthFest 2007, from its sponsors: the Nahant Woman's Club, Safer Waters in Massachusetts (SWIM) and the Town of Nahant!

Nahant Public Library Survey Results

by Daniel A. deStefano, Library Director

Thank you to those 99 people who returned a survey form. You helped to reinforce something that I was taught in library school: the public library is all things to all people. As you will see, those returns seemed to add to more than 99 opinions!

The purpose of this survey is to gather opinions and ideas, for the Library Trustees to use, when they write the next long-range plan. The Massachusetts Board of Library Commissioners requires that such a plan be filed by any library that intends to apply for construction funds.

Now, the responses: Please forgive my less than grammatical use of numerals, I'm trying to save the Harbor Review some space! (E. Thanks!)

How often do you use the Nahant Public Library? The three most common answers were: monthly, 27 responses; twice a month, 23 and weekly, 18. 15 visit twice a year; 7, annually; 4, never; 2, daily and three offered no answer.

Question 2 asked: What type of materials do you check out of the library? Book borrowers overwhelmed with 89, followed by borrowers of museum passes, 33; video tapes, 18; audio tapes, 17; DVDs, 16; magazines, 13; CDs, 4; and no response, 8.

The third question asked: What items do you use in the library? Seventy-two come to the library to use books. The copier draws 35, while magazines run a close third with 34 users. Twenty-two use the library to read newspapers, 8 to consult maps and 18 wrote no response to this item.

What kind of programs do you attend? asked the fourth question. The most common answer was "none," with 30 responses. Twenty-five attend talks by artists and authors and 23 listen to adult's concerts. Thirteen come to story hours, 12 to magic shows, 11 to animal shows and 11 to puppet shows. Six seek book signings, 5 come to children's concerts, 4 play at chess club and 22 did not respond to this query.

I asked you to list the three things that the library needed the most for the fifth question. (Only one form told us what we did not need!) More space was the most common answer, with 24 responses. Twelve asked for public computers and 12 suggested internet access. 8 wrote "books," 7 suggested membership in NOBLE, 5 desired more comfortable chairs; 5 others want WIFI. Four each wrote the following: climate control, make no changes, more CDs or audio tapes, maintain the building and complimented the library staff for being so helpful (Thank you!).

Three respondents feel that the library needs more DVDs; three want increased funding for our library. Two people requested each of the following: a digital catalog, to sell the machine gun, a more lenient return policy, more modern authors, better customer relations, improved lighting, added museum memberships. Twenty respondents each listed an item not suggested by anyone else.

The four answers to the sixth item are the four roles of the public library, as defined by the Public Library Association. Respondants could choose more than one; some chose all four: Forty-eight use the library for independent learning; 46 use popular materials; 30 attend community activities and 12 use the library to support formal curriculum. Twenty-two offered no response.

Question 7 sorted the ages of respondents. One fell between 0 to 14 years old; none between 15 to 21 answered. Four respondents were between 22 and 35. The next two groups, 36 to 55 and 56 to 69, each showed 38 responses. Fifteen admitted to achieving more than 70 years and four did not respond. Considering how many respondents attended children's programs, two things seem obvious: First, some parents included their children in their responses, so that the 99 survey forms submitted, represent more than 99 people. Second, we probably should have asked this question differently!

The most common answer to the kind of programs that the library should offer was no answer, with 57. Nine asked for a book or reading club; six wrote that the current programming should be continued without change; five supported talks by authors and artists. Three wrote "no opinion." Two respondents asked for each of the following: that the library teach children how to do research, concerts, children's crafts and educational supplements. Suggestions coming from a single person numbered 22, including eight people who requested courses of all kinds, ranging from literature to gardening to foreign languages.

Ninety-four of the respondents admitted to residing in Nahant; one lives out of town, and four left the item blank.

Everyone should know that the Nahant Public Library gladly offers interlibrary loan, and has done so since the 1970s. I will write further regarding what all residents of Nahant should know about our library, in next month's Harbor Review.

Victorian Dancing by the Shore Town Hall July 14th

It is time, once again, to celebrate Nahant's summers past. For the sixteenth consecutive year, we will be recalling Nahant's heyday as a summer resort, with the Nahant Victorian Day Ball. This year's Ball will be held on Saturday, July 14th, from 7:30 to 11:00 p.m., at the Town Hall. Everyone is welcome to come and dance the evening away, or watch the elegant dancers from the balcony. The theme, this year, will be the Civil War Era, in honor of the Nahant Historical Society's current exhibit "Sacrifice of Self: Nahant in the Civil War."



The music for the evening will be provided by Spare Parts, an ensemble experienced in "vintage" music appropriate for the evening. They will feature several Nahant-related, 19th Century tunes, such as the Nahant Waltz and the Sea Serpent Polka. Our caller will be Ben Bishop. In preparation for the Ball, there will be an afternoon dance workshop from 3:00 to 5:00 p.m., on the day of the Ball. It will cover many of the actual dances for that evening, including The Nahant Quadrilles, a figured dance that was written in during the early 19th Century. Give it a try and be ahead of the so-called "experienced" dancers, at the Ball itself. The dance workshop is free and open to everyone, whether you are able to attend the Ball or not.

If you don't feel like stepping out onto the ballroom floor and want to just watch the Ball, there is a great view from the Town Hall balcony. The seats are free, although donations (to benefit the Nahant Historical Society) would be very welcome. The beautiful gowns worn by the ladies are as much a joy to watch, as they are to dance with.

Once again, our refreshment committee will provide a sumptuous assortment of period style refreshments for everyone, at the Ball.

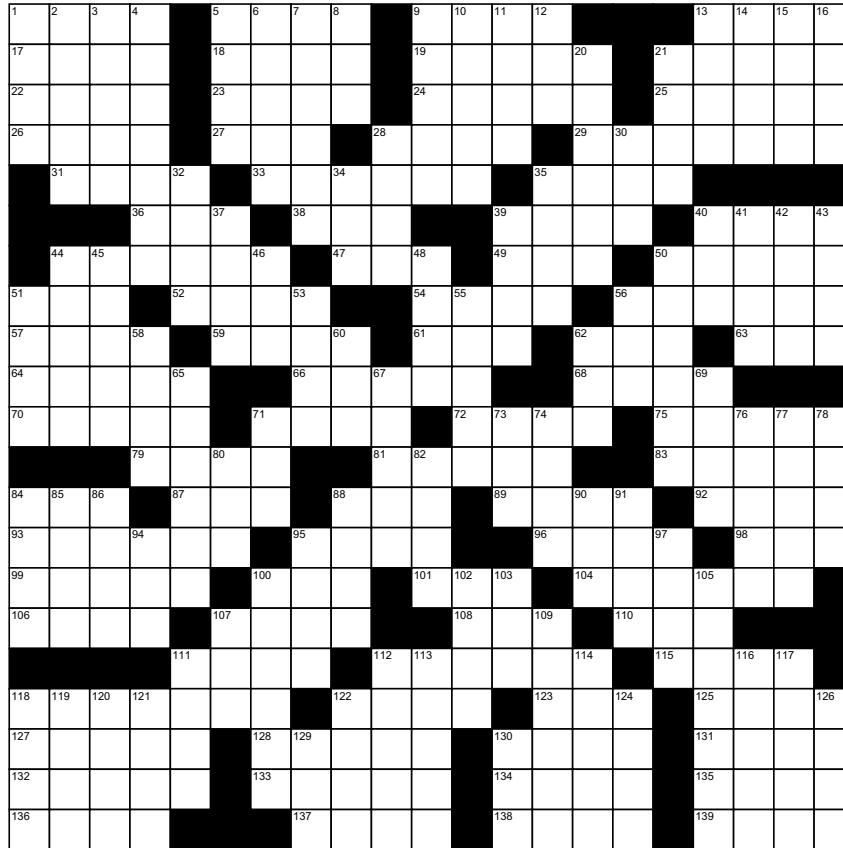
The Ball is not a fundraiser, the admission price is kept low, to encourage all to attend. Any donations and profits from the Ball, will benefit the Nahant Historical Society, a worthy organization dedicated to holding on to Nahant's place in history. Admission is \$25 per adult and \$15 per student (pre-registration discount: \$20 adult / \$10 student). Victorian dress is not required (but is encouraged!) for this event. For more info., visit www.vintagevictorian.com/nahant.html, or call Katy Bishop at (781) 593-3038, or email katy@vintagevictorian.com. We look forward to seeing you on the 14th!

The Harbor Review needs YOU!
Join the Harbor Review Delivery Crew!
Call Donna, 781-592-4148.

NAHANT PUZZLE PAGE

"Baby You Can Drive My Car"

by Rick Kennedy



ACROSS

- 1 Ask for identification
5 Hawaiian island
9 Modish
13 Wound seriously
17 Lotion ingredient
18 Cutting tools
19 Spokes
21 **Makers of the Prelude**
22 Males
23 **Whitewall, e.g.**
24 Muslim religion
25 Amend
26 Faction
27 Garden tool
28 Allot
29 **Grand Prix**
31 Vassal
33 Solo song
35 Went under
36 Furniture wood
38 **Schwarz**

- 39 Discount
40 Baseball team
44 Bawling
47 In favor of
49 **Sephia maker**
50 Offering
51 Truss
52 Decays
54 Domestic help
56 **Ford model**
57 Juno
59 Children
61 Pinch
62 **Sierra makers**
63 Shanty
64 Belch
66 **Toyota model**
68 Self-esteem
70 Devilfish
71 **Used car**
72 Existence
75 Mini computer program
79 Wise man
81 **Oldsmobile**

- model**
83 Moses' brother
84 Choose
87 **Kia model**
88 Part of TGIF
89 Goofs
92 Seed pod
93 Lather (2 wds.)
95 As well as
96 View as
98 Aviate
99 **Luxury car**
100 **Tire pressure abbr.**
101 Football assoc.
104 **Groups of automobiles**
106 Elide
107 **Liberty maker**
108 **Saturn model**
110 Hallucinogenic drug
111 Nimbus
112 **Ford truck**
115 Camel feature

- 118 Abuts
122 Red Rose
123 Great!
125 **Part of GMC**
127 I ___ if I could
128 Adult insect
130 Torah table
131 Opera solo
132 Dodge
133 Dismay
134 Does drugs
135 Stretched
136 TV rooms
137 Corridor
138 Desist
139 Otherwise

DOWN

- 1 **Taxis**
2 Soothing agents
3 **See 77 Down**
4 Raze
5 Vow
6 Saying

- 7 Concerning this
8 Employ
9 Bawled
10 Impetuous
11 Not working
12 Langley org.
13 Cast off
14 Negative (prefix)
15 Whim
16 Artist Chagall
20 **Chevy model**
21 Ball player ___ Aaron
28 Anchor
30 Single
32 Equitable
34 Slumber
35 Told
37 Granny, e.g.
39 Omit
40 Part of VMI
41 Engrave
42 Biblical you
43 Mailed
44 **Oldsmobile**

model

- 45 Old show
46 **Pontiac muscle car**
48 **Dodge model**
50 **Toyota pickup**
51 Not us
53 Eye infection
55 Passageway
56 Madagascar franc (abbr.)
58 DNA nucleotides
60 Surface to air missile
62 "To the right!"
65 **Ford model**
67 Thunderous sounds
69 **"Born from Jets" company**
71 Dynamic ___
73 Anger
74 **Henry or Edsel**
76 Small enclosed field
77 **With 3 Down, English car company**
78 Lone
80 Tear
82 Big cat
84 National capital
85 Verse
86 Ride on the runway
88 Resell a house
90 Ump's kin
91 Hawk
94 Place
95 On the briny
97 Gauze
100 Iran formerly
102 Ticket
103 Yule ___
105 School
107 Calendar abbr.
109 Most recent
111 Helper
112 **Buick model**
113 Coral reef
114 **Alfa** ___
116 Ethical
117 **Toyota hybrid**
118 Intimidated
119 Noah's bird
120 San ___
121 **Alero maker**
122 One of the three bears
124 Hornet
126 Top of the head
129 **Odometer abbr.**
130 **Auto alternative**

Important Message from the Editor

For the past few months, the general mailing of the Nahant Harbor Review, to every household in Nahant, has been replaced by hand-delivery to all Nahant addresses. Cathy Letourneau has assumed the task of assuring delivery to every household in Nahant.

Every month, during the last week, additional copies will be left at Nahant Library, Nahant Post Office, Town Hall, Nahant Richland, Nahant Associates, Robert's Cleaners, Captain Seaside, Seaside Variety, Nahant Market and Equitable Cooperative Bank.

To help defray the cost of to-your-door, home delivery, I ask that each Nahant household, that has not already subscribed, become a home-delivery subscriber for the remainder of 2007 and send \$20 to help keep the Harbor Review coming to your door. Now is a good time to help keep your community newspaper coming to your door for the rest of 2007. A new subscription drive for 2008, will begin in the fall.

Out-of-Town Subscriptions will increase to \$25 per year. The Harbor Review will be sent to those who subscribe and live out-of-town, by first-class mail.

If you do not receive your monthly copy of the Nahant Harbor Review before the first of the month, please give Cathy a call at 781-581-0083. She will get one to you and make sure that you are on the list for future deliveries.

Speaking of delivery, the Nahant Harbor Review needs a motorized golf cart, in good running condition, for the monthly delivery of the newspaper. If you have one you want to sell (or donate), please call Donna, 781-592-4148. Thanks!

While we are still on delivery, please take note of our ad on the Community Calendar page. We are seeking community-minded people who love to be outdoors early in the morning, no matter what the weather, to deliver the newspaper, on the last Saturday morning of the month, to your Nahant neighborhood. Pay is minimal, but the walk in the early morning quiet of Nahant, is, in itself, a great reward.

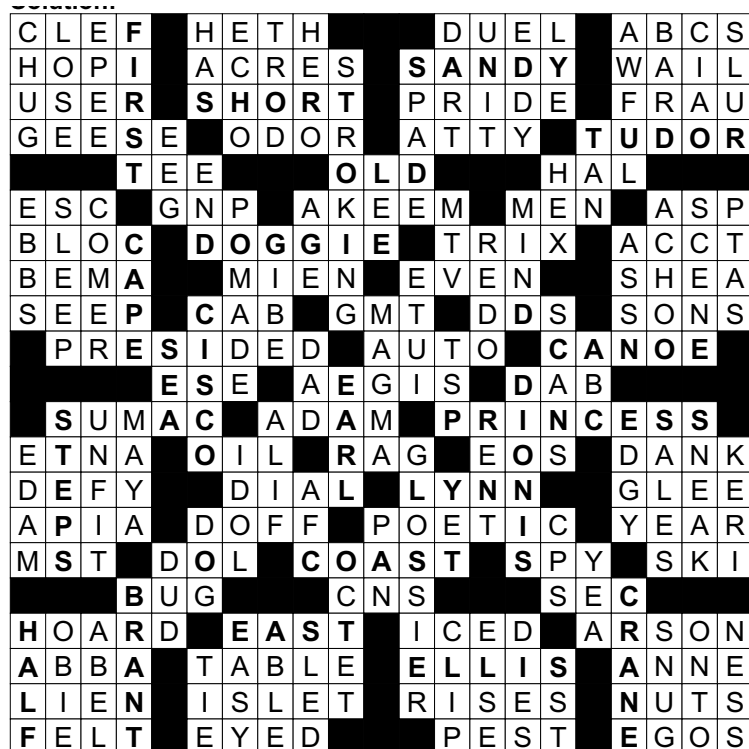
This is truly the one and only newspaper that is dedicated to the Nahant community. Help us stay that way! Sign-up to join the Nahant Harbor Review Delivery Crew today. Call Donna at 781-592-4148! Thanks!

JUNE 2007 PUZZLE WINNER

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

Keep Our Beaches Clean

by Rick Kennedy



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for AUGUST 2007

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

SUNDAY, JULY 15th • 5:00 P.M.

Home Delivery: JULY 28th & 29th

Staff, Volunteers & Contributors

Owner/Editor & Publisher:	Donna Lee Hanlon	781-592-4148
Assistant Editor:	Harold "Bumper" Gooding	978-979-3049
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A/R Manager:	Barbara Thistle	781-592-4148
Proofreader:	Harriet Steeves	781-581-0715
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Cathy Letourneau	781-581-0083

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

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

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

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

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

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

Help support Nahant's ONLY community newspaper. Become a voluntary subscriber today!

Send \$20 per subscription with mailing address to:
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PO Box 88, Nahant, MA 01908.
Thank you.

Got something to share...

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

More Radioactive Waste in Massachusetts Bay than SWIM Realized

by Polly Bradley

On June 14, Safer Waters in Massachusetts (Nahant SWIM), obtained a copy of an article "Metal Hydrides and the Dawn of the Atomic Age," by Dr. David L. Adams, from the March 1996, Journal of Chemical Education. Metal Hydrides, a company with a metals processing plant in Beverly, Massachusetts, just north of the Salem-Beverly bridge, worked to refine and process uranium for the production of the atomic bomb, during World War II. Where did the radioactive wastes go? Top secret. Unknown.

Adams describes the cleanup process after the war: "In approximately 1947, all useful uranium-producing materials and equipment were trucked to Hanford, WA. In 1947 and 1948, the Atomic Energy Commission (AEC), successor to the Manhattan Engineer District, examined the Metal Hydrides plant, for radiological contamination... As a result of these investigations, virtually all contaminated materials at the site — including the internal building materials, furniture and equipment, clothing and anything else exposed — were packed into canisters, loaded onto vessels provided by the U.S. Navy, towed 12 miles into Massachusetts Bay, and sunk by Captain George Perry, a local boat owner... The canisters were not fully loaded to ensure that water would seep in and sink them. If they did not sink, Perry shot them with bullet holes. This disposal operation occurred sometime during 1947-48 and was conducted in accordance with U.S. Army Corps of Engineers directives."

In the meantime, as of mid-June, construction boats were in place, to build an LNG terminal approximately 12 miles off the shore of Beverly, Massachusetts.

Safer Waters in Massachusetts will try to bring this information to the attention of those in authority, and it will continue to press the Nuclear Regulatory Commission to answer our questions.

SWIM will meet Thursday, July 12, at 7:30 p.m., at the Northeastern University Marine Science Center. SWIM will make plans for the coming year, working on ways to build on the momentum of the Beach CleanUp/EarthFest. Aurea Vazquez of the United States Coast Guard, will speak on what you can do right at home, to protect the environment — especially the ocean. HealthLink and Friends of the Lynn & Nahant Beach, will update us on their issues and activities. Election of officers for the 2007-2008 year will be held.

And, of course, there will be the usual update on whether endangered whales, fishermen and liquefied natural gas (LNG) terminals, can coexist in Massachusetts Bay.

Help wanted for the breeding bird project in Nahant

No pay but great location!

by Linda Pivacek

Massachusetts Audubon Society has initiated a breeding bird atlas of Massachusetts through July. I am responsible for covering Nahant and would like to engage as many Nahanters as possible in this project.

You can help! You may have nesting birds in your neighborhood, or even your back yard. If you see a nest — bingo! If you see a bird carrying nesting material in its mouth, or food for nestlings, that's great. Call me, please.

What birds am I looking for? There are a number of common species which I have documented like House Sparrow, Rock Pigeon, Starling and Gulls (on Egg Rock). We also have fantastic colonies of Barn Swallows. What would be great are Blue Jay and Chickadee, which are getting pretty scarce, or any songbirds, or hawks.

If you are looking over the sea and find ducklings, please give a yell.

Please call me if you have any questions, or observations, Linda Pivacek at 781-581-1114, or better still, email at lpivacek@comcast.net

2007 Summer Beach Concerts Thursdays at Red Rock Park

The Friends of the Lynn and Nahant Beach invite Nahanters to cross over the causeway, on Thursday evenings this summer, to enjoy the series of free Beach Concerts, at Red Rock Park, on Lynn Shore Drive. The first concert, on July 3rd from 7:00 to 9:00 p.m., will be followed by the Lynn Fireworks display. All other concerts will be held from 6:00 to 8:00 p.m. Light refreshments will be available for purchase at all concerts.

July 3, 7-9 PM, The Old Tyme Squirrel Hill Band;
City of Lynn Fireworks to follow.

July 12, 6-8 PM, 12:01 Blues Band

July 19, 6-8 PM, Brian Maes

July 26, 6-8 PM, Kirsten Manville &
Dave Simmons plus Friends

August 2, 6-8 PM, Billy McGhee Quartet

August 9, 6-8 PM, White Lightnin'TM

August 16, 6-8 PM, Curragh's FancyTM

August 23, 6-8 PM, Lois Lane and the Daily Planets



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Nahant Harbor Review, POB 88, Nahant, MA 01908.

Help keep the Harbor Review coming to your door! Thank you.

Summer In Nahant

Day time

Nahant makes the sun envious

Exposing her unbuttoned breast.

As night falls, the sky

Embellishes her—painting lips and cheeks

With sunset's purple beams.

All night long

She hides her face

Kissing the ocean.

— ROZI THEOHARI

Community Calendar • JULY 2007

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

HELP WANTED!

Calling all community-minded early risers, walkers, runners, joggers, dog walkers, bike riders, etc.... JOIN the Harbor Review Delivery Crew. HELP deliver the Nahant Harbor Review within YOUR neighborhood.

The Nahant Harbor Review is seeking community-minded people who love to be outdoors early in the morning, for about two hours, no matter what the weather, on the last Saturday morning of the month, to deliver the newspaper, to your Nahant neighborhood. Pay is minimal, but the walk in the early morning in Nahant, is, in itself, a great reward. This is truly the one and only independent newspaper that is committed to the Nahant Community. Help us stay that way! Join the Harbor Review Delivery Crew today. Call Donna at 781-592-4148! Thanks for your consideration!

JULY 2007

Come and see the exhibit, "Sacrifice of Self," at the Nahant Community Center. The exhibition will be open for public viewing, between the hours of 1:00 p.m. and 4:00 p.m., each Wednesday, Thursday, Saturday and Sunday, thru September 2, 2007.

SUN	1	9:30A	SUMMER Worship Service, Nahant Village Church
MON	2	Call	COA Blood Pressure Clinic, Tiffany Room. 781-581-7557
WED	4		INDEPENDENCE DAY
WED	4	7:30A	Registration for Dennis Forbush Memorial Road Race at Nahant Fire Station at 67 Flash Road.
WED	4	8:00A	Race Begins.
WED	4		FIELD EVENTS held in field behind Fire Station.
WED	4		Flag Retirement Ceremony at conclusion of Field Events.
WED	4	9:15P	Annual Fireworks Display at Short Beach.
SUN	8	9:30A	SUMMER Worship Service, Nahant Village Church
WED	11	Call	COA trip to Foxwoods with Swampscott. 781-581-7557
WED	11	11:00A	Mad Science at Nahant Library
WED	11	3:15P	Chess Club at Nahant Library
THU	12	11:00A	Story Hour (for ages 2 to 5) at Nahant Library
THU	12	3:00P	Art Workshop at Nahant Library. Sign-up by 7-11 needed.
THU	12	7:30P	SWIM Meeting at Marine Science Center at Northeastern
FRI	13	8:00A	Breakfast with Bill Hanagan, "Life in Singapore," at the Village Church. All welcome. Bring a friend! Have coffee on us today!
SAT	14	2:00P	Battle of the Beaches Competition begins.
SUN	15	9:30A	SUMMER Worship Service, Nahant Village Church
SUN	15	5:00P	DEADLINE AUGUST HARBOR REVIEW
WED	18	11:00A	Mad Science at Nahant Library
WED	18	3:15P	Chess Club at Nahant Library
THU	19	Call	Nahant Garden Club's Annual Outing. Nancy, 595-7442
THU	19	11:00A	Story Hour (for ages 2 to 5) at Nahant Library
SUN	22	9:30A	SUMMER Worship Service, Nahant Village Church
WED	25	11:00A	Mad Science at Nahant Library
WED	25	3:15P	Chess Club at Nahant Library
THU	26	11:00A	Story Hour (for ages 2 to 5) at Nahant Library
SAT	28	TBA	Dory Club hosting the "King of Clubs" Regatta at the Town Wharf.
SUN	29	9:30A	SUMMER Worship Service, Nahant Village Church

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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SCHOOL ORGANIZATIONS MEETING DATES
 School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.
 School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.
 PTO • first Monday • 7:00 p.m. • Johnson School

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

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 Thank you.

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

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

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

Nahant Village Church

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



EMERGENCY MANAGEMENT

Visit the **Emergency Management** page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website:
<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.



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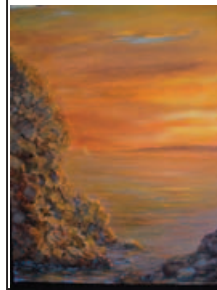


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Here is HOOMPA at the Leaning Tower of Pisa. I am there with two of my grandchildren, Dan and Katie Rusin of Minnesota.
Submitted by Patty Demit

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