

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 15 Issue 6

JUNE 2008

Historic Men's Chorus Presents Free Concert at Town Hall June 1st

The Apollo Club of Boston will present a free concert Sunday, June 1, at 3:00 p.m., at the Nahant Town Hall, 334 Nahant Rd. The concert will include a medley of songs from the musical "South Pacific" and a collection of love songs, including those written by Edward Purcell, W.B. Yeats, Rodgers and Hart, Duke Ellington and Irving Berlin. As is the club's custom, the concert will conclude with the singing of the "Nahant Hymn."

Founded in 1871, the Apollo Club is the second-oldest men's singing club in the United States. In its 130 plus years of existence, the Apollo Club has evolved from a large chorus, with a classical music orientation, to a glee club, whose repertoire is composed of show tunes, folk and love songs, sea chanteys and other classical and semi-classical compositions.

The club performs for a variety of civic, charitable, religious, social, business and professional organizations throughout the Greater Boston area. In addition, it has two seasonal public concerts each year, a Christmas concert (with sing-along) at the historic Old South Meeting House, in Boston and a Spring concert, at the Nahant (MA) Town Hall. Florence Dunn, a well-known teacher, director and performer of vocal and keyboard music, is conductor and music director. Rob Humphreville, accompanist, is widely-known and active as a performer and educator. Among the local members of the Apollo Club are club president, John Moynihan and Ralph Souppa of Swampscott, John Dineen of Nahant and Joseph Byrne of Marblehead.

Memorial Day 2008



Nahant's Johnson School 6-th grader, Melissa Gavin, of Little Nahant, recites the Gettysburg Address during Memorial Day ceremonies at the Green lawn Cemetery.

More photos next month.



Shea Mavros and Ray Calderon to Perform La Bohème at Nahant Town Hall June 28th

The timeless opera, by Giacomo Puccini, will be presented, updated and semi-staged, in the historic Town Hall of Nahant, Massachusetts. Set in New York City, the struggles, sights and sounds of life in the Lower East Side, are transferred to serene Nahant. Cast members are professional opera singers from New York City and have performed with: Tri-Cities Opera, Opera Ischia (Italy), Opera Orchestra of New York, National Taiwan Concert Hall, Amato Opera, Jacksonville Lyric Opera and Manhattan School of Music.



Shea Mavros (Mimi) keeps an active performance schedule, having relocated to NYC after she became recognized for her talent and work in the cultural betterment of the Boston area. A native of Nahant, her solo recitals have been highly praised with demand for her performances becoming sold out events. The Daily Item said of her solo performance in Boston, "It was a capacity crowd held spellbound as Shea Mavros made magic."

Ray Calderon (Rodolfo) has been hailed by the Taconic Press as, "an exceptional voice...leaving audiences cheering..." with his performances being, "ardent and utterly convincing." The New York Sun said of his performances: "Ray Calderon makes the most of it, combining savvy stage business with a warm voice...expertly straddling that razor thin line between parody and poignancy ... scored a direct hit, with the appreciative crowd..." And the Daily Item reviews, "It was a capacity crowd held spellbound at Ellingwood Chapel (Nahant) as soloist Ray Calderon made magic."

La Bohème will be performed Saturday, June 28th, at 8:00 p.m., at the Nahant Town Hall. Tickets are general admission for \$30 and are on sale at the Nahant Library.

Kelley Greens will host a complimentary reception following the performance. A selection of coffee, dessert and appetizers will be served at The Club House.

The production is sponsored by Friends of the Library, Nahant Historical Society, Jambu and Kelley Greens. A donation of the proceeds will be made to Friends of the Library and Nahant Historical Society.

Tobin Bridge Painting Begins on Upper Deck June 3rd Long-Term Traffic Lane Closure Will Be In Effect

The Massachusetts Port Authority (Massport) announced that painting on the Tobin Memorial Bridge southbound is set to begin Tuesday, June 3. A long-term lane closure will be in effect, on the upper deck, after the toll booth. Normal work hours will take place weekdays from 7:00 a.m. to 5:00 p.m., and on weekends, if necessary. Painting work is anticipated to last into the fall.

Beginning Monday evening, June 2, from 7:00 p.m. to 5:00 a.m. motorists will see Jersey Barriers installed, just after the tolls. The barriers will reduce traffic flow, from three lanes to two lanes, through the Little Mystic Truss. All three travel lanes will then reopen, after the truss, down to the CANA tunnel in Charlestown. The two new lanes will be re-striped. In the coming weeks, motorists will also see additional lane closures, on the lower deck, for painting and re-decking.

For more information please visit the Massport website at www.massport.com.

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Worship at Marjorim Park

Join with your neighbors and friends at Marjoram Park, for an ecumenical Worship Service, on the second Sunday in July (July 13) and in August (August 10), at 8:00 a.m.

Worship is open to everyone, with leadership provided by Rev. Larry Titus and members of the Nahant Village Church. Each service will be about a half-hour in length and will include hymns, prayers, scripture and a brief message on the theme of community. For more information, call Rev. Larry at 781-581-1202, or email therevs@aol.com.

Please Support the Fireworks

Believe it or not, the Fourth of July will be here before we know it. Many donations have already come in, but we still are not to our goal of \$15,000 for this years show. We are still accepting donations and we still have t-shirts available to purchase. We have all sizes, from youth, extra small through adult xxxl. Shirts are \$15 each. To order shirts, please call Jen at 781-592-5272, or Robyn at 781-581-1373. Donations can be sent to Jen McCarthy, 19 Range Road, Nahant, MA 01908. For more information, please call one of the phone numbers above, or you can send an email to nahantrec@hotmail.com.

We would also like to give a huge "THANK YOU" to G/J Towing Company. They really stepped up to the plate this year and donated all of the shirts that we are selling. This was so generous and it is greatly appreciated. Thank you G/J!

Nahant Public Library Presents Author William Rappa

Author William N. Rappa, Jr., author of "Doing it Wrong?", will speak and sign copies of his book, at the Nahant Public Library, at 3:00 p.m., on Sunday, June 29, 2008.

Rappa, a lifelong resident of Lynn, taught at all levels of public education, during a career that spanned 36 years, before retiring in 2005. "Doing it Wrong?", his first novel, tells the story of a dedicated educator, whose conception of the ideal is constantly de-toured by the so-called real world and its unreal values and practices.

In a time when more than half of the students entering college require remedial reading, Bill Rappa's story of idealism and disillusionment in teaching, bears true relevance to the American system of education and to our children.

Come and meet a new and significant writing talent.

This program is sponsored by the Friends of the Nahant Public Library. Admission is free and all are welcome.

Submitted by Dan deStefano, Director, Nahant Public Library.

HiTop Magic at the Nahant Public Library

In celebration of the beginning of the Children's Summer Reading Program, Nahant Public Library, located at 15 Pleasant Street in Nahant, presents the HiTop Magic's, Jonathan Dark's Flea Circus, Magic Show, "Catch the Reading Bug!" on Wednesday, June 25th, at 3:00 p.m. The Nahant Public Library (781-581-0306) is grateful to the Friends of the Library for funding this program. Admission is free.

Submitted by Rita Stepanova, Children's Librarian.

Sacrifice of Self Wins Major Museum Book Award

The Nahant Historical Society's Sacrifice of Self: Nahant and the Civil War, by Dr. Steven Eames, has won second place in the New England Museum Association's publication competition for 2008. New England museums large and small compete each year for these prestigious awards, which recognize excellence in design, publication and effective communication. The competition is for small and large institutions, with an increased emphasis on the effective use of resources. Curator Calantha Sears and the book committee of Bonnie D'Orlando, Daniel deStefano and Suzanne Hamill, are thrilled with this honor.

Sacrifice of Self is a celebration of the courage of the people of Nahant, coping with the Civil War and its aftermath. In addition to Dr. Eames, many gifted people have worked to make this book possible, among them the original researchers, Austin Brewin and William Twiss. The Society is most grateful to Ralph Lowell, Jr., for his generosity in funding this publication. When reviewing this book for the award application, Dr. William Fowler, Distinguished Professor of History at Northeastern University, stated that Sacrifice of Self is a remarkable achievement...that a small committed historical society could produce such fine histories ought to be a tonic of encouragement to all committed to the preservation and publication of local history."

Copies are available at the Society and Nahant Public Library for \$25 including tax.

Nahant Bunkers: A Talk and Tour at June 6th Breakfast at Village Church

Town Administrator Mark Cullinan will be the featured speaker at the Friday, June 6th breakfast at the Nahant Village Church. He will be joined by Gerald Butler, a Nahant resident and author of local histories, including "Military Annals of Nahant, MA." The Nahant Bunkers will be the topic of this month's presentation. The World War II bunkers located inside Trimountain or the Old Fort Ruckman and East Point were initially designed to defend Boston Harbor and the surrounding waters from a possible attack during the war. During the cold war, the installation at East Point housed Nike missiles intended to stop a nuclear attack on Boston. The facility at Trimountain was for "aiming" the missiles. The coastal artillery defense system became obsolete after World War II. In 2007, the bunkers were opened up, the tunnels cleared and new doors installed so that the facilities could be used for storage.

Weather permitting, Mark will give a brief tour of the bunkers following the breakfast and presentation. So come appropriately dressed for the tour.

The free breakfast starts at 8 a.m., with the presentation to follow at 8:30. ALL ARE WELCOME. Please join us for a wonderful breakfast and interesting talk and bring one or more friends.

In July, we plan to resume our presentation series featuring young adults in Nahant who have made interesting career choices. Leah Canali will talk about her career as a singer and entertainer on cruise ships and if we are lucky show us some footage of her performances.

Refrigerator Door Reopens!

The School of Refrigerator Door Art is pleased to announce the reopening, at 143 Nahant Road, conveniently located across from the beach, just in time for summer-time classes. Carol Hanson will offer classes for children, as young as two, through adults, in various media, in both long-term and drop-in options. The new location offers bright studio and gallery space, plenty of parking and extended hours, both during the week and on weekends; and Carol will host birthday parties and special events for all ages. Private studio hours are also available.

Please call 781-599-2222 for more details, or e-mail at refrigdoorart@aol.com.

Party on the Beach!

Hi All! Everyone is welcome to a cookout at the Nahant Life-Saving Station party, on Saturday, June 14th, beginning at 9:00 a.m. We will be serving off the grill, hot dogs, hamburgers, chicken and sausages. Plenty of food, soda and goodies. We're looking for some abled-bodied men and women volunteers to help raise a new post-and-beam fence, along the front yard of the station. We will also be cleaning and grooming the grounds of the Station for the summer season. Any local contractors willing to donate their time and expertise, to help with this project, would be greatly appreciated.

The new bathrooms in the garage are complete and ready to be used. Watch for the opening before the summer season begins.

Come help, eat and enjoy the day, as we continue to get the station back into condition, for use by our residents and friends, in the near future. For information, call Roz at: 781-581-1212, or 781-581-1034. Hope to see you there.

Used Tennis Balls Wanted!!!

Nahant Recreation will be holding a summer tennis program and we are in need of tennis balls. If you have used tennis ball and would like to donate them to the program, please call Susan Rosa, at (781) 842-2448, to arrange for pickup. Thanks!

Selectmen Announce Gazebo Concert

The North Shore Concert Band will be performing on the Gazebo, at the Sears Pavilion at Bailey's Hill, on Sunday, July 6th, from 3:00 to 5:00 p.m. This two-hour full-length concert will include many patriotic standards, seeing that it will be Independence Day weekend, along with some Broadway favorites and Disney classics, for the children in all of us. The North Shore Concert Band has been performing for over thirty years and is composed of 25 union musicians of Local 126, the North Shore Musicians Association of the American Federation of Musicians. Admission is free. Funding for this concert is provided, in part, by a grant from the Nahant Cultural Council. Mark your calendar now and watch for more exciting details! For more information, call Skip Frary, 781-581-0019 and watch for details in next month's Harbor Review.



Nahant Gators: Kneeling is Michael O'Malley, Nicky Kersten and Kevin Quinlan. Standing are Ryan Cole, Seamus Martin, Harrison Hosker and Carole Wabno. Submitted by Ann T. McNulty.

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Nahant Woman's Club Earns Citation: Polly Bradley Honored

The Nahant Woman's Club brought in 21 new members last year and now has over 100 members, including 17 honorary memberships. The General Federation of Women's Clubs in Massachusetts has awarded the local chapter a citation for this achievement.

Member Polly Bradley received a special citation from the state group for her outstanding work for the environment through SWIM (SAFER WATERS in MASSACHUSETTS) which advocates for clean -water efforts, on the state and federal levels.

The Nahant Woman's Club is planning an exciting series of programs for the 2008-09 season. Booklets are expected to be available in July. The first event is planned for Tuesday, September 9, 2008.

Finally, the Nahant Woman's Club is joining a nationwide campaign to collect and recycle used cell phones. Several drop off locations in town will be designated. for details. See next month's Harbor Review. Linda Jenkins is in charge of this exciting project. Proceeds will be applied to the Nahant Woman's Club annual scholarship fund.

BLOOMSDAY 2008 at the Nahant Library on June 16

The 5th Annual reading of a chapter from James Joyce's ULYSSES will begin on Monday, June 16, in the Reading Room, at the Nahant Library at 3:00 p.m.. This year's selection is Chapter One of Joyce's amazing novel.

Nahant's annual participation in BLOOMSDAY began in 2004, the 100th anniversary of June 16, 1904, the day ULYSSES occurs. Nahant joined celebrants from all over the world in observing the centennial of the original BLOOMSDAY, named after Leopold Bloom, the novel's hero. In Nahant, we read one chapter of this great work aloud each year. Everyone is welcome and all present are encouraged to participate or listen - as you wish.

Copies of Chapter One of ULYSSES by James Joyce, will be available. Refreshments will be served and admission is free. We look forward to new Joyce admirers, as well as seeing those who come every year to honor one of Ireland's world-class writers, Joyce, who left his footprint on the entire world through his work, especially ULYSSES.

Questions: Call the Nahant Library during business hours, or 781 592-0029.

News from the Marine Science Center, East Point

The Marine Science Center (MSC) did not go into hibernation during the winter months and now, as Spring is rushing by, we are gearing up for a very active field research and outreach season. As many know, we are now producing our newsletter (The Rising Tide) quarterly. It is now in a two-page format, featuring a review of activities since the last newsletter, one, or more, of our educational programs, events and an introduction to a faculty research project. If you are not, but would like to be, on the mailing list, let us know by e-mail (C.Diaz@neu.edu), or a note (Marine Science Center, 430 Nahant Road), or a phone call (781-581-7370).

COSA (Coastal Ocean Science Academy) is one of our most successful programs. Held during two weeks in August, applications are now being processed. In COSA, high school students study three marine environments — sandy, rocky, salt marsh — learning how to be a researcher, by gathering and analyzing data. This experience culminates in each student making a PowerPoint presentation of the results.

As Nahant knows, Martin Scorsese is using portions of East Point for some scenes in their production of *Shutter Island*, the movie adaptation of *Shutter Island*. As of this writing, the 6-inch gun site, overlooking the Shags, is sporting a 17-foot base of a lighthouse. It is wooden and will be dismantled after the "shoot." The upper portions will be produced by computer wizardry. Nahant and the MSC will be inundated with movie support staff, for only the several days of the actual shoot. In the meantime, those constructing the site have been conscious of, sensitive to and cooperative, with regard to the relatively fragile rocky shore environments.

Professor Joe Ayers, of Nahant and the MSC, is constructing a jellyfish culture laboratory in the Murphy Bunker, in collaboration with Schlumberger-Doll Research Center, of Cambridge (MA) and Gibbons Aquarium. This research study will focus on tactile sensory perception in both the polyps and medusae of the jellyfish.

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Fireworks! Why the Change of Location???

By Jennifer McCarthy

As many of you already know, the Town has decided to move this year's fireworks show to Bailey's Hill. Some of you have already contacted us and asked us why? Many reasons were taken into consideration by the Town Administrator, Selectman, Fire and Police Chief. The first and probably the most important, is safety. The state Fire Marshall made a recommendation to our Town, that it would be much better to have the show at Bailey's Hill. He said that the hills act as a natural barrier, so if there was ever an accident, it would be not be as tremendous. It will also be easier to keep people away from the area, while the explosives are on site. What you are not aware of, is that last year, our show was minutes away from being confiscated. A man somehow got past the police and over the safety fencing and walked right by the explosive truck with a lit cigarette. Within minutes of clearing him out of the area, the state Fire Marshall showed up. If he had seen that man near the truck, he would have taken all of the fireworks, canceled the show and we would have been out our \$15,000.

Next, as with everything in this world, it does come down to money. The Town very graciously picks up the tab for all of the police, fire and DPW details. This ends up costing thousands. Robyn and I would have to raise probably another \$7,000 to \$10,000, if the Town made it the fundraising committee's job to come up with that money. For the past couple of years, we have had trouble just making our goal of \$15,000. Someone said to me, "Surely, cutting out a few police details would not save that much money." It is not only the police details. The DPW is available all day. They have to erect the safety fencing. They also have men at the beach, to work the back hoe and other equipment needed, to dig the holes in the sand for some of the fireworks. By holding the show at Bailey's, we will not need any of this work done. When the show is at Short Beach, we can not have the explosive truck on site, the whole day. So we need to pay for a fire detail, to guard the truck at Northeastern. At Bailey's Hill, the truck will be able to be onsite, and the police detail assigned to that area will be able to guard the truck. When you take just these few things into account, it really does add up.

Hiring a barge for the show is something that I have heard quite a lot too. We have looked into a barge in the past. Even if we could get the barge that Lynn and Swampscott use the night before, it would cost an additional \$8,000 just move it a couple of hundred yards from their part of the ocean to ours.

Many of you have questioned the parking situation. "Where will people park?" At Short Beach, there is nowhere for people to park. They cannot park in the beach lot. They haven't done that for years. For each inch shell we shoot off, we need to have a certain amount of vacant space. If cars are in that lot, it is not considered vacant. The laws for having a show are getting tougher each year and are constantly changing. When the show is at Short Beach, people are encouraged to walk and the same will hold true for Bailey's Hill. But if you feel the need to park, you can probably do so, down Summer St, Winter St, Ocean St, Valley and Emerald Roads. Bailey's Hill will not be accessible to anyone. You will not be able to get into that area to watch the show. So parking shouldn't even be an issue. The best viewing areas will be all along Willow Road and down at the Wharf. I watched the 150th show at the Wharf and it was great.

There are other issues to take into account, as well. The Coast Guard Station will have working bathrooms, so it is no longer considered vacant. All that new sea grass was just planted at Short beach. It is extremely hard to set up a beach show on Short Beach, with the tides. For this reason, probably 80% of our "beach" show, is actually shot from up on the grass area and we don't want to damage any of the new sea grass beds.

I grew up with the fireworks down at Short Beach, too! I personally am not thrilled about the change of location. Nobody likes change. But I am going to keep an open mind and give it a try. I ask you to do the same. Keep in mind that this holiday, like all holidays, is about spending time with our family and friends and having a good time doing so. So the location may change, but I bet you will still have a terrific time, welcoming in the summer with your family and friends.



U.S. Coast Guard Auxiliary and Nahant Dory Club Present Check to Nahant Sailing Program

The U.S. Coast Guard Auxiliary held six two-hour sessions of classwork, titled "America's Boating Course" at the Nahant Dory Club. They covered topics, such as the rules of the road, aids to navigation, safety equipment, safety issues, trailering your boat and legal requirements.

There were 18 participants who completed the course and passed the final exam. Many insurance companies will reduce your boat insurance, upon proof of successful completion of this class. This course is for all boaters and will be offered at the Nahant Dory Club again, this summer. Some New England states require a boating course to operate power boats on their lakes and rivers.

The U.S.C.G. Auxiliary made a donation of \$180, to the Nahant Sailing Program, for the purchase of safety equipment.

Photo above: Nahant Dory Club Former Commodore, Patty Gregory, Nahant Sailing Program Board Member, Karen Falat, U.S.C.G. Auxiliarists Bob Cusack, Vice Commander of the Marblehead Flotilla and Past District Commodore, Carl Lehmkuhl.

Submitted by Candace Cahill.

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Walking for is Best Exercise

By Sallee Slagle, Director, Dance Dimensions

Now that the weather is warming up, we are all thinking of how to get in shape for the summer and shed a few extra pounds we may have gained during our less active winter months. Well, why not walk? It's natural and great exercise for everyone and our town offers such great scenic views. Those who walk and are active, have a decreased risk for serious health problems, such as heart disease, diabetes and other health risks.

Walking daily can be a great addition to any routine. Even several short, 10-15 minute walks during the day, especially on those busy days, can all add up to a healthier, slimmer you! It is also a great stress reducer and we all can use less stress in our lives. If you are feeling a bit out of shape and you are just getting active after a period of inactivity. If you have any physical limitations, or conditions, you want to be sure to check with your physician, before you start any exercise program. Don't let this stop, or stall, you from getting started. Often, just a quick phone call will do and then get walking!

If you are trying to lose weight, you should add extra steps to your day, wherever possible. Make it a habit to always take the stairs, if you can. In larger buildings, get out of the elevator 2-3 floors early and walk up the remaining flights. This is a great habit if you work in a large office building. So plan on taking the stairs for 2-3 flights, both up and down. These are habits you want to make as a part of your healthy lifestyle. As long as you are able, a good policy is TAKE THE STAIRS!

To lose additional weight, you will need to increase your activity level to include even more walking. You can do this by adding a half-hour, or an hour, walk daily, or at least 4x a week.

Be sure to get proper shoes. Good supportive walking, or running, shoes should be worn. Choose a pair that is lightweight and flexible.

Proper form and stride is important. Keep your arms swinging from your shoulder, like a pendulum forward and back, with your elbows bent and close to your sides. Do not let the arms swing across the body. Step to the heel of the foot and concentrate on rolling through the foot and pushing off with the back foot to propel you forward. To increase speed, do not take longer strides, but short, fast steps.

Initially, go for distance, not speed, as this influences the amount of calories burned. Your weight X distance travelled = Energy used. So 100 calories are burned per mile of a person 150lbs. To lose a pound of fat, you must burn 3,500 calories more than you take in. So diet is also essential. Make healthy choices and watch your portion size.

Warm-up is important, before walking. Do some arm circles. Stretch your hips side-to-side, forward and back. Lunge and stretch your calf and achilles. Stretch your quads by bending at the knee and holding the foot behind, pulling toward the buttocks. Bend the knee and extend the leg forward. Swing the legs forward and across the body. When you start walking use a slow pace for 5-10 mins, then increase your speed and walk as if you had to get there! Starting slow lets your body adjust and also sets you up to burn fat. A quick pace to start, sends your body burning your sugar stores first and fat stores later.

If you want to track your progress, try a pedometer. Pedometers can be fun and can help motivate you to take those extra steps. Take 2,000 steps per day more, than you do now and raise your fitness level a notch. Pedometers can come with many features, but all you need is one that is accurate and will count your steps. You will wear it all day, so it must be comfortable, too. Wear the pedometer for a week, recording your daily number of steps. At the end of the week, total them and divide by 7 to get your average. This, plus an additional 2,000 steps, should be your goal. That's equal to adding a half-hour walk, one mile, each day. Find ways to put those extra steps into your life. Once you have 2,000 more steps mastered, you may want to set a new goal, depending on your activity level. You will be walking your way to a healthier active lifestyle.

There are many walking resources for more information. Check online, or pick up a walking magazine. Get a pedometer and get walking, get moving more every day. Don't want to walk alone? Find a buddy, or join, or start, a walking group. Create a lifestyle as an active adult and stay active into your later years. The benefits are numerous. Your health will be better. You will look better and best of all, you will feel better.

It's Registration Time!

Northeastern University's Marine Science Center is hosting a two-week, marine science summer academy, for incoming 9th and 10th grade students.

Have some summer fun while completing field work in local marine habitats and learning about New England coastal marine habitats. We are now accepting applications for Coastal Ocean Science Academy (COSA).

For more information: www.marinescience.neu.edu/cosa/index.htm, or call Tracy Hajduk, at (781)-581-7370 x 321, or email t.hajduk@neu.edu

Ellingwood Concert Series Summer Sundays in Nahant



The Ellingwood Concert Series will present five Sunday Summer Concerts, at the Ellingwood Chapel, 195 Nahant Road, Nahant. The series is presented as a cooperative effort between the Nahant Historical Society and the Society for Historically Informed Performance. Each concert will begin at 4:00 p.m., on Sunday afternoons, as a way to gently end a hectic weekend, or as a prelude to a pleasant Sunday evening

meal. Each ensemble features period instruments and is a window into the music-making of previous centuries. Admission is \$15, payable at the door. For more information, call Jim Walsh, at 781-599-5533, or Bob Anderson, at 781-581-1471.

June 15, 4:00 p.m., Newton Baroque. Orphaned Musicians: Music of Vivaldi, Sarro and Durante. July 6, 4:00 p.m., Les Bostonades. Music of the High Baroque. Music of Telemann, JS Bach and Boismortier. www.bostonades.org

July 27, 4:00 p.m., 7 Hills Renaissance Wind Ensemble. Music from Spain's Golden Age. Aug. 3, 4:00 p.m., Amphion's Lyre, Venezia Borealis-Venice of the North

Aug. 17, 4:00 p.m., La Donna Musicale Desire and Disillusion: French and Italian Women Composers of the 17th and 18th century.

Walk for Respect Gearing Up for June 8 Debut

Swampscott's first, Community Walk for Respect, to be held in conjunction with other volunteers from Nahant, is being organized for Sunday, June 8, with a conclusion at the Spring Arts Festival underway at Swampscott High School.

The walk, organized by the Swampscott Task Force on Respect for Human Differences, is intended to "promote a community of respect and understanding of human differences," organizers Jessica O'Gorman and Paul Bonazzoli say.

The walk will begin at the Nahant Rotary in Lynn and travel to the Swampscott Town Hall and then to Swampscott High School, arriving there about noon. The entire distance is about 2.2 miles. Walkers are invited to park at the rear of Swampscott High School, to board a shuttle to the Nahant Rotary, for the "long walk" or to Town Hall for the "short walk." Walkers will begin their trek at 11 a.m., from both locations and spectators are more than welcome.

Entrance forms and pledge sheets are available at all Swampscott schools. Registration will begin at 10:30 a.m., at both the rotary and at Swampscott Town Hall, on Monument Avenue. Walkers may choose either the long walk, or the short walk.

The registration fee is \$8, although children 3 and younger are free. The first 200 entrants will also receive a T-shirt to commemorate the occasion. All proceeds will go for anti-bias programs in the community. To register, or for more information, call O'Gorman at 781-592-2576, or Bonazzoli at 781-593-8515.

The Walk for Respect, coming close on the heels of a Task Force-organized 'jump-a-thon' at the schools, will allow Swampscott to again win recognition by the ADL as "No Place for Hate," giving the community access to grants and education resources from the ADL. The Task Force was formed earlier this year in response to incidents and comments indicating various biased views in the community. Organizers hope to make the Walk for Respect an annual event.

Volunteers needed

Volunteers are also needed for the Community Walk For Respect. Needed are people who can register entrants, individuals to staff water stations, individuals, or families, who may want to donate water, or snacks and people to hang posters and flyers.

Volunteer times and responsibilities may vary, depending on choice of activity. For more information and to volunteer, call O'Gorman at 781-592-2576, or Bonazzoli at 781-593-8515.

Nahanter Honored as Outstanding Educator by Salem State

Salem State College has presented its Outstanding Educator Awards for 2008, to Kenneth Turino, of Nahant. Alumni, family and friends joined Turino at the awards ceremony, held on Friday, May 2nd, in Veterans Hall of the college's Ellison Campus Center.

Turino received his bachelor's degree in education and history, from Salem State College, in 1977 and a master's degree in museum education, from George Washington University, Washington DC, in 1981.

His experience as Director of Exhibitions and Programs for Historic New England, a company that offers exhibitions for rental to museums, led Turino to the museum studies program at Tufts University, where he now teaches courses in exhibition planning for the small museum.

The Outstanding Educator Award was established in 1995 to honor members of Salem State College faculty, staff, administration and friends of the community, for their dedication, contribution and service to education. Salem State presented the award to six recipients in 2008. Submitted by Jim Glynn.



Emily Walls was the recipient of the Swampscott Rotary Club's "Quest for Excellence Award" for April 2008. The award is given each month, during the school year, to a Swampscott Middle School student, nominated by the teachers, for outstanding effort and achievement. Emily received her award at the Swampscott Rotary luncheon, on April 16th.

Photo above: Glenn Kane (teacher at Swampscott Middle School), Emily Walls, Beth Walls (mother) and Dr. Buck Weaver (president elect, Swampscott Rotary.)

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Silly Putty and Deeper Tissue Massage Therapy

By Susan Cadigan, LMT, NCTMB, Nahant Therapeutic Massage

Myofascial release/mobilization can help improve the range of motion, by breaking up the fibrous adhesions, alleviating “muck” and stiffness, that restrict limbs/joints from their full range of motion. Freeing up an area can also help alleviate some chronic pain. A clear example of how the muscle tissue responds to myofascial techniques, can be seen with Silly Putty. If we take Silly Putty, grasp it in both hands and tug quickly—it simply snaps apart. In each hand you will hold a tight, cold mass. But if you take hold of the Silly Putty—with calm intention—gently, but firmly, press your fingers into the material and ever so slowly draw your hands and then arms apart you will witness the Silly Putty (muscle tissue) warm, release and lengthen, thinning into long, relaxed strands. This is what the myofascial approach to muscular therapy is. The approach is about patience and efficiency. Attention is focused on the area causing issues and relative to the stiffness and restriction. Energy is directed inward, toward the center of the body/tissue. Deliberate, warm, patient sinking into the tissue is administered and the lengthening begins. Superficial strokes to the body’s surface with oil/lotion and routine “cookie cutter” movement, are not part of myofascial mobilization. Nahant Therapeutic Massage does not offer “cookie cutter”, “fast food” approach to massage/muscular therapy in any session. Every session will be a bit different from the previous session, as issues are resolved and goals are met. With deeper tissue technique, some discomfort can be experienced, as the tissue lengthens and fibrous adhesions break up, but it is described as a “good pain”. With deeper tissue work, communication is very important. Myofascial sessions help you to begin to feel lighter, looser and help to prevent injury, when becoming more active. Over all, this leads you to relax, breathe and feel better!

It is important to know that myofascia mobilization technique is not recommended for some people with certain health/medical conditions.

Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. Nahant Therapeutic Massage is located at 41 Valley Road (The Community Center). Ms. Cadigan is also employed with PartnerS HealthCare and provides therapeutic and deeper tissue massage at North Shore Medical Hospital. You can reach Ms. Cadigan at 617-240-4252, or e-mail at momentsofpeace@comcast.net

Q & A with North Shore Physical Therapy

Please feel free to submit questions about musculoskeletal problems to us, in writing, either to Julie Valenti at her Monday/Thursday exercise classes, to Martha Marcou at the Swampscott Senior Center front desk, or send them to NSPT, 1 Widger Road, Marblehead, MA 01945 c/o Nancy DeMuth.

Q: My doctor says I have “tennis elbow” and I don’t play tennis, how did I get this problem?

A: “Tennis elbow,” or lateral epicondylitis, is caused by overuse of the extensor tendons of the forearm. It can occur from tennis, as a result of a poor technique, or weaknesses, but anyone can get a tendonitis. Repetitive stress and strain with activities such as hammering, turning a key, screw driver, computer use, gardening, or yard work, may lead to a strain at the tendon muscle junction on the outside part of the elbow. Symptoms include difficulty holding onto, pinching, or gripping objects and pain, or stiffness, in the elbow, or forearm. There may be point tenderness at, or near, the insertion sites of the muscles on the outside aspect of the elbow. It may be painful to pick up, or carry simple things,, like a milk carton, or a pocketbook. If you suspect you have a problem with your elbow, see your doctor immediately. Follow first aid steps of rest and ice and consider using a wrist splint. Tennis elbow can develop into a chronic problem if not managed appropriately.

You may benefit from seeing a physical therapist, that can help you to recover from your injury and restore function to your arm. Rehabilitation focuses on decreasing inflammation and pain, promoting tissue healing and increasing flexibility, strength, muscle endurance and a gradual return to activities.

Attention Nahant Lady Runners

The 15th Annual Louise Rossetti 5K for Women, will take place on June 18th, at 6:30 p.m., in Beverly, MA. Louise’s daughter, Suzanne, died tragically, on January 28, 1981. Sadly, she was only 26 years young, a loving daughter, sister and friend to all who knew her. Her mother, Louise Rossetti, began running, as a way to cope with her daughter’s death. At age 86, Louise continues to compete in many local races and is an inspiration to all, young and old alike.

If you would like to participate in this race, which benefits the Suzanne Rossetti Scholarship. Applications are available at Captain’s Seaside on Nahant Road. Also, I have race applications. For more info, or for a race app, call me at 781-581-0482.

Submitted by Nancy Wilson.

Tennis Open House at the Nahant Country Club

Beginners to experienced players are invited to the NCC Tennis Open House, on Saturday, June 14, noon to 3:00 p.m. All interested new players are invited to come by and try out the courts, meet the tennis Pro and NCC players. Refreshments will be served. There are four beautiful clay courts available from 8:00 a.m. to 10:00 p.m. every day. Courts are lit for night play. Play begins in May and continues as long as the weather holds, through October. Membership is open to all area residents. Lessons for all ages and levels are available with the Club Pro. Tennis fees for the season are \$95 (Junior player age 13-18); \$200 Individual; \$275-\$300 for a family membership. Club membership is \$30 Individual; \$60 Family. Contact person: Maureen, 781-599-3259 or NahantCountryClub@yahoo.com

Submitted by the NCC Tennis Committee

Summer Tennis Clinic at Nahant Country Club

The Nahant Country Club Tennis Program announces a 3-week tennis clinic in July, for kids ages 5 – 12. The one-hour clinics will be held on Tuesdays and Wednesdays, from July 8th through July 23rd. Groups of kids, aged 5-8 years, will be taught from 9:00 to 10:00 a.m., with the 9-12 year olds from 10:00 to 11:00 a.m. You may choose 1 or 2 days per week, to fit your schedule. The cost for the entire 3-week session will be: \$30 for one-day-per-week and \$60 for two-days-per-week. Instruction will include all the tennis basics and we will play mini-format games. Players are required to have a Junior Racket and cold refreshments will be served. Membership is not required for young children taking group lessons at the Club.

Questions: EMAIL NahantCountryClub@yahoo.com, or call Michael Flynn at 781-581-2102.

Nahant 2008 Junior Invitational Tennis Tournament

The annual Junior Invitational Tennis tournament will be held at the Nahant Country Club, on Monday, Tuesday and Wednesday, June 23, 24 and 25. The Tournament is sponsored by the Tennis Committee of the Nahant Country Club and it is open to all Nahant residents and junior members of North Shore Tennis Clubs. This is the first tournament of the summer season, of all the North Shore Clubs, so it is a great opportunity for juniors to tune up their game!

The events are 10, 12 and 14 & under - boys and girls, singles and doubles. There will be two events for mixed doubles - 12 and under and 14 and under.

Nahant's right to the distinction of "Birthplace of American Tennis" is inscribed on all of the trophies. The first game of tennis in America was played right here in Nahant, in 1874. The tournament is now in its 9th year.

The tournament has been very successful. We consistently host over 40 players. The courts are busy for all three days from 8:00 a.m. to 5:30 p.m.

The entry fee is \$14, per event. The singles draw is limited to a maximum of 16 players and the doubles draw to a maximum of 8 teams. Tennis whites and tennis shoes suitable for clay courts, are required.

For an application and tournament rules, check the Nahant Country Club bulletin board, or call or mail Amy Tsokanis, Tournament Director, One Nautical Lane, Nahant, MA 01908 (781-593-2143). The deadline for signing up is 5:00 p.m., Wed., June 18th.

Swampscott Historical Society Garden Tour on June 28

The "Gardens of Swampscott" tour will be the next event, hosted by the Swampscott Historical Society. The tour, featuring 13 gardens, clustered in eight areas around the town, will be held on Saturday, June 28th, from 10:00 a.m. until 4:00 p.m., Sunday, June 29th, is the rain date for the tour.

The tour can be self-guided or participants can pay an extra \$5, on the day of the tour, for a trolley ride to each garden location. The trolley will depart an area near the Swampscott Monument, at 10:30 a.m. and again at 1:30 p.m. Seats on the trolley are available on a first-come, first-served basis, on June 28.

Tickets are \$15, in advance and \$20, on the day of the tour. Tickets are on sale now and may be purchased at: Salvy the Florist, on Humphrey Street, the Swampscott Public Library and the Senior Center.

The garden tour is open to the public. All proceeds benefit the programs of the Swampscott Historical Society and the restoration of the John Humphrey House. Expenses for this event are being underwritten, through a generous donation made by Salvy the Florist. Submitted by Barbara Whalen, 781-593-0291.

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Sailing Program Registration

Registration will be held on Saturday, June 7th, from 8:30 to 11:00 a.m., at the ballfield. (If rain, in the Sailing Room at the Town Wharf.) The Sailing Program for Juniors and Adults is held June 30 to August 15. The Racing Class begins June 23. Please see a description of the program classes and schedule below.

Introduction to Sailing. CLASS A: Mon/Tues/Fri 9am - 12pm: Designed for youth (at least 8 years old by July 1 or entering the 3rd grade) who have little or no boating experience. Activities will include safety procedures around the dock and in the boats, how to rig, getting acquainted with the harbor waters, and games that are related to understanding wind direction, what makes the boat go - and on hot days - a practice capsizing drill. Cost: \$225.

Beginner/Novice. CLASS B: Wed/Thu 9am - 12pm and Tue 1-4pm: Designed for youth who have had prior boating experience, or who have been in the program for at least one year, who are at least 9 years of age, or who feel they are ready for basic sailing instruction using the SuperSkunks. Activities will include a review of introductory activities and skills necessary for skippering a SuperSkunk. Cost: \$225.

Intermediate/Advanced. CLASS I / A: Mon/Wed/Thu 1-4pm: Designed for youth who have been in the program for one or two years or more and who understand the basic principles of sailing. Some students will have more experience and ages will range from 9-16. This class will practice boat handling skills with games and drills; Cost: \$225.

420 Boat Handling in Light Air. CLASS 420 LA: Tue/Wed/Thu, 9am - 12pm: Designed for juniors who are able to sail a Superskunk competently in moderate wind and who want to learn how to sail a 420 in light air; and for second year 420 students who are ready to skipper in moderate wind. Cost: \$225.

Cruising Class. CLASS C: Mon 9am - 12pm and Wed/Fri 1 - 4pm: Designed for more advanced students as an alternative, or in addition, to the racing curriculum. Participants will practice boat handling in the larger daysailers, navigation, and charting a course to sail to various destinations within local waters. Cost: \$225.

Racing Class. CLASS R: Mon/Thu/Fri, 1- 4pm; and scheduled regattas. Starts Mon. June 23: Designed for juniors who want to race. Participants must have demonstrated the ability to sail a 420 in moderate to heavy air. There will be three practice sessions per week and scheduled racing. Parents must be available to assist with transportation when necessary. This class will begin on June 23. Cost: \$260.

Adult classes and Family Night: Tuesday evenings 6 - 8pm. First class meets Tues. July 1: Depending on ability, participants may choose either instruction or supervised free sail. Adults may sail with other adult participants or with their children who are enrolled in the program. Please arrive promptly at 6pm to enable briefing and boat assignments. Cost: \$95 for resident adult. \$150 for resident parents including children enrolled in the program.

Junior scholarships are considered upon request. Questions: Call Dunbar Livingston 781-599-5515. You may download the application at <nahant.org/sailingprogram>

Submitted by the Nahant Sailing Program

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Town Meeting Supports Schools

By Joseph F. Lisi, Ed.D., Superintendent of Schools

It was very gratifying to attend the Annual Town Meeting and sense the support that Nahant has for public education. The \$125,000 project, to complete the outside grounds and access road around the Johnson School was approved and over thirty eight thousand dollars was added to the school department's budget, for the 2008-09 school year.

This will enable us to staff our library, which is well on its way to completion, through the efforts of community volunteers. It will also provide a baseline budget to build on, as we go forward with program initiatives, aimed at improving instruction at the Johnson School.

Due to enrollment numbers and limited resources, we will lose a third-grade teacher and reduce Special Education Administrative services. There will also be a reduction in speech and language services next year. With creative scheduling and the most efficient use of our staffing appropriation, we are planning to increase reading instruction, better address the needs of special education children, by increased resource teacher time and offer instrumental music, for the upper grade levels. It's never easy and each year, difficult decisions regarding how best to staff, rests with school administrators.

If you have questions, please feel free to call at 781.581.1600, or email jlisi@johnsonschool.org

Nahant Students Third Quarter Honor Roll

Swampscott Middle School

Grade 7 - High Honors: Arianna Billias, Virginia O'Leary, Derek Osbahr, Tyler Peterson and Aristana Scourtas. Honors: Anna Greene, Caitlin Ludke, Nicholas Sarcia and Alexa Steriti.

Grade 8 - High Honors: Kristen Connor, Lindsey Marini, Mary Samson, Rita Tsokanis, Emily Walls and Melinda Wilson. Honors: Jacob Bartholomew, Abigail Caggiano, Elijah Clark, Shiloh Clark, Heather, Doyle, Taylor Eaton, Kristen Connor, Madeline McKie, Colleen Meagher, Alexandra Moccia, Holly Noonan, William Ross, Emily Samson, Anthony Silva and Trachita Wheeler.

Swampscott High School

Seniors - High Honors: Elizabeth Cleary, LaShaun Cummings, Leah Gomperts, Edward Maroney, John Michael Mason and Meghan Sanborn. Honors: Jacquelyn Ball, Lauren Baumeister, Alex Caloggero, Allison Colson, Evan, Farr, Kevin Li, Janelle Mazzaferro, Jenna Mazzaferro, Michaela O'Donnell, Brain Palangi, Jon Pellegrini and Samuel Rauworth. Commended: Francis Barile, Alec Roy, Matthew San Roman and Mary-Lyn Taylor.

Juniors - High Honors: Breegan Houlihan, Maggie O'Callaghan, Jonathan Poth, Brandon Poulin, Emma St.Jean, Kelly Walton and Owen Welsh. Honors: Mary Bartholomew, Briana Canty, Kelsey Dill, Robert Fiore and Heather Irvine. Commended: Victoria Desmond, Michael Gillis, Nicholas Lamando, Samatha Schneiderman and Trevor Wheeler.

Sophomores - High Honors: Amelia Antrim, John Blank, Monique Bleau, Kate Hall, Julianna Liscio, Stephan Meagher, Patricia Silva and Kyle Taylor. Honors: Thomas Ball, Olivia Barba, Jennifer Cleary, Casey Connolly, Lillian Pillsbury, Alexandra Savino and David Wilson. Commended: Anastasia Beaulieu, Laurence Mason, Thomas Walsh and Adam Wilson.

Freshmen - High Honors: Ian Antrim, Marco Bauder, Alexander Billias, Dimitri Christoforidis, Thomas Lamando, Christopher Mason, Maggie Osbahr, Casey Shanahan and Leah Towe. Honors: Daniel Barbacoff, Kaitlyn Dantona, Taylor Maccario, Nicole McDermott, Dara Mosher, Emma O'Donnell and Gabriella Wootten. Commended: Frank Barba, Jennifer Desmond, Eric Greene and Jessica Simons.

St. John's Prep

Matthew Connor, Michael Dantona, Christopher Oesterlin and Mark Scalise.



HOOMPA in Vietnam

Holding HOOMPA is Cathy Bartholomew (Nahant Resident) and Helena Padellaro

Submitted by Cathy Bartholomew

News From The Johnson School

By Diane D. Mulcahy, Principal

It's hard to believe we are almost through with the month of May. The weather is turning warmer and the sun is shining. The students are into their second round of MCAS testing and June is just around the corner. Activities are still in full swing at the Johnson School.

The Johnson School students were in beautiful voice on Wednesday, May 7th. Under the direction of Mrs. Cheri Spencer, the students in Grades K-2 performed at an afternoon performance, for a large number of parents, grandparents and friends. In the evening, the Third- through Sixth-Grade choruses performed for family members, in our cafeteria, where it was standing room only. Each chorus performed several songs, which took the audience on a "Journey Through the Movies." The weeks of rehearsal really paid off. The students performed superbly and audience was truly entertained.

Sue Rosa is already planning the annual Johnson School Field Day. The date is set for Tuesday, June 10th and the rain date will be Wednesday, June 11th. Field Day is always a lot of fun and the students really look forward to it. Volunteers are needed to help with this event. Please consider lending a hand.

The 5th- and 6th-grade math students raised \$2,330 for the recently-completed Math-a-Thon, for St. Jude's Children's Hospital. St. Jude's is the leading cancer research hospital for children. All patients are treated free-of-charge, due to the generosity of people who care—just like our students and their families! Under the direction of Ms. Donna Page, 85% of the math students participated. Donations raised, ranged from \$2, to the amazing fundraising efforts of Katie Coffey (\$465.00) and Mark Irvine (\$305.00). Thanks to all the math students and Ms. Page, for organizing this outreach program.

Production for our sixth-graders' play is in full swing. The students will be performing. Mrs. Dunion, Mrs. Tibbo and Mrs. Spencer held auditions for the Sixth Grade Musical production of "The Sound of Music." Every member of the sixth-grade auditioned for the part in the spring production. Every sixth grade student was assigned a speaking part. Some members of the fifth-grade class have volunteered to be in the chorus. The curtain goes up on Friday evening, June 7th, at 7:30 p.m.

Our sixth-graders are getting ready to move on. The play sets in motion all the activities from Potluck dinner, Class trip to Canobie Lake and to the Moving On ceremony, which will be held Tuesday, June 17th.

The last day of school for all students is Wednesday, June 18th.

Sunset Cocktail Party Celebrates Local Champion Irish Dancers

The Bremer School of Irish Dance will host a fundraiser cocktail party, the Sunset Ceili, on Saturday, June 21st, to be held at the Blythswood Estate in Swampscott, Mass. The event will raise money to help 26 dancers, from the Bremer School of Irish Dance in Salem, Mass., to attend the North American Irish Dance Championships in Nashville, Tenn., in July.

The Sunset Ceili (pronounce kaylee, "ceili" is Irish Gaelic for party) will be a celebration of Irish music and dance. Entertainment will include the Celtic band, An Banna Ceoil ("the band" in Gaelic), who play Irish and Scottish music. "A crowd pleaser. An Banna Ceoil is fabulous. They travel all over New England," said Lisa O'Neill, fundraiser cochair.

Also, entertaining the crowd, will be dancers from the Bremer School. "These young dancers are dancing at a very high level. Some have traveled overseas to compete," O'Neill added. At the April 30th playoff game between the Celtics and the Hawks, many of these same dancers performed during the half-time show.

Maggie Osbahr, daughter of Liz and Bill, of Nahant, will travel to Nashville, to compete in both solo and team dancing. Maggie is an open champion dancer, who has traveled to Ireland to compete. "Our dancers have worked so hard, to achieve this milestone. I couldn't be more proud of them," said Sheila Bremer, director of the Bremer School and mother of three, who will be attending the prestigious competition.

With the ocean as a beautiful backdrop, guests will be able to bid on donations, including artwork by local artists, during a silent auction. Hearty hors d'oeuvres, catered by Vinwood Caterers and cheer, will also be served. Located at 29 Little's Point Road, near Marian Court College, the Blythswood Estate is in an idyllic setting, along Boston's North Shore. The use of the facility has been graciously donated by Charlie Wilkinson of Swampscott. Dress is casual elegant.

Doors will open at 6:00 p.m. and close at 11:00 p.m. Tickets are \$25 per person and are available by visiting <http://www.irishthymes.com/sunsetceili/> For questions or more information, email Bremerdancers@gmail.com

Reserved tickets will be at the door. Tickets may also be purchased at the door.

Proceeds to benefit the dancers of the Bremer School of Irish Dance.

K of C Helps Launch Spring Activities for Nahant Youth Groups

The Nahant Knights of Columbus distributed donations to youth groups in Nahant, for their spring activities. Donations were made to Nahant Youth Soccer and Nahant Little League, for their upcoming season. The Knights also sponsor a Little League Team.

A donation was also given to the Johnson School, for their annual Field Day. The donations were made from the Nahant Knights T-Boy LeBlanc Charity Fund, which supports Nahant Youth groups and activities.

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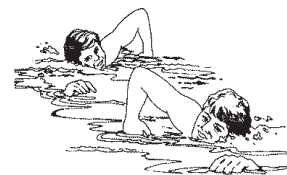
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SWIM NEWS from Polly Bradley

Nahant under Global Warming?

At <http://flood.firetree.net/?ll=42.4242,-70.9179&z=3&m=8> you can view and download a Google Map of what Nahant will look like, if global warming continues. The web site, named above, shows Nahant, if sea level rises 8 meters. If sea level rises only 3 meters (10 feet), the Nahant rotary and most of the causeway, would be underwater. You can play around with different sea level rises and different map/image types and you can also look at the big picture: greater Boston under global warming, or any place else. Venice, anyone?

Thanks to Laura Colette for figuring out how to get to this Google Map sea level-rise website! The rest of us were stymied.

Rain Barrel/Compost Bin Raffle

Nancy Hodgson Smith, who organized the SWIM raffle on Town Meeting day, says "Thanks to Teri Motley for the donation of her new green rainbarrel and to Emily Potts for the donation of a new black compost bin. SWIM brought in a total of \$333."

The winner of the rain barrel was Christine Titus and the winner of the compost bin was Joyce Gaudet. Congratulations!

And special thanks from SWIM to Nancy Smith, for pulling the raffle together!

Stellwagen Bank Management Plan

Safer Waters in Massachusetts (SWIM) will attend a public meeting in June, on the new draft management plan for Stellwagen Bank National Marine Sanctuary. This will be in place of SWIM's regular monthly meeting. The Stellwagen Bank meeting will be on Monday, June 9, from 6:30 to 9:30 p.m., at Lane Student Center, President's Dining Room, 255 Grapevine Road, Wenham.

Stellwagen Bank, a shallow underwater area between Cape Ann and Cape Cod, is home to commercial and sport fish, as well as endangered whales and sea turtles. It is critical that the sanctuary build up fisheries stocks and that human use of the area not adversely impact endangered species.

A copy of the draft plan may be downloaded at <http://stellwagen.noaa.gov> and there will be a hard copy at the Nahant Public Library. An expert, independent view-point, from the Whale Center of New England, will be available at www.whalecenter.org.

All are invited to attend the June 9th Stellwagen Bank meeting and carpool with SWIM, if desired. You do not have to be a regular attendee at SWIM meetings: SWIM does not have a formal membership list, but represents the environmental community of Nahant. For more information, or to car pool, call Polly Bradley at 781-581-0075.

No Discharge Area

SWIM is still working on getting a Lower North Shore "No Discharge Area," to ban all sewage discharge from boats within the three-mile limit of Nahant, Swampscott, Lynn, Saugus and Revere. No one seems to be against it, but it requires coordination from all five towns, as well as the state government and seems to have been on everyone's back burner. SWIM is trying to get it onto the front burner, where the process will move at faster, glacial speed under global warming, rather than the old, slow glacial speed.

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Webelos Arrow of Light pictures

Webelos of Nahant, Pack 50, were presented with the Arrow of Light, the highest Webelo award, by the Selectmen, at the May 15th meeting.

In order to obtain this award, the scouts had to earn eight activity badges and attend an overnight camping trip.

The scouts presented with this award were Brian Fitzpatrick, Charlie Arena, Ryan McDermott, Jason Dignan, Anthony Rizzo and Shea Nugent. Their Scoutmaster, Pete Fitzpatrick, guided the boys to successfully completing the requirements for achieving this prestigious award. Congratulations, Webelos!

Submitted by Jen Dignan



Recognition Night for Nahant Brownies

Brownie Troop 323, at their recognition night on May 13th, 2008. Bottom row, left to right: Grace DiGrande, Julia Carbone, Chessie Alberti and Simone Nardizzi. Middle Row left to right: Emily Shiffenhaus, Molly Frauenholz, Lauren Arena, Julia Kautz and Colleen Osbahr. Top row, left to right: Clarrisse Cochran-Chipura, Madison Wrenn, Olivia Reiser, Jackie Frisoli, Olivia Fulghum and Nikki Rosa.

Submitted by Susan Rosa. Photo by Karen Kautz.

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Bi-Annual Barefoot Black Tie

Mark your calendars! The second Barefoot Black Tie will be held on July 19th, on Short Beach, behind the Nahant Life-Saving Station, from 7:00 p.m. to midnight.

The first Barefoot Black Tie was a tremendous success and we hope to create the same magic. Tickets are \$50 and can be purchased at Town Hall, or by calling Cathy Bartholomew, at 781-690-0674.



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Mitchell's Cahnah: An Adult Event to Benefit Our Island Kids



Spring has sprung in our little island village and the natives are out and about. Cabin fever Moms with their island kids in tow, are flocking to our spiffy new playgrounds (courtesy of the Brown/DiGrande group and their band of Nahant volunteers). They are happily having actual, daytime adult conversations among themselves, prompting the Tudor family to officially cancel winter for next year. There has definitely been a baby boom on the island, over the last couple of years. That, along with the town's romantic Valentines Day dinnertime black-out, we are expecting another BA-BOOM in November. Yes Islanders! Do the math. That would be exactly nine months after the Valentines Day black-out.

While our sister, Ophelia Payne, was pushing her boy, little Jon Bleu, on a swing at the Flash Road Playground she gazed down towards Mitchell's Cahnah and decided the proceeds of this year's block party will go to some island kid groups who, in this time of escalating costs and budget cutbacks, could use the dough! This year's main recipients will be the Nahant Education Foundation, the Nahant Little League and the Nahant Recreation Program. So let the shameless fundraising begin! The Best Deal in Town raffle will be brought back, by popular demand. You remember, only 150 tickets to be sold, at \$100 each, with 5 huge cash prizes, (1st prize being 5,000 smack-a-roo's).

New this year, and in keeping with the Island Kid theme, we've got some cool tee shirts, that our island women and kids will be sporting. "And yes Virginia", these are shirts that you will actually WANT TO WEAR! They are available now, for a \$15 donation to the block party (make check out to the 153 Fund). There are 2 separate logo designs, (for the ladies), ISLAND GIRL / NAHANT and (for the kids), ISLAND KID / NAHANT. To get a shirt, call Frank Cardile, 617-543-3942, or Mike Billias, 617-285-9030. The Mitchell's Cahnah Labor Day block party will be Sunday, August 31st, from 7:00 to 11:00 p.m. Seeing it's an evening adult event where we adults actually tend to act like "Island Kids," it seems appropriate to give all the proceeds to the real island kids.

Ah, yes islanders, spring has sprung and summer is around the "cahna" ...the Island Gods are happy. — Submitted by Duddie (or was it Ponsie) Tudor

DISCLOSURE STATEMENT

The Tudor Cocktail Ice Co. is just a bunch of fun-loving residents, who like to organize fundraising events, in order to give back to our little gem of a town that we truly embrace. As for Frederic Tudor, many of his tales are mostly true. That boy was quite a character! If you take the time to "Google" him, you'll find he was an easy target for this column and if he were living in town today, he would fit right in.

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Useless Information by Ray Barron

Questions People Ask

How many residents are there over 16 years of age in Nahant? Last count, 3087.

Next question! How many births were there in Nahant in 2006? We had 23 births, 10 males and 13 females. Deaths recorded in Nahant in 2006, 60, 26 males and 34 females. How many marriages were recorded in 2006? We had a total of 22. How many miles to Boston from Nahant? We are but 14 miles from Boston.

Robyn Howard, Jen McCarthy and Sue Rosa ask how come we never mention their names. We just did!

Who is one of Nahant's most notable hunks? James Devereaux! Sorry ladies! The "hunk" is married to beautiful Maura.

Worth repeating! Nahant Tops Them All!

A year ago, the widely-read Boston Magazine listed towns with the greatest appreciation in home values, over the last five years. Yes, Nahant was first with Median Home Price of \$544,750.

Boston Magazine selected Little Nahant Road as one of the best streets on which to live, stating, "A postage stamp of a community between Lynn and Nahant proper, Little Nahant has ocean vistas and homes from \$500,000 to \$1.4 million--cheaper than those across the sound."

Nahant, with a land area of 1.06 square miles, is populated by 3,675 individuals, whose median resident age is 44.6 years. Nahant's median household income in the year 2000 was \$64,052. It's much higher today!

For the record, 3,474 Nahanterers are white. We have 1,152 Irish Americans, and 569 Italian Americans. We have 565 Nahanterers with English roots, 346 German Americans, 220 Greek Americans and 166 French Americans. As for Nahant Hispanics, they represent but 1.1% of the population. We do have two or more races representing but 0.8% of the population. As you can readily note, this a Gaelic and Garlic town!

NOTE TO THE EDITOR

As a resident of Nahant since 1968, I want to write this note to Say how wonderful our Parade for Memorial Day was. For such a small town to have such a wonderful and inspiring parade is something to see. My hat's off to all who participated and planned such a wonderful parade.

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Nahant's June Birthday Babies

June 1: Mike DePaolo, charming Angela Munro, Sarah Lique, Cynthia Gunnoe, Deb Deberardinis, Gina Elias, Angela Munro, June Carmody and Myron Polnicki hits 51. And my "Gaelic & Garlic" grandson, Kyle Waters.

June 2: Gennaro Angiulo, hoofer Sallee Slagle, Claire Julien, Craig Thomas, Betty Fortucci, Peggy Taylor, Janet Flaherty, David Quinn, Stephen Kasper, Dave Lazzaro, lovely Susan Ruben and Joel Marie.

June 3: Kelly O'Keefe, Jayne Dantona, handsome Charlie Arena, John Livoti, Joe McGrath, Jim Walton, Bill Fliegel and actor Tony Curtis.

June 4: The gracious Cathy O'Connor, lovely Priscilla Culver, sweet Jude Shanahan, Kevin Shanahan, personable Travis Switzer, Pam Bynum, Mary Geary, the charming Cecelia Hill, Mary Donahue, Christine Fulchino, big Bill Robinson, the talented Gretchen Henry, Peggy Ackerman and "Admiral" Bob Scanlan.

June 5: The charming Lorraine Sanphy, lovely Elaine White, Colleen Sheppard, Kathy DiVittorio, Dale Warren, Owen Kane and Mike Moran.

June 6: My beloved wife, Marilyn's birthday, Martha Chepeleff, Karol Jernigan, Claudia Orleans, Cecilia Ustaszewski, Doug Hartwell, Steve O'Malley, Doug Hartwell, Claire Flebbe, Tom Parrott and the great Henry Hanagan.

June 7: Happy birthday Kay Re! Kay is now 32,931 days old! And of course, happy birthday to Craig Mosher, Andrea Zamejtis, Tom McKay and Bob Tarason.

June 8: Lovely Kathy Jenkins, Susan Hooper, Melanie Marini, Ray Desmarias, Jim Cardello, the distinguished David Wilson and lovely Jessica

Porcaro.

June 9: Stunning Barbara Mackey, A.J. Markham, Diane Sirard, Kevin Carmody and Brian Abboud.

June 10: Joe Caloggero, Dick McDonald, Kevin Howard, Todd Glasson, Kevin O'Leary and nice guy Bob McIlveen.

June 11: Fascinating Janine Galanti, Mary LeBlanc, Janine Green, Jill Gillis, Mary Jazakawiz, Stan Slonka, Charlie Dick, Bob Cronin, rug cleaner, Dick Fox and Polly Bradley's loving husband, Larry Bradley.

June 12: Judy Larkin, Anne Cote, Elizabeth Welsh, Jodie LaFalce, Mary Weeden, Kathy Moleti, Elizabeth Foukal, Chris Koch and Jim Daley.

June 13: Shirley Sarpi Brahm, William Rogers, Patricia Aldrich, Shirley Brahm, Lloyd Green, Dave Hussey, the former firefighter, Lou Crifo, Brian Hamill, Benjamin Quigley and the captivating Dorothy Vitale.

June 14: Lovely Andrea Gaulzetti, Darlene Terminello, Suzy Karatzas, Frank Spinelli, sweet Jeannette White, Velia Chiaverini, Janet Rogalski, Marian Taylor, Scott Golden, Chris John, Alexis Schena and Joe Buckley.

June 15: The dedicated public servant Lynne Spencer, Kathy Hall, Tom Hall, Conrad Squires, Christopher Dent and Ken Ford.

June 16: Kellie Connolly, Tali Petrucci, Lisa Wardsworth, Denise Johnson, Ellen Steeves, Kevin Solimine and Bill English. June 16 is also known as Bloomsday, originated by James Joyce.

June 17: Elizabeth Landry, Noah Musman, Monica Chamberlain, Kristina Etter, Barbara Stamos, Lana Morgan, Bill Caldwell, Dan Bennett, Sean Munnelly and the highly-acclaimed, handsome, plastic surgeon, Dr.

Sheldon Sevinor.

June 18: Sarah Kaplan, Ella Larocque, Mary Magner, Dorothy Modell, Tom Nielson and Dick Snyder.

June 19: Sweet Kathy deStefano, Alice Roy, Betty Palumbo, Susan Scaglione, Kristian Laliberte, Dick Hymoff, Ed Locke, Finlay McQuade and Jason Pivacek.

June 20: The enchanting, attractive, brilliant, Mary Dill, Lisa Doyle, Katie Brown, Susan DePaolo, Dick Senk and Bill McDonald.

June 21: Lovely Jane Lombard, Julian Scovell and Dmitrity Shub.

June 22: Personable Steve Hyde, Martina Branga, Stephanie Brown, Jim Ward, Ed Zamejtis and Luke Conlin.

June 23: Helen Taylor, Nan Lux, Lindsey Baker, Geraldine Hynes, Janice Thorton, Leslie Tabor, Greg Poth, Bill Hartigan, Bob Baldwin, Bruce Tarney, John McDonough and Chris Peterson .

June 24: Annette Cote, Susanne Mangano and Paul Wilson.

June 25: Elizabeth Kelley, Kathy Glasson, Irene Purdy, Julie Sands, Peggy Hinrichs, Anna Costa, Mike Cypher.

Also born on June 25, singer Carly Simon, who recorded my former big band theme song, "When Your Lover Has Gone." We first met Carly on Martha's Vineyard, at the Judy Belushi and Victor Pisano wedding. Pisano is a former Nahanter.

June 26: Phyllis White, John Fulghum, handsome Gaetano Barletta, Gerry Cote and Jim Summers.

June 27: Lovely Margaret Antrim, Patty McCallum, Ken Taylor, Bill O'Connor, Bill Mahoney, Jason Goodell and Marc Carbone.

June 28: Adorable Joan Mostone, Anita Smith, David Hegarty, Joe McDonough and Eileen

Simons. According to Charlie Seagull, Nahant has many, many beach beauties! So, who are

June 30: The personable Dick Hagoort, Maria Brooks, John Powers, the wondrous Andre Sigourney. Also born on June 30, two old friends, singer Lena Horne and drummer Buddy Rich.

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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.



Ozark, Mighty Ozark

By Patrick O'Connor

Summer time in Nahant is, by far, the best part of the year. People seem friendlier, the days are longer, the sky is bluer and there is baseball. On just such an evening, I stopped at Captain's Pizza (formerly Pat's Place, the Laundromat, and in my time it was Tony's –another whole story) to get a sub and a cup of coffee before going down to the old ball field. My two sons were playing softball. I had my sub, my coffee, my cigar and my dog – I was in heaven. I usually sit away from other people, be by myself, enjoy the game and talk to the dog. The dog knows more about baseball than most of those people anyway.

A few innings went by; Danny got a hit and P.J. made a great play in the outfield. My grandsons, Mike and Corie, came along. Ice cream was dripping from their faces, in the warmth of the summer evening. They were all tanned up from endless hours at the beach. Or was that just dirt from a day of playing? Anyway, they sat down, played with the dog and made faces at me 'cause they were down-wind of the cigar. We talked of the game, Little League, the beach and all sorts of things that interest young boys, but not necessarily an old man. The game went on. The kids played, the dog jumped, spilled my coffee and put out my cigar. I had another cigar tucked under my baseball cap. Suddenly Mike said to me, "Hey, Pat, did you ever play baseball down here?" Suddenly my whole world changed. It was like awakening from a sound sleep by something loud. No longer was I watching my sons play, no longer did I have an interest in the great summer evening. All time stood still from a simple question from an eight-year-old boy. I regained my senses and softly said, "I sure did, Mike, I sure did."

My thoughts flew quickly over 50 years. It seemed like I was 11-years-old again and down at this ball field. I probably had ice cream all over my face, was tan and dirty from playing ball all day. Nippy Lewis was coaching. Famulari was playing third, Romano was pitching and the world hadn't heard about Little League. There were endless games of "rolly to the bat" or "scrub" or maybe "screen ball" against the old wooden backstop.

That backstop was

perfect! They had old broken-down wooden bleachers on the third base side. A sagging wooden bench was along each base line. A giant flagpole marked the foul line in right field near the road that separated the beach from the field. About five feet up from the base of the pole was a bronze plaque describing someone named Lowlands who had something to do with the field before my time. At the top of the pole was the biggest flag I had ever seen. It seemed like it was always up there. Worn and tattered, blowing in the soft summer breeze, the 48 stars seemed to be reaching for Egg Rock. As the seasons changed, the stars would point toward the Pump House in the fierce wind of a Nor'easter.

It was the first summer after "the war to end all wars", as Charlie Kelley used to say, when he was on a roll at Farmer's, doing his Ben Blue line. Nahant had a Town Team then. All the guys were home from the war and had been away from this field for a few years. Every town had a team and the rivalries were great. On Sundays there was standing room only. The people flocked there. It was a ritual for the Catholics in town, quarter of ten Mass with Father Sommers, then head home to change from the shirt and tie and straight to the ball field. Well, maybe not straight to the ballpark, a stop along the way at Tony's or Rosey's for a Pickwick and a meatball sandwich was in order before the game. Old Huck played third base, Henry was at short, Frank Powers at second, Geezer at first, Charlie Hunter caught, Barry was in left, Falaska in center, and the all-time controversial player to ever lace'em up, Richie "Ozark" O'Connor, patrolled right field. Richie was a legend! He



Little League float, 100th Town Anniversary parade, 1953

fought, he played, he had a beer or two, he sneered at the opposition, he struck out, he hit home runs, he argued, he yelled, screamed, swore and was the greatest showman of his time and my personal hero.

Richie had a bat that had to be 40 inches long and weigh three pounds. I should know I was the batboy for the Old Town Team. The bat had a trademark on it like you have never seen. Not an oval like the Louisville Slugger. This looked like an orange crate that you pushed against one corner too hard and it collapsed. The only word in that trademark was "Ozark", no numbers, nothing. For all the things I have mentioned about Richie, I have to add one more; he was that good! He could run, he could hit, he could throw equally well with either arm and he knew the game.

There was one game that I will cherish in my memory for eternity. It was a Sunday afternoon over the Fourth. If you're a Townie you'll know what that means. For those of you who aren't Townies, it means party time! It means buying fireworks out of a garage at the bottom of Spring Road. It means eating and drinking, seeing old friends, having a pop or two at Mahoney's. It means baseball! That field was manicured to perfection! The skin infield was as true as a pool table. The pitcher's mound was a perfect hill in the middle, the sides neatly sloping to the flat surface. A white pitcher's rubber was precisely placed to the rear of the center. Home plate and the batting boxes were so exact in their layout; I think Pythagoras had a hand in its design. The base lines were freshly chalked all the

way to the foul poles and were a brilliant white in the summer sun. Joe McCormack and Matty Greco were the architects of this great masterpiece. They followed the rank and file Catholics on their Sunday mission. Matty and Joe varied it slightly, they went to seven-thirty Mass with Father Hart, thus giving them more time at Rosey's and Tony's!

Now I have seen the home run strut of all the great hitters, from Williams to any of the current-day group. None, and I mean none, captured the fan enthusiasm like Ozark. You can have the Reggie Jacksons of the world and I'll take Ozark. The current hitters like to stand at home plate and watch the ball in its path. Ozark did it with much more style 50 years ago.

SOURCE:

Thanks to Bonnie D'Orlando and Calantha Sears of the Nahant Historical Society and to Patrick O'Connor, for his memories of Nahant.

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





Summer Baseball

As seen through the eyes of Nahanter Patrick O'Connor



Now back to the game, on this beautiful Fourth of July weekend. The only way to describe it is to borrow a poem from an old baseball book my son, P.J., gave me for Christmas a few years ago, "Casey At The Bat." This poem was printed in the San Francisco Examiner June 3, 1888, long before Ozark was born. I have never seen a ballplayer fit the hero of this poem like Ozark. So with apology to the author, let's go!

The outlook wasn't brilliant for the Nahant nine that day,
The score stood four to two, with one inning left to play,
And so when Hunter died at first, and Geezer did the same,
A sickly fear came o'er the patrons of the game.

A straggling few got up to go in deep despair.
The rest clung to that hope that springs eternal, within the human breast.
They thought, if only Ozark could get a whack at that,
We'd put up even money, now, with Ozark at the bat.

But Henry preceded Ozark and so did Jimmy Brown,
The former was a lulu and the latter was a clown.
So upon that stricken multitude grim melancholy sat,
There seemed but little chance of Ozark getting to the bat.

But Henry let drive a single, to the wonderment of all,
And Brown, the much despised, tore the cover off the ball.
And when the dust had lifted and the fans saw what occurred,
There was Brownie safe at second and Henry hugging third.

Then from 5000 throats and more there rose a lusty yell,
It rumbled through the valley, it rattled in the dell;
It knocked upon the mountain and recoiled upon the flat,
For Ozark, mighty Ozark, was advancing to the bat.

There was ease in Ozark's manner as he stepped into his place;
There was pride in Ozark's bearing and a smile on Ozark's face.
And when responding to the cheers, he lightly doffed his hat,
No stranger in the crowd could doubt, 'twas Ozark at the bat.

Ten thousand eyes were on him as he rubbed his hands with dirt;
Five thousand tongues applauded when he wiped them on his shirt.
Then while the writhing pitcher ground the ball into his hip,
Defiance gleamed in Ozark's eye, a sneer curled Ozark's lip.

And now the leather covered sphere came hurtling through the air,
And Ozark stood a-watching it in haughty grandeur there.
Close by the sturdy batsman the ball unheeded sped –
"That ain't my style," said Ozark. "Strike one," the umpire said.

From the benches, black with people, there went up a muffled roar,
Like the beating of the storm waves on a stern and distant shore.
"Kill him! Kill the umpire!" shouted someone in the stands,
And it's likely they'd a-killed him had not Ozark raised his hand.

With a smile of Christian charity great Ozark's visage shone,
He stilled the rising tumult; he bade the game go on;
He signaled to the pitcher, and once more the spheroid flew,
But Ozark ignored it, and the umpire said, "Strike two."

"Fraud," cried the maddened thousands, and echo answered fraud;
But one scornful look from Ozark and the audience was awed.
They saw his face grow stern and cold, they saw his muscles strain,
And they knew Ozark wouldn't let that ball go by again.

The sneer is gone from Ozark's lip, his teeth are clenched in hate;
He pounds with cruel violence his bat upon the plate.
And now the pitcher holds the ball, and now he lets it go,
And now the air is shattered by the force of Ozark's blow.

Oh, somewhere in this favored land the sun is shining bright;
The band is playing somewhere, and somewhere hearts are light,
And somewhere men are laughing, and somewhere children shout



Above: Nahant Peninsula baseball team, 1947



Nahant Village Church Men's baseball team, Lowlands field, 1923-4

Above, right corner: Nahant slugger Richie O'Connor, alias "Casey."
Above, left corner: Women's and men's baseball t-shirts worn by Savage family, 1970s.

There is great joy in Nahant, mighty Ozark hit one out!

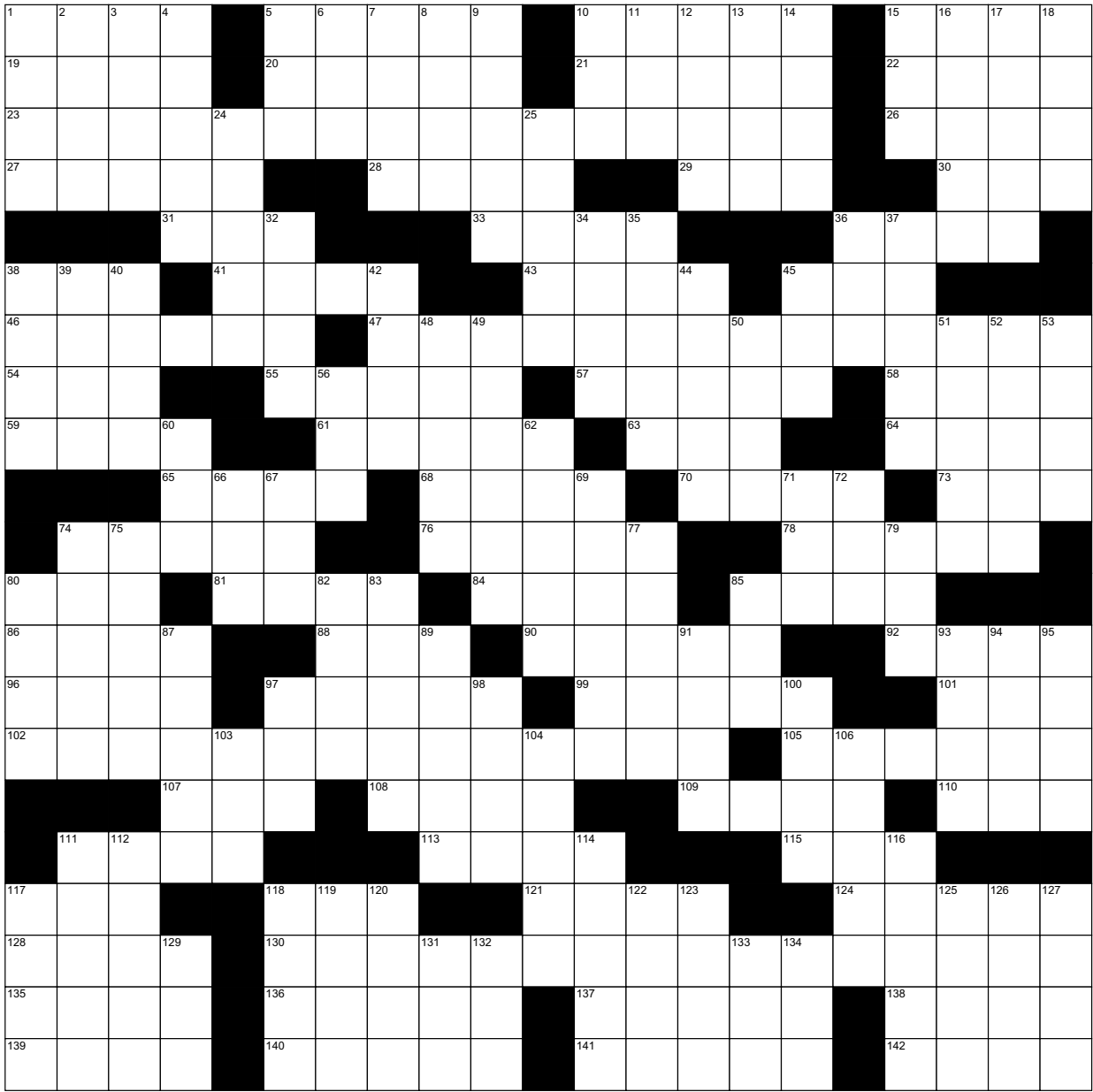
That old ball left the bat like a rocket. It left the infield and headed for Little Nahant!
As it went by Old Glory it seemed to gain height. It cleared the road.
It cleared the sand dunes and landed somewhere on the beach. That ball would have been out of any park, including Yellowstone!

The game was won, the fans were cheering; the place was going wild!
There was Ozark – still in the batter's box – still holding the bat! He played the crowd for all it was worth.
He had this little grin on his face, his hat was tilted to the side and he started his home run trot. But he didn't run –he walked! The fans were on fire. They yelled and screamed for Ozark as he slowly rounded the bases. Every once in a while he'd tip his cap. That O'Connor grin never left his face. When he finally crossed the plate, he handed me the bat – he had carried it all around the bases!

Did I ever play on this field? Mike, I was born on this field!

NAHANT PUZZLE PAGE

"Father Knows Debt"
by Rick Kennedy



ACROSS

- 1 Due
5 Burma-____
10 Colorado park
15 ____ au rhum
19 Weight unit
20 Spiral
21 Freeloader
22 Some (2 wds.)
23 Start of a quip
26 Abundant
27 Gossip
28 Season
29 Negative
30 Pole
31 Yang's partner
33 Bass horn
36 Horsefly
38 Fish eggs
41 Univ. program
43 Crests
45 Also
46 Gully
47 Part 2 of quip

- 54 Rock
55 Relative
57 Orderly arrangement
58 Preposition
59 Mil. branch
61 Outstanding
63 ____ root
64 Brown
65 Augusta's " ____ Corner"
68 Family rooms
70 Russian ruler
73 Shade tree
74 Bit
76 Climb
78 Denounce
80 Duran Duran hit
81 Hideout
84 Location
85 Cook book?
86 Part of DPI
88 ESE or NNW
90 Unhand (2 wds.)

- 92 Places for pansies
96 Soap unit
97 Morning show
99 Rigoletto composer
101 Caesar's dozen
102 Part 3 of quip
105 ____ convention
107 And so forth
108 Sake base
109 List type
110 X
111 Helper
113 Rowers' needs
115 Oolong
117 Insert
118 Resort hotel
121 "That hurt!"
124 Muslim's God
128 Lucre
130 End of quip
135 Qualified
136 Greek epic poem

- 137 Glens
138 At any time
139 Pry
140 Fenway destination
141 Pass
142 Ohio team

DOWN
1 All right
2 Missus
3 Dash
4 Crazy
5 That woman
6 That woman
7 Arabic letter
8 Travel document
9 Worship
10 Oil source
11 Oil source
12 Small city
13 Nymph spurned by Narcissus

- 14 Small drink
15 Tavern
16 Ablaze
17 Confuse
18 Amazed
24 Species of woodpecker
25 Stuffs
32 Midday
34 ____ fide
35 Separate
36 Bill's partner
37 Egyptian flower
38 Prego's competition
39 Mined metals
40 Writer Bombeck
42 Charleston ____
44 Jack ____
45 Scriptural "your"
48 Acetic and nitric
49 Roman statesman
50 Drains energy
51 Smile scornfully

- 52 Boot-like peninsula
53 "Cheers" regular
56 Charged particle
60 Remote
62 Knot
66 Bad start?
67 Gov. agency
69 Jacket part
71 Hubbub
72 "Man on the Moon" group
74 Moses' mountain
75 Prepares for firing
77 Consumer
79 Hack
80 Monied
82 "American ____"
83 Legislative clause
85 Sacred fish
87 Cut
89 2:1, for example
91 Cultivated
93 Leave
94 Eat
95 Cancer, e.g.
97 "Trading Spaces" airer
98 Youth org.
100 Part of MIT
103 Snacked
104 Blue bird?
106 Leading
111 Philippine dish
112 Gods
114 Leather
116 Change
117 Actor Alda
118 Liner
119 Tablet
120 East
122 Greenish-blue color
123 ____ hoop
125 Golfer Davis
126 Retired
127 Towel word
129 Ball holder
131 Entrance rug
132 Lyric poem
133 A dry wine
134 N.Y. hours



Mr. George Cutting and Dr. Kathleen Edwards were married on April 17, 2008, in Honolulu, Hawaii. Of course, they made sure their HOOMPA sticker came to the ceremony.

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION
JULY 2008

All Community Calendar items, personal ads,
classifieds, business ads, articles and short stories.
MONDAY, JUNE 16th • 5:00 P.M.
Home Delivery: Saturday, JUNE 28th.

Staff, Volunteers & Contributors

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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 descretion of the editor.

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

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

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

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Thank you.

Got something to share...

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

An Honest Tribute

By Rick Kennedy

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

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A	D	E	N		I	N	C	U	R		M	A	T	E	R		A	D	A	M
	S	K	I	N	N	Y		A	E	R	O			D	O	G	L	E	G	
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A	T	E		F	L	O	T	S	A	M			S	O	D			O	U	T
L	E	E		L	I	B		P	R	O		R	I	B	S		C	O	D	A
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B	A	D			L	I	E	S			A	B	E	L	I	N	C	O	L	N



Hi Nahant, I’m Wasabi!

I flew in a few weeks ago from Denver to become Frank and Juliette Guidara’s new Teddybear. They lost their old boy and were very sad.

Some big shot Westminster Kennel Club handler showed up the other day, got very, very personal with me and thinks that I might be the next top dog – go figure! This means we have to come up with a strong, but fun, show name for moi. It has to start with “Bear Den’s...” and can go on and on.

Before you start thinking of a fabulous name, I want to tell you a bit about who we are. The Chow Chow is one of the oldest breeds of dogs known.

We all have purple tongues and some say that it’s because at some point, a bear may have had his way with one of us. I think it’s because we were bred to eat the dead bodies left on a battlefield. I mean com’ mon! If that doesn’t mess with your tongue... I personally go to Captain’s for a cheeseburger. We are proud dogs, fearless and won’t back down. It’s important for me to meet all of you. I LOVE people and hate it when they don’t pay attention to me. Mom gets really embarrassed if I chase somebody who’s trying to ignore me. I love kids and already have a girlfriend! I’m always up for a play date – so if you’re ready to rumble at doggie beach, or at my house, call me! 781-593-3003.

If you have a name idea, please email it to: Juliette@CenterOfThought.com

Thanks and I’ll let you know which one I’ve picked!!!! See you around and don’t forget to scratch my ears and tell me what a good boy I am!

Hugs and wet sloppy kisses, Wasabi



Brownie Girl Scout Troop 24 recently took a trip to Bertucci’s in Swampscott. The girls were given a tour of the kitchen and then enjoyed a yummy lunch. Thanks to Maisie and her Dad. Submitted by Nancy Caggiano and Troop Leaders.

FOR THE BEAUTY OF THE EARTH

“I am Teri Motley - with the Spring, I wind up
Today 04.19.08 - at the Nahant Church Village, in Mass.
Where I desire to become a minister in
The United Church of Christ.
I believe God, as the Holy Spirit,
Was and is with me. He appears in the beauty
Of natural harmony,
And cares about humans and humanity.”

“As a girl singer, when I sang the “Sanctus” from Bach
I did not know who was calling me.
As the boy Samuel said: ‘Here I am!’
Here I am! My Lord!—My spirit
Pulsates today, in the culminating hour
When the Ecclesiastical Council votes—
And the Nahant church bells ring for me!...
Answering questions from the Council’s members,
The answers, received for 2,000 years from others
I am full of tears—remembering
My own life’s most difficult problems and emotions,
But God’s love helped to sustain me through pain.”

“—I am a creature, not a creator
And my life is intended to be centered on God!
Jesus died a human death to save us.
The cross to me is a symbol of:
‘Truth forever on the scaffold - Wrong forever on the throne’
I believe the Resurrection is God’s victory over death,
That Jesus has a relationship to me personally
Jesus has walked with me in times of my suffering,
And Jesus calls me to be ordained to the ministry.”

“In the church to which I am called
I will invite people—proclaim the Good News.
May I be given the strength, the wisdom and the faith
To serve God this way.
A M E N!”

— Rozi Theohari, April, 2008

Council On Aging Calendar June 2008

Mon	2	12:00P	Blood Pressure and Glucose Clinic – Tiffany Room
Wed	18	12:00P	June Birthdays – Cake by Roz – Tiffany Room
Thur	19	10:00A	Foot Clinic – Dr. Mark Sanphy – by appointment only
Wed	25	7:00P	Board Meeting
Mon	30	11:00A	TRIAD-Meeting Sheriff’s Dept Rep. - Tiffany Room

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

Mondays	9:00A	Yoga (COA sponsored)-Community Center
Tuesdays	9:00A	Quilting – Community Center
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center
Wednesdays	TBA	Painting –Water Colors
Wednesdays	12:30P	Shopping Trip from Tiffany Room, or call for pick-up
Thursdays	10:30A	Senior Exercise – Senior Center
Thursdays	6:00P	KNIT IN– Community Center

Home Evaluations for Senior Safety continue. Please call for information about this important program 781-581-7557. This program includes preventing falls in the home, help with medication, suggestions for making the home safer.

Information and calendar subject to change. Please call for updates.



Ricky Wilson and 36 other members of the Pomfret School Chorus, went to Japan to perform at several venues and explore the country for ten days, over the March Break. Ricky is seen here with Mt. Fuji in the back ground.

Ricky was the un-official photographer.

Community Calendar • JUNE 2008

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

JUNE 2008

SUN	1	10:30A	Worship Service & Sunday School. Village Church
SUN	1	3:00P	Apollo Men’s Chorus Concert at Town Hall
FRI	6	8:00A	Cullinan Speaks at NVC FREE Breakfast
FRI	6	8:30A	Sailing Registration at Ball Field at Fire Station till 11 a.m.
FRI	6	7:30P	6th Grade Musical The Sound of Music. Johnson School.
SAT	7	9:00A	BEACH CLEAN-UP
SAT	7	8:30A	Sailing Program Registration at Ball Field
SUN	8	10:30A	Worship Service & Sunday School. Village Church
SUN	8	10:30A	Registration for Walk for Respect. Swampscott
MON	9	6:30P	SWIM meeting at Lane Student Center, Wenham
TUE	10		Johnson School Field Day
SAT	14	9:00A	Life-Saving Station Fence Erecting & Cleanup Party
SAT	14	Noon	Tennis Open House at Nahant Country Club. Till 3 p.m.
SUN	15		FATHER’S DAY
SUN	15	10:30A	Worship Service & Sunday School. Village Church
SUN	15	4:00P	Newton Baroque Concert in Ellingwood Chapel
MON	16	3:00P	Bloomsday 2008 at Nahant Library
TUE	17	7:30P	Democratic Town Committee Meeting, Nahant Town Hall
WED	18	6:30P	15th Annual Louise Rossetti 5K for Women 781-581-0482
WED	18		LAST DAY OF SCHOOL - SUMMER VACATION
THU	19	9:00A	Sailing Registration at Town Wharf till noon.
FRI	20	9:00A	Sailing Registration at Town Wharf till noon.
SAT	21		SUMMER OFFICIALLY BEGINS
SAT	21	6:00P	Sunset Cocktail Party to benefit Bremer School of Irish Dance at Blythswood Estate in Swampscott
SUN	22	10:30A	Worship Service & Sunday School. Village Church
MON	23	8:00A	Junior Tennis Tournament. Nahant Country Club
TUE	24	8:00A	Junior Tennis Tournament. Nahant Country Club
WED	25	8:00A	Junior Tennis Tournament. Nahant Country Club
SAT	28	10:00A	Swampscott Historical Society Garden Tour
SAT	28	8:00P	La Boheme Opera at Town Hall.
SUN	29	10:30A	Worship Service & Sunday School. Village Church
SUN	29	3:00P	Author Rappa, Jr. book-signing at Library

JULY 2008

FRI	4	9:00P-ish	Nahant Fireworks Display at Bailey’s Hill
SUN	6	3:00P	North Shore Concert Band at Sears Pavilion Baileys Hill
SUN	6	4:00P	Les Bostonades Concert, Ellingwood Chapel
SAT	19	7:00P	Barefoot Black Tie at Short Beach
SUN	27	4:00P	7 Hills Renaissance Wind Ensemble, Ellingwood Chapel

AUGUST 2008

SUN	3	4:00P	Amphion’s Lyre Concert, Ellingwood Chapel
SUN	17	4:00P	La Donna Musicale, Ellingwood Chapel
WED	20	6:00P	Democratic Town Committee Meeting, Tri Town Democratic Unity Celebration, Nahant Dory Club
SUN	31	7:00P	Mitchell’s Cahnah Labor Day Block Party

Public Library Hours
Mon. thru Thurs. 10:00 a.m. to Noon. & 2:00 to 8:00 p.m.
Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.
Saturdays and Sundays: 2:00 to 5:00 p.m.
781-581-0306

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

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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).

American Legion Post #215 and the **Nahant Veterans Association** meets on the first Tuesday of every month, at 7:00 p.m., at the Nahant Town Hall.

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



EMERGENCY MANAGEMENT

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

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Roaring Twenties Fashion Show was held on Friday, May 9th, at the Spindrift in Nahant. The show was a success with many colorful fashions and characters. A fun time was had by all.

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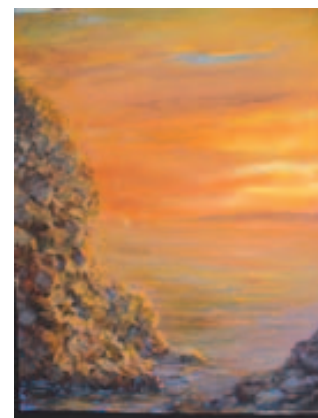


Paintings by Carolyn Jundzilo-Comer

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