



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 9

SEPTEMBER 2008

Nahant Historical Society's AUTUMN FAIR Saturday, September 27th

On Saturday, September 27th, from 10:00 a.m. to 3:00 p.m., at the Nahant Community Center, at 41 Valley Road, come join the fun at one of the special events of the celebrated Essex National Heritage Area's Trails and Sails Weekend, right here in Nahant.

Enjoy a relaxing day. Visit the Society's Open House. See the national award-winning exhibition, Nahant on the Rocks. Try your luck with our silent auction featuring art, handmade articles and other surprises. Our raffles will offer at least two, free gift certificates to our museum shop. Check out our shop for your copy of the 150th Anniversary of the Town book, popular Nahant books, music and poetry CDs, afghans, posters, notecards and our Eagle fire engine cup plate, etc.

Local artisans will have many fine handicrafts for sale, as will local organizations, among them the Nahant Garden and Woman's Clubs. Please come, and bring your gift list, to support Nahant's local artists and community organizations. It's never too early to get started on the holiday shopping!

See the encore presentation of Nahant and the Blizzard of 1978, which played to a standing-room-only crowd, last spring. Seasonal drinks and treats will be available, along with special candies from Harbor Sweets, in honor of the magnificent ship model, the bark Sarah. Admission is free, plus free parking permitted during the Fair, on Valley Road and Ocean Street.

Mark your calendars now. See you there!

Boston Pops Violinist Gerry Mordis at September 5th Village Church Breakfast



Learn first-hand what life is like as a famous first violinist, at the Friday, September 5th breakfast, featuring Gerry as the speaker/musician. Gerry is first violinist of the Boston Pops Esplanade Orchestra, a resident of Nahant and well-known to many of us.

The free breakfast at the Nahant Village Church is served at 8:00 a.m., with the presentation to start at 8:30. All are welcome. Please come with one or more friends, for a great breakfast and an informative presentation.

Also, mark your calendar for the October 3rd breakfast. Our breakfast will feature State Representative, Steve Walsh.

Meet Me Downtown Annual Arts Festival in Lynn

It's time once again for Central Square's annual street fair and art festival! This year's Music Stage features the Crystal Steel PanJammers (the North Shore's only youth steel orchestra); The Mystery Tramps (<http://www.themysterytramps.com/>); The Joe Mack Band (www.joemack.com) and the Black Sea Salsa Band (<http://www.blackseasalsa.com/>)

More than 40 vendors will be on hand, offering an extensive array of arts and crafts, including jewelry, fine art, photography, fabric crafts, floral arrangements and much more!

Don't miss the first ever Festival Talent Show, hosted by Debra Crosby, Executive Producer of the Talent Quest TV Show. All performing artists, all ages, are welcome to enter! Performances must be family friendly. Winners will have all admission fees paid to the Talent Quest TV Show, where they will compete for cash prizes, with talent from throughout New England. Contestants must pre-register and audition spaces are limited, so call LynnArts early!

The day will also feature free children's activities, like face-painting, hand twisted balloons and the popular moon bounce! All performances and children's activities are free. This is a day to celebrate the rich culture of the North Shore. Please join us for this annual event and what promises to be a wonderful day!

The Meet Me Downtown Festival is produced by LynnArts, Inc., the Office of Mayor Edward J. "Chip" Clancy Jr. and Lynn EDIC. This year's Festival is sponsored by The Daily Item, The Central Square Collaborative, The Massachusetts Cultural Council, The Office of Economic and Community Development, Wal-Mart, Appleton's, LHAND, National Grid, The Hall Company, Lynn City Council, East Boston Savings Bank, John's Fuel, Community Credit Union, Columbia Insurance, Building 19, Tello, The Mayo Group, Lynn Community Health Center, Boston Medical Center HealthNet Plan and Kettle Masters of New England.

Little League Elections To Be Held

Nahant Little League's annual meeting to elect officers and the Board of Directors, will take place on Wednesday, September 17th, at 7:30 p.m., in the basement of the St. Thomas Aquinas Church. If you would like to run for a slot on the board, please state so, in writing, and mail it to: Nahant Little League, c/o 24 Phillips Road, Nahant, MA 01908.

Submitted by Joe Marini, Nahant Little League

Nahant Knights Hold Flea Market September 13th

On Saturday, September 13th, from 9:00 a.m. to 3:00 p.m., the Nahant Knights of Columbus will hold a Flea Market at the Knights of Columbus Hall, in Relay Yard. Table space rental is available at \$40 and is equal to 32 square feet. Additional 8' tables are available for \$5 each.

Food, beverages and entertainment will be provided by the Knights. Proceeds will benefit the Knights of Columbus charities and town organizations.

Call (781) 492-1144 or (781) 599-9496 to reserve your table now. Applications are available at the K of C. Please support the Knights of Columbus!

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Woman's Club Honors Past Presidents

The Nahant Woman's Club will open the 2008-09, year with a luncheon on Tuesday, September 9th, at the Nahant Village Church, at 11:30 a.m., to honor the club's past presidents. Past President Calantha Sears will give a presentation on several spectacular women who were past presidents of the Nahant Woman's Club. Marrit Hastings will offer the invocation. Emily Potts and Becky Richardson will be co-hostesses for this special event.

The NWC will join the Nahant Garden Club on Thursday, September 25th, at 10:00 a.m., for a planting session at Spindrift on Nahant Road. Bring garden tools, a chair, and a bag lunch.

On Saturday, September 27th, the NWC will sponsor a table at the Nahant Historical Society. Fabulous Nahant Sweatshirts, featuring a sailboat, plus a wheel, will be available for the first time. The Nahant Recreation Commission gave the NWC permission to use the logo from a shirt they offered, many years ago. Nahant scenic postcards, with photographs by Melinda Hatfield, will be inaugurated, as well.

Members who have not received the 2008-09 yearbook, please call Treasurer Marrit Hastings, at 781-581-5691, or email calhast@hotmail.com, to arrange for delivery.

Mark your calendars, today, to join us at these truly special events of the Nahant Woman's Club.

Boating Safety Course

The United States Coast Guard Auxiliary, in conjunction with the Nahant Sailing Program and the Nahant Dory Club, is offering a boating safety course in September. Graduates will receive a certificate allowing them to operate boats in states that require the completion of a boating course. (Many surrounding states do require a boating course.) The course will cover required safety equipment, navigation rules, aids to navigation system, trailering your boat, various boating laws and safe operation.

Registration will be held on Thursday, September 4th, at 7:00 p.m., at the Nahant Dory Club. Classes will be held on Tuesdays and Thursdays, September 9th, 11th, 16th, 18th, 23rd and 25th. Class duration is two hours and will begin promptly at 7:00 p.m.

Class size is limited to 20 students. The cost of the course is \$30.00 per person. Part of the proceeds will be donated to the Nahant Sailing Program, to be used for the purchase of safety equipment.

Due to limited seating, early registration may be made by e-mail to Bob Cusack at rjcusack@verizon.net. If you have any questions, please call (781) 581-1159.

Where Ya Been, Amelia? At the Nahant Public Library

The Devena Theatre Company will be presenting, Where Ya Been, Amelia?, at the Nahant Public Library, 15 Pleasant Street, on Sunday, September 14th, at 3:00 p.m.

Amelia Earhart disappeared over the Pacific Ocean, while attempting to make a circum-navigational flight of the globe in 1937. Fascination with her life continues today, with many theories as to her disappearance. This "edutainment" production offers several creative scenarios, as to what may have happened to Amelia, as well as a dramatic overview of her life. The show, written by Fran Baron and directed by Joseph Zamparelli, Jr., will feature Lynne Moulton in multiple roles. The audience will be encouraged to offer their thoughts in a discussion after the performance.

Lynne Moulton has performed several roles for Delvena Theatre, including her IRNE-nominated Martha in Who's Afraid of Virginia Woolf? and Sissy in Piece of My Heart and also for numerous other theatre companies in the New England area. She trained as an actor at the Royal Academy of Dramatic Art under the direction of Sir Robert Palmer and at Trinity Rep Conservatory.

Joseph Zamparelli, Jr., is a professional actor, director and producer. A graduate of Boston College, concentrating in Psychology and Theater Arts, he attended the professional training program, at Circle in the Square Theater School, in New York City. In addition to commercial film and television work, he is Production And Artistic Director of BostonAlive.

The Delvena Theatre Company, founded in 1992, has performed at various venues, most often at the Boston Center for the Arts and four times at the Nahant Public Library. The company was nominated for five Independent Reviewers of New England awards. Its production of Who's Afraid of Virginia Woolf? was on Theatre Mirror's Best List for acting, directing and production. Presentations of Anna Weiss and Beyond Therapy were included on Theatre Mirror's best play list and Blue Heart was placed on Aisle Say's best list.

Where Ya Been, Amelia? is offered free to the public and is sponsored by the Friends of the Nahant Public Library. It is recommended for ages 10 and older. For more information, call the Library at (781) 581-0306.

Marine Science Center's Open House

It's that time of year again...please mark Saturday, September 20th, from 10:00 a.m. to 3:00 p.m., in your calendar for Northeastern's Marine Science Center's Open House.

Join us for: Guided Tidepool and Geology Walks, Tour Northeastern University's Center for Vertebrate Studies, Tours of the WWII Bunker, Tours of the Solar Observatory, Marine Research Exhibits, Marine Life Exhibits and Beach Cleanup. Activities for all ages and much more!

Lots of fun! Come for the day on Saturday, September 20th. Help make this event even bigger and better than last year.

For more information call (781) 581-7370, or visit www.marinescience.neu.edu

Nahant Garden Club Plans Busy Month

The Nahant Garden Club will have a very busy month in September, with a variety of events in store.

Our wonderful new yearbooks, for the upcoming year, are available and should have been received by all Garden Club members. Any club member who has not received one, should call a member of the Board.

A fund-raiser will be held at The Tides Restaurant on September 8th, from 6:00 to 9:00 p.m. During that time, a portion of dinner sales will be donated to our Garden Club. Additionally, a table will be set up with silent auction items, as well as items for sale. Please support this fund-raiser, while enjoying a night out.

On September 11th, the Board of Directors will meet at Margaret Blank's home, at 6:30 p.m.

Thursday, September 25th, marks the date for our 10:00 a.m. meeting at the Spindrift, 194 Nahant Road. Garden Club members will be planting daffodils, lilies, rosa rugosa, sedum, hydrangeas, Montauk daisies and more, to "Spice Up Spindrift." Garden Club members should bring garden tools and gloves.

The Garden Club will take part in the Nahant Historical Society's Autumn Fair, on Saturday, September 27th, from 10:00 a.m. to 3:00 p.m., at the Community Center, 41 Valley Road. As you walk into the Community Center, look for the Club's table, with seasonal flowers for sale. Submitted by Suzanne Hamill.

Outdoor Worship Services Continue into Fall

The next town-wide, outdoor worship services will be held on Sunday, September 14th and on Sunday, October 12th, from 8:00 to 8:30 a.m., at Marjoram Park. Previous services were great successes, with about 30 or so in attendance, as we worshipped – with Nahant boats, Boston and the sea as a backdrop.

Please join us and if you like, bring along a chair, or a blanket, for extra seating. In case of rain, we'll meet in the Dory Club. For more information, call Rev. Larry Titus at 781-581-1202.

Bay State Skate Celebrates 40 Years

Bay State Skating School, a non-profit, is celebrating the 40th year of offering Learn-To-Skate Classes for children ages 4 ½ and up through adults. Recreational, figure and hockey skating skills include beginner, intermediate and advance levels, taught by professional instructors.

These ice skating classes start soon and are held at 14 Greater Boston Rinks: Cambridge, Cleveland Circle/Brookline, Hyde Park/Dedham, Lynn, Medford Flynn, Medford Loconte, Newton/Brighton, Quincy, Revere, Somerville, South Boston, Waltham, West Roxbury and Weymouth.

For more information and registration, visit www.baystateskatingschool.org, or call 781-890-8480

Submitted by Rosemary Cloran, Bay State Skate

Magic Show at the Nahant Library by Rita Stepanova, Children's Librarian

Nahant Public Library, located at 15 Pleasant Street, invites the community to an interactive, educational and entertaining, Magic Show, with the famous Professor Readalot (Greg McAdams), on Wednesday, October 15th, at 3:00 p.m. Admission is free.

The Library (781-581-0306) is grateful to the Friends of the Library for funding this program.

Fall Library Book Sale Needs Books

The next library book sale will be held in October (dates to be announced). We are in desperate need of book donations for the sale. Please bring your books to the library during regular hours: Monday through Thursday, 10:00 a.m. to noon and 2:00 to 8:00 p.m.; Friday, 10:00 a.m. to noon and 2:00 to 5:00 p.m. and Saturday and Sunday: 2:00 to 5:00 p.m.

The proceeds from the sales are used to provide programs for children and adults. Thank you for your support for the Nahant Public Library. If you have any questions, please call Robin deStefano 781-596-1767. Submitted by Robin deStefano.

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Submitted By Duddie & Ponsie Tudor "The Ice King Twins"

The Tudor Cocktail Ice Company Presents "THE CAHNAH - 2008"

The Tudor Family, along with the complete Tudor Cocktail Ice Company Staff, have volunteered their bodies to put on this year's Mitchell's Cahnah Annual Block Party, Sunday, August 31st, from 7:00 to 11:00 p.m. (Rain date Monday, September 1st, 1:00 to 5:00 p.m.) All the proceeds from this year's event will go directly to the Nahant Education Foundation, plus the Nahant Little League and The Nahant Recreation Committee.

As usual, all of the raffle tickets for the \$7,500 cash prizes have been sold (thanks to all who bought and sold them). This drawing will be at 9:00 p.m., on the evening of the event, with a \$5,000 first prize, a \$1,000 second prize and three \$500 third prizes.

This year's block party will feature hot dogs and pizza, along with soda, beer, wine and our commemorative 24 oz cocktail, "the COCK-A-DOODLE-DOO" (Dang! How down-right American).

When the last ball hits the hole, at the annual Kelly's Greens Calcutta golf tourney, we'll be rockin' live to the tunes of "Reunion" in the heart of "the Cahnah". Get there early, It's a quick 4 hours, trust me. You will see folks you haven't seen all summer, for that matter, you'll probably see folks you haven't seen in years!

If you're new to town, this is "the place you want to be." This "is" Nahant, in its true form. Our ISLAND MENTALITY personified!

Come on down, ADMISSION IS FREE, spend some money, BUY A BEER, DONATE TO OUR "ISLAND KIDS!"

Hey guys, we would appreciate your not bringing your own stash of "refreshments." Aw com'on. Remember, it is a fundraiser. Our staff is psyched to do their part to serve you quickly. They will be wearing their Island Mentality Tudor Cocktail Ice Company Shirts. And yes, they will be shamelessly available in 3 different hip styles, along with a very cool nautical red Island Mentality - Nahant ball cap at the block party. Great Christmas gifts!

Special thanks to Tom DeMakes, for donating the hot dogs, from Old Neighborhood, Mike O'Callaghan for the pizzas, Joe Dowling, for the yard, Dave Doyle, for the electricity, Wayne Wilson, for the stage, John Connelly, for the lights, Donna Hanlon and The Harbor Review, our Town staff from the D.P.W. for their hard work, and last, but certainly not least, all those fabulous Bishman volunteers.

The Tudor Cocktail Ice Company would like to take all the credit for coming up with this event, but truthfully, we're not that smart. The original Labor Day block party started when our tiny gem of an island was a summer beach community. The event was a way for the summer residents, who met on our fabulous beaches to say ciao, ciao for now and see you next year.

Heck, that's about it folks, hope to see you at "The Cahnah - 2008"

Submitted By: "The Entire Tudor Cocktail Ice Company Family"



Christine M. Menzies
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Third Thursday's - Central Square 5K Road Race Thursday, September 18th, 5:00 to 8:00 p.m.

Cheer on your favorite athlete, or register yourself, for an easy, scenic run through downtown and along the waterfront of Lynn. Prizes will be awarded in various categories at our 2nd Annual 5 K walk or run.

After the race, be at the finish line in Central Square, for live music and the exhibition, Athletes in Motion, at the Lynn Museum. Kids can create their own personal award at Raw Art Works.

For more information, please visit our website: www.lynnarts.net, or call us at (781) 598-5244. Submitted by Susan Halter, LynnArts

In Memory of Don Angle: A Tribute March 1943 — July 27, 2008



“Music I heard with you was more than music...” is a line from an Aiken poem that has surfaced often since Don Angle’s admirers and friends in Nahant learned of his untimely death, on July 27. He has been memorialized all over this country and in many places around the globe, by fans and musical colleagues - as he should be. For those who had the privilege of knowing Don during his long residence in Nahant, with his gifted wife Cherry, the loss feels personal. Small wonder. Don Angle was a kind and gentle person, whose enormous talent never eclipsed his humanity.

Almost 30 years ago, I first had the privilege of joining a packed Nahant Library audience for a harpsichord concert featuring Don’s “irregular harpschord” as he once dubbed his unique approach to the instrument. Those who attended that concert — and many others he gave here - invariably joined in the celebration of life evident in every note Don Angle played. Sousa’s “Stars and Stripes Forever,” a favorite, reminded us of who we are and why we are grateful to live here on this peaceful island.

The Nahant Village Church Memorial Service, on August 23rd, to honor Don Angle, offered ample evidence of the depth of our gratitude for what Don Angle shared with us and our deep sympathy to Cherry and his family in their -and our- loss. Rest in peace, Don. And thank you for being you.

Memorial donations can be made to the Nahant Historical Society’s Ellingwood Concert Series Fund, or to the Hospice of the North Shore.

Mass Theatrica Presents Italian Opera Night!

On Saturday, September 13th, at 8:00 p.m., at LynnArts, in the Neal Rantoul Vault Theatre, at 25 Exchange Street, in Lynn, the curtain will rise for Italian Opera Night. The program will offer songs and duets from such shows as The Marriage of Figaro, Don Giovanni, Il barbiere di Siviglia, Aida, La Traviata, La Boheme, Madame Butterfly and Falstaff.

Featured performers include Karen Amlaw, Michael Belle, Elizabeth Gondek, Meredith Lavine, Megan Nelson, Natalie Polito, Miho Sato, Giliana Austin, Angeliki Theoharis, Antanas Meilus and Stanley Wilson, accompanied by Bradley Pennington, on piano. Admission is \$15, \$13 seniors and students. For more information about the program, please call Mass Theatrica: phone: 508-757-8515, or email: masstheatrica@yahoo.com, or visit our website: www.masstheatrica.org. For directions to LynnArts, visit www.lynnarts.org.

Holiday Crafts & Gifts Workshops at Village Church

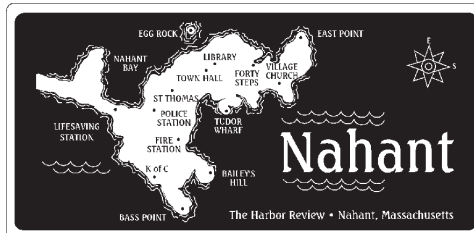
The elves of the Nahant Village Church are at it again! Beginning on Wednesday, September 3rd, at 7:00 p.m., we will be conducting holiday crafts workshops, in Swansburg Hall, at the Nahant Village Church.

These workshops are open to everyone in the Nahant community. Even if you don’t consider yourself a “crafty” person, you can help us make gifts to sell at the annual fair, or learn to make gifts you can give to your family and friends. We can teach you how to crochet, knit, sew, glue, paint, polish, so you can make some really neat gift items. Not only do you help the Village Church raise much needed funds for fuel and other expenses, by making a few items for the crafts table, you get to spend some quality time with your “crafty” friends and neighbors at the Village Church! At this time, we plan to meet every other Wednesday. The workshops are scheduled for Sept. 17th, Oct. 1st, 15th and 29th, Nov. 12th and 19th and possibly Dec. 3rd.

Some of the projects for the workshops include, Macramé Holiday Door Bells, Crocheted Stained Glass Afghan, Crocheted Bed Slippers, Hand-sewn Art Quilt, Bleach Bottle Santas, Crocheted Ripple Stitch Afghan, Beaded Holiday Package Bows, Hand-Decorated Old-Fashioned Gingerbread People, Doll Clothes Making (for the dolls Youngea Benson is making), Christmas Crystals Jewelry, Beaded Christmas Tree Skirts and Wooden Train Sets. All are simple, yet very saleable, work up quickly with minimum instruction and look fabulous.

We hope to attract a whole lot of crafty people. The more people we have, the more projects we can do. Anyone who can hold a pair of scissors, or a glue gun, can help with these projects. From cutting cords for the macramé bells, or cutting empty bleach bottles in half for Front Door Santas, to gluing candy canes to a cardboard wreath frame, or painting wooden parts prior to assembly.

If you can’t come to the workshops, but would like to help by working on a project or two in your home, call Head Elf Donna, at 781-581-0648.



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Poem by ROZI THEOHARI

Tenderly in the stern of his skiff, George Taylor,
the keeper of Egg Rock Lighthouse laid the shrouded body
of his wife...He was taking it ashore for burial...
She had died on the lonely island at the gateway
to Lynn during the Winter. Unable to provide burial in the
rocky soil, he had placed the body in the oil house carefully
wrapped in blankets. (Daily Evening Item—Lynn, Mass)

4 March, 1860—I was cleaning my veranda
When George, my childhood friend, stopped by...
“-Hi...Effie...-he said saddened- I just buried my wife!...”
Breathless, I shook his hand...embracing in sympathy...
Tightening his fisherman’s cap in his hands, he sighed:
“- My gal...it is loneliness there, in Rock...pain...dark,
If you can desire to marry me...hurry...decide!

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I must return to the light before dusk!”
No woman in the universe could consent in just seconds...!
But me...
Thanks up to Thee
A tragedy brought a husband to my altar,
The sanctuary of my heart
Belongs now and for ever—to Egg Rock Island
Where my man, George, is the keeper of Light.
The minister who had buried his dear lady
One hour later – at a Lynn church- crowned our marriage
I became George’s second wife.
No veil, no flowers, no guests—only my trunk
He must return to the light before dusk
He must return to the light before dusk.
We two entered the skiff
And rowed through the Nahant waters
Sitting on my bride’s wooden chest
Enclosing my belongings, my dreams and my holiday dress.
I lifted up my head—A small black cloud
As a bad sign—slipped away.
While the white clouds
Like wedding flowers
Ran with us...Ran with us...

Our family at the Lighthouse—all seven, biblical number:
George, me- Effie, the dog Milo, the ocean, the sun, the moon and God!
Blessed by the symphony of the fluctuating blue waves
And the myriad sounds of birdsongs and buzzing bees
The only entertainment—watching the white seagulls
Dropping their clams on the rocks
One- two- three- times...
Midnights...mid days...a Queen I guess...I was
Of the monumental Egg Rock—which more than an egg
An elephant could be...
Our Light guided and warned mariners,
Greeting cheerily and waving hands
When their ships floated near us...
Proudly, a ship called the Mayflower came to our island
I sang Amazing Grace at my piano as a welcome!

Nine months later—in a severe November rainstorm
My first girl baby was born
Before her arrival—George sculled to Nahant
To find the nurse—but they couldn’t get back!
Alarmed, panicked, alone on my stone island
I kept the light trimmed and burning bright
Meanwhile I delivered my baby in the oil house
Where long ago my husband’s dead first wife had lain
Where she blessed my four other children, boys and girls, coming in a row
All with blue eyes—painted by the waves and the skies
Here ends my story — now a legend...

x x x

Two centuries later, evening, June 2007,
Sitting with my friend, Effie Taylor, 86,
On the Nahant shore—glancing at Egg Rock
Complete darkness...Lighthouse no more...the old fashioned,
Today everywhere—automatic lights.
Egg Rock—as an abandoned, dormant mammoth
Watches in envy the romantic yachts—alongside...

Effie...the fifth generation of the Taylor family,
Concentrating on the silent, gray stones—
Prays for her great-grandmother
Whose honored name she holds...
In Effie’s bright blue eyes
The light of the Egg Rock still shines...

What Should They Read?

By Daniel A. deStefano, Library Director

The Fall reading season is about to begin, Dear Reader and you will soon develop your usual sharp appetite for "the latest." Yet, that appetite is too often short-lived, because the latest does not always represent the best. You know your best books, the ones that you think are so important, or so good, that everyone should read them. And, you know that other people too often don't seem to do so.

Let your Library help you to change that woeful state of affairs. We'll give you a chance to tell others what to read. Here's how it works: Choose a favorite book, even two of them. (No, not ten or twenty; just one or two!)

Email the Nahant Public Library at napublib@verizon.net and write "My Best Books" in the subject line. Tell us the title and author you recommend.

You don't use email? Come to, or write to the Library, with your recommendations. The Library will post all suggestions, with or without your name, as you request and display as many books as we can, labelled as one of "Nahant's Best Books." If we don't own the title, we'll get it.

All you have to do after that, is to tell your friends to read them, or you can read them again. Just remember to read the Library's copy!

Update on Nahant Life-Saving Station Project

By Paula Devereaux, Nahant Preservation Trust

Thanks to all who came to the 2008 Barefoot Black Tie held on July 19, 2008. A big thank you goes out to Cathy Bartholomew, Peter Barba, Amy Kraft, Kathy Ryan, Bernie Yadoff, Emily Potts, Brett Henry, Cliff Ansara, John Connolly and ATS Equipment, David Doyle, Nahant DPW and all those who helped out with this great event. Although thunder and lightning threatened, we escaped the worst of the storms and a great time was had by all. Thanks, also, to Chris Whitlock and the Acme Blues Band, for great music - another magical night in the moonlight on Short Beach.

We also had a great group of volunteers help out, to install the new wood fence at the Station. Thanks to Roz Puleo for coordinating this and all those who helped. The NLSS subcommittee of the Nahant Preservation Trust is pleased that the exterior garage restoration and renovations have been completed. The public bathrooms are now open on the side of the garage and are a welcome addition to users of Short Beach. We are renting out the Station grounds (not the building yet) to those who want to have cook-outs, family reunions and other events. Although the 2008 summer season is close to an end, please keep this in mind for next summer. It is a great place to have a party!

The restoration and renovation of the interior of the main Station building is next on our agenda. It will be renovated to provide interpretive displays of life-saving memorabilia (If you have anything to contribute, or know of someone who does, please let us know.) Plans call for the use of the ground floor interior for functions, with a caterer's kitchen. We are also exploring the lease of ground floor space to the Nahant Veterans Association, on a long-term basis, which will provide them a much needed home (fittingly, across the street is the Veterans Memorial), now that the property on Coolidge Road has been sold.

Our next fundraising event will be the 4th Annual Sea to Shining Sea Race, on Sunday, October 19th, organized by Roz Puleo. This 5-mile road race will begin at 10:00 a.m., with registration starting at 8:00 a.m. For more information, see www.nahantpreservationtrust.org and follow the Events and Happenings link to the Sea to Shining Sea. There will also be a 30k road race, sponsored by North Shore Striders, on Sunday, September 14th, at 8:30 a.m., with proceeds going to the NLSS. This race is also posted on the website.

We are always looking for volunteers to help with the effort, so if you want to help and get involved, please call me (781) 581-9466, or email us at webmaster@nahantpreservation.org.

Nahant native, David Lazzaro, has been an active woodcarver for over 40 years. He has studied wildlife since his youth and has been actively involved in hiking, backpacking, fishing, sailing and skiing during his life.

It was this combination of David's love of the outdoors and his innate artistic talent, which led him to this truly traditional art form: woodcarving.

Like most woodcarvers, David is primarily self-taught. David works from his home in Nahant. He has received many awards for his artwork, including a ribbon at the prestigious Ward Foundation.



David began carving birds indigenous to the area of his youth. His year-round observations of the birds in their natural habitat, have inspired the carved decoys and shore birds in David's collection of woodcarvings. His love of the ocean drew him to begin carving whales and dolphins. Capturing the grace and beautiful forms of these mammals of the sea, is a constant passion for David. Eventually, David branched out to more decorative carvings of Angels and Santas.

This time of year, David is preparing for the holiday season by carving one of his most popular carvings, Santas. For more information, give David a call. See his ad below.



DAVID LAZZARO
Woodcarver / Artist



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Awareness of Activities is Key to Preventing Pain and Stiffness

by Susan Cadigan, LMT, NCTMB, Nahant Therapeutic Massage

The alarm clock goes off, you shake the sleep from your head, grab a cup of coffee, a piece of toast and get ready for work or school. You load all you need for the day and throw the overstuffed bag, or backpack, onto your shoulder, or back and off you go. The commute is long due to traffic. The whole time, your neck is holding your head in the same position. Again, you heave your heavy bag, or pack, onto your shoulder and lug it into work with you.

You sit hunched at a desk for hours, grab another cup of coffee and maybe eat a granola bar, as you review the day's work on your computer screen. You take a phone call, but you are busy typing, so you hold the phone by scrunching your shoulder up and tilt the neck to the side, to press the phone into place, to juggle the call and work, to accomplish by the deadline. You sit for hours, caught up in the demands of work. Over time, your lower back, shoulders and neck, start to feel stiff. Your hips hurt and you feel additional tension in the back, or your legs. You work through the discomfort day after day. Soon you find that you are having tension, aches and pain, that develop when you do the same tasks, or at the end of the day.

Nagging stiffness starts to become a distraction and can also add stress to an already stressful day. Your body is starting to complain, by way of signals to your distracted mind, with pain. Bodywork, or a quality massage, is a nice remedy, but awareness of the repetitive activities and breaking the cycle, can help prevent the chronic issues that can occur over time.

Getting balanced meals and plenty of fresh water through the day, along with breaks for stretching to get circulation flowing throughout the body, is very important. Changing habits at your desk can be as simple as getting a headset to handle phone calls, instead of straining your neck and shoulder. Taking moments to put two and two together, can add up to solutions in comfort and self-awareness.

Another important factor to in doing repetitive tasks — the same thing day in and day out, without changing the pattern — is that over time, the body will begin to weaken, or shorten, the muscle that is not being used. The stronger muscles may need to over-compensate for the loss of “teamwork” and do more than their share. An imbalance has begun. You may need to strengthen weakened muscles to restore balance, as well as loosen the tight areas that have occurred. In some instances, it is as important to strengthen, as it is to lengthen. Therapeutic massage and deeper work, such as myofascial mobilization, can be a real relief to the chronic tension that you may be experiencing. But you do not need to have a “problem” to receive a nice therapeutic massage. To be continued ...

Susan Cadigan is Licensed and Nationally Certified in Therapeutic Massage & Bodywork. Nahant Therapeutic Massage is located at the Community Center: 41 Valley Road. You can reach Ms. Cadigan at 617-240-4252.

Final Days of Celebrated PEM Exhibition

“Clever and even outrageous” - Boston Herald

“Chock-full of delights...intensely intimate, private, even erotic” - Boston Globe

Less than a month remains for visitors to experience this summer's highly-acclaimed exhibition, *Wedded Bliss, the Marriage of Art and Ceremony*, on view through Sunday, September 14 at the Peabody Essex Museum.

Wedded Bliss explores weddings, as the inspiration for the creation of art, through a connective and comparative lens. One-Hundred and thirty paintings, sculptures, photographs, decorative objects and multimedia from around the world, highlight the complex beliefs and emotions surrounding the matrimonial experience. From the 18th century to the present, these works reveal the diversity of creative response to weddings, as well as changing attitudes and customs over time.

The Peabody Essex Museum presents outstanding works of artistic and cultural creativity from New England and around the world. Our campus features parks, period gardens and 24 historic properties, including Yin Yu Tang, a 200-year-old house that is the only example of Chinese domestic architecture, outside of China.

The Museum is open daily, 10 a.m. to 5 p.m. (closed Thanksgiving, Christmas, and New Year's Day). General admission: Adults \$15, seniors \$13, students \$11. Location: East India Square, Salem, MA 01970. Call 866-745-1876, or visit our Web site at www.pem.org.

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Just breathe!

By Sallee Slagle, Director, Dance Dimensions

We breathe naturally, without having to think about it. It's pretty amazing that we do this automatically about 20,000 times a day. But did you know that many of us do not breathe fully? Our lungs are the center of our living systems. Breath is life. So it would also correlate that the quality of breath influences our lives.

Inhaling gives our bodies the essential oxygen that all our cells live on. Every cell from our brains to our toes, organs and bones, all need oxygen. Incorrect breathing robs these cells of this and makes it difficult for proper function of our systems. We may experience fatigue, tension, vocal strain and limited physical endurance, if we do not breathe fully. Research has shown that shallow breathers are also more susceptible to illness, as it influences our immune system.

Fresh air has always been a healthy idea. "Sleep with a window open." "Get outside and move." Aerobic exercise is based on increasing your oxygen intake and heart rate, together, to increase your fitness. "Sit up straight so the oxygen can get to your brain." Clear thinking is dependent on oxygen to the brain and good posture is essential to proper breathing. The diaphragm is the muscle that controls our breathing. When we slouch, we compress the diaphragm, as well as other organs and cannot breathe deeply. We can only take shallow breaths, in a slouched position, so use a good chair and check your posture often.

Our lungs are not just for taking air in, they function as a means to eliminate toxins. In fact, they are a key part of our bodies' elimination system. Many of us do not breathe fully. This means, our lungs do not eliminate all the toxins they are made to do and our lungs are polluted. The toxins have to be exhaled from the whole lung. Many of us breathe only halfway.

Okay, so breathing for better health starts with observing how we breathe. Place your hands on the top of your belly where your ribs meet and notice what moves and what doesn't, with a normal breath. Now put your hands on the sides of your ribs and do the same thing. Okay now observe in a mirror to see how you breathe. Now take a deep breath. Do your shoulders lift? Does your ribcage expand?

Now stand with good posture and place a hand on your upper abdomen. As you inhale through your nose, let the abdomen expand so air will be pulled deep into the bottom of you lungs. Keep your shoulders down and watch out for tension in the neck. Exhale slowly through your mouth, keeping a relaxed face. Allow the abdomen to press in at the end, to exhale all of the oxygen from your lungs, then slowly fill them with air again. Repeat 2-3 times. If you should become lightheaded, stop and breathe normally. Breathe normally for about a minute and repeat.

You may want to practice in front of the mirror, at first, to ensure good form, but then you can do it anywhere. Try it lying down, before you go to sleep, or when you first wake up. Some people swear deep breaths and drinking a glass of water upon arising, gets you going as well as a cup of coffee.

Practice it daily. Deep breathing is going to refresh your body and mind. Help you eliminate toxins. Control stress. Sleep better and yes, even lose weight! It helps your body balance and function more efficiently.

Breathe well, live well.

Auriculotherapy

by Dr. Paul Malone, Marblehead Chiropractic

Auriculotherapy is a therapeutic intervention in which stimulation of the oracle of the external ear, is utilized, to achieve health conditions in other parts of the body. While originally based upon the ancient Chinese practice of acupuncture, the somatotopic correspondence of specific parts of the body to specific parts of the ear, was first developed in modern France by Paul Nogier, MD.

Auriculotherapy does not simply reduce the experience of pain, which is the more immediate effect, but also facilitates the natural healing processes of the body. It is important to treat the deeper, underlying condition, and not just the symptomatic representation of the problem, and Auriculotherapy can affect deeper, physiological changes. Auriculotherapy facilitates the natural, self regulating homeostatic mechanisms of the body by diminishing overactive bodily functions or increasing under active physiological processes.

The ear can be viewed as a computer keyboard terminal having peripheral access to the body's central microprocessor unit, the brain computer. Losing or damaging the ear would not necessarily be destructive to the brain computer, anymore than losing a keyboard would affect a physical computer. By having this peripheral terminal on the external ear, there is more ready access to the central brain computer than is ordinarily available. Pathological areas of the body transmit information to the brain. The brain computer microprocessor somatotopically monitors the body. Active ear reflex points respond to brain input, acting like a computer monitor to indicate areas of body pathology. The somatotopic ear computer terminal can be electrically stimulated to transmit information to the brain computer directing it to hyper-stimulate healing in the associated pathological area of the body. Pain is relieved in the body by neural output from the brain.

Most people will experience an immediate reduction in pain from Auriculotherapy. Some will experience pain relief three or more hours after treatment. Older patients or patients with long-standing pain problems may not experience a change until the 10th treatment. The pain relief may be temporary at first and only last for hours to a day at most. Several treatments are needed for a permanent long-lasting change. Acute or recent injuries will typically resolve completely in 10 treatments or less. Chronic or long-term injuries may take up to 24 treatments to resolve completely.

The most effective treatment program is three times a week, until the pain is completely resolved. Once a patient is asymptomatic for 3 consecutive treatments, the treatment is completed for that condition and the patient is released.

Patients who experience significant relief in a handful of visits, but do not complete the entire treatment program, may only experience temporary results, at best. Ask Lisa about our cost-saving treatment plans.

Auriculotherapy can be used to treat any painful condition with remarkable results.

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Special Education Services at Johnson School

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

Clearly, from what has been written, a number of parents have expressed dissatisfaction with special education services provided at the Johnson School. Parent concerns are taken very seriously. Department members, the school principal and I, are in the process of weighing the accuracy and merit of each of them.

Issues raised by parents have come at an important time – just after the completion of a “Mid-Cycle Review,” the mid-point of a coordinated six-year program review, completed by the Department of Elementary and Secondary Education. In this report, dated June 18, 2008, a total of 28 criteria areas were reviewed for full, partial, or non-compliance with state and federal requirements. Eighteen criteria were fully and effectively implemented. The remaining ten criteria areas were found not to be fully implemented and therefore in non-compliance. This will be our focus, as we plan corrective actions necessary, to fully implement these criteria throughout the coming school year.

Fortunately, much of this work has already begun. Prior to the State’s report, our administration began assessing staffing needs and constructing a plan to assign and re-assign special education and support staff, to better meet the needs of our disabled students.

This staffing plan provides for increases in support services to children in typical/mainstream classes, through the addition of a 5-day-per-week special education teacher. In addition, classroom support for high-risk students has been expanded, through the increases in teacher aide assignments, more training opportunities for teachers and aides, and the establishment of a bi-weekly tracking system, to monitor the frequency and timely delivery of all support services.

We look forward to positive results for our students in special education programs and will continue to review all services offered at the Johnson School, to improve teaching and learning for all of our students.

Look for articles about our new Learning Center and the opening of the new Library/Media Center.

I can be reached at (781)581-1600, ext. 306, or by email at jlisi@johnsonschool.org

News From The Johnson School

By Diane D. Mulcahy, Principal

The students have been gone for two months and the halls are very quiet. But things have been quite busy around the School, preparing for a new school year. Our custodians have worked very hard, to get each classroom cleaned and ready for students, who will arrive Wednesday, September 3rd. The hallways are gleaming and the school looks beautiful.

We are pleased to welcome Ms. Tanya Grocki to the Johnson School faculty. Ms. Grocki comes to us from Salem, where she taught at the Witchcraft Heights Elementary School. She comes highly-recommended and will compliment our faculty very well. We are also welcoming back Ms. Betty McKenna. Ms. McKenna was on a leave of absence last year and she is looking forward to her return. It will be great having her back in the Kindergarten.

We are looking forward to the start of a new school year. The finishing touches are being put on the Library Media Center. Ms. Diane Pierce, our Technology Specialist, is organizing the computers, which were moved down at the close of school. Ms. Colleen Munnelly will be the Teacher Assistant in the Library. The teachers are really looking forward to working with students in the Library Media Center this year.

For those of you who have driven by the school lately, you have noticed the landscaping crew hard at work. The work will be completed when school opens on the third. The school has a new roadway, around the building, which will facilitate student drop-off and pick-up. A newly-expanded parking lot is being built on Flash Road and will be used by the staff. Visitor parking will be at the Castle Road side of the school.

Teachers and staff will start the school year on Tuesday, September 2nd. The School Committee will be on hand, to meet the teachers for coffee, before we start the day’s agenda. We will have a full day of meetings and after lunch, teachers will work in their classrooms, in order to greet students, on Wednesday. Hot lunch will be served on Wednesday. Due to increased costs, hot lunch will be \$3.00 and milk will remain at \$.50.

This promises to be a very good year at the Johnson School. I am looking forward to my first full year as Principal. The year promises to be filled with new possibilities and new challenges, which we will all work together to achieve.

Nahant Students at Swampscott High School 4th Quarter Honor Roll

SENIORS:

HIGH HONORS - Elizabeth Cleary, LaShaun Cummings, Leah Gomperts, Edward Maroney, John Michael Mason, Jenna Mazzaferro, Brian Palangi, Jon Pellegrini and Meghan Sanborn.

HONORS - Jacquelyn Ball, Lauren Baumeister, Allison Colson, Kevin Li, Janelle Mazzaferro, Michaela O’Donnell and Alec Roy.

COMMENDED - Francis Barile, Alex Cologgero, Evan Farr, Brendan Hambleton, Catherine Norton, Samuel Rauworth and Matthew San Roman.

JUNIORS:

HIGH HONORS - Breegan Houlihan, Bianca Munoz, Maggie O’Callaghan, Jonathan Poth, Brandon Poulin, Emma St.Jean, Kelly Walton and Owen Welsh.

HONORS - Mary Bartholomew, Briana Canty, Kelsey Dill and Trevor Wheeler.

COMMENDED - Victoria Desmond, Brian Fiore, Michael Gillis, Heather Irvine.

SOPHMORES:

HIGH HONORS - Amelia Antrim, Olivia Barba, John Blank, Monique Bleau, Jennifer Cleary, Rebecca Gray, Kate Hall, Julianna Liscio, Stephan Meagher, Lillian Pillsbury, Patricia Silva and Kyle Taylor.

HONORS - Thomas Ball, Casey Connolly, Alexandra Savino and Thomas Walsh.

COMMENDED - Tucker Allard, Hugh Mosher and David Wilson.

FRESHMEN:

HIGH HONORS - Ian Antrim, Marco Bauder, Alexander Billias, Dimitri Christoforidis, Kaitlyn Dantona, Thomas Lamando, Christopher Mason, Christi Mazareas, Nicole McDermott, Maggie Osbahr and Casey Shanahan.

HONORS - Daniel Barbacoff, Taylor Maccario, Dara Mosher, Emma O’Donnell, Leah Towe and Gabriella Wootten.


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**Thank you, Nahant, for supporting the
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Your donations have helped keep the newspaper coming to your door, especially during this financially trying time. Everything is increasing, except for income. Most especially, ad sales are down quite a bit. Times are tough for your little community newspaper. Imagine what Nahant would be like without your newspaper. Fifteen years ago, there was no newspaper. It was difficult to find out what was going on and many community events went unpublicized. No one really knew what was going on. Having a community newspaper, even though it is only a monthly publication, really improves the quality of life in this community.

Now, more than ever, I need all the help I can get, to weather this economic downturn. I am most appreciative of those in the Nahant community, who support this newspaper, as I am sure the majority of the Nahant community is, also. Some of you have sent in \$20 twice this year. Thank you, thank you, I can’t thank you enough for your help and generosity. Please keep the Home Delivery Subscriptions coming in. There are many more of you out there who read and enjoy this publication. Now is the time to really give your support. Thank you.”

Most sincerely, Donna Lee Hanlon, Editor.

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THANK YOU!

Let's Green Up Nahant!

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

GREEN Alternative Energy NEWS!

The Alternative Energy Committee meets the second Wednesday, of even-numbered months, in the lower conference room of Town Hall and welcomes all Nahant Residents to attend.

August 13th, DEERPATH ENERGY INC., of Marblehead, outlined their concept of small wind turbines, sited on modified streetlight poles for the Causeway. On October 8th, EGL ENERGY with GREEN TECHNOLOGIES LLC, also located in Marblehead, will present ideas on wind-solar hybrid systems, which could be used as an alternative power source by the Town of Nahant.

Members of the Committee have yet to explore geothermal, water currents, tidal action and other sources of renewable energy.

Join us at 7:30 p.m., on Wednesday, October 8th, to share your information, questions, or concerns, about how this community could best utilize precious resources for an energy efficient future!

All ideas will be welcomed!

Submitted by Nancy Hodgson Smith, Member-at-Large

A Big THANK YOU

The Recreation Commission would like to give a great big thank you to Sue Rosa. Sue worked for many months getting ready for this year's park program and it really paid off. The children that attended the tot-lot program had a blast. Sue organized many terrific crafts and sports. It was an awesome and fun summer because of her. Thank you, Sue, for all of your hard work and dedication to the park program. We really appreciate it. Submitted by the Nahant Recreation Commission

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Nahant Green Issues

by Polly Bradley, SWIM

Safer Waters in Massachusetts (SWIM) will meet on Wednesday, September 10th, at 7:30 p.m., at the Northeastern University Marine Science Center, East Point, Nahant. On the agenda: updates on current environmental issues, and plans for future.

No Discharge Area:

SWIM has obtained a draft copy of the "Application for a State-Designated, Federally-Approved No Discharge Area (NDA) for the Coastal Waters of the Lower North Shore: Revere to Swampscott." Action is expected this fall.

Todd Callaghan, NDA Coordinator for the Massachusetts Office of Coastal Zone Management, reports that during the summer, interns were out on our shores counting boats, measuring them and talking to local people about the proposed NDA that would prohibit discharge of boat waste in the waters of Revere, Saugus, Lynn, Nahant and Swampscott. Salem Harbor to our north and Boston Harbor to our south, are protected now and Nahant should have equal protection.

Update on Nahant Causeway Reconstruction:

Ian A. Bowles, Massachusetts Secretary of Energy and Environmental Affairs, has issued a certificate determining that the Nahant Beach rehabilitation project does not require the preparation of an Environmental Impact Report. The project will require an Order of Conditions from the Nahant Conservation Commission, but this can be overruled by a Superseding Order from the Massachusetts Department of Environmental Protection, if the local Order is appealed.

In the certificate Bowles says, "DCR [the Department of Conservation and Recreation] has committed to work with the Town of Nahant and design engineers, to refine, within the current layout, footprints to attempt to accommodate an extended two-lane configuration heading away from Nahant. In its comment letter, the Town of Nahant has expressed its support for the project and also to continue working with DCR on this issue."

Mark Cullinan, Nahant Town Administrator, says, "Rep. [Steven] Walsh, Sen. [Thomas] McGee and myself, met with DCR and I believe DCR is committed to having two lanes in and out of Town."

The certificate is available online at: <http://www.mass.gov/envir/mepa/pdf/files/certificates/072508/14268enf.pdf>

Brainstorming on SWIM Priorities:

Many environmental problems face Nahant, from fisheries issues to climate change, from air pollution to alternative energy, from invasive species to endangered species. SWIM has neither financial, nor human resources, to tackle every threat. But if we can find one person willing to take the lead on a particular issue, SWIM can begin to work on it. We can't do everything, but we can do something. At the September 10th meeting, SWIM will discuss plans for fall and winter activities. All are invited to attend and join in the brainstorming.

For more information, call Safer Waters in Massachusetts (SWIM,) at 781-581-0075, or nahantswim@verizon.net.

7th Annual Walk of Hope to Benefit ALS Sept. 6th

Scores of walkers are gearing up for the upcoming 7th annual Walk of Hope for ALS, a 3.5-mile walk around Lake Quannapowitt, in Wakefield. The walk, which will benefit The Angel Fund, will be held on Saturday, September 6th, beginning with registration at 9:00 a.m., followed by the start of the walk at 11:00 a.m.

Walkers of all abilities are encouraged to participate as individuals, or as a team. We encourage walkers to collect pledges. Teams that raise \$1,000 or more, are eligible to be entered, as a team, into a prize drawing. Each of the first 500 walkers to register will receive a t-shirt. To register as a walker, or a team, please call The Angel Fund at 781-245-7070, or log-on to the organization's website at www.theangelfund.org, to download a brochure and a team captain's manual.

Donations to the Angel Fund can also be made online, or can be sent to The Angel Fund, 649 Main Street, Wakefield, MA 01880. All donations should be made payable to The Angel Fund.

The Angel Fund has been beneficial in helping to make significant strides in ALS research. For a list of upcoming events, visit The Angel Fund website.

House for Rent in Nahant

Small house available to rent in October.
One large bedroom, modern kitchen, bath with tub and shower, washer/dryer, large open dining / living room, sun room, large front deck off bedroom. Ocean views. Quiet and private. Steps to shore, walk to golf and off-street parking. \$1,200 per month.

Call 781-581-0648.

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Ute Gfrerer: A Short Bio

Before her recent move to Boston soprano Ute Gfrerer has had an international career for the past two decades, venues included Zurich Opera, Vienna Volksopera, Barbican Hall in London, the NHK Hall in Tokyo and Teatro National in Guatemala City to name but a few. The artist's extensive repertory ranges from Opera ("Susanna" in Figaro, "Donna Elvira" in "Don Giovanni", Jenny in "Mahagonny") to Operetta (Adele in "Die Fledermaus and "Valencienne" in "The Merry Widow"), to Musicals ("Jesus Christ Superstar," "West Side Story," "Kiss me

Kate" and "Eliza," in "My Fair Lady.") as well as Chansons and Lieder. She has worked under the direction of Nikolaus Harnoncourt, Franz Welser-Moest and Claus Maria Brandauer and can be seen and heard on several commercial DVD and CD productions.

For more information, please visit her website at:

www.ute-gfrerer.com

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MHA Hosts NE Public Works Expo September 30th and October 1st

Massachusetts Highway Association (MHA) officials are gearing up for the 29th annual MHA New England Public Works Expo, to be held on Tuesday and Wednesday, September 30th and October 1st, at the Royal Plaza Hotel and Trade Center, in Marlboro, Massachusetts.

The two-day show will showcase the latest construction equipment and products, free seminars and educational sessions.

According to MHA Expo chairman, Irving

Priest, the Expo is New England's premiere construction equipment and trade show, featuring more than 100 local and regional companies.

This is a great opportunity for municipalities and private companies to come and see the latest and newest equipment in the industry.

The Expo will kick-off with the state finals, of the always popular and well-attended, Snow Plow Roadeo, on September 30th, beginning at 8:00 a.m.

Teams from each of the seven county asso-

ciations will compete in the event, which includes the snowplow slalom event, compressor back-up and a written exam.

The free seminars, sponsored by MHA, in cooperation with the UMass Baystate Roads program, will run from 10:00 a.m. to 2:00 p.m., on both days of the show.

A complete listing of the seminar topics and the time schedule, will be on the show's website at www.nepublicworksexpo.org, as the topics and times

are announced. The vendor exhibits will be open from 10:00 a.m. to 3:00 p.m., on Tuesday, September 30th and from 10:00 a.m. to 2:00 p.m., on Wednesday, October 1st.

Raffles will also be held throughout both days. Vendor spaces are still available.

Admission is free and complimentary tickets are available through Expo vendors and MHA county associations, as well as through local public works departments.

Attendees and

vendors can purchase food vouchers at the show for \$10 per voucher. Vendors can also purchase vouchers in advance. Payments can be made by cash, or check, only.

Information about vendor spaces can be obtained by calling JC Marketing Associates, at 781-245-7070, or by visiting the website at www.nepublicworksexpo.org.

For more information about the 2008 New England Public Works Expo, call Ann, or Carolyn, at 781-245-7070.

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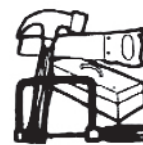
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Useless Information
by Ray Barron

**From Nahanters:
Interesting Useless Facts**

Sheila Hambleton: The mouth produces a quart of saliva a day.

Barbra D’Amico: The human body has 45 miles of nerves.

Lisa Scourtas: A person breathes 7 quarts of air every minute.

Nancy Smith: The average person takes from twelve to eighteen breaths per minute.

Peggy Barile: Beethoven was totally deaf, when he composed his Ninth Symphony.

Maureen Palangi: The Greek national anthem has 158 verses.

Henry Hanagan: Christopher Colombus had blond hair. And Henry’s adorable wife Margaret, says, Cleopatra could speak 13 languages.

Ed Poulin: One of Napoleon’s drinking cups was made from the skull of the famous Italian adventurer Cagliostro.

The noted attractive educator, Mary Dill, reminds us that the language with the greatest number of words is English. It contains more than 455,000 active words and 700,000 dead words.

Darlene Conigliaro reports, as of 1975, 20 million Americans had lost all their teeth.

Barbara Powers: There are more telephones than people in Washington, D.C.

Melissa Barile: Most people, by the age of 60, have lost 50 percent of their taste buds and 40 percent of their ability to smell.

Kerry Gordinas: The first of the five senses to develop in a human is smell. Eventually, the average human nose can recognize 10,000 different odors.

Michael Georges: During an average lifetime of 70 years, you will breathe 600 million times, feel 125 million heart beats and your eyes will blink 350 million times.

Nancy Gallo: Most people fall asleep within 7 minutes.

The noted swimming champion, Maura Scalise, says, during a lifetime, you will produce enough saliva to fill two swimming pools.

**Interesting Facts For Nahant
Newcomers**

Nahant has streets representing three seasons of the year: Spring Road, Summer Street and Winter Street. How come no Autumn Avenue?

Two streets in Nahant are gems! Pearl Road and Emerald Road.

There are no castles on Nahant’s Castle Road!

Nahant has a Valley Road, a Trimountain Road and a Cliff Street but no Prairie Road.

We have a Harmony Court, but no Melody Lane!

We have a Sunset Road but no Sunrise Road!

We have a Pond Street but no Lake Street!

Streets honoring women! Karolyn Circle, Linda Lane and Rosemary Road.

September Birthday Babies

Time to bore you with some names of your friends and spying neighbors, who have birthdays in August.

September 1: Martha Taylor, Jeanne Baranek, Ingrid Weber, Ann Graul, lovely Meggan Bailey, Marianne Letourneau, Marilyn Clausen, Rocky Marciano and comedienne, Lily Tomlin.

September 2: Karen Boginski, Constance Duffy, Sean Hanlon, handsome Lew Fiske, Bradley Coletti, lovely Maryliz Cort, Ron Butman and the dedicated town employee, Walter Spinelli.

September 3: Nurse Lisa Torchiana, Lorraine Locke, Peggy Messina, Chris Hollenbach, Dave Doyle, Mike Russo, Bob Comito, noted artist Pete Rogers, Scott Lishia and the dedicated public servant, John Lowell. Hang in, John! Happy birthday! Save me a piece of cake.

September 4: Women’s best friend, Milton Goode, Kristina Beaulieu, Carol Delaney, Patricia McSweeney, Dick Nagle, candyman Tom Mazzaferro, Gene Hollenbach, Bill Peterson and “blue-eyes,” Donna Foti-Scovell.

September 5: John Benson, Francis Hunter, our inspirational, “kissing cousin” Maria Welsh and her double, actress Raquel Welsh.

September 6: Ann Callhan, Jean Inglis, Joan Piazza, Alan Pearson, Martin VanGroun, good fella, Robert Caggiano and Swedish film actress, Britt Ekland.

September 7: Kystal Seger, Robin Byron, lovely Suzanne Bailey, Gwen Upton, Carl Maccario and rock’n’roll singer, Buddy Holly.

September 8: David Morton, John Seger, Paul Aurite, handsome Jim O’Brien and Aaron Hanson.

September 9: Handsome Dr. John Keller, Rose Novello, Sheila Champigny, Peggy Levangia, Ryan Mahoney, Mary Sweeney, the alluring Barbara Jay Angiulo, Kendra Brackett, Tim Demakis and Bruce Marshall.

September 10 birthday babies: John Bardgett, Mariana Rauworth, Natasha Lebel, Beverly Quinn and sweet Cynthia Mantzoukas.

September 11 birthdays: R. J. Barisano, Tracy O’Shea, Karol Borys, Marvene Kasper, Karol Lebel, John Kasper, Nahant’s screenwriter Joe Ciota, Dot’s loving husband Tom Johnson and singer, pianist and songwriter, Harry Connick, Jr.

People ask how old I will be on September 11. One hint, I no longer buy green bananas.

For those of us born on September 11th, we are constantly reminded of that date, now known as “9/11.” So how will we observe our birthday on September 11th? Like all of you, we will be paying our respects to those who perished on that day.

September 12: Allison Deines, Ralph Clark and Marrisssa McKie.

September 13: Roxanne Gillard, Malcolm Chamberlain, John Michaud, Roger Locantore, Alexander and Evan Farr.

September 14: Dianne Cadigan, Diane Dunion, Elaine Salvato, Nahant’s best cake baker, Roz Puleo, educator Mike Tanen, Peter Fintonis, Mike Conley, Phil Russell, Peter Mazareas and Margaret Sanger, the nurse who pioneered birth-control education.

September 15: Patricia Kane, Marie Petrucci, the alluring Nancee Peters and the captivating Mary Mackey.

September 16: Nice guy, Charlie Jessome, Eric Woods, Jonathan Tibbo, Diane Horne, John Hirsh and Fred Quinlan.

September 17: Charles Crocker, Susan Kerr, Michelle Hurley, Karen Hawko, Zapata Conchitina, Julie Desmarias, Lana Proia, adorable Christine Howard, Jeff Mueller and mein herr, Knut Fischer.

September 18: The brilliant Debra Glidden, who authors Nahant News for the Daily Lynn Item, Carol Mason, Carol Cartmell, Tim Hackett, Jim Keen, Tony Macone and Kelly Hartigan.

September 19: Lovely Karen Canty, Larry McDonough, Joe Carmody, Kathryn Bezemes and personable Tom J.Costin.

The September 20 birthday cake eaters: Lovely Colleen Poth, Lea Hill, Jeff Hanson, Janet Livoti, Eric Jesionowski, Christian Similio and the creative chef, Antonia Steriti, the proprietor of the popular Periwinkle Food Shoppe, on Loring Avenue, Salem. Also born on September 20, my paesana, Sophia Loren.

September 21: Amy Bozarjian, Thomas Wrenn, Cindy Donahue, Donna Breithaupt, Matt Hendrickson, the brilliant Jason Silva and Stephen King, writer of horror novels.

September 22: The personable Helen Savino, Maty Morin, Katy Dolhun, Victoria Fortino, Leah Canali, Eva Cronis and Patrick Murray.

Our distinguished publisher, jewelry designer and singer, Donna Lee Hanlon, celebrates her birthday on September 23. Donna was born the year Frankie Lane was singing “Mule Train” and Nat “King” Cole’s big hit was “Mona Lisa.”

September Birthday’s (Cont.)

Also celebrating their birthdays on September 23, Janet Hrakins, Judy Flaherty, Eileen Walsh, Jennifer Coffey, Lester Plummer, Russell Cole Gaudet and Spanish singer, Julio Iglesias.

September 24: Nahant’s first woman to serve as a Selectman, Jayne Solimine, Linda Peterson, Kathy Hatfield, Mary Buckley, Jill Bradley, Kathleen Baldwin, gorgeous Gail Boyan, Kirk Castetter, Francis McCarthy, Tom Dwan, Larry Scaglione, Kris-Tina Beauliev, sweet Darlene Conigliaro and Perry Manadee.

September 25: Wish a happy birthday to the popular Paul English and to Ellen Keefe, Roger Bourque, Carol Ann Nelson, Stephanie Passino and TV’s Barbara Walters.

September 26: Mary Ellen Catoggio, Gail Kasperowicz, Doris Hefler, lovely Theresa Bacheller, Mary Krol, Mary Doucette, the wondrous Rosella Lent, Bill Gallant, Tom Butler, Tayler Gouchberg and pop singer, Olivia Newton-John.

September 27: Brian Blair, Natalie Petrovick, Caroline Nagle, Mike Belliveau, Ted Lewis and Jim Carr.

September 28: Personable Bob Tavares, Edna Doran, George Markos, Jim Estrella, Mark White and French film actress, Brigitte Bardot, who will be a beautiful 74 years old.

September 29: Alyssan Noangan, Nancy Locke, Sara Ashodian and Kathy Watson.

September 30: Bethany Maher, Paul Lospennato, Steve Postma, Joey DeVito, handsome David Barile and Antonio Granfone.

Happy Birthday to all! If I have inadvertently missed your birthday, please send me a note, care of this newspaper. Have a safe September!

Life’s Roads
By Ray Barron

The aged man
tracking the map of his life up and down hills
Roads that led nowhere
Unsealed mountains
Lost in life’s wildness

Counting years of
Life’s expectancy
No longer fearing
What lies ahead
Accepting the only known fact of life

Opinions and explanations
The meaning. of life
To love and suffer
Questioning birth
Origin, and appearance
A new generation

And so the aged man wandered
Exploring the mind’s mysteries
Short journey
Of thoughts
Leading to life’s
Unknown exit

On this autumnal morning
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Words, words, words

Meet the Harbor Review Home Delivery Crew!

Home Delivery Subscribers keep the Nahant newspaper coming to the homes every month. You, too, can keep the paper coming to your door by subscribing. \$20 a year, that’s all it costs. Listed below, you will find the Home Delivery Routes, with the names of the streets and the crew member who is responsible for delivery to the homes within that route. The Nahant Harbor Review continues to be delivered, by first class mail, to out-of-town-subscribers at the annual subscription rate of \$30.

Route 1: Little Nahant: Tyler Peterson & Matt Ryan are responsible for the delivery to Little Nahant. They do their best to deliver their portion of the newspapers early in the morning on the last Saturday of the month. Their route includes Little Nahant Road, Wilson Road, Linda Lane, Wilson Ave, Burpee Road, Fallon Way, James Ave, Parrot Road, Lennox Road, Baker Road, Simmons Road, Mills Terrace, Chamberlain Circle, Howe Road and Nahant Road (including Dunkin Donuts, Tide’s and Equitable Bank) to Little Nahant Road. If you live on any of their streets and do not receive your Harbor Review on the last Saturday of the month, **call Tyler Peterson, 781-596-0505, or Matt Ryan, 781-595-0957.**

Route 2: Big Nahant North (Excluding Nahant Road): Tyler Peterson is responsible for the delivery to all the residents on the following streets: Ancient Way, Antigo Way, Greystone Road, Lafayette Terrace, Nautical Lane, Prospect Street, High Street, Pond Street (Nahant to Maolis), Tudor Road, Highland Road, Pond Street Court, Ocean Street (Nahant back to Marginal), Marginal Road, Maolis Road, Fenno Way, Winter Street (Nahant to Marginal), Cary Street, Hood Street, Cottage Street, Summer Street (Nahant to Marginal), Cary Way, Duke’s Way, Pleasant Street, Central Street, Harmony Court, Spouting Horn Road and Rosemary Road. If you live on any of his streets and do not receive your Harbor Review on the last Saturday of the month, **call Tyler Peterson, 781-596-0505.**

Route 3: Nahant Road: Matt Ryan is the crew member responsible for delivering to all of Nahant Road, except for the Little Nahant section. If you live on any of his streets and do not receive your Harbor Review on the last Saturday of the month, **call Matt Ryan, 781-595-0957.**

Route 4: Big Nahant South: Bob Roland is responsible for the delivery of the Harbor Review to the homes on the following streets: Ocean Street (Nahant to WillowRoad), Copper Beech Lane, Tallwood, Lodge Road, Intervale Road, Winter Street (Nahant to Willow Road), Summer Street (Nahant to Willow Road), Summer Street Court, Wharf Street, Christopher Drive, Desmond Drive, Walton Road, Furbush Road, Forty Steps Lane, Cliff Street, Vernon Street, Swallows Cave Road and Willow Road. If you live on any of his streets and do not receive your Harbor Review on the last Saturday of the month, **call Bob Roland, 978-273-5338.**

Route 5: Castle, Flash & Foxhill Roads & Relay Yard: Katie Coffey is responsible for delivery to Beach Lane, Castle Road, Castle Way, Castle Terrace, Ellsworth Road, Flash Road, Fox Hill Road, Harbor View Road, Highland Ave, Hillcrest Ave, Hovey Way, Karolyn Circle, Locust Way, Maple Ave, Pearl Road, Phillips Road, Range Road, Relay Yard, Sherman Ave, Southwick Ave, Ward Road, Wendell Road, Wendell Road Ext. and West Cliff Street. If you live on any of her streets and do not receive your Harbor Review on the last Saturday of the month, **call Katie Coffey at 781-586-9232.**

Route 6: Bass Point Rectangle: Ryan Mc Dermott delivers the newspapers to the homes on the streets in the Bass Point area, including Kenney Ave, Goddard Drive, Trimountain Road, Bass Point Road, Colby Way, Harris Street, Surf View Ave, Breezy Hill Ter, Spinney Path, Irving Way, Seaview Ave, Rollins Ave, Bayview Ave, Nectar Place and Gardner Road. If you live on any of his streets and do not receive your Harbor Review on the last Saturday of the month, **call Ryan McDermott, 781-584-4077.**

Route 7: Big Nahant South East: Shea Nugent is responsible for the delivery of the newspapers to the homes on Kennedy Court, Spring Road, Coolidge Road, Sunset Road, High Street Extension, Emerald Road, White Way, Pond Street (Nahant to White Way) and Valley Road. If you live on any of his streets and do not receive your Harbor Review on the last Saturday of the month, **call Shea Nugent, 781-595-5644.**

Route 8: Bass Point Apartments: Donna Lee Hanlon delivers the Nahant Harbor Review to the residents living at the Bass Point Apartments on Sea Breeze Lane. If you live in the Bass Point Apartments and do not receive your Harbor Review on the last Saturday of the month, **call Donna at 781-581-0648.**

LETTER TO THE EDITOR

Pollen at Tudor Beach?

Each year, there is a Spring appearance of yellow “scum” or “floss,” at Tudor Beach. The Town elders note that this is pollen. No data base, but they know.

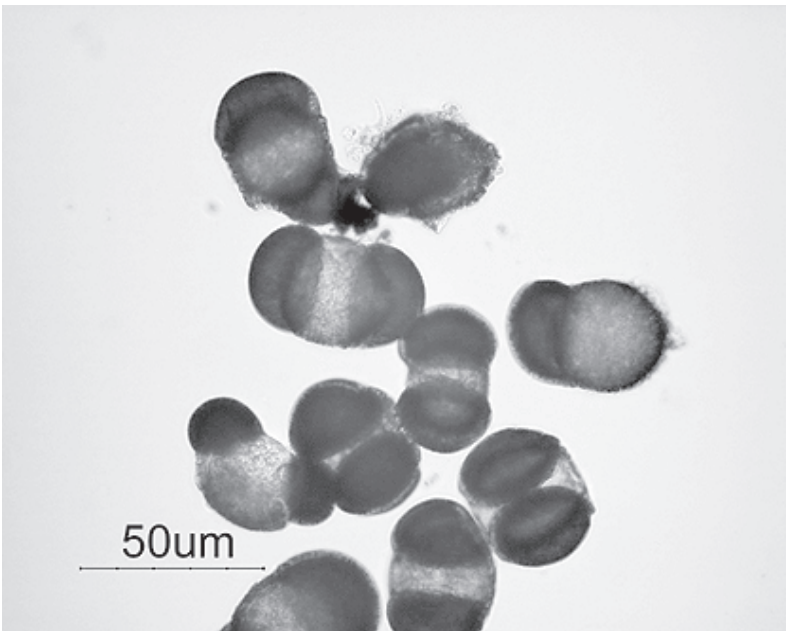
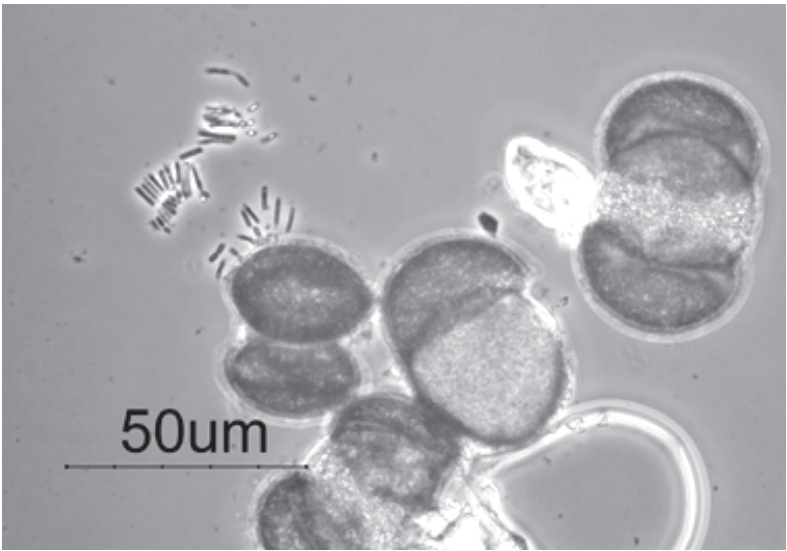
If this is pollen, the amounts are really massive. I imagine it could come from trees nearby the ocean, but in that there is so much of it, more especially from the road sewers, which collect much of Nahant’s tree pollen and discharge it to the ocean. The shape of the Tudor Beach cove keeps the yellow flotsam there for a couple of days.

I thought it would be useful to check out if the floss was pollen. I looked at it under the microscope. Yeah! It is distinctively pollen by the “Mickey Mouse” shape. I’ve enclose about 10 shots, two through the microscope, others of the overview of Tudor beach and a couple of close ups of the sand with pollen. (Editor: I have included only a few of the photos, due to space limitations.)

Health: The news media give out the daily pollen count, as certain individuals are allergic to certain pollens. I’m guessing from the pollen shape, that at Tudor Beach it was from pine trees (uneducated guess). This does raise the question that if individuals are allergic to pine pollen, then they should be cautious in swimming at that location during the outbreak.

The daily pollen count routine refers to airborne pollen, but I’d trust that most swimmers will not be taking seawater into their lungs. Even so, aerosols from the floating ocean floss could produce massive pollen counts. One of the photos shows a school class at the beach, in amidst the yellow floss, but to my knowledge no untoward effects occurred.

Submitted by Doug Eveleigh, Nahant.



King Richard's Faire 2008: Enchanting Interactive Entertainment for the Whole Family

Revel in the magic of New England's largest and longest-running Renaissance fair, King Richard's Faire, which kicked off its 27th season on Saturday, August 30th, 2008. The Faire continues, every Saturday and Sunday until October 19th. Tucked away on 80 acres of magical forest in Carver, MA, King Richard's Faire is a great value - a full day of live, enchanted and interactive entertainment for all ages.

"There are so many new events and acts this year that King Richard's Faire will be a new experience for even dedicated Faire-goers," said Bonnie Shapiro, producer of King Richard's Faire. "New this year is a 'Renaissance Idol' competition for aspiring amateur performers and singers. People will have the opportunity to perform in front of a panel of celebrity judges and one lucky individual will win the coveted title of 'Renaissance Idol.' Also new this year is the dashing Jacques ze Whipper, who flirts with danger in his show featuring a man and his whip."

"The surprise of King Richard's Faire is that we will fill the Faire grounds with Broadway--caliber performers, sourced from all over the country," adds Shapiro. "We choose a new theatrical performance to showcase this talent each year and this year's theatrical performance, titled, Dis-Enchanted, will feature lots of swashbuckling and swordplay. The plot line follows a beautiful lost princess and her dashing hero as they clash with an evil sorceress and her menacing minions."

In addition to new events and performers, there are several new musical acts joining the Faire this year, too. Shapiro said. "A loud and lively group of singers and guitar players called the Barleymen are joining us, as is Oiabolis in Musica, who play renaissance music like you've never heard before!"

It's a short trip to Carver to become a part of the unique theatrical experience offered only at King Richard's Faire. Captivate all your senses by seeing exotic animals and watching knights joust on horseback; hear live musical acts and theatrical performances; taste all of the Faire's delicious food and beverages. Stroll through the village of artisans and browse the wares of more than 100 unique artisans, including glass blowers, sword makers, potters, jewelry makers and more. It's a full day experience that you can't get anywhere else in New England.

King Richard's Faire is located on Route 58 in Carver, MA. Admission is \$25 for adults, \$14 for children aged 5-12 and children under 5 are free. Special rates are available for groups of 25 people or more. Parking is free. The Faire will run every Saturday and Sunday from August 30th to October 19th, including Labor Day and Columbus Day Mondays, from 10:30 a.m. to 6:00 p.m. For more information, call (508) 866-5391, or visit www.kingrichardsfaire.net. You may also visit us on MySpace at <http://www.myspace.com/kingrichardsfaire>



List of Special Weekends and Events

Round one of the "Renaissance Idol" competition will take place on September 6th. Singers can sign-up day of, or in advance by calling 508-866-5391.

The lively and bawdy Cleavage Contest will take place on September 13th, featuring the "Faire ladies of the realm" who are willing to dare to bare their plunging necklines to the King.

Round two of the "Renaissance Idol" competition will take place on September 20th. Singers can sign-up day of, or in advance, by calling 508-866-5391.

"Renaissance Idol" Finals will be held on Saturday, 27th, along with the Prince and Princess Contest, to find the most authentically dressed royal duo, under the age of 12.

The raucous Tattoo Contest will be held on Saturday, October 4th and will give Faire dwellers the chance to show off their most creative body art.

King Richard's Faire Presents the First Renaissance Idol Competition Currently looking for local talent - sign up now!

Attention aspiring singers! If you love to sing and perform, then King Richard's Faire's Renaissance Idol competition, is the perfect way to get recognized. This year, King Richard is extending an invitation to talented singers throughout New England, asking them to take to the stage and compete for the coveted title of Renaissance Idol.

"We want to do something new this year to showcase the impressive bed of talent that visits King Richard's Faire," said Bonnie Shapiro, producer of King Richard's Faire, "The Renaissance Idol competition is a great opportunity for aspiring amateur performers and singers to gain some recognition."

Performers will be judged on singing ability, performance ability, charisma and presence and costume and flair. At the end of each round, two finalists will be announced, so there will be a total of four performers competing for the title of Renaissance Idol in the final round.

The basic rules of the competition are as follows: No more than 15 performers each round, solo performers only, must be at least 16 years of age, performers must provide the name of the song that they will be singing when they sign up and no vulgar content or explicit lyrics are allowed in song choices. There will be one winner of Renaissance Idol.

Round One of the Renaissance Idol competition will take place on September 6th. Round Two will take place on September 20th and the Final Round will be held on Saturday, September 27th. Spaces for singers are available at a first come, first serve basis. Singers are encouraged to sign-up in advance by calling 508-866-5391. When calling, please indicate whether you are signing up to compete in Round One on September 6th, or Round Two on September 20th. If spaces are still available, singers may sign-up the day of the first two rounds of competition.

ABOUT KING RICHARD'S FAIRE: Transport yourself back in time and revel in the magic of New England's largest and longest-running renaissance fair, King Richard's Faire, which kicks off its 27th season on Saturday, August 30, 2008. Tucked away on 80 acres of enchanted forest in Carver, MA, King Richard's Faire is a full day of live, interactive entertainment for all ages. Captivate all your senses by seeing exotic animals and watching knights joust on horseback; hear live musical acts and theatrical performances; taste some of Faire's delicious food and beverages offerings. Stroll through the village of artisans and browse the wares of more than 100 unique artisans, including glass blowers, sword makers, potters, jewelry makers and more. The 2008 Faire will run every Saturday and Sunday from August 30th to October 19th, including Labor Day and Columbus Day Mondays, from 10:30 a.m. to 6:00 p.m. For more information visit www.kingrichardsfaire.net, or call 508-866-5391. You can also visit King Richard's MySpace page at <http://www.myspace.com/kingrichardsfaire>.



NAHANT PUZZLE PAGE

"A Labor of Love"
by Rick Kennedy

ACROSS

- 1 Church part
5 Festivity
9 Curse
13 Healthy
17 Web-like
18 Check
19 Collect
21 Drilled a hole
22 Melancholy
23 Pretentious
24 Juvenile
25 Part of EVOO
26 N.J. Generals league
27 Bakery buy
28 Ding ____
29 1992 Disney feature
31 Start of an Abraham Lincoln quote
35 Title of respect
36 Title of respect
37 Nailed at an angle
38 Swerve
42 Morals
45 Brain and spinal cord (abbr.)
47 Possessive pronoun
48 Italian physicist
49 Golfer's goal
50 Yawn
52 Greek god of war
54 Pillage
55 Mil. branch
57 Extol
59 Evergreen
60 Stolen
61 GPS dir.
62 Cuban currency
64 Gets up
66 Childhood disorder (abbr.)
68 Type of committee
69 Part 2 of quote
72 Avid
76 Small group
78 Greek column
79 Laundry cycle
80 Negative
83 White-tailed

- sea eagle
84 PC key
85 Coldcut section
88 Sate
89 Gladdens
91 Pack
92 Clammy
94 Scarlet
95 Lucy Van Pelt's brother
96 Lout
97 Behold
100 Rotates
102 Jim Morrison, e.g.
103 Knitting stitch
104 ____ Miniver
106 Brew
107 End of quote
115 Creative
118 2004 Brad Pitt film
119 Gov. agency
120 Bullets

- 121 Happening
122 Bye
124 Guitar part
125 Gaunt
126 Nettle (2 wds.)
127 Suitor
128 Dynamic start?
129 Goad
130 Hydrox rival
131 Tails
132 Fly
133 Potato sprouts

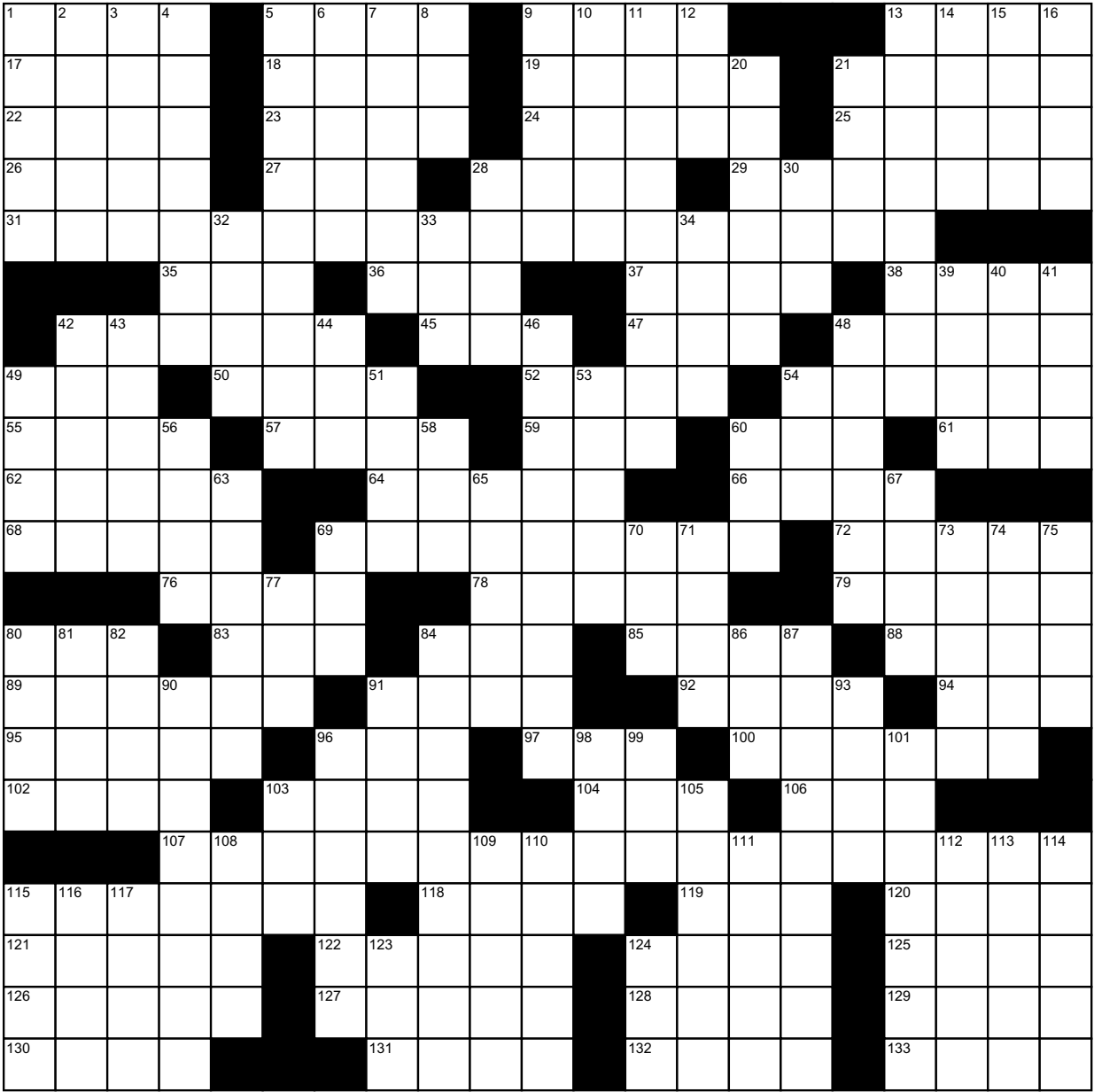
DOWN

- 1 "The White ____"
2 Muscle paralysis
3 Scrape
4 Cilium
5 Illustrative
6 Lofty abode
7 Metric units
8 Some

- 9 Marsh
10 Amid
11 More apt to get coal?
12 NYC hours
13 Tradition
14 Dry
15 Jacob's son
16 First place?
20 Dishonors
21 Type of shoe or drink
28 Mend socks
30 Headed
32 Branch of math.
33 Twitch
34 Children
39 Epochs
40 Flightless birds
41 Harass
42 Moved gently
43 Junk
44 Resort hotel
46 Fortifications

- 48 Sire
49 Insect stage
51 Italian bread?
53 Up
54 ____ Squad
56 Club ____
58 File loc.
60 Owned
63 ____ test
65 Picabo Street, e.g.
67 Podium
69 Bested
70 Accomplished
71 Chilled
73 Tree knot
74 ____ Park, CO
75 Marsh plant
77 Tax agcy.
80 Geek
81 Tub spread
82 Tropical root
84 Decline
86 Rule
87 Respirator

- 90 Become (2 wds.)
91 Fabled loser
93 Weight unit
96 Ban
98 TV award
99 Bard's before
101 Reappraise
103 School grp.
105 Music player
108 Aware of
109 Nicene ____
110 Time segments
111 La Scala offering
112 ____ cloth
113 Mental picture
114 Shades
115 Lily family member
116 Always
117 Allot
123 Female rabbit
124 Musical notes



Shields MRI at Lahey Clinic Northshore to Offer Innovative MRI Unit

Shields MRI at Lahey Clinic Northshore is pleased to announce magnetic resonance imaging (MRI) scans on an exciting and innovative High Field Open magnet.

An MRI utilizes .computers and magnetic fields to provide safe, non-invasive images of the human anatomy. MRIs, which do not use radiation, continue to make significant gains in their application as diagnostic tools.

Our new Siemens 1.5 Tesla High Field Espree unit features the most advanced technology. As you know, MRI is an extremely valuable diagnostic tool, but some patients can be uncomfortable with the procedure. Patient comfort is a significant benefit of the new Siemens Espree. For example, the unit is 97% quieter than a conventional MRI machine, coupled with reduced scan time, will relieve the stress experienced by certain patients.

This state-of-the art MRI system is equipped with the TIMTM (Total Imaging Matrix) platform and advanced software options that enhance image quality. Better images enhance clinical effectiveness and assists in more-informed treatment decisions.

The High Field 1.5 Tesla Espree signifies our commitment to provide you and your patients with superior imaging quality and excellent service. As always, our expert radiology staff will remain responsive to your needs and are available to consult with you whenever needed.

Shields MRI at Lahey Clinic Northshore, located at 1 Essex Center Drive in Peabody, accepts all insurances and provides free, on-site parking. All MRI exams are scheduled through a doctor’s office. Any person interested in an MRI exam on the new High Field Open magnet at Shields MRI at Lahey Clinic Northshore, should contact their physician.

Submitted by Linda Casey, 617-376-7433

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

DEADLINE INFORMATION
OCTOBER 2008

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
MONDAY, SEPTEMBER 15th • 5:00 P.M.
Home Delivery: Saturday, September 27th.

Staff, Volunteers & Contributors

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

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

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

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

GIMME A BREAK
By Rick Kennedy

Charlie Koehler, of Nahant Road, was the winner of last month’s puzzle contest. He has won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible 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.

Solution:

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A	G	U	E			R	I	P	E		O	D	O	R			O	P	E	N
M	U	T	T		T	I	E		D	N	A		R	E	P		A	E	O	N
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COA NOTEBOOK
By Diane Desmond

September means back to school! The Council On Aging goes back to classes, too. The quilting class, with Marge Berkowitch, resumes on Sept. 9th and will be held on every Tuesday, at 9:00 a.m.

The watercolor class with Debbie Gates, begins on Sept. 10th and will be held on Wednesdays, at 10:15 a.m.

The opportunity to learn basic computer skills is being offered on Thursdays, at 1:00 p.m.

These classes are all being held in the Senior Room at the Community Center. The yoga and exercise classes continue.

The COA hopes to be showing movies and special TV events in our new “theatre” soon. Popcorn may be included. Stay tuned!

Please refer to our calendar in this issue of the Harbor Review, for information on our regular programs. We may be reached at 781-581-7557, or e-mail us at ddesmond@Nahant.org.

Senior Benefits Expo

The Commonwealth of Massachusetts and the Executive Office of Health and Human Services proudly present the Senior Benefits Expo. Meet your elected officials and representatives from state agencies and community nonprofits. All are welcome to attend, especially seniors, people with disabilities, caregivers, family and friends. Featuring a free continental breakfast and resource information on food stamps and nutrition, fuel and utilities, transportation, health and fitness, stroke and heart disease symptoms, personal safety, housing, programs for people with disabilities, and more! Join us Tuesday, September 16th, from 9:00 a.m. to noon, at the Peabody Council on Aging, located at 79 Central St., or Monday, October 6th, from 9:00 a.m. to noon, at Boston City Hall.

Submitted by Margaret Gilligan, GLSS, 781-586-8615

Open Grief Support Groups for All Types of Losses

Mondays: 10:30 to 11:45 a.m. & Wednesdays: 11:30 to 12:45 p.m.

Support groups are available to Nahant residents at no charge. Call Diane Moran, Coordinator of Bereavement Services, at 781-586-1608, ext. 571, with any questions, or concerns. All Care Hospice, Center for Grief and Loss Support Groups, is located at 583 Chestnut Street, Suite 6, in Lynn.

Council On Aging Calendar September 2008

Mon.	1	Holiday	DINING ROOM CLOSED
Mon.	8	Noon	Blood Pressure and Glucose Clinic – Tiffany Room
Fri.	12	12:30P	Mystery Ice Cream Ride
Wed.	17	Noon	Sept. Birthdays, Birthday cake by Roz - Tiffany Room
Wed.	24	7:00P	Board Meeting
Mon.	29	11:00A	TRIAD – at Swampscott COA Center
Monday thru Friday, Lunch, Tiffany Room, 11:30 a.m.			
Mondays	9:00A	Yoga - Community Center	
Tuesdays	9:00A	Quilting Class – All levels- Beginning Sept 9	
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center	
Wednesdays	9:15A	Water Color Class – all levels – Beginning Sept 10	
Wednesdays	12:30P	Shopping Trip from Tiffany Room, or call for pick-up	
Thursdays	10:15A	Senior Exercise – Community Center	
Thursday	1:00P	Computer class	
Thursdays	6:00P	Knitting – call for information	

HOME EVALUATIONS FOR SENIOR SAFETY CONTINUE.. This program includes – helping to prevent falls in the home, helping with medications, suggestions for making the home a safer environment for seniors. Please call for information about this important program 781-581-0482.

Information and calendar subject to change. PLEASE CALL for updates on other August programs, trips and events, at 781-581-7557, or e-mail us at ddesmond@nahant.org.

Free Long-Term Care Workshop

Join representatives from The Bulfinch Group, ABC Home Healthcare and Whittenberg Knudsen LLP, on September 24th, for a practical workshop on how to prepare for Long-Term Care. Come and learn about planning for your future. Workshop will be held from 6:30 to 8:30 p.m., in Wakefield. Call for directions and reservations, 781-246-3030. Submitted by Christine Sheehan.

GLSS Receives Awards for Aging Innovations Program

The National Association of Area Agencies on Aging (n4A), the umbrella organization providing support to Area Agencies on Aging, like Greater Lynn Senior Services (GLSS), has recognized two programs operated by GLSS, in its “Aging Innovations and Achievements” awards program. Both the Older Battered Women’s Program and the Homeless Elders/Housing Advocacy Program received Achievement Awards, at a ceremony in late July, in Nashville, Tennessee.

The Older Battered Women’s program—a partnership between GLSS, Neighborhood Legal Services, and Help for Abused Women and their Children (HAWC)—is funded, in part, by the federal Victims of Crime Act. It offers individual counseling, group support, safety planning, money management support, housing help and legal aid to women over 50, who are victims of partner or spouse abuse, whether physical, emotional, verbal, or sexual. The program is one of only a dozen nationwide and the only one of its kind in Massachusetts. “We are very fortunate to have a program like this on the North Shore,” says Katie Galenius the program’s Director, noting that her client base currently stretches from Revere to Rockport. “We’ve even gotten referrals from other states,” Jeanne Leydon, Director of Consumer Services at GLSS, says. “We’ve helped over 300 people through this program.”

Also recognized was the Regional Homeless Elders/Housing Advocacy Program, which helps older people, from all walks of life, to obtain, or maintain, safe and affordable housing. Advocates help seniors to resolve credit issues, work with landlords, or courts, to prevent evictions and assist actual homeless elders to find housing. Last year, Housing Advocate Carol Segal, working closely with staff from local housing authorities, shelters and other community-based organizations, helped to find housing for ten homeless seniors, including one who was 92 years old.

“We shouldn’t have homeless elderly in the United States,” Leydon says. “But, unfortunately, we do. Through this program, we are able to help many seniors, who would have no where else to turn,” including, she notes, a number of women in the Older Battered Women’s Program leaving abusive situations. GLSS also provides breakfast every weekday morning for homeless elders, at the Lynn Senior Center, where they are checked by nurses and can find help in applying for food stamps, finding a primary care physician and locating behavioral and substance abuse specialists.

GLSS is the federally-designated, non-profit Area Agency on Aging and the Aging Services Access Point for the communities of Lynn, Lynnfield, Nahant, Saugus and Swampscott. The organization provides a broad range of services—from homecare to transportation, to home-delivered meals and more—to eligible residents age 60+ and the disabled in those communities and beyond.

Community Calendar • SEPTEMBER 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

SAT	30	AM	HOME DELIVERY NAHANT HARBOR REVIEW
SUN	31	9:30A	Summer Worship Service, Village Church
SUN	31	7:00P	Mitchell's Cahnah Labor Day Block Party

SEPTEMBER

WED	3	7:00P	Crafts Workshop in Swansburg Hall at Village Church
WED	3	8:00A	Kids Back to School at the Johnson School
THU	4	7:00P	Boating Safety Course Registration at Dory Club
FRI	5	8:00A	FREE Breakfast with Gerry Mordis, Village Church
SAT	6	9:00A	Walk of Hope for ALS at Lake Quannapowitt, Wakefield
SUN	7	9:00A	Choir Rehearsal, Village Church
SUN	7	10:30A	Rally Day Worship Service & Sunday School, Village Church
SUN	7	11:30A	Rally Sunday Lunch in Swansburg Hall, Village Church
MON	8	6:00P	Garden Club Fundraiser at Tides
TUE	9	11:30A	Woman's Club Luncheon at Village Church
WED	10	7:30P	SWIM meeting at Northeastern Marine Science Center
SAT	13	9:00A	FLEA MARKET at Knights of Columbus Hall
SAT	13	8:00P	Mass Theatrica Presents Italian Opera Night at LynnArts
SUN	14	8:00A	Outdoor Community Worship Service, Marjoram Park.
SUN	14	9:00A	Choir Rehearsal, Village Church
SUN	14	10:30A	Worship Service & Sunday School, Village Church
SUN	14	3:00P	Where Ya Been, Amelia? at Nahant Library
SUN	14	8:30A	Northshore Striders 30K Road Race FMI 781-581-9466
MON	15	5:00P	OCTOBER HARBOR REVIEW DEADLINE
WED	17	7:00P	Crafts Workshop in Swansburg Hall at Village Church
WED	17	7:30P	Little League Elections at St. Thomas Church
SAT	20	10:00A	Marine Science Center Open House at East Point
SUN	21	9:00A	Choir Rehearsal, Village Church
SUN	21	10:30A	Worship Service & Sunday School, Village Church
THU	25	10:00	Woman's Club & Garden Club Planting at Spindrift
SAT	27		NAHANT HARBOR REVIEW DELIVERY DAY
SAT	27	10:00A	NHS AUTUMN FAIR, Nahant Community Center
SUN	28	9:00A	Choir Rehearsal, Village Church
SUN	28	10:30A	Worship Service & Sunday School, Village Church

OCTOBER

WED	1	7:00P	Crafts Workshop in Swansburg Hall at Village Church
FRI	3	8:00A	FREE Breakfast, Village Church, State Rep Steve Walsh
WED	8	7:30P	EGL Energy Presentation at Nahant Town Hall

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

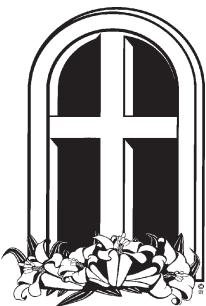
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EMERGENCY MANAGEMENT

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

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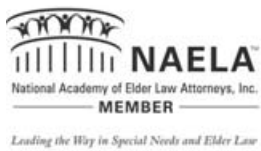
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The Nahant Historical Society is open to the public on Wednesdays, Thursdays and on the first Sunday of each month, from 1:00 to 4:00 p.m. (except holidays).

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.

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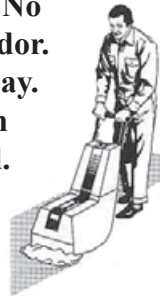
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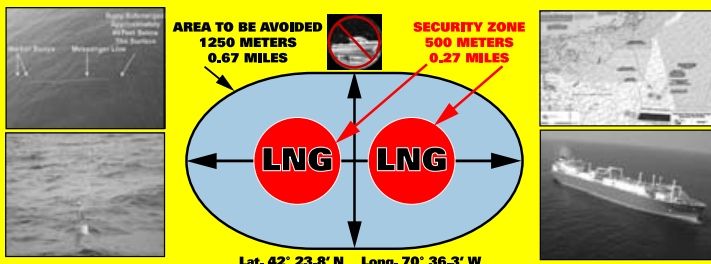
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Warning to Mariners

I have an update on the warning about the offshore LNG terminal. Last night at our USCG Auxiliary meeting at Station Gloucester, we were advised that there have been several accidents whereby pleasure boaters have hit the messenger lines and severe damage was done to the boat's propellers. This is a concern as we enter the pleasure boating season.

Submitted by Bob Cusack

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