

Nahant Harbor Review

Celebrating 15 Years • 1994 - 2009

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 16 Issue 8

• Celebrating 15 Years • 1994 - 2009 •

AUGUST 2009

Town Clerk Harriet Steeves Retires After 35-Years of Service to the Town of Nahant

On July 16th, Harriet Steeves retired as Nahant Town Clerk, after 35 years of dedicated service. Town Administrator, Mark Cullinan, said, "Harriet has been a tremendous asset to the Town. She dedicated much of her life to the service of the Town. She was always professional and took her job very seriously. She will be missed."

Selectman Michael Manning said Steeves will be missed by the town officials and residents, alike. "She was always professional and helpful," he said.

Selectman Richard Lombard said, "She is someone who can be trusted and she helped a lot of people."

Harriet was born in Medford and moved to Nahant on January 1, 1952. In 1974, she started working at the Town Hall as Town Clerk. She was always quick with a smile and friendly words whenever someone needed a dog license, marriage license, summer parking permit, a cemetery deed, voter registration form or a copy of a birth certificate.

As of Steeves resignation, Nahant has a new Town Clerk. Steeves last official act was to swear in Margaret R. (Peggy) Barile, was sworn in as Town Clerk. Ms. Steeves will help out at the Town Hall during the transition period to help Peggy, as needed.

After 35-years, Harriet says it is time for younger energy to take over.

4th of July in Nahant



Ms. Barone (the little lady in pink) is certainly the tiniest, if not the youngest racer, ever to run in the 4th of July race in Nahant. For more photos and a wrap-up of the 4th of July events, see pages 16 and 17. Photo submitted by Lizanne Barone.

Nahant Police Department Goes High-Tech to Search for Missing Children

Nahant Police Chief, William Waters, has formalized an agreement with the A Child Is Missing alert program, that has led to a high-tech method, now in place, to search locally for missing children, missing elderly (often with Alzheimer's), college students and missing persons who may be mentally, or physically challenged, or disabled.

Upon receipt of a missing person call, Nahant Police will now make their first phone call to a toll-free number, that rings in Fort Lauderdale, Florida. This call, answered 24/7, 365, by a technician at A Child is Missing, initiates a rapid process of information-gathering and sophisticated mapping systems, which expedites thousands of phone calls, within minutes, with a customized recorded message detailing the missing person's description and last known whereabouts. The message will also include a Nahant Police Department phone number, to be called by anyone who has information regarding the location of the missing person.

A Child Is Missing is a nationwide non-profit organization, that helps law-enforcement agencies locate missing children, missing elderly (often suffering from Alzheimer's), college students, and missing persons, who are mentally, or physically challenged, or disabled. A Child is Missing utilizes sophisticated computer mapping systems and trained technicians with the capacity to place 1,000 alert phone calls, in one minute, to residents and businesses in the area where someone has gone missing. To date, the efforts of A Child Is Missing have been credited with more than 1,000 safe, assisted recoveries. To register your unpublished home, or cell phone number, visit www.achildissing.org.

Nahant Wins Division and Captures Runner Up in the Bay State Tournament of Champions

On route to the championship game, in the Trophy Weekend, the Nahant 11-year-old, All-Star team was undefeated, finishing in first place, in the Gemini Division, in the Bay State Tournament of Champions. Nahant captured first place by winning all five games in the tournament

pool play, with victories over Andover, Wilmington, Marblehead and Lynnfield; qualifying for the Trophy Weekend in Stoneham, Massachusetts. After defeating Lowell in the

semi finals 3-1, Nahant succumbed to Concord-Carlisle, Nahant's only loss, in the championship game, to finish as the 2009 Bay State Tournament of Champions Runner Up.

Photo above: Back row l to r: Manager Kevin Nugent, Coach James Devereaux, J.P. Reiling, Peter Doyle, Ray-Ray Rosa, Seth Harrell, Ryan Desmarais, Nick Callahan and Coaches Dave Doyle and Ray Desmarais, Front row l to r: Batboy Owen Nugent, Liam Devereaux, Jackson Allard, Corey Bleau, Shea Nugent and Batboy Jake Desmarais.



Johnson School Extended-Day Fall Registration

The Johnson School Extended-Day Program will be hosting an open house/fall registration evening, on Wednesday, August 12th. As always, the program begins on the first day of school, so we encourage parents to register early. There have been some changes to the program regarding pick-up times and rates. For first-time families, this is an opportunity for you to meet the Extended-Day staff, hear about our program and view the space. For returning families, early registration will allow a smooth transition into the school year. The open house will be held in the school cafeteria. Feel free to bring your children along. If you have any questions, you can reach the Extended Day Program voicemail, at 781-581-1600 ext 129, and we will return your call. Enjoy the summer weather and we look forward to seeing you in August.



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The Nahant Dory Club News

Finally, summer has arrived in Nahant. Sailing at The Nahant Dory Club has had a slow start, but promises a full season of fine sailing and fun. The first June race, after several postponements, took place June 27th. Presto (Ed Tarlov) finished 1st and Mischief (Peter Foukal) finished 2nd.

The race on July 11th featured perfect winds and weather. Mienne (Paul Belliveau) finished 1st, Trouvaille (Larry Connolly) finished 2nd and Mischief (Peter Foukal) finished 3rd. There will be racing on Thursday nights, weather permitting. Perhaps the most well-attended race of the season, The King of Clubs, will take place July 25th, hosted by the Dory Club. The King of Clubs is a friendly rivalry among the Dory Club, Swampscott and Lynn Yacht clubs.

In August, there will be Full Moon parties, on the 6th and a Mars party, on August 27th. The annual Egg Rock race will take place August 9th.

We have welcomed eight new families for membership, so far this summer: Dan & Elizabeth Berman, John & Tiffany Connolly, Joseph & Ann Busnach D'Ovidio, Doug & Christine Frauenholz, John & Tracy Hybl, Irvine & Louise Rusk, Sheldon & Cara Fineman Sevinor and Larry & Kathryn Titus. On welcoming the Reverend Larry Titus, of Nahant Village Church and his wife, Reverend Kathryn, Transatlantic blue-water sailor and Neurosurgeon Ed Tarlov quipped "Sometimes a sailor needs divine intervention." We hope they enjoy all the club has to offer. Please call Commodore Dan McMackin for membership information.

Nahant Soccer Camp starting August 10th

Nahant Soccer and Nahant Recreation will be hosting a soccer camp, beginning the week of August 10th, at the Flash Road soccer field in Nahant. This will be a 4-day camp, with Friday 8/14, as the rain date.

Nicholas Padovani, Impact Soccer Director of Coaching, will be directing the camp. Coach Padovani is one of the most respected coaches in the region. Holder of a USSF "A" license and a NSCAA nationally-licensed coach, Mr. Padovani is a 3-time college Coach of the Year and has led teams to 14 College League Championships. The camp will offer a safe, fun atmosphere, with a good player-to-coach ratio. The focus of the camp will be on core technical development, to help improve your child's confidence and level of play.

Junior mini camp for 4- to 7-year-olds will cost each player \$65.00 and run from 9:00-10:30 a.m. Junior half-day camp for 6- to 7-year-olds will cost \$125.00 and run from 9:00 a.m. to noon. A full-day clinic for 8- to 14-year-olds will cost each player \$180.00 and run from 9:00 a.m. to 3:00 p.m.

Registration forms can be downloaded from nahantsoccer.org, or goimpactsoccer.com. Please submit the completed forms along with a check payable to, "Nahant Youth Soccer" to Susan Rosa at 37 Wharf Street, Nahant, MA 01908. If you have any questions, please email, Susancrosa@hotmail.com, or call Sue, (781) 842-2448.

Lottery Ticket Raffle Winner

Congratulations to Anna Manzano for winning the book of \$2.00 scratch tickets. Happy scratching Anna! Thank you to everyone who supported this fundraiser for the fireworks.

Book Signing - Garden Party

The Nahant Historical Society will be hosting a garden party on Sunday, August 23rd, at 'Castle Rock', 405 Nahant Road. Local author, Bob Risch, has collaborated with the Society's Curator, Calantha Sears, on a wonderful collection of historical tales of Nahant. The soon to be published book, 'Ten Tales of Nahant, Give or Take a Few', is filled with factual tales of Nahant's rich history, mixed with amusing anecdotes and refreshing reminders of what makes Nahant and its people, so special. Books will be on sale for \$25. Co-authors, Bob and Calantha, will happily sign your copy.

On hand for the festivities, will be descendants of some of Nahant's earliest inhabitants. Come listen to a reading about Thomas Dexter, from someone with a personal connection. Learn about a friendship, forged generations ago between three Nahant families, that remains strong today. Sit on the incredible wrap-around porch and take in the sights and sounds of a beautiful summer day in Nahant, and perhaps forge a lasting friendship of your own.

The fun begins at 2:00 p.m. and runs until 5:00 p.m. A delectable fare of finger foods, desserts and beverages will be provided by local vendors and individuals. Parking is available on Nahant Road. Tickets are \$20 per person and can be purchased at the Historical Society, 41 Valley Road, 781-581-2727. All proceeds will benefit the Society.

Health Care at 12,000 Feet Topic August 7th Breakfast

The August 7th breakfast at the Nahant Village Church will feature a presentation by Nahant resident Coleen Caster, RN, C, MN, FNP, on her three-week journey to Peru last fall with a non-profit group called Volunteer Voyages. She was part of a medical team of physicians, nurse practitioners and physical therapists that traveled from all over the U.S. to provide care to Peruvians who live high in the Andes mountains. She will speak of her patient experiences at the clinics in Cajamarca and in El Encanada. Coleen is Nursing Director for Gynecology at Massachusetts General Hospital.

The free breakfast is served at 8:00 a.m. with the presentation to follow at 8:30. Please come and bring one or more friends for an informative presentation, a good breakfast and wonderful camaraderie. All are welcome!

Events at the Nahant Public Library by Rita Stepanova, Children's Librarian

Nahant Public Library, located at 15 Pleasant Street, in Nahant, (781-581-0306), invites the community to the concert "A Constellation of Stories and Songs" by Parents' Choice Award-winning performers, Davis Bates and Roger Tincknell, on Wednesday, August 5th, at 10:30 a.m. Your completed Summer Reading Records are due.

The Library welcomes children, with parents, to the Hampstead Stage Company's performance of the play "Pinocchio" by Carlo Collodi, on Thursday, August 13th, at 3:00 p.m. Admission is free.

These events conclude the celebration of the "Starship Adventure at the Nahant Public Library" - the Children's Summer Reading Program 2009. The Nahant Public Library is grateful to the Friends of the Library and the Nahant Cultural Council for financial support.

Worship in the Park Continues Sunday, August 9th

Join with neighbors and friends for an outdoor Worship Service, at Marjoram Park, at 8:00 a.m., Sunday, August 9th. The service is hosted by members of The Nahant Village Church and open to all. Bring a chair, or blanket and enjoy the view as we worship. In case of inclement weather, we will meet in the Dory Club. This is the third of five worship services at Marjoram Park, this summer and fall, each on the second Sunday of the month, through October. If you have questions, please call The Rev. Dr. Larry Titus at 781-581-1202.

The 3rd Annual Battle of the Beaches

The Battle of the Beaches will be held on Saturday, August 22nd, from 2:00 p.m. to 9:00 p.m., at Tudor Beach. The Battle will begin promptly at 2:00 p.m. T-Shirts are available. We need your help to make this event a success.

Please call Cathy, 781-690-0674, if you are interested in helping.

Wanted: People Who Love to Write

Throughout the course of the school year, Nahant's 6th-grade students develop a wonderful, working relationship with their Kindergarten Buddies. The 6th-graders strive diligently to be role models and mentors for their young friends and the Kindergarteners share their natural curiosity and zest for life. For everyone involved, the program truly is a 'win-win' situation.

In fact, our sixth-graders could also benefit immensely from developing a positive rapport and deeper appreciation for the wisdom and life lessons, which Nahant's venerable Senior Citizens represent. I am seeking people, who would like to become monthly pen pals with our 6th-grade students. In this way, the students will be able to practice real world letter writing skills, while instilling a deeper respect for the valuable talents and expertise our Seniors possess. Who knows the lasting friendships, which might ensue? This proposed intergenerational letter-writing project could prove to be quite exciting and rewarding!

Anyone interested in fostering a pen pal relationship with a Johnson School sixth-grade student, under the guidance of the English Language Arts teacher, please call 781-581-1600, to leave your name and address with the Johnson School office, or jot an email to ddunion@johnsonschool.org. The possibilities are truly endless!

A sincere "Thank You," in advance, for your interest and willingness to participate, by sharing your intriguing ideas with the leaders of tomorrow.

PUBLIC NOTICE

The Flood Insurance Rate Map for Nahant has changed and affects some Town Residents. All documents and the Preliminary FEMA Map are available to the public in the Inspectors Office during regular business hours. Please see Mary Lowe on the lower level at the Nahant Town Hall or visit the Town website at Nahant.org for more info.



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Submitted by Rob Scanlan, Marine Surveyor, 781-595-6225.

Victorian Dancing by the Shore

It is time, once again, to celebrate Nahant's summers past. For the eighteenth consecutive year, we will be recalling Nahant's heyday as a summer resort, with the Nahant Victorian Day Ball. This year's Ball will be held on Saturday, August 15th, from 7:00 to 10:00 p.m., at the Town Hall. Everyone is welcome to come and dance the evening away, or watch the elegant dancers from the balcony. The Ball will be set in the Civil War Era, with music, dances and costumes, of the period.

The music for the evening will be provided by Spare Parts, an ensemble experienced in "vintage" music, appropriate for the evening. They will feature several Nahant-related 19th Century tunes, such as the Nahant Waltz and the Sea Serpent Polka. Our caller will be Ben Bishop.

In preparation for the ball, there will be an afternoon dance workshop from 3:00 to 5:00 p.m., on the day of the Ball. The workshop will cover many of the actual dances for that evening, including The Nahant Quadrilles, a figured dance that was written during the early 19th Century. Give it a try and be ahead of the so-called "experienced" dancers at the Ball itself. The dance workshop is free and open to everyone, whether you are able to attend the Ball or not.

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

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

The Ball is not a fundraiser, the admission price is kept low to encourage all to attend. Any donations and profits from the Ball, will benefit the Nahant Historical Society, a worthy organization, dedicated to holding on to Nahant's place in history.

Admission is \$25 per adult and \$15 per student (pre-registration discount: \$20 adult / \$10 student). Victorian dress is not required (but is encouraged!) for this event. For more information, visit www.vintagevictorian.com/nahant.html, or call Katy Bishop at (781) 593-3038, or email katy@vintagevictorian.com — we look forward to seeing you on the 15th!

Thank you! Thank you!

By Robyn Howard and Jennifer McCarthy

Well, another 4th of July has come and gone and many, many thank yous are owed, for yet another fabulous fireworks show, as well as many events that led up to the show. First, we need to thank each and everyone who bought a t-shirt, sent a donation, handed us money in a store, chased us down while passing each other while driving, stopped by our houses, called us, bought a raffle ticket, ate at Uno's and Fuddruckers, or came to the square dance. Without all of you and your very generous donations, this year's show would not have happened. There are so many nice stories to share, as to how the money was raised and collected. From Glenn Sanphy and Nikki Rosa, who sold lemonade and donated their proceeds, to the group at the Spindrift Apartments,, who took up a collection, to the people who would stop at the rocket and give us donations, please know that each and everyone donation was very helpful and greatly appreciated.

We would also like to thank Tides for donating pizzas for our square dance. Thank you to Tommy Hutton and Garelick Farm, for coordinating the ice cream and water for the Horrible's Parade and 4th of July races. Thank you to Chief Waters and Chief Ward, for all of their help in making the fireworks show possible. Also, we owe a big thank you to each police officer, fireman and DPW crew member, who gave up time with their families and friends to make our 4th of July a safe one. Thank you to the Harbor Review, for giving us space in each issue, to help get the word out. Thank you to the Board of Selectman and the Town Administrator, for all of their support and help. Thank you to all the ladies at Town Hall, for all of their help with the paperwork, counting money, selling shirts and for answering all of our questions.

We also would like to thank Ocean State Pyrotechnics for giving us such a great show. And finally, a huge thank you to our families, for putting up with our insanity, from April until July. Thank you to them for every box they carried, every phone message they saved, every t-shirt they helped deliver. On a little side note, sometimes our husbands and parents ask us why we continue to do this year after year. We always tell them we enjoy it, which we do. It is so nice to see and talk to many of the people in the town, that we don't get to see that often. But what made it all worth it this year, was right after the fireworks show, when I was walking home with Rachel, my daughter, and she looked at me and said, "Mom, I had a great day." I can't help but think of the American Express commercial: fireworks t-shirt \$15, fireworks show \$15,000, making your daughter happy..... PRICELESS!

Have a wonderful rest of the year. We will see you next year.

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Nahant Team Wins Award at Car Show



On Sunday, July 12th, the team of Joe and Joseph Moccia, won an award at the 38th Annual Bay State Antique Auto Club Car Show, with their 1965 Factory Five Cobra. The event was held at the Endicott Estate, in Dedham, MA and featured antique and classic cars, hot rods, custom cars and race cars. Out of a field of over twelve hundred cars, Joe and Joseph took the second place award in their division. (Photo above of Joe and Joseph in Winners Parade and receiving award.)

Meet Me Downtown

Lynn's Annual Festival of the Arts is only two months away. Scheduled for Saturday, September 26th, from noon to 5:00 p.m., in Central Square, Lynn, there are still opportunities for sponsorship and vendors. This year's Music Stage features regulars, the Crystal Steel PanJammers (the North Shore's only youth steel orchestra), Julie Doherty, La Taza, Barrence Whitfield and the Boston Horns.

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

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 Massachusetts Cultural Council and the Lynn Cultural Council, The Daily Item, The Office of Economic and Community Development, Salem Five Foundation, LHAND, National Grid, The Hall Company, the CDBG Block Grant Program, East Boston Savings Bank, John's Oil Company, Community Credit Union, Salem Five, Edison Realty, LLC, Wheelabrator, Saugus, the City of Lynn, Michael Russo, Jr

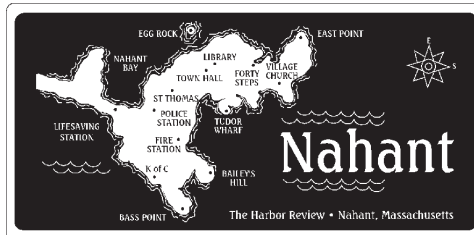
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Sailing Fundraiser is Big Success!

Thanks to the more than 400 people that joined us, down at the Wharf, on July 11th, for our first annual Sail in Nahant Party, we raised well over \$4,000 for Nahant's Sailing Program. The weather cooperated, the food was delicious, the music was fantastic, the fish painting was totally cool (thanks to Mary Flannery and Chris Whitlock!!). Kids and adults had a blast, all night long. We are looking forward to next year!

The Sailing Program would like to thank Mount Vernon Restaurant, Vinnin Square Liquors, Carmski's Beach Bum Slush, Kevin Brinkler - DJ, ALL the live musicians, Nahant Recreation, St. Thomas Aquinas, Nahant Dory Club members, all the Nahant Sailing Program volunteers and, of course, all the parents that helped out. We could not have done it without everyone's help and support, thanks again and see you next year!

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Masterful Mimics in the Neighborhood



Lately, in my neighborhood on Bass Point Road, as the late afternoon sun fades into dusk, I've been hearing the outstanding song of one of the more common mimic thrushes in North America, the Northern Mockingbird. The Northern Mockingbird is aptly named for its ability to mimic the calls of dozens of other bird species, along with numerous other animal

and mechanical sounds. In fact, the mockingbird's Latin name, *Mimus polyglottus*, means many-tongued mimic.

Northern Mockingbirds have been known to so skillfully imitate sounds, such as squeaky gate hinges, sirens and barking dogs, that even an acoustical analysis could not tell the difference between the mockingbird and the original sound. Mockingbirds often have a repertoire of more than 200 different songs and continue to add new songs to their collection throughout their life. During the long nocturnal serenades, Northern Mockingbirds are capable of singing more than 1,000 songs per hour.

A Northern Mockingbird's diet consists of about equal amounts of fruits (wild and cultivated varieties including grapes, apples, barberries, hawthorn, elderberries and rose hips) and arthropods (spiders and insects such as butterflies, beetles, ants, bees, wasps and grasshoppers). Northern Mockingbirds will visit feeding stations that feature suet and Bark Butter feeders, as well as tray and platform feeders, with fruit and mealworms.

(Information gleaned from the Wild Birds Unlimited website. Visit all the birds you can possibly imagine at www.wbu.com, today.)

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HAWC Volunteers Honored

On Thursday June 25th, HAWC (Healing Abuse Working for Change) staff and board gathered at the Hawthorne Hotel, in Salem, to honor the volunteers who help them fulfill their mission. In all, 58 people attended the dinner. All volunteers were individually recognized by Cassie Desir, Volunteer Coordinator at HAWC. Candace Waldron, Executive Director, welcomed volunteers and honored the work that they do to help the agency continue its free programs and services for clients. Terese Barous, Chair of HAWC's Board of Directors, closed the evening with some meaningful quotes about volunteering.

Additionally, HAWC honored three volunteers, who go above and beyond in their roles at the agency. The recipients of the 3rd Annual Bridge Awards were: Gretchen Benkhert, hotline volunteer and support-group leader; Jennifer Juste, immigration law clinic attorney; Michele Vivian, coordinator of furniture and appliance donations to HAWC families.

Over 100 HAWC volunteers are involved in just about every aspect of the agency, including answering the 24 hour hotline, advocating for clients in 5 district courts and probate court in Salem, helping at special events, facilitating support groups, providing child care, providing administrative support, and assisting our Store Manager, at ReRun for HAWC boutique in Beverly. HAWC could never provide all of its services, without the dedication and passion of our volunteers.

About HAWC

HAWC (Healing Abuse Working for Change) provides prevention and free, comprehensive services to victims of violence and their children, in 23 cities and towns across the North Shore. Services include: a 24-hour hotline, emergency shelter, advocacy in courts, police departments and healthcare settings; trauma recovery counseling for adults and children; support groups; economic stability services; relocation and rental assistance; prevention education in schools and communities. HAWC staff and volunteers respond to thousands of victims each year, who reach out for help. HAWC's hotline is available 24 hours a day at 800-547-1649. For more information, call (978) 744-8552, or visit www.hawcdv.org.

Dearborn and Solimine Corporate Sponsors of The Angel Fund's Annual Gala

Lucía Lighting and Design owners, Lucy "Lucía" Dearborn, center, and David Solimine, Jr., right, have joined The Angel Fund family, as corporate sponsors of the organization's annual gala, to be held on August 22nd. Rich Kennedy, left, president of The Angel Fund, recently visited the Lynn business, to extend his thanks on behalf of the organization, that raises money to fund ALS research, at the Cecil B. Day Laboratory for Neuromuscular Research, at the UMass Medical Center in Worcester.

The annual gala will be held at the Top of the Hub in Boston, on Saturday evening, August 22nd. Baseball analyst and former Red Sox, Lou Merloni, honorary chairperson of The Angel Fund, will be the guest speaker.

For information about the gala, visit the website at www.theangelfund.org, or call 781-245-7070.



To advertise in this paper, call 781-592-4148, or email donna@nahant.com.

Golf for the Girls!

Join us on Wednesday, August 26th, as our friends tee up for girls, at our annual golf tournament at Gannon Municipal Golf Course in Lynn. Proceeds will provide funding for the Eureka summer program in science, math and sports for girls entering grades 7 and 8.

This is a co-ed tournament and mixed foursomes are welcome. Registration begins at 8:00 a.m. with a shotgun start at 9:00 a.m. Registration materials will be sent to you separately.

Since 1942 Girls Inc. of Lynn has been responding to the changing needs of girls by providing essential resources and after school enrichment programs to girls in the Lynn area. Girls Inc. of Lynn provides the missing link to a better education and a career as well as the tools to navigate the many challenges facing young girls today. Our programs are designed with the girls' experiences and strengths in mind and are held in a safe and enriching environment where girls can be themselves and are inspired to grow strong, smart and bold. Learn more about Girls Inc. of Lynn and the Eureka Program at www.girlsinclynn.org.

For more information or to inquire about a Sponsorship Package, please email Marsha Billias at mbillias@girlsinclynn.org

Annual Dog Days of Summer

August 20th presented by the Central Square Collaborative

Bring your 'best friend' down to the 4th Annual Dog Days of Summer Parade & Pageant on Thursday, August 20th, from 5:00 to 8:00 p.m., proudly brought to you by the Central Square Collaborative and sponsored by the Daily Item. Parade of Dogs begins right at 6:00 p.m. and same day registration begins at 5:00 p.m.

Enter this year's dog parade and pageant, for a chance to win a special grand prize! While you are in the square, stop by the galleries at LynnArts to see Inspiration, Discovery, Direction-The Work of Daniel Arcand, Jeff Mann and Rachel Mello. Don't forget to create a doggy bandana for your furry friend! Check out live music by Sweet Willie D and Radio Disney! The Farmer's Market will be open for all your freshest produce! Activities are free to the public. More to see, more to do, and you can be part of it!

Third Thursdays is generously funded by the Massachusetts Cultural Council, the City of Lynn and the Economic Development Industrial Corporation and the Office of Economic and Community Development. It is also supported by our sponsors, Daily Item, Columbia Insurance, Mayo Group/MV24 Lofts, North Shore Community College and Salem Five.

To register and for more information visit www.dogdaysparade.com, or call Tara Cleary at (781) 593-7700 ext. 251. For general information about 3rd Thursdays, see www.thirdthursdayslynn.com, or call 781.598.5244.

Mass Theatrica Presents Broadway Favorites!

Mark your calendars and plan to attend "Anything Goes" on Wednesday, August 12th, beginning at 7:30 p.m., at the LynnArts Neal Rantaul Vault Theater. Join Mass Theatrica for some HOT Broadway in your own backyard, without price tag of traveling to the Big Apple!

Come and hear the hits from traditional classics and new modern favorites! Just to give a little taste, our program includes numbers from Les Miserables, My Fair Lady, The King & I, Sweeney Todd, Showboat, The Secret Garden, Into the Woods and more!

Featuring the acting and vocal talents of Thomas René Brennan, Lydian DeVere, Katrina Holden, Andrea Lara, Francesca Perrone, Joseph Rondeau, Angeliki Theoharis, Todd Yard and the versatile James Hay, piano, this revue is sure to please Broadway beginners and connoisseurs alike!

Admission is \$15, \$13 seniors and students. For more information about the program, please call Mass Theatrica: phone: 508-757-8515, email: masstheatrica@yahoo.com or website www.masstheatrica.org. For directions to LynnArts, visit Directions to LynnArts. LynnArts is also wheelchair accessible.

Breegan Houlihan awarded Nahant Woman's Club 2009 Scholarship

Breegan Houlihan, a 2009 graduate of Swampscott High School, has been awarded the Nahant Woman's Club Scholarship. In addition to her excellent academic record, Breegan is an outstanding swimmer, as all Nahant kids should be. She was on Swampscott High's swim team all four years, her senior year as captain. She was also voted Most Valuable Swimmer her junior and senior years.

Breegan has been active in charitable work, as well. For the past three years, she participated in the 30-Hour Famine at St. Thomas Aquinas Church, as group leader the past two years. During these 30 hours, the teens collect money from sponsors and do not eat. They sleep at the church in cardboard boxes. The following morning, the teens travel to Boston Common to distribute sandwiches, beverages and socks to the homeless.

This past summer, Breegan attended the National Youth Leadership Forum on Medicine, at UCLA, which, she says, was an "amazing experience." Breegan has been accepted into the Pre-Professional Health Studies Program at Clemson University and is wait-listed at Wake Forest University. She plans to be a biology major and go on to medical school. Best of luck, Breegan, from your friends at the Nahant Woman's Club!

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Better Beverages

You may be watching what you eat but are you watching what you drink?

If you are not, you may be overlooking a greater source of calories, in your diet, than you realize. Sugary drinks are added calories without adding nutrition. Sodas contain about 10 teaspoons of sugar per can and diet drinks have questionable chemical substitutes. Bottled ice teas, lemonade and other such beverages may not be any better. They often have as much sugar as sodas. Cutting out these beverages could be a way to easily lower your daily calorie by 300, or more, calories a day!

Watch out for the fancy coffees and your teas, as they are too high in calories. The calories are often higher than you think. Iced coffee coolers and others contain sugar syrups, cream and are often topped by whipped cream, are creating high calories thirst coolers.

A 16 oz. Starbucks Café' Mocha is 400 calories! That's equal to a grilled chicken sandwich! Plain ice tea, or coffee, is a better choice, even if you add sugar. Find low-cal ways to add flavor, or spice, like fresh mint in tea, or steamed skim milk, with a dash of cocoa powder, on top of brewed coffee.

Remember, alcohol is another source of empty calories. Keep this in mind. At a restaurant, be sure they bring you water, or order sparkling to satisfy your thirst. Sip cocktails or wine. Enjoy them and savor the tastes. Steer away from those summer frozen drinks filled with extra calories. Try dry white or red wine, or wine spritzers, as low-cal options. And remember, alcohol does not hydrate you, so drink more water with it, too.

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

Don't wait till you're thirsty to drink water. Many experts agree that you are already slightly dehydrated when thirst is signaled. Drink on a schedule: Add a glass of water every morning, drink one before each meal and one before bed. Try adding a twist of lemon, or lime, to give it more appeal. If you like bubbles, get seltzers or club soda. Find other ways to include water regularly.

Pay attention to what you drink. Watch out for sucrose, fructose and other sugar additives in your bottled drinks. Sports drinks can also be full of hidden calories. Remember, caffeine and sugar are both addictive and leave you craving more. So some sugar often leads to more sugar. Less sugar calories can make the difference in maintaining your weight and not gaining, year after year. Your best beverage and thirst quencher is still water. After all, our bodies are mostly water. Replenish it regularly.

Where is HOOMPA?



**The Barba Family with HOOMPA, on the beach at Megan's Bay,
in St. Thomas, US VI.**

Email your HOOMPA photos with caption to donna@nahant.com.

What is Massage Like?

By Susan Cadigan, LMT, MLD/CDT, NCTMB,

Through studies that delve into the actual benefits of massage and bodywork, we are beginning to see proven scientific facts that massage can make a positive difference in the quality of our lives. Each year, more people are receiving massage and bodywork to help alleviate tension, stress and chronic pain; reduce mental and physical fatigue, recharge, as well as recover, from intense workouts, or activities that lead to stiff, tired and sore muscles. Some have described an excellent massage session as if it were a wonderful vacation where everything went right.

Generally, Swedish massage is the style of massage that traditional massage establishments and spas offer. Swedish massage uses long, gentle strokes, to warm the area and evolves to some surface friction, kneading and other techniques, to encourage relaxation and promote circulation. In addition to the basics, some massage therapists are trained in specialized approaches to bodywork. Techniques to alleviate muscle tension, restore limited range of motion (fascia restrictions), free up the body from chronic aches (trigger points-painful knots in the muscle), as well as to reduce swelling from surgery or illness, with lymphatic drainage, are a few advanced specialties that may be offered to remedy your situation. It is important that your therapist is experienced and certified in the advanced techniques she/he applies. The additional knowledge will keep you from unintentional harm or injury.

When you first meet with your therapist, she or he will require you to fill out a health questionnaire. It is important for your therapist to know the status of your health, before your massage. There are some conditions that would not benefit from massage, or the session needs to be adapted to your present situation. Contrary to what the article in the local area newspaper stated, your sessions are absolutely private. All doors are locked and windows are shaded. You will be given complete privacy to undress. Only the area to be worked on will be exposed. The remaining areas will be covered with a sheet and coverlet, to keep you warm and secure. Often people undress completely for a general relaxation massage. It is perfectly fine to keep your undergarments on, if you are more comfortable that way. Be aware that oil may come in contact with the cloth and can leave a stain. Often, shorts and a sports bra can be worn for the specific area worked, such as myofascial mobilization, or trigger point. These sessions are often less of a "Calgon take me away" escape-from-the-world, kind of treatment, although the result will be "Calgon took me away!" To be loose, limber and pain-free is liberating to both body and mind. It is wonderful to feel energized, breathe easy, sleep deep!

At Nahant Therapeutic Massage, there are three massage tables upon which to receive your session. An electric table for the sport massage, or wheel chair transfers, an extra-wide, padded table with luxury face rest, and the padded portable, that is often used for combination therapeutic applications. Once you are settled onto the table and comfortable, the soft music begins, as does the session. The oils I use are made in Massachusetts, fresh, pure and top quality. A gradual start, with gentle pressure helps to calm the mind and encourages tension dissolve. Gradually, I will work deeper, to address your specific tensions and holding patterns. The only talking I do is to ask you if the level of pressure is alright, using a scale of one to ten, for evaluation. I will make adjustments to work carefully within your comfort level. I will gladly answer your questions as we go along, but this time is your quiet time. The peace allows deep rest and the escape from stress and tension. Sessions are typically one full hour long. A shorter session is often required for elders, or medical situations. Myofascial mobilization and trigger point applications can be from one hour to one- and a-half-hours. During the massage, you may notice places that are tight, that you did not realize were tight. These areas, located with sensitive hands, receive specific techniques and attention, to dissolve the tension and knots. A little discomfort, as the tissue is lengthened, or knot released, often occurs. Needless pain is avoided by my patience in allowing the tension, or knot to release, at its own pace. When working an area of chronic pain, or previous injury, the sensation of pain can be magnified. The layer-by-layer, little-by-little, approach will allow the changes to occur in a healthy and caring manner. About half-way through the session, you are asked to turn over. The coverings are held securely and lifted slightly, to allow you a private and smooth transition to the second half of your session. Again, very little talking, only simple requests to help you to break patterns of tension such as "breathe deep all the way down your spine...deep into your belly and out slowly..." or "let your head rest all its weight in my hands...". At the end of the session, I let you know your session is over and I leave the room, to allow you to dress in private. As you are ready to leave, I check in with you and go over any other questions, or listen to what you have experienced. A detailed approach, a plan and notes are recorded, for reference during future sessions.

I hope this provides some insight as to what a massage session will entail. I would be delighted to help you in your quest to relax, breathe and feel better. Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She holds an advanced massage therapy diploma and has advanced certifications as well as many hours of experience and continuing education. Nahant Therapeutic Massage is located in the center of town at the Community Center; 41 Valley Road. Ms. Cadigan can be reached on her cell at 617-240-4252, or office phone 781-780-3733. Please visit the website, www.nahantmassage.com for more information.

Q & A Time with NSPT

By Susan Finigan, No. Shore Physical Therapy

Q. Sometimes I do not feel well in the hot and humid weather, why do I feel this?

A. Your body will perspire more in hot, humid weather. You will perspire more when you are doing errands, housework, or exercising. It is particularly difficult to work outside in the garden, under hot and humid conditions.

The majority of the body is made up of water, with up to 75% of the body's weight due to water. Dehydration may occur, when the amount of water leaving the body is greater than the amount being taken into the body. We lose water routinely, from our bodies through breathing, during perspiration, urination, and bowel movements. On a normal day, a person has to drink approximately 64 ounces of fluids, to replace this routine loss. Elderly people are more susceptible to dehydration, due to 10 percent less water content, than an adult body. Elderly who take diuretics, such as lasix, are more prone to dehydration. On a hot and humid day, taking in 72 ounces of fluid is beneficial, due to loss of fluid through perspiration.

Dehydration will occur quickly, if the water is not replenished. The thirst mechanism signals the body to drink water, when the body is dry. Special circumstances, during illnesses, such as diarrhea, vomiting, fever, diabetes, or the inability to drink adequately, or through sweating, are leading causes of dehydration.

Signs and symptoms of dehydration include thirst, decreased urine output (becomes more yellow), headache, light headedness, when standing. As the level of water-loss decreases, the eyes stop making tears, sweating may stop and mental confusion and disorientation can set in. Muscle cramps, nausea and vomiting are other signs of dehydration.

Dehydration is a serious, clinical diagnosis, made by a doctor. When the body is dehydrated, the pulse rate may increase and the blood pressure drops, as the body loses fluid. Your doctor will check your temperature, to determine if a fever is present and the skin is checked for signs of perspiration and elasticity. Blood and urine tests will be taken, to check for potential electrolyte abnormalities. Dehydration is treated through fluid replacement and in severe cases, by intravenous fluid (IV). Clear fluids (water, clear broths, popsicles, Jell-O and Gatorade,) should be given by mouth, first in small amounts, over a period of time.

Dehydration is a preventable condition. In hot, humid weather, drink more fluids, do not wait until you feel thirsty, stay out of the hot sun and turn on the air conditioner, in the house, or car. Even if you exercise in an air conditioned gym, you must drink more fluid, because your body will require more fluid, once you cool down and return to a hot, humid environment. Watch out for gardening, or other outdoor activities. Remember to drink more fluids, especially when the temperature rises above the 70 degree level, or humidity levels are high.

Times are tough for all, but we can get through it by helping each other. Help keep The Nahant Harbor Review coming to you by supporting Nahant Home Delivery. If you haven't sent in your subscription for 2009 yet, it is not too late. Please send in your subscription or donation, in the 2009 Subscription Envelope, which was enclosed with last month's issue. Help us keep the Review coming to you!

Where is HOOMPA?



Juliana and Michael Bongiorno, in front of the Coliseum in Rome, Italy. They were traveling with their parents, Mike and Judy Bongiorno of 301 Nahant Road, Nahant and Winchester, MA. Submitted by Doris Bongiorno.



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Swampscott High School Quarter 4 Honor Roll

Seniors

High Honors: Victoria Desmond, Maggie O'Callaghan, Jonathan Poth, Owen Welsh and Trevor Wheeler.

Honors: Mary Bartholomew, Briana Canty, Kelsey Dill, Michael Gillis, Heather Irvine, Nicholas Lamando, Bianca Munoz, Samantha Schneiderman and Kelly Walton.

Commended: Emily Cook, Breegan Houlihan and Amy Simons.

Juniors

High Honors: Amelia Antrim, Olivia Barba, Monique Bleau, Jennifer Cleary, Rebecca Gray, Lillian Pillsbury, Alexandra Savino and Patricia Silva.

Honors: John Blank, Casey Connolly, Kelly Gillis, Kate Hall, Juliana Liscio, Stephen Meagher and Kyle Taylor.

Commended: Thomas Ball, Thomas Walsh and Adam Wilson.

Sophomores

High Honors: Ian Antrim, Alexander Billias and Leah Towe.

Honors: Frank Barba, Marco Bauder, Patrick Gavin, Taylor Maccario, Christopher Mason, Christi Mazareas, Nicole McDermott, Maggie Osbahr, Casey Shanahan and Gabriella Wooten.

Commended: Daniel Barbacoff, Dimitri Christoforidis, Jennifer Desmond, Eric Greene, Jaimie Konowitz, Thomas Lamando, Dara Mosher and Jessica Simons.

Freshman

High Honors: Kristen Connor, Taylor Eaton, Peter Klee, Lindsey Marini and Emily Walls.

Honors: Meredith Ball, Thomas Beaulieu, Elijah Clark, Shiloh Clark, Madeline McKie, Colleen Meagher, Holly Noonan, Anthony Silva, Melissa Tirocke, Rita Tsokanis and Trachita Wheeler.

Commended: Alexandra Chasse, Heather Doyle and Alexandra Moccia.

Swampscott Middle School Quarter 4 Honor Roll

Class of 2014

High Honors: Emily Fiore and Kenneth Li.

Honors: Justin Chasse, Melissa Gavin and Joseph Silva.

Class of 2013

High Honors: Arianna Billias, Virginia O'Leary, Aristana Scourtas and Melinda Wilson.

Honors: Samantha Baldwin, Corey Carmody, Caroline Devereaux, Anna Greene, Caitlin Ludke, Rosalie Moleti, Derek Osbahr, Tyler Peterson and Alexa Steriti.

The Governor's Academy 2nd Semester Honor Roll

Sophomores

High Honors: Devon Harrell and Taylor Reeh.

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Job Searching in 2009: Challenge Yourself

by Deborah Barnes

Did you know that the number one fear people have, even more than death and dying, is getting up in front of a group and speaking?

If that's how you feel about public speaking, perhaps now is the time for you to do something about it. Doing what you fear most will give you a sense of satisfaction and accomplishment and dramatically enhance your self confidence.

Because so many people have a fear of public speaking, it is a skill that will set you apart from other job seekers and employees. Public speaking, like any other behavior, gets easier the more often you do it.

But it's that first step that's the most difficult. Help is just a mouse click away. North Shore Community College offers a non-credit evening class, "Overcome Your Fear of Public Speaking" (taught by Deborah Barnes), which is a six-week, supportive class designed to help students take that initial step. You can slowly expand your comfort zone through progressive, non-threatening exercises.

Subsequently, or alternatively, go to www.toastmasters.org. From there, input your zip code to find a club near you and, voilà, you're on your way to a new, improved you.

Every Toastmasters Club shares the same purpose, clearly defined in its mission statement:

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

Feel free to visit several Toastmasters Clubs to find one you like. You can progress at your own speed—you'll never be forced to get up to speak. In addition to giving speeches, which you sign up for only when you're ready, there are a multitude of other roles you can volunteer for—Grammarian, Speech Evaluator, Word of the Day, Joke of the Day, Table Topics Master, and Toastmaster, to name a few.

Table Topics, a staple of all Toastmasters Clubs, is an opportunity for members to practice speaking extemporaneously—getting up without a prepared speech and speaking for one to two minutes. The Table Topics Master will choose the subject for the meeting—it could be based on photographs, news headlines, or random objects pulled out of a hat.

In addition to providing all members who are not giving a speech at that particular meeting a chance to speak, it affords members the experience of thinking on their feet—clearly a significant benefit for job seekers as they interview.

Take a risk, do what you fear most, and do something HUGE for yourself. The benefits will be invaluable and you'll be amazed at your personal and professional transformation.

Deborah Barnes is a Certified Professional Résumé Writer (CPRW) and Graphic Artist; active member of The Professional Association of Résumé Writers & Career Coaches; Myers-Briggs Type Indicator® (MBTI®) qualified; and published in the 2009 release of Cover Letters for Dummies, 3rd Edition by Joyce Lain Kennedy (Wiley Publishing), winner of the "Benjamin Franklin Awards—Best Career Book of the Year." She can be reached at debnaht@comcast.net or 781-598-1127.

21st Annual Boston Marathon® Jimmy Fund Walk Sept. 13

Calling all walkers! Lace up your sneakers for the 21st annual Boston Marathon® Jimmy Fund Walk, presented by Hyundai Motor America on Sunday, September 13th. Walkers may choose to walk one of five routes: the entire 26.2-mile route, the 14-mile route from Hopkinton to Babson College, the 13.1-mile route from Babson College, the 5-mile route from Boston College, or the 3-mile route with patients and their families starting at the main Dana-Farber campus.

To register for, or to make financial contributions to, the 21st annual Boston Marathon Jimmy Fund Walk, visit www.jimmyfundwalk.org, or call (866) JF-1-WALK.

For 20 years, walkers in the Boston Marathon® Jimmy Fund Walk have proudly laced up their sneakers to raise \$57 million dollars for cancer care and research. This year more than 8,000 walkers are expected to participate and hope to raise \$6 million dollars. Fundraising minimums range from \$100 to \$250. Those unable to make it to the starting line on Sept. 13 can register as Virtual Walkers, raise money and complete a walk of any distance, anywhere and at any time. Virtual Walkers are not required to pay a registration fee and are not responsible for the fundraising minimum.

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Summer in Nahant is ON VACATION THIS MONTH.

If you have something you would like to share, in next month's issue, or an idea for this page, please email the author, Bumper Gooding, at h.gooding2008@gmail.com

MARK YOUR CALENDAR!

Marine Science Center's Open House

**SATURDAY September 12th
10:00 AM - 3:00 PM**

All are invited! Come help make this event even bigger and better than last year. Join us for...

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The MSC Outreach Program would like to thank Donna Hanlon and the Harbor Review for all the help with advertising.

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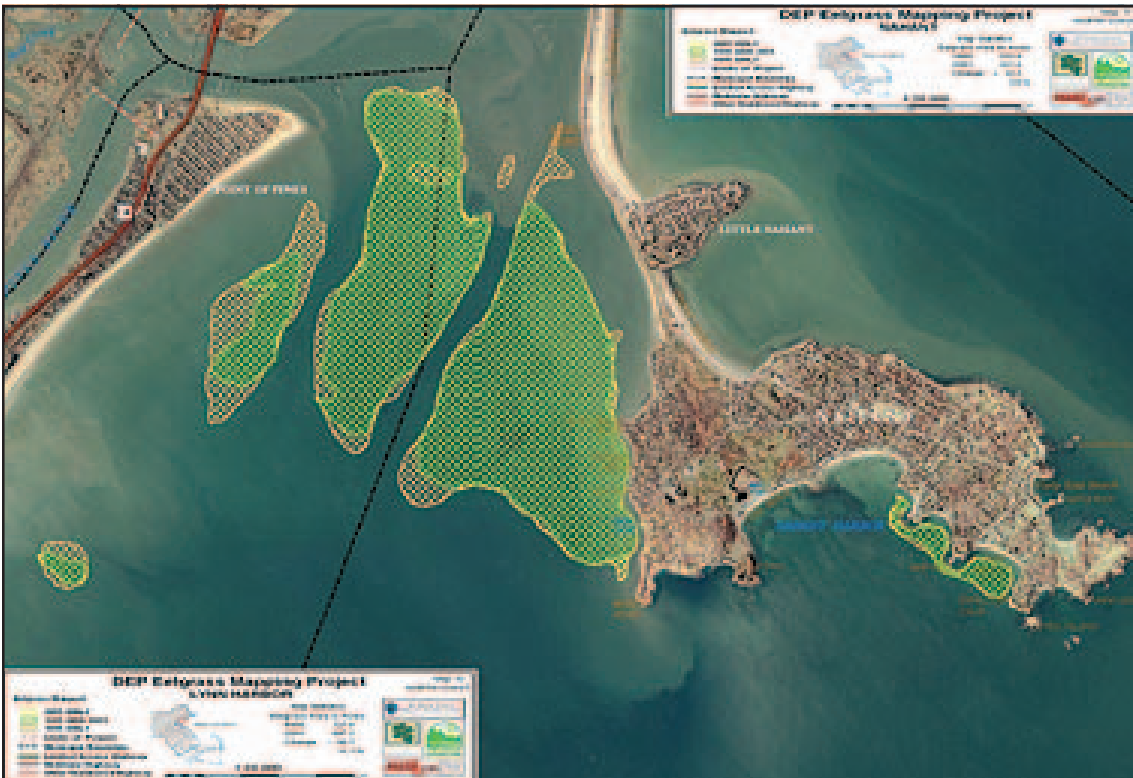
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Let's Green Up Nahant!

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



Eelgrass (*Zostera marina*) is the dominant seagrass found throughout the Gulf of Maine. Despite the fact that it superficially resembles grass, it is not a grass, but instead a flowering plant with horizontal stems (rhizomes) growing beneath the sediment and shoots extending from the stems.

It tolerates a wide range of temperature (32-90 F), salinity (10-30 parts per thousand) and takes root on substrates from coarse sand to mud. Eelgrass beds are typically found in areas of low wave energy, often in bays, harbors, or inlets, where they are protected from storms.

However, the most important factor effecting eelgrass survival and growth is light limitation. Thus they are often depth-limited due to water clarity. Improved water quality conditions over the past decade have enabled eelgrass populations in the Boston Harbor and North Shore regions to increase in area.

Eelgrass text by Salvatore Genovese, PhD, Director, Three Seas Program, Northeastern University Marine Science Center.

The graphic work of combining two overlapping eelgrass maps (Nahant and Lynn) was done by Jackie Diehl Singer.

Ocean Management and Oil Spill Containment

by Polly Bradley

Safer Waters in Massachusetts (SWIM) and scientists at Northeastern University Marine Science Center, are studying the Draft Massachusetts Ocean Management Plan, released this summer and will be commenting on the plan. The plan includes a great deal of information about the Massachusetts coastal waters, including an interesting set of maps detailing current knowledge. "Roughly 13% of the total state lobster catch occurs in the waters between Nahant and Manchester, and 15% of the total between Gloucester and Rockport, the two most productively fished areas," the plan says. SWIM's goal in responding to the Draft Plan, will be to encourage protection and restoration of Nahant's ecological resources, including lobsters, fish, and eelgrass beds.

Public hearings will be held in September, and legislative hearings will be held this fall at the State House, according to Deerin Babb-Brott, Assistant Secretary in the Massachusetts Executive Office of Energy and Environmental Affairs, who is leading the Ocean Management Plan effort. One of the public hearings will be held on the North Shore, but exact date and location have not yet been determined. According to the Oceans Act of 2008, the final plan must be promulgated by December 31, 2009. The Draft Ocean Management Plan may be viewed, or downloaded, at www.mass.gov/eoea (click on Ocean and Coastal Management.) A printed copy of the Draft Plan may be obtained by emailing cam@state.ma.us.

The Nahant oil-spill containment plan was explained at SWIM's July meeting, by Susan Maguire, who spearheaded Nahant's work on the plan. This Massachusetts Department of Environmental Protection Geographic Response Plan (GRP) is designed to protect sensitive coastal environments, including the ecologically important eelgrass beds in Lynn and Nahant Harbor. Captain Benjamin Bryant, of Nuka Research, which is coordinating the GRP, says, "The unique value of the plan is that it saves precious time, during an oil spill, so responders will have an idea of what is appropriate for the area and what kind of response they will need. The plan will be on our website, grp.nukaresearch.com, by the end of July and August is the public comment period. In September, a public meeting for the North Shore will be held at Plum Island."

The next meeting of Safer Waters in Massachusetts (SWIM) will be on Monday, September 14 at 7 p.m., at Northeastern University Marine Science Center. All are welcome.

Email your HOOMPA photos with caption to donna@nahant.com.



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Let's Green Up Nahant!

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Mass Building Trades Council Applauds Governor and Legislature for Economic Stimulus Money

The Massachusetts Building Trades Council applauds Governor Deval Patrick and the Legislature for recognizing the importance of apprentices on construction projects funded by economic stimulus money.

The provision in the bill that mobilizes economic recovery in Massachusetts, requires that 20% of total labor hours on ARRA-funded construction projects of \$1 million, or more, have to be performed by Apprentices registered with the State Division of Apprentice Training. This applies to all projects (vertical and horizontal) to ensure the creation of jobs, with middle-class earning capacity and skills. The requirement will ensure that highly skilled and trained craftsmen and craftswomen will be working on these important construction projects.

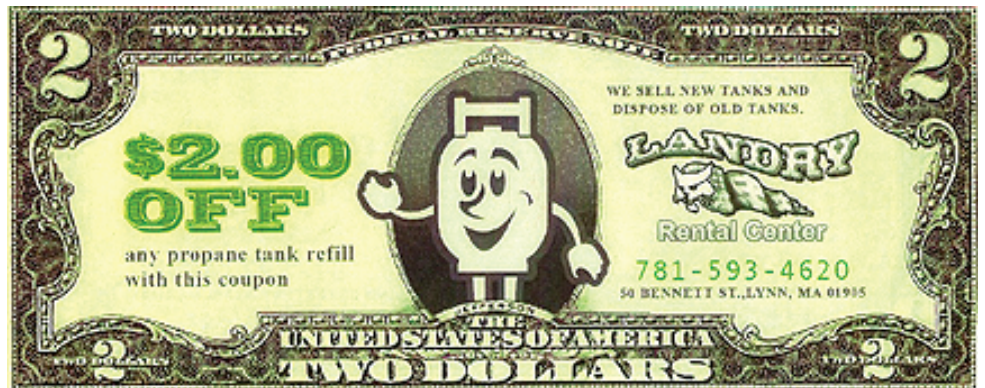
Union construction invests \$28 million of its own money, training apprentices and upgrading skills of journey persons, to keep up with new technologies. Governor Patrick signed legislation last week that mobilizes economic recovery in Massachusetts. The new law helps secure hundreds of millions of dollars in Federal Recovery Funding.

For more information call Rich Marlin, Legislative Director, MBTC, (617) 436-3551.

Jimmy Fund Little League Program

Some remarkable boys and girls from Nahant are taking a swing at cancer, both on and off the field. As a part of the 2009 Jimmy Fund Little League Program, these children will be raising funds to support cancer research and care, at Dana-Farber Cancer Institute. The 2009 Jimmy Fund Little League Program provides Little Leaguers of New England with the opportunity to continue to play ball, after the conclusion of their regular season, by participating in this local tournament and fundraising effort. These youngsters are given the opportunity to develop their athletic skills, build self-confidence, and, most importantly, help others, by fundraising in their local community.

Last summer, more than 4,000 children around New England took part and raised over \$265,000. This summer, young all-stars from your town will be back on the diamond, working to improve their fundraising averages and you can help. Support the Jimmy Fund Little League Program in your community, by logging onto Jimmyfund.org/littleleague and clicking on support a team.



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Hey! Read This!

A Bulletin to the Townspeople of Nahant

The SUN will shine at night on Mitchell's Cahnah, from 7:00 to 11:00 p.m., on September 6th. The weather this summah has been suspect, to say the least, with rain, rain, rain and more rain. No worries!! "THE" Nahant event of summah, the annual Mitchell's Cahnah block party, has received a gift from some old Tudor family friends to make this year's event better than ever. Guaranteed sunshine at night!

The gift is from Dad's old friends, the Crown Prince of Martinique and his spiritual aid, Iatolyouso, the high voodoo priest of Martinique. These two, along with Dad, "The Ice King" Frederic Tudor, will be at this year's event.

As you avid "Ice Shavings" followers recall, our Dad received his mystical rooster "Fandango" and Fandango's original home, (the stone house that stands today at the cahnah of Spring Road and High St. Ext.) from the Crown Prince and Iatolyouso as a "thank you" gift, for bringing ice refrigeration and our signature cocktail ice cubes, to their Martinique home.

It's been quite a while since that initial gift and Dad has invited them both to our Nahant family summah cottage, at 280 Nahant Rd., to celebrate the Labor Day weekend. Festivities will include our native island summah farewell ritual, THE MITCHELL'S CAHNAH BLOCK PARTY, but Dad stated he could not control the weather for the event.

Upon receiving the invitation and the possibility of foul weather, the two friends laughed and replied to the invitation:

July 3rd, 2009

Dear Freddie,

Love to come for the festivities on Labor Day weekend, old chum. We'll be there with bells on, and not to worry about the weather, we will bring our island gift of sunshine to your evening event. Through the mystical powers of Iatolyouso, we have remedied the foul weather problem in Martinique and we will be more than happy to share the "secret sun ritual" with your islanders. "Hey, what are Gumbas for?"

Regards, The Prince

So Nahanters, bring your "island mentality" to the Cahnah on Sunday night, September 6th, for an evening you won't forget. Great band, great food, great cocktails and totally bizarre "Cahnah" stuff, all to benefit the Johnson School PTO and the Nahant Police Elderly Care Program

Don't forget! Get a raffle ticket! For a \$100 donation to the Johnson School PTO, you automatically get a raffle ticket (ONLY 150 TICKETS AVAILABLE), for \$7,500 in cash prizes. 1st prize: \$5,000, 2nd prize: \$1,000 cash, and three 3rd prizes of \$500 each. For tickets, call (617) 543-3942, (781) 581-1559, or (781) 581-1338.

Submitted by: Ponsie Tudor, Tudor Cocktail Ice Co.

To advertise in this paper, call 781-592-4148,
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Proud to be an American

By Georgia Arnold

Perceptions of Americans who travel are changing. Surely, we are all accustomed to seeing the loud and obnoxious American tourist, who immediately speaks in English, instead of attempting to communicate in the native language. All the while, wearing their t-shirts that say "America is the best" and their baseball team cap. However, I was pleasantly surprised, when I saw a new report that stated, across Europe, and throughout the world, that the French were ranked the most impolite of tourists, with Americans not even ranking in the top three.

Much to my chagrin, in my travels to Europe, I have dreaded the negative stereotypes that follow me, whenever I leave the United States.

Not too long ago, on a trip to Iceland, I was dismayed by how people looked down on the United States. "They are using all of the resources," one woman exclaimed. "Americans think that they are the best and it shows in their attitude. They use all of the petrol and do not recycle," another person stated. "Bush is running your country to the ground," was the common theme that I heard.

While I do not necessarily agree with their remarks in entirety, I cannot help but feel resentful to other Americans, who have made my travels around the world alone, more difficult. Let alone, the sole choices, that certain former presidents have made, causing people across the world to look down and shake their heads over our poor American souls.

No matter where I go outside of the US, there is always a native person that is dying to tell me about the "rude" American that visited them. "I will never forget when this American came to stay at our hotel and they started yelling at the people at the front desk because the room did not have any air-conditioning. It was 50 degrees! I told them to open a window. The American responded by shouting at me that they preferred AC".

While there are surely pleasant experiences and interactions that take place, as Americans travel abroad, I cannot help but hear the quote: "Bad news travels faster than good news."

With that said, I am happy as a fellow traveler, to pass the "rude" torch onto the French. Perhaps on my future travels, I will be regarded as not only a polite American but as a person who treats others as they would like to be treated.

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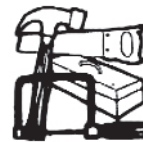
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Useless Information...By Ray Barron

Nahant's August Birthday Babies

1 - Nikki Granitsas, Kevin Li, Margaret Pier, Elizabeth Robinson, David Wilson,

2 - Angelo Parisi, Susan Santos, Farris VanMeter,

3 - MaryAnne Asselin, Tracy Curtis, Janet Dolan, Sandra Frank, Michael Gillis, Margaree Hybi, Robert Kershaw, Alex-Kathryn Reeh, Marguerite Rizzo,

4 - Perry Barrasso, Brenda Cook, Michael Debiassi, Mark Dougherty, Christian Inello, Steven Landry, Agnes McCarthy, Ellen Wilson,

5 - Alejandro Bauta, Bridget Donovan, Mikaela Donovan, Chad Doucette, Raemary Ferguson, Estelle Goodell, Thomas Laws, Lindsay MacDonald, Zena Nies, Stephen Opacki, Melissa Valenti,

6 - Barbara Ennis, Jennifer Guzzo, Frances Hall, Heather Irving, Marianne Moore, Rosangel Troiani,

7 - Mario Dicostanzo, Patricia Magner, Richard O'Connor, Ronald Petrucci, Peter Tsokanis, Amanda Ward, William White,

8 - Ian Paul Antrim, Robert Berry, Darren Cavallaro, Maria Coleman, Claire Crane, John Falat, Mark Fredette, Marcia Gaudet, Richard Malatesta, Susan Moleti, August Salliman, Jacob Soule, Gerard Titus, Laurence Ward,

9 - Ruggiero Dicostanzo, Karen Driscoll, Rebecca Gray, Joseph Haskell, Luke McGinn, Margaret Piccola, Brandon Poulin, Michael Sullivan,

10 - Julie Johnson, Marybeth Mahoney, Diane Mason, Brenda Nunez, Richard Peters, Aimee Sheppard,

11 - Richard Adamo, Erin Anderson, Anne Arnold, Randall Call, Caroline Devereaux, Carolyn Dolan, Barbara Hodges, Caden Krauter, Michael Lewis, Alan

McSweeney, Minami Mori, Tracy Simpson, Kim St. Ives,

12 - Nancy Cantelmo, Martena Fallon, Jordan Harrell, Laurence Heidebrecht, Nancy O'Brien, Katherine Wallach, Thomas Walsh, III,

13 - Kate Cadigan, Nancy Elia, Colby Godwin, Jeanne Kirouac, Jaimie Konowitz, Anna Ortiz, Mario Spinucci, Rachel Tarmy,

14 - Antonietta Dicostanzo, Carl Easton, Linda Lovering, Claire Michaud, Sharlene Queenan, Kim Stamos,

15 - Patricia Demit, Kathryn Desmond, Olivia Foss, Trent Gallagher, Esther Johnson, Max Kasper, Anita Kumari, Paul Laubner, Joseph Luise, Wendy Monroe, Karen Murphy, Christopher Oesterlin, Mary Opacki, Dean Palombo,

16 - Elana Anderson, Julia Babushkina, James

Clark, Noah Clark, Susan Dolhun, Jennifer Finley-Leja, Sylvia Hickey, Winifred Kane, Anne Kennedy, Marty Lucantonio, Angela Sansone, Christopher Shaffer,

17 - David Brahm, John Connolly, Gabrielle Fredette, Grace Hudson, Madelyn Hudson, Martha Lederer, Virginia Livingston, Joseph McDonald, Eric Moleti, Richard Palangi,

18 - John Cohen, Robert Cotter, John Kennedy, Carol Leesha, Niyom Lue, Claudia Mannix, Owen Nugent, Michael Rauworth, Lee Regnante, Francis Rogers, Jillian Stanely,

19 - Heather Cadigan-Dunlea, Val Chepeleff, Emily Crawford, Erika Crawford, Lisa Croft, Peter Devens, Daniel Giuiiani, John LaCorte, Colleen Meager, Mary Pearson, Robert Spencer, John Toomey, Lori Tucker,

20 - James Barrasso, Michael Billias, Robert Cormier, Stephen Deangelis, Carolin Gardiner-Oconnor, Susan James, Joseph Koscielecki, Janice Messier, Frederick Murphy, Richard Scourtas, David Sparr, the Wondrous Harriet Steeves,

21 - Susan Branga, Andrew Carnevale. Michael Connor, Laura Erlich, Kenneth Koehler, Mirjana Maksimovic, Katrin McManus, Donna Morrison, Robert Savage,

22 - Donna Brownell, Brenda Conley, Ernest Messina, Louise Rusk,

23 - Rita Anderson, Emma Bartholomew, Mary Behen, Nicholas Bokron, Thomas Costin, Anthony Dedominicis, Charles Jones, David Morin, Michael Reiling, Dorothy Ryckman, Christopher Vecchia, Eric Warren,

24 - Julie Arnold, Aaron Bascon, Margaret Bolthrunis, John Connor, Marcia Divoll, Maureen Lynch Edison, Nathan Howard, Roger Pasinski, William Reilly, Alexander Scovell, Sophie Skabeikis, Shirley Spillane,

25 - Shirley Allard, Joseph Casey, Rosanna Christie, Sarah Cook, Michael Devereaux, Duncan Lorien, Brendan Mahoney, Mary Maker, Carla McCormack, Claire Roffi, Paula Souza,

26 - Nicole Alessi, Karen June Hansell, Thomas Lamando, Pamela Motley,

27 - Frances Bertrand, Liam Foss, Keith O'Brien, Anya Peterson, Elizabeth Peterson, Cecile Rouleau, Vitaly Shub, Benjamin Smith,

28 - John Casey, Rebecca Flacke, Sheila Hambleton, Bruce Hunt, Patricia McArdle, Paul Morse, Diane O'Neill, Rebecca Pillsbury, Amanda Szczawinski, Evan Tarmy, Scott Tidd, Yunita Wheeler,

29 - David Aldrich, Matthew Brown, Ruth Brownell, Valerie Corcoran, Helen Cort, Jacqueline Frisoli, Seth Harrell, Scott Jackson, Laura Long, Katherine Lundberg, Virginia Meuse, Emily Spinucci,

30 - Eric Castetter, Carlos Colon, David Hunt, John Lombard, Joan Mehigan, Elizabeth Walls,

31 - Janet Benkert, Edward Brown, David Conlin, Ghizlane Deangelis, Dimitry Kamen, Mark Nocera, Thomas O'Connor, Carole Palombo, Melanie Wilson, Melinda Wilson,

Please email any changes or corrections to donna@nahant.com.
Happy Birthday to you all! Take time to enjoy life!

Letter to the Editor

Hello Donna,

I thoroughly enjoy the Nahant Harbor Review. So thanks for all your hard work.

I am submitting photos of the 4th of July, 1-mile Road Race. Mainly, because like most parents, I am so proud of my daughter's participation. I don't know if you have anyone doing a story about the race, or if these even interest you. Maybe the race committee knows, but perhaps in the 30 years running, my daughter is the youngest to ever enter. She turned 4-years-old in March. It was all her idea. This was her first road race. She finished 3rd in the 10 & under category. I ran and walked beside her (that is I in the blue running attire with her).

She is pretty pet friendly, so on the final stretch to the finish line, she stopped to pet a dog.

Thanks for your consideration.
Lizanne Barone

Editor: I am very pleased to publish your photos and invite all Nahanterers to send in their photos to share with the community. Thanks to all. Keep the letters and photos coming! DLH



2009 Nahant Horribles Parade

SUPERHEROES: Aidan Wyse, Will Cronin, Parker Hastings, Colin Mellen, Will Hayes, Marc Ortiz, Jamie Lang.

MOVIE AND TV CHARACTERS: Sebastian Henne, Arthur Kautz, Rachel McCarthy, Mason and Addison Baldini, Max Hausler, Braden Howard, Daniel Ferris.

FARIES, PRINCESSES AND BALLERINAS: Riley Maguire, Jordan Sullivan, Courtney and Elizabeth Quinn, Ava Duncan, Olivia and Sophia Galusi, Tatum Henne, Natalie Frank, Maddie Hudson, Ammelie Gutermuth, Maura Grace, Colleen Osbahr, Abbey Morse, Ellie Ferris, Margaree Hybl, Alex Lang, Alea Jalal.

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WONDERFUL WHEELS: Jack and Owen Maguire, Liam and Ronan Locke, Estani Robledo Puch, Sean Osbahr, Ryan and Aidan Graciale, Jamie and Colby Godwin, Caden and Cole Krauter, Brendan Landry, Matthew Frary, Patrick and Liam Jenkins, Emma Eagen, Emma O'Neill, Clem McDonald, Liam Jenkins.

SPORTS STARS: Nick Reiser, Nikki Rosa, Matthew Brown, Michelle Shub.

PIRATES, KNIGHTS AND COWBOYS: Anthony Frank, Robert and Cameron McCollough, Maisy and Anton Vasques, Olivia and Mariel Fulghum.

STORYBOOK CHARACTERS: Lucy Brown, Grace DiGrande, Zoey and Braedan Bozarjian.

ANIMALS: Amelia Wyse, Jackson Wrenn, Sam Morse, Veronica Hill, Christian Behen, Nathaniel Mallette.

HOBOS AND CLOWNS: Emma and Grace Geaney.

NEIGHBORHOOD HEROES: Duncan and Maxwell Gulino, Glenn Sanphy, Eamon Jalal.

HAWAIIAN HONEYS AND MORE: Vincent and Mia Finocchio, Annie Quinn, Isabel Duncan, Issie and Sophie Skabeikis, Broghan, Emme and Avery Landry, Alexis and Hailey Russo, Cameron Bennett, Ariana, Francesca and Eliza Alberti, Mia Forrester.

MARVELOUS MUSIC: Madison Wrenn, Jack Hausler, Sophie DiGrande.

VAMPIRE DETECTIVE: Shelby Hill.

4th of July Race Winners

The month of rain finally stopped, just in time for the annual 4th of July races. It was a great morning, with many families coming out to support their children, grandchildren and spouses in the annual races. All racers tried their best and should be congratulated. Below are the top three winners in each category.

Age 2 year old girls: 1st: Nora Matthews, 2nd: Reiley Maguire and 3rd: Addison Baldini. Age 2 year old boys: 1st: Christian Inello, 2nd: Hugian Greer Jr. and 3rd: Christopher Pentoney. Age 3 year old girls: 1st: Ava Howard, 2nd: Elie Hamernick and 3rd: Lucy Brown. Age 3 year old boys: 1st: Jace Roossien, 2nd: Colby Godwin and 3rd: Braedon Henry. Age 4 year old girls: 1st: Molly Cronin, 2nd: Emma Eagan and 3rd: Maddie and Grace Hudson. Age 4 year old boys: 1st: Anthony Frank, 2nd Caden Kravler and 3rd: Mason Baldini. Girls just entering Kindergarten: 1st: Sophie DiGrande, 2nd: Gabriella Valeri and 3rd: Faith Inello. Boys just entering Kindergarten: 1st Xaviah Bascome, 2nd: Dan O'Neill and 3rd: Jake Desmarais. Girls just finishing Kindergarten: 1st: Zoey Bozarjian, 2nd: Rachel McCarthy and 3rd: Mariel Fulghum. Boys just finishing Kindergarten: 1st: Jake Cooke, 2nd: Liam Locke and 3rd: Thomas Frisoli.

Girls just finishing First Grade: 1st: Skye Bascon, 2nd: Lauren Sablone and Julia Howard, 3rd: Jacqueline Valeri. Boys just finishing First Grade: 1st: Owen Maguire, 2nd: Anders Umholtz, 3rd: Eric Moleti. Girls just finishing Second Grade: 1st: Nikki Rosa, 2nd: Jackie Frisoli and 3rd: Grace DiGrande. Boys just finishing Second Grade: 1st: Matthew Connolly, 2nd: Matthew Pentony and 3rd: Colin Reiling. Girls just finishing third Grade: 1st: Caroline Sabloni, 2nd: Katie Cooke and 3rd: Lily Sanphy. Boys just finishing third grade: 1st: Isaih Bascone, 2nd: Shamus Lombard and 3rd, Dean Warren and Matthew Luti. Girls just finishing fourth grade: Shelly Connor, 2nd: Maggie DiGrande and Sarah Ryan and 3rd: Kate Cadigan. Boys just finishing Fourth Grade: 1st: Max Carbone, 2nd Ryan Connolly, and 3rd: Teddy Jurczuk. Girls just finishing Fifth Grade: Casey Carmody, 2nd: Sara Martin and 3rd: Oliva Cooke. Boys just finishing Fifth Grade: 1st: JP Reiling, 2nd: Jackson Allard and 3rd: Patrick Bartholomew. Girls just finishing sixth grade: 1st: Ellen Ransley, 2nd Rosemary Scalise and 3rd: Olivia Aswad. Boys just finishing sixth grade: 1st: Ray Ray Rosa, 2nd: Anthony Rizzo, and 3rd Charlie Arena. Girls ages 13 and 14: 1st: Jennifer Gaudet, 2nd: Allie Boyan and 3rd: Megan Demit. Boys ages 13 and 14: 1st: Robert McCullogh, 2nd: John Boyan and 3rd: August Mumholtz. Girls ages 15 and 16: 1st: Jennifer Gaudet, 2nd: Taylor Eaton. Boys ages 15 and 16: 1st David Wilson, 2nd Jake Bartholomew and 3rd: Tucker Sharkey and Derek Osbar.

Men ages 17 – 25: 1st: Brenden Stanford, 2nd: Neil Moriwaki and 3rd: Ricky Dufresne. Women ages 26 – 40: 1st: Shawna Murphy, 2nd: Jessica Stiff and 3rd: Joyce Bozarjian. Men ages 26 – 40: 1st: Richard Reiling, 2nd: Murphy Estani robledo-puch and 3rd: Jason Goodwin. Women 40+: 1st: Nina DalPozzal-Hall, 2nd: Brenda Ransley. Men 40+: 1st: Roger Kautz, 2nd: Charles Backman and 3rd: Josh Antrim.

Three-Legged Race grades K-3: 1st: Shamus and Brenden Lombard, 2nd: Jackie Frisoli and Grace DiGrande and 3rd: Jordyn Sullivan and Jack Maguire and Aidan McCool. Three-Legged Race grades 4-6: 1st: Miranda Nocera and Lydia Antrim, 2nd: Rachel Pentony and Olivia Aswad and 3rd: Rosemary Scalise and Anya Peterson. Three-Legged Race ages 20+: 1st: Brenden Standford and Neil Morjwaki, 2nd: Heather Goodin and Kerry Alice Collins and 3rd: Susan Rosa and Jennifer McCarthy.

Dennis Forbush Memorial Road Race: One Mile Distance Winners:

Girls, Ages 10 and under: 1st: Mia Forster, 2nd: Lydia Umholtz and 3rd: Isabella Barone. Boys, Ages 10 and under: 1st: Anders Umholtz. Girls Ages 11-13: 1st: Olivia Cooke, 2nd: Miranda Nocera and 3rd: Sara Martin. Boys ages 11-13: Ray Ray Rosa.

Dennis Forbush Memorial Road Race: 3 Mile Distance Winners:

Women, age 18 and under: 1st Amelia Antrim, 2nd: Maggie Osbahr. Men, Age 18 and under: 1st: Stephen Measher, 2nd: Conor Foley. Women, Ages 19 – 29: 1st: Meg Doherty, 2nd: Victoria Michelotti. Men, Ages 19 – 29: 1st: Adam Escner, 2nd: Timothy Telleen-Lawton and 3rd: Jake Canty. omen, Ages 30 – 39: 1st: Jenny Lincoln, 2nd: Lisa Tobin and 3rd: Jen Shultz. Men, Ages 30 – 39: 1st: Daniel Skip, 2nd: David McCool and 3rd: John DeCamp. Women, Ages 40 – 49: 1st: Marybeth Goodwin, 2nd:Linda Letourneau and 3rd: Carolyn Osbahr. Men, Ages 40 – 49: 1st: Josh Antrim, 2nd: Jim Mellen and 3rd: Dan Forster. Women, Ages 50 – 59: 1st: Patty Flarerty, 2nd: Dawna Nocera and 3rd: Amy Tsokanis. Men, Ages 50 – 59: 1st: John Marin, 2nd: Tom Flarerty and 3rd: Mark Taylor. Women, Ages 60 and up: 1st: Nancy Wilson, 2nd: Edna Doran and 3rd: Bonnie Lombard. Men, Ages 60 and up: 1st: Wilbert Jackson, 2nd: Bob Vallee.

We would like to thank the following people for working to make these races possible: Susan Rosa, Jennifer McCarthy, Robyn Howard, Kellie Frary, Sarah Mellen, Richie and Bonnie Lombard, Bob Cormier. And of course we need to thank the judges of the races, Lainey Titus, Christine Titus, Bill Edwards, Heather Goodin. We also need to thank Gail Kasperowicz for helping with the prize table. And we can't forget Patty Forbush Gregory for organizing the Dennis Forbush Memorial races.



Harbor Review Editor and Staff Gives Most Sincere Thanks and Appreciation

The words “Thank you!” seem hardly appropriate to convey how grateful I am to these special people, the Home Delivery and Out-of-Town subscribers, listed below. This small community newspaper is struggling along, the same as many individuals and families, to keep “all the balls in the air,” during this “recession,” or “shrinking economy.” Accounts receivable grow, cash flow slows, advertisers drop out, bad debt rises, there seems to be no end. I’m always scrounging to keep up. The costs to publish this little newspaper, keep rising, with no end in sight. The amount of time I invest to produce the newspaper, increases, also, with little, or no, compensation. Software and equipment upgrades are almost impossible. There is no budget, no big corporation, no trust fund, no “Angel,” to help me pay the bills. If it weren’t for my strong belief that communication is a key component to strengthening the spirit of community, I would have quit a long time ago.

At this time, I need your help. Everyone can have a part in securing the future of this little newspaper. Please pass on your copy of the Harbor Review, when you are through reading it, of course, to someone who might like to join our group of loyal advertisers. Everyone knows someone who could benefit from advertising in this little newspaper. Let them know how much you enjoy having the news from the various individuals and community groups, delivered to your home. Let them know that this is the only newspaper that serves the Nahant community. Ask them to consider joining our outstanding family of loyal advertisers by taking out an ad, or two, or better yet, committing to a year of advertising, especially during these tough times. I am sure that you have heard the old adage, “...if you don’t advertise during the down-times, you won’t be around for the good times.”

Another way to help the newspaper is to purchase the goods and services provided by the advertisers of this newspaper. By doing so, you strengthen the finances of our local economy. Our advertisers will continue to support this newspaper by continuing their ads in the paper, when they get feedback, or see results from their advertisements. So please let our advertisers know how much this paper means to you.

Remember, this little newspaper exists because of YOU, and for YOU, the people of Nahant. For it is the Nahant Harbor Review Home Delivery and Out-of-Town Subscribers, in addition to the Foundation Advertisers, who are the backbone of the Nahant Community. They pay for the expenses to bring this newspaper to your door. So, when you see any of the people listed below at the post office, or at the store or bank, or on the street, give them a hardy handshake and thank you, for these are the people who help make the Harbor Review, your small community newspaper, possible.

Fred Ahern, Nahant Associates, Patricia Aswad (2), Kathleen Atkinson, Richard Bailey, Megan Bailey, Glenn & Susan Bannon, Jeanne Baranek-Olmstead, Tess Bauta, Barbara Beatty, Stanley Benischek, John A Benson Family, Roger & Lynn Berkowitz, Elizabeth & Daniel Berman, Joseph M Bertorelli, Paul Bertrand, Ken Bibber, Penny T. Billias, Marsha & Michael Billias, Chris Black, C & P Bolthrunis, Doris Bongiorno, June M. Borys, Scott Bradley, Polly & Larry Bradley, Randolph Bradley, Susan Branga, Norma Brooks, Edward Brown, Judith Bryant, Kathy Burns & John Condon, Chuck Butera, James & Susan Caccivio, Caggiano Family, Candace Cahill, Nancy Cantelmo & Mike Rauworth, Victor & Marion Capano, Kenneth Carangelo, Joseph & June Carmody, Jim McCurdy & Carole Keller, John & Catherine Carr, David & Katherine Carter, Rev. 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If you have sent in a subscription for 2009, and don’t see your name here, please send me a note c/o this newspaper, or send me an email, donna@nahant.com. If you haven’t, and would like to, it’s not too late. Please use the envelope that was sent to you in last month’s issue.

Thank you. It is still, not too late.

**IN MEMORY OF
Thomas F. Johnson, 80**

Mr. Thomas F. Johnson, age 80 years, of Nahant, died peacefully Wednesday, July 15, 2009, at his home surrounded by his family, after a lengthy illness. He was the loving husband of Dorothy (Young) Johnson with whom he shared 61 years of marriage. Born in North Vassalboro, ME, he was the son of the late Adin and Josephine (Burns) Johnson. He was educated in Maine and Revere and graduated from Revere High School, Class of 1945. Mr. Johnson served in the US Navy aboard the USS Perry during WWII. He was a self employed general contractor for many years until he retired in 1991.

Tom was an active member of the Nahant Village Church for over 54 years, Past Master of Bethlehem Lodge, member of Mt. Carmel Lodge and Golden Fleece Lodge, Past High Priest of Sutton Royal Arch Chapter, Past President and member of the Past Master Assoc. of the North Shore, Founding member and Past Holy Cow of the Beefeaters #1, Past Master of Lodge of Instruction and member of Olivet Commandery, #36.

He served as the representative for Nahant on the North Shore Regional Technical High School, School Committee for 20 years, and was Past President of Chapter 37 American Institution of Plant Engineers.

Tom was a loving husband, father, grandfather and great grandfather who enjoyed spending time with his family and friends. In addition to his wife, he is survived by two sons, William A. and his wife, Denise Johnson of Andover, NH, Wayne A., and his wife Dianne Johnson of Lynn, four daughters Evelyn J. and her husband Frederick Greco of Swampscott, Pamela J. and her husband Bruce Sarro of Plaistow, NH, Janet J. Bradley of Lynn, Dolores J. and her husband James of Saugus, two sisters Sarah Bowen of Augusta, ME, Pauline Horning of Stowe, Ohio, two daughters-in-law Mary Johnson, Dorothy Beals, 21 grandchildren, nine grandchildren and many nieces and nephews. He was also father of the late Thomas F. Johnson, Jr., grandfather of the late Stephen D. Johnson and brother of the late Adin Johnson and Frances Craft.

In lieu of flowers, please make memorial donations to the Stephen David Johnson Scholarship Fund, c/o Frederick Greco, 41 Roy St., Swampscott, MA 01907.

**IN MEMORY OF
Alan W. Pearson, 60**

Mr. Alan W. Pearson, age 60, of Nahant, died unexpectedly late Wednesday evening at his home. He is the beloved husband of Mary “Fran” (Sullivan) Rowe Pearson. Born in Chelsea, he is the son of the late Walter and Eleanor (Gills) Pearson. He was raised in Melrose and is a graduate of Melrose High School.

He has lived in Nahant for the past 25 years. Alan worked for many years in export shipping. He enjoyed golfing and skiing and was a member of the Knights of Columbus, Nahant. Those who knew him will remember his great sense of humor.

In addition to his wife, he is survived by his two step-daughters, Kimberly Rowe Cummings and her husband Shawn, of Nahant and Kerri Rowe, of Nahant; two grandsons, Shawn and Jordan; one sister, Janet McKenney and one brother, Richard Pearson. He will also be remembered as a loving uncle and great uncle. Service information:

In lieu of flowers, donations may be made to My Brother’s Table, 93 Willow St., Lynn, MA 01901.

**IN MEMORY OF
John Brewin Breen, 69**

John Brewin Breen, 69 years old, passed away after a lengthy illness. He is father of Kristen Breen and Laura Nardone of Lynnfield. He is the eldest Son of Edward J. Breen and Margaret Brewin Breen of Melrose, Nahant and Lynnfield and brother of Ann Shields of North Andover and E. J. Breen of Nahant.

He was a graduate of Saint Mary’s High School, in Lynn, MA and attended Niagara University. He received a Masters degree in Education from Salem State College in 1966. He was an elementary school teacher who loved his students, as they did him.

**IN MEMORY OF
Gladys Edwards, 83**

Gladys Edwards, 83, passed peacefully in her sleep on Thursday, June 11, 2009, after a short illness. She was a wife, mother, retired professional nurse and world traveler. Born and raised in Rhode Island, she spent most of her adult life in Nahant.

She was the wife of the late Harry W. Edwards and is survived by sons, Warren and William of Nahant and daughter, Lisa of Corpus Christi, Texas. She leaves numerous grandchildren and great grandchildren.

Persons interested in contributing to the Nahant Sailing Program in her name are encouraged to do so. Donations should be directed to Nahant Sailing Program, Attn: Josh Antrim, 267 Nahant Road, Nahant, MA 01908.

**IN MEMORY OF
Edwin Peterson, Jr., 87**

Mr. Edwin Peterson, Jr., age 87, of Nahant, died at his home on July 2nd. He was the husband of the late Phyllis E. (McClain) Peterson. Born in Brockton, he was the son of the late Edwin and Mary Ann (Priestly) Peterson. He was raised in Brookline and is a graduate of Brookline High School. Mr. Peterson served in the United States Army during World War II. He retired from the shoe manufacturing industry.

He is survived by two sons; Edwin Peterson III and his wife Eileen A. Peterson and William F. Peterson and his wife Linda S. Peterson, all of Nahant; three grandchildren; Eric S., Keith L. and Edwin J. Peterson; and four great-grandchildren; Tyler, David, Kasey and Ryann. He was predeceased by his daughter; Elizabeth (Peterson) Palmer as well as two brothers and two sisters.

In lieu of flowers, donations may be made to the Elizabeth Peterson Palmer Scholarship Fund, c/o Nahant Village Church, 27 Cliff St., Nahant, MA 01908.

**IN MEMORY OF
Phyllis E. (McClain) Peterson, 90**

Mrs. Phyllis Evelyn (McClain) Peterson, age 90, of Nahant, died May 30th, 2009, at her home. She is the wife of Edwin Peterson, Jr., with whom she shared 67 years of marriage. A lifelong resident of Nahant, she is the daughter of the late Francis L. McClain, Sr. and the late Evelyn (Coles) McClain and the mother of the late Elizabeth (Peterson) Palmer.

She is a graduate of Lynn Classical High School, class of 1936. In addition to her husband, she is survived by 2 sons; Edwin Peterson III and his wife Eileen A. Peterson and William F. and his wife Linda S. Peterson, all of Nahant; 3 grandchildren; Eric S., Keith L. and Edwin J. Peterson; 4 great-grandchildren; Tyler, David, Kasey and Ryann; 2 brothers; Francis L. McClain, Jr. of NH and Robert N. McClain of NY; a niece and 2 nephews.

In lieu of flowers, donations may be made to Elizabeth Peterson Palmer Scholarship Fund, c/o Nahant Village Church, 27 Cliff St., Nahant, MA 01908.

**IN MEMORY OF
Oscar A. Sertoian, 84**

Mr. Oscar A. Sertoian, age 84, of Nahant, died in a local nursing home, following a lengthy illness. He was the beloved husband of the late Theresa (Marino) Sertoian. Born in Lynn on July 28, 1924, Oscar was the son of the late Agaveni and Zakar Sertoian. He was a graduate of Lynn Classical Class of 1942. He was a member and graduate of St. Stephens W. Lynn Mission, attended Lowell Institute, Lynn Trade, Salem Trade, Wentworth Institute and Electron Beam Schools in Connecticut and Chicago, IL.

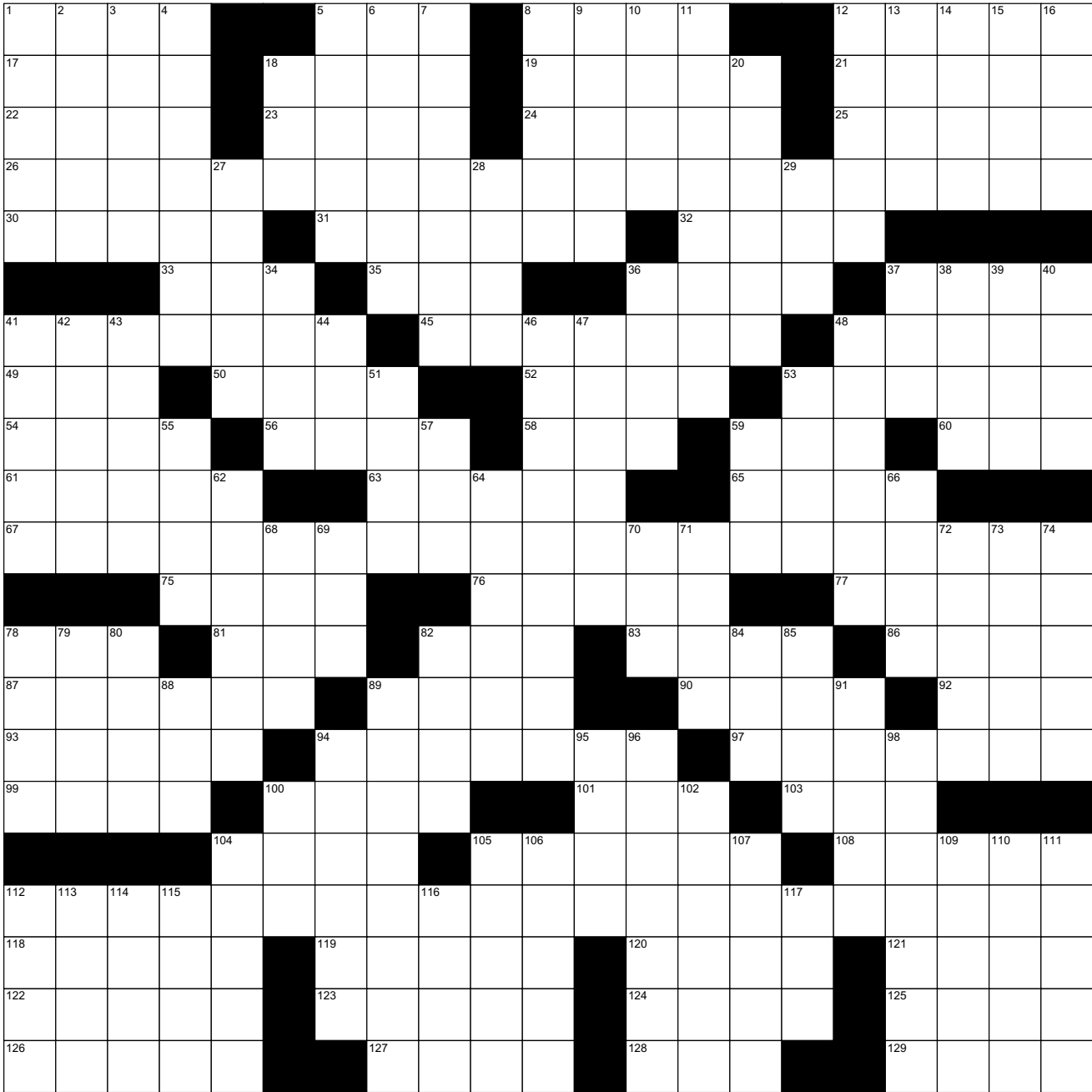
In 1942, Oscar was a shipfitter at Bethlehem-Hingham Shipyards just before he entered the US Navy in 1943. He earned WWII Victory & American Area Medals.

Discharged in 1946, he went to work in the Lynn GE. After 39 years at the GE, he was retired in 1985. In 1981, he became the electrical wiring inspector for the Town of Nahant, MA.

Oscar leaves several nieces and nephews, including Kevin and Karen Eramian and Diane and Steve Ordway. He was the brother in law of Joseph and Lorraine Marino and Jeanette Tomczykowski. He was the brother of the late Mary M. Eramian.

NAHANT PUZZLE PAGE

Don't Miss the Boat
by Rick Kennedy



- 48 Overly (2 wds.)
- 51 Roman emperor
- 53 Dermatologist's concern
- 55 Haze
- 57 Plant
- 59 It's a wrap
- 62 Concise summary
- 64 Northern Ireland
- 66 Sink's alternative
- 68 Fasten
- 69 That woman
- 70 Sushi fish
- 71 King ____
- 72 Book by Homer
- 73 It may be about a yard
- 74 Weight allowances
- 78 Baths
- 79 Close
- 80 Telegram
- 82 Potpie ingredients
- 84 Red ____
- 85 München mister
- 88 Drink
- 89 Cargo
- 91 Muffler
- 94 Sweet melon
- 95 Alleviate
- 96 Protest
- 98 Haemoglobin deficiency
- 100 Stamping tool
- 102 One who'll give you a hand
- 104 Coats
- 105 Twisted thread
- 106 Many times
- 107 With 59 Across, motorcycle accessory
- 109 Pre-euro money
- 110 Banal
- 111 Council
- 112 Impulsive
- 113 Stare at
- 114 Winter warmer
- 115 Plunge
- 116 Moosehead, e.g.
- 117 Permit

ACROSS

- 1 Pac-10 team
- 5 Owns
- 8 "Such a pity"
- 12 Move like a 71 Down
- 17 Dis
- 18 Not well done
- 19 Track athlete
- 21 Feature
- 22 Take in
- 23 After awhile
- 24 Extreme
- 25 Consumed
- 26 Words with BOAT
- 30 Big hit
- 31 Hardens
- 32 Alum
- 33 The "Rocky" film with Mr. T
- 35 Farm female
- 36 Part of a Rorschach test
- 37 Sped

- 41 Tuscany export
- 45 Dairy substitute brand
- 48 Sponge
- 49 Biddy
- 50 Coll. major
- 52 Columbus's home
- 53 Deserving
- 54 "The Sound of Music" setting
- 56 Colors
- 58 Zero
- 59 See 107 Down
- 60 Distress call
- 61 Droop
- 63 Wake up
- 65 Buried treasures
- 67 Words with BOAT
- 75 Heredity component
- 76 Express contempt
- 77 Crude vessel
- 78 Compass point
- 81 Mercury or Saturn
- 82 School grp.

- 83 Tie together
- 86 Go for the gold
- 87 King ____, Indian chief known to his tribe as Metacomet
- 89 Spotted
- 90 Apiary residents
- 92 Play a part
- 93 Halos
- 94 Mapped
- 97 Game rooms
- 99 Stair
- 100 Podium
- 101 Help
- 103 Bolted
- 104 Bit of a shock?
- 105 Defeats
- 108 Small flat boats
- 112 Words with BOAT
- 118 Ancient marketplace
- 119 Half of a Disney duo
- 120 Otherwise

- 121 Primary
- 122 Single-masted boat
- 123 Low-down joint?
- 124 Catbird seat?
- 125 Towards
- 126 Rescues
- 127 Adolescent
- 128 Sample
- 129 Served perfectly?

DOWN

- 1 Web browsers
- 2 Staked thing
- 3 Worm-like stage
- 4 Memory loss
- 5 Asian capital
- 6 Here and there
- 7 Carnal
- 8 Entertain
- 9 Springy songs
- 10 Der ____ (Konrad Adenauer)
- 11 Large harem

- 12 Place
- 13 Persia, today
- 14 Figures
- 15 Legal claim
- 16 Bunsen burner
- 18 Bit of cheer?
- 20 Strict disciplinarian
- 27 German wine valley
- 28 Writer Bombeck
- 29 Cricket club
- 34 Hankering
- 36 It may be skipped or jumped
- 37 In favor of
- 38 They may be drawn
- 39 Repeat
- 40 Reasons
- 41 Gorge
- 42 "Anybody home?"
- 43 Suggestions
- 44 Promissory note
- 46 B or C
- 47 Lift, so to speak

Thirst for Knowledge
By Rick Kennedy

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

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| N | E | E | T | | O | N | T | O | | E | P | O | C | H | | T | R | A | I |
| E | T | R | E | | A | W | O | L | | C | R | A | T | E | | R | A | I | L |
| W | O | R | L | D | M | E | L | O | N | C | O | L | O | R | C | O | U | R | S |
| | P | A | L | E | | D | E | M | E | A | N | | F | E | N | D | | | |
| | | | A | L | B | | S | O | O | | | E | G | O | S | | S | P | A |
| S | T | E | R | I | L | E | | N | N | E | | W | O | N | | C | E | A | S |
| L | I | D | | S | O | L | D | | | S | E | E | D | | S | L | A | V | I |
| I | B | I | S | | C | L | E | G | | T | A | R | | U | T | E | | E | A |
| N | I | C | H | E | | | A | M | O | U | R | | | F | A | R | O | | |
| G | A | T | E | F | R | O | N | T | F | A | L | L | W | O | R | K | S | L | O |
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| D | E | C | O | C | T | | M | O | L | E | | | T | R | A | P | | O | N |
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| S | O | M | E | | | S | N | I | D | E | | P | T | S | D | | S | A | R |

About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. 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.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation. Articles and / or letters, submitted anonymously, or unsigned, or lacking author contact information, will not be published. Exception: although not a regular practice, a writer’s identity may be withheld, by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Donna Lee Hanlon, Editor, Nahant Harbor Review, PO Box 88, Nahant, MA 01908, or to the **Nahant Harbor Review Drop Box on the Teller’s Counter**, at the **Equitable Cooperative Bank on Nahant Road**. For ad rates, discount programs and deadlines, call 781-592-4148.

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.

Special “Thanks!”

to the people of the Nahant Village Church, for the use of the Companionway, once a month, for the distribution of the Review.
Many, many thank yous!



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA
donna@ nahant.com • www.nahant.com

DEADLINE INFORMATION
SEPTEMBER 2009

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
SATURDAY, August 15th • 5:00 P.M.
Home Delivery: Saturday, August 29th.

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| Publisher: | Donna Lee Hanlon | 781-592-4148 |
| Asst Editor/Sales: | Harold “Bumper” Gooding | 781-592-4148 |
| A/R Manager: | Barbara Thistle | 781-592-4148 |
| Proofreader: | Harriet Steeves | 781-581-0715 |
| Birthday Greetings: | Ray Barron | 781-581-0809 |
| The Puzzle Guy: | Rick Kennedy | 781-592-8616 |
| Delivery/Dist.: | Donna Lee Hanlon | 781-592-4148 |

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| Matt Ryan | 781-595-0957 |
| Route 1 & 3: 1/2 Little Nahant & Little Nahant Road | |
| Bob Roland | 978-273-5338 |
| Route 4: SW Big Nahant & Willow Road | |
| Katie Coffey & Augie | 781-586-9232 |
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Harbor Review Distribution

| | |
|--|---------------|
| Papers for Home Delivery): | 1,724 |
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| Papers to Nahant stores & public places: | 364* |
| Total Papers Distributed: | 2,300* |

*Every month, there are a few hundred more newspapers (printer’s over-run), which are distributed to stores and public places in Lynn and Swampscott.

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Send \$20 for home delivery, or \$30 for an Out-of-Town Subscription, with delivery address, to:
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Thank you for your support!

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. Located on the Teller’s Counter, save the stamp. Pickup is daily. Submitted photos and other items will be returned, if accompanied with a Self-Addressed, Stamped-Envelope.

Council On Aging Calendar – AUGUST 2009

| | | | |
|------|----|--------|--|
| Mon | 3 | 12:00P | Blood Pressure and Glucose Clinic – Tiffany Room |
| Tues | 4 | 7:00P | Salem Willows Concert |
| Fri | 7 | 1:00P | Movie – TBA – Community Center |
| Wed | 12 | 7:30P | Mass Theatrica – Lynn Arts – Broadway Favorites |
| Wed | 19 | 12:00P | August Birthdays – Birthday cake by Roz – Tiffany Room |
| Fri | 21 | 1:00P | Movie – TBA – Community Center |
| Thur | 27 | 12:30P | Mystery Ice Cream Ride |

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

| | | |
|------------|--------|---|
| Mondays | 9:00A | Senior Yoga |
| Mondays | 10:15A | Senior Exercise – Community Center |
| Tuesdays | 1:00P | Cribbage, cards, games, puzzles – Community Center |
| Wednesdays | 12:30P | Shopping Trip from Tiffany Room or call for pick-up |
| Thursdays | 10:15A | Senior Exercise – Community Center |

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 call 781-581-7557 or e-mail us at ddesmond@nahant.org.

Health Care 09

By Jim Walsh

All over the country people are struggling to understand the issues in the Great Health Care Debate of 2009. It isn't easy. Opponents of change, with special interests to protect, are spending more than a million dollars a day, to make sure that there is no substantial change. We see tabloid TV commercials, with unverifiable horror stories and interpretations, meant introduce fear and doubt. We haven't seen Harry and Louise reappear, yet, to suggest that the doctor you trust is about to be carried off by the socialists. But the merchants of fear are prowling the back alleys of TV land and their activities will only get worse.

The current health care system in the United States was not delivered to us on tablets from on high. It is an accident of history. It emerged as a consequence of WWII, in an era where wages were frozen and "benefits" became the name of the game.

In 1947, Harry Truman advocated for a national health system. It didn't get very far. Then, in the 1960's, thanks to Presidents Kennedy and Johnson, we created Medicare and Medicaid. Having recently joined the Medicare system myself, I can testify that it really works for me. But, I also have experience with Medicaid because, it seems, my mother lived too long. She and my father saved all their lives. My father died at age 79, but my mother lived till 93. She had to sell her house, her only asset, and that money was used to support her until it ran out. But, thanks to Presidents Roosevelt, Kennedy and Johnson, she did not go to the poor house (the pre-Social Security option), nor did she wind up in a forgotten back ward somewhere. Her human dignity was preserved and she was cared for well.

But there are two things that we should bear in mind about her situation. First, there were those who fought Social Security, Medicare and Medicaid, tooth and nail. They called it "socialism." They were wrong then and they are wrong now. But secondly, no system is perfect. We learned that these safety nets work and work well, but they can be improved. That is what the Great Debate is all about. It will answer the question, "Are we grown up enough to make what works, work better?"

Ultimately, the most rational health care system available to us (theoretically) would be a single payer system. That is the position adopted unanimously by the Nahant Democratic Town Committee on June 29th. But, at this point, there will be no vote on that option.

However, the "public option" is available and is fully supported by most Americans. It was included in the House Bill and, we hope, it will be part of the Senate bill. The problems are large and, if we have the wisdom and courage, we can move toward solutions in the coming weeks. Central to any solution is a public option that will keep the private insurers honest, by preventing them from dumping the sick to increase profits.

The same political party that fought Social Security and Medicare is still out there and will do almost anything to protect Big Insurance and Big Pharma. They have money and influence. We must support President Obama and Senator Kennedy in their efforts at true reform.

COA NOTEBOOK

By Diane Desmond

The summer mystery ice cream rides continue through August and September. We have not been to the same establishment twice and look forward, each ride, to visiting a new ice cream parlor. The August trip on the 27th will be an especially interesting one, as it will be ice cream plus! Promises to be fun!!! The seniors enjoyed a Red Rock Concert and are enjoying the concerts at Salem Willows. The Willows concerts run every Tuesday evening through August 4th and possibly later, due to rain dates.

Tuesday, August 12th, takes the Council On Aging to the Mass Theatrica Production, at Lynn Arts, in Lynn, featuring Broadway Favorites. Please refer to the Calendar and plan to join us. As always, van transportation is available to these venues.

GLSS (Greater Lynn Senior Services) has requested you refer to your Nahant Access Cable TV, on either Comcast Channel 8, or Verizon Channel 45, for a new Cable TV show. The show is called Seasoned & Smart, with new shows monthly. For more information call Moeun Him at GLSS 781-599-0110, Ext. 531.

Call for COA information at 781-581-7557, or e-mail us at ddesmond@nahant.org. It would be GREAT to hear from you.

BACK HOME – 88th

A message from Norma Poole to the NAHANT HARBOR REVIEW

“ ...I will never forget my 08/08/08—88th
The most special Birthday in the world
A rhapsody—celebrating with Olympics
And with my beloveds—
Birthday party at the parsonage open-house!
It was so nice to see all my Nahant dear friends:
From Church, Woman's Club and neighbors.
There was a lot of Love being spread around!
The many, many cards were just lovely
And each special message touched my heart!
Thank You!
Wonderful food, flowers and gifts made the day
fully great.
I am very grateful for everything, and send
Lots of Love in my five eights— 8-8-8-88th ”

X X X

She doesn't know how beautiful she is !

—ROZI THEOHARI

To advertise in the Nahant Harbor Review,
call 781-592-4148, or email donna @nahant.com.

Community Calendar • AUGUST 2009

JULY

| | | | |
|-----|----|-------|---|
| SAT | 25 | | HOME DELIVERY - AUGUST HARBOR REVIEW |
| SAT | 25 | TBA | Increasing Creativity thru Movement, FMI call Sallee at 781-599-1476 |
| SUN | 26 | 9:30A | Sunday Worship Service and Sunday School. Village Church. All faiths are welcome. |
| MON | 27 | | STORE DELIVERY - AUGUST HARBOR REVIEW |
| FRI | 31 | 6:00P | Shorebird Migration at Short Beach. Meet at Life-Saving Station. FMI www.nahant.org click on "What's New" |

AUGUST

| | | | |
|-----|----|--------|--|
| SUN | 2 | 9:30A | Sunday Worship Service and Sunday School. Village Church. All faiths are welcome. |
| SUN | 2 | 4:00P | 7 Hills Wind Ensemble presents Muscians of the Golden Fleece, at Ellingwood Chapel |
| WED | 5 | 10:30A | Concert at Nahant Public Library. FMI 781-581-0306 |
| FRI | 7 | 8:00A | Breakfast at NVC. Health Care in Peru. Free. All welcome. |
| SAT | 8 | 8:00P | Shea Mavros, in Mozart For Lovers, at Ellingwood Chapel |
| SUN | 9 | 8:00A | Worship in Marjoram Park. All welcome. |
| SUN | 9 | 9:30A | Sunday Worship Service and Sunday School. Village Church. All faiths are welcome. |
| WED | 12 | 7:30P | Anything Goes, Mass Theatrica. FMI 508-757-8515 |
| THU | 13 | 3:00P | Pinocchio at Nahant Public Library. FMI 781-581-0306 |
| SAT | 15 | 7:00P | Victorian Ball at Town Hall. FMI 781-593-3038 |
| SAT | 15 | 5:00P | SEPTEMBER HARBOR REVIEW DEADLINE |
| SUN | 16 | 9:30A | Sunday Worship Service and Sunday School. Village Church. All faiths are welcome. |
| THU | 20 | 5:00P | Summer Parade. LynnArts. FMI 781-593-7700 x251 |
| SAT | 22 | 2:00P | Battle of the Beaches. Tudor Beach. FMI 781-690-0674 |
| SUN | 23 | 9:30A | Sunday Worship Service and Sunday School. Village Church. All faiths are welcome. |
| SUN | 23 | 2:00P | Historical Society Book Signing/Garden Party, FMI 781-581-2727 |
| WED | 26 | 8:00A | Registration for Golf for Girls. FMI 781-592-9744 |
| SAT | 29 | | HOME DELIVERY SEPTEMBER REVIEW |
| SUN | 30 | 9:30A | Sunday Worship Service and Sunday School. Village Church. All faiths are welcome. |

SEPTEMBER

| | | | |
|-----|----|-------|---|
| SUN | 6 | 7:00P | Mitchell's Cahnah Festivities. `1 |
| MON | 14 | 7:00P | SWIM meeting at Northeastern University Marine Science Center. All welcome. |

Public Library Hours • 781-581-0306
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.

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

MEET YOU AT RED ROCK

The Friends of Lynn and Nahant Beach and the state Department of Conservation and Recreation and the Massachusetts Cultural Council, Lynn Arts, Inc., will continue their popular concert series, at Red Rock Park, on Lynn Shore Drive.

Now in its fourteenth year, the Summer Concert Series takes place every Thursday evening, from 6 p.m. to 8 p.m., until August 20th. The bands are chosen to represent a wide range of music, from rock, to blues, to Celtic favorites and island tunes. Here is the line-up for the rest of the season:

July 30th. Shuffle Mode Band, dance music

Aug. 6th: 12:01 Blues Band

Aug. 13th: Grupo Fantasia, Latin and island music

Aug. 20th: White Lightnin', rock, pop, fun rhythm and blues.

All shows are free. Bring lawn chairs or blankets. Coffee, soda, water, home made bakery items and Friends T-Shirts, sweatshirts and hats, will be available for purchase. All proceeds go toward the cost of the concerts.

This year's concert series is sponsored by the Massachusetts Cultural Council, Save the Harbor/Save the Bay, Lynn Arts, the Boston Foundation, the Daily Evening Item, Mayor Edward Clancy, the Lynn City Council and the Tides Restaurant and Pub.

Meet you at Red Rock!

FREE Nahant Dory Club Decal for your Cars.
Call Rob Scanlan, 781-595-6225.

Nahant Village Church
Summer Worship Service

begins at 9:30 a.m.

All faiths are welcome!



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:

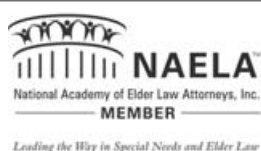
<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Managment page ande print out a Preparedness Guide.

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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