

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 35

• Celebrating 15 Years • 1994 - 2009 •

JUNE 2009

Apollo Club Returns To Nahant

Submitted by Dan deStefano, Nahant Public Library Director

The very popular Apollo Club of Boston, the second oldest continuously active men's singing group in the U.S., will appear at the Nahant Town Hall, at 3:00 p.m., Sunday, June 7th.

Founded in 1871, the Apollo Club of Boston has a membership of about 30 local professional and business men. The Club's mission is to share the pleasure of men's voices, singing songs from a varied and large repertoire of the familiar and the less known.

Sponsored by the Friends of the Nahant Public Library, there is no admission fee for this concert and refreshments will be served.

Beginning next month...

A summer series entitled, "Under the Sea," a fictional short story about water pollution and schmootz on the waterfront, how it got there and one obnoxious, but heroic angel, sent from the "High Mucky Muck" to try to correct the wrong-doings in one fell swoop."

Author Kramer Greenfield is a freelance writer from Derry, N.H., who previously resided in Saugus, Mass. Her humorous stories have appeared in the Derry News, The Northwoods Anthology and numerous other publications. She has currently finished a book of short stories and is working on a second book.

Memorial Day 2009



Ryan Gooding, with a member of the Memorial Day Parade color guard, at the Town Wharf. It was a beautiful day. The sun was shining and temperatures were well above 70 degrees. Photo by Harold "Bumper" Gooding. See more photos within.

Patrick Tracey Brings Irish Madness to the Nahant Public Library

Submitted by Dan deStefano, Library Director

Patrick Tracey, author of "Stalking Irish Madness," will speak and sign books at the Nahant Public Library on Sunday, June 28th, at 3:00 p.m. Admission is free, and the Friends of the Nahant Public Library will serve refreshments.

Patrick was kind enough to forward the following to the Library:

"Schizophrenics can, and do, get better," 2009 PEN New England Nonfiction Award-winner Patrick Tracey said, after accepting his award, Sunday, March 29th, 2009, at the John F. Kennedy Presidential Library and Museum.

The author of "Stalking Irish Madness: Searching for the Roots of My Family's Schizophrenia" received the PEN award for his astonishing, true tale, of the severe mental illness that runs in his Boston-Irish family. Judge Joe Mackall praised the "intense and haunting memoir," written in "a prose that's as lyrical as it is honest."

The writer goes back to Ireland, in a second-hand camper van, he says, to "stalk the madness that stalks my family," including two sisters, an uncle, a grandmother, and her great grandmother, from Ireland's County Roscommon. Tooling around the Emerald Isle, he connects his family's history to the wider, forgotten history of an epidemic of insanity in 19th century Ireland.

Tracey hopes his book's impact might draw attention to the plight of America's 2.4 million people diagnosed with schizophrenia, an illness ranked by the World Health Organization as the world's fourth most disabling. His sisters, once Polaroid models, are two among the 2.4 million largely forgotten schizophrenics, found in every community nationwide—and the 1 in a 100 worldwide.

Tracey believes that most people have no idea how widespread schizophrenia is. "Schizophrenia affects 4.4 percent of the 54 million Americans with disabilities—more than the number with autism and HIV combined—but schizophrenics are the least understood and most stigmatized of all. Just ask yourself, when's the last time you've seen a 5K Run for Schizophrenia? In all likelihood, never. It's a vast and unnecessary human rights tragedy, right before our eyes."

The Boston writer is hopeful about a new open-mindedness in Europe, that is finally dawning in America, too. "In Ireland and Europe, vast numbers are reclaiming their lives, merely by talking about the 'voices' and 'dialoguing' with them. In America, the change has been slower in coming. As a result, millions are still draped in the dark corners of society, convinced that there's something inherently wrong with the experience of verbal, or auditory, hallucination."

In addition to winning the 2009 PEN New England L.L. Winship Nonfiction Award, Tracey is due to receive the 2009 Ken Book Award from the National Alliance on Mental Illness, on May 14th at the Yale Club, in New York City. His memoir-travelogue was also named to the Indie Next list of Great Reads From Booksellers You Trust. Slate magazine called it "one of the best books of 2008."

A Washington Post reviewer wrote that "sorrow and surrender, crucially intertwined, bring meaning the puzzle of mental illness." The Minneapolis Star Tribune praised Tracey's depictions of madness as "perhaps some of the most realistic ever committed to paper." Bookslut.com called his quest "a sometimes rollicking, always absorbing road story: Jack Kerouac meets Frank McCourt."

The author is available for radio and television interviews, feature stories, and speaking engagements. Please call him directly at 508-816-9068, or through his publicist, Susan Corcoran, at Random House at (212) 782-9425. For more information, please visit stalkingirishmadness.com.



Worship in the Park begins Sunday, June 14th

Join with your neighbors and friends for an outdoor Worship Service at Marjoram Park at 8:00 a.m., Sunday, June 14th. The service, hosted by members of the Nahant Village Church, is open to all. Bring something on which to sit and enjoy the view as we worship. In case of inclement weather, we will meet in the Dory Club.

This is the first of five worship services at Marjoram Park, this summer and fall, each on the second Sunday of the month at 8:00 a.m.

If you have questions, please call The Rev. Dr. Larry Titus, at 781-581-1202.

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America's Waterway Watch Topic of June 12th NVC Breakfast

The June breakfast at the Nahant Village Church, to be held on Friday, June 12th, will feature a presentation about what Nahanters can do, to help the Coast Guard and Nahant Police, protect America's harbors and coastal areas from terrorist acts. The presentation will be given by Bob Cusack, of the U.S. Coast Guard Auxiliary and Lieutenant Armand Conti, of the Nahant Police Department.

The speakers will tell us why there is a Waterway Watch Program, what the average American should be on the lookout for and what to do if suspicious activity is suspected.

After a brief introduction regarding the background of Waterway Watch, a short film, with various scenarios, will be shown.

The free breakfast is served at 8:00 a.m., with the presentation to follow, from 8:30 to 9:00. All are welcome.

Mark your calendars and plan to enjoy a wonderful breakfast, an informative presentation and some great camaraderie.

Submitted by Cal & Marrit Hastings.

Friends of Nahant Public Library Book Sale

The next book sale, to benefit the Friends of the Nahant Public Library, will open Saturday, June 6th and close Sunday, June 14th.

All donations, both money and books, to the Friends of the Nahant Public Library, have decreased this year, so please donate books, CDs, audio and video tapes and DVDs to the sale. Remember, all of our programs are funded by these sales.

The book sale will be open during regular operating hours. For more information, call the Nahant Public Library, at 781-581-0306.

Submitted by Dan deStefano, Library Director.

Tai Chi Workshop June 14th

Sunday, June 14th, Ramel Rones will teach a three-hour workshop on authentic Tai Chi. The workshop will be held in the Serenity Room in the Community Center. Please RSVP.

Our focus is breathing and visualization set to motion. We call it moving meditation. For more information on Tai Chi, group study and Ramel Rones, please call Susan Cadigan at Nahant Therapeutic Massage, or go to www.nahantmassage.com and click on Tai Chi.

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If you want one, call Rob at 781-595-6225. Better hurry, though, these are hot items and before you know it, they will all be gone.

Fall 2009 Nahant Follies to be Held on Columbus Day Weekend

The Nahant Follies, sponsored by the Harbor Review to benefit Fuel for the Churches in Nahant, will be held during the October Columbus Day weekend. Plans are already underway to involve as many of Nahant's young people and groups of all ages, to become part of the Follies this fall.

The evening performance will be held on Saturday, October 10th and a Sunday afternoon show will happen on October 11th. Auditions will be held right after Labor Day. Nahanters of all ages are warmly encouraged to take part in this event. Watch the Harbor Review for more information, but mark your calendars now for the Columbus Day Weekend.

If you have questions, or want to volunteer for the Planning Committee, call Mo Edison at 781 592-0029, or email her at medison01@verizon.net.

Remember, the Harbor Review will keep you posted on the progress of this much favored form of Nahant entertainment and fundraising. Stay tuned!

Submitted by Maureen Edison.

TGIF Comedy at NCC June 12th

Let's laugh winter away, as we welcome in summer, beaches, bathing suits..... Did you know you can burn 120 calories laughing for ninety minutes, as well as giving your abdomen a workout??! I joined a health club, spent about 600 bucks. Haven't lost a pound. Apparently you have to show up.... So I've learned that I have to exercise in the morning, before my brain figures out what I'm doing. I don't jog, though, it makes the ice jump right out of my glass.

Please join us in welcoming two well-known Boston comedians to our little tom-bolo: Paul Nardizzi, winner of the 2001 Boston Comedy Festival and Graig Murphy, who does the sports voices on WEEI. Both will be performing at the Nahant Country Club, on June 12th, Friday night, all to benefit the Nahant Education Foundation.

Paul Nardizzi has had numerous appearances on Late Night with Conan O'Brien and Comedy Central. He's also done An Evening at the Improv, on A&E and NESN Comedy All Stars. He's the author of "602 Reasons to be Ticked Off" and the "Sarcastic Sports Trivia Book." Paul has performed all over the country including, The Improv in Los Angeles, the Comic Strip in NY, as well as being a regular at Boston's Comedy Connection.

Graig Murphy opens for Lenny Clarke, as well as performing the voices of Terry Francona and Bob Kraft, on the Big Show with Glen Ordway, on WEEI Sports Radio.

After the comedians perform, we will end the night with "open mike" for jokes, karaoke, or whatever vocal talent people want to share. There will also be a silent auction for Sox/Yankees tickets, Chef for the Night, a sunset sail around Boston Harbor, seal training at the Aquarium, and much, much more.

A limited number of tickets will be sold and are only \$25.00 each. Please call Ann at 593-1814, or Christine at 595-4142. Thank You!

Submitted by Christine Kendall.

North Shore Communities Join for the 2nd Annual Community Walk for Respect June 14th

All communities are welcome to come walk with us to the Spring Arts Festival. Let's walk together to promote a community for respect and understanding of human differences, on Sunday, June 14th, rain or shine.

We will meet at the Nahant Rotary and walk to the Spring Arts Festival at the Swampscott High School, on Essex Street, (2.2 miles one way).

Beginning at 12:30 p.m., park at the rear of Swampscott High School to board the shuttle to ride to the start of the long walk at the Nahant Rotary and to the Town Hall on Monument Avenue, for the start of short walk. The long walk registration begins at 12:45 p.m., at the Nahant Rotary. The Short Walk registration begins at the Town Hall Green on Monument Avenue. 1:00 p.m. is the official start time.

Registration fee is \$8.00 per participant. Children 3 and under are free. The first 200 registrants will receive a T-shirt.

All proceeds go to anti-bias programs in the community.

For more information, please call Jessica O'Gorman at 781-592-2576, or Paula Bonazzoli at 781-593-8515.

North Shore Concert Band to return to Gazebo

The North Shore Concert Band will again be performing on the Gazebo, at the Sears Pavilion, at Bailey's Hill, on Sunday, July 5th, from 3:00 to 5:00 p.m.

The band returns this Fourth of July weekend, following last year's memorable performance. This two-hour, full-length concert will include many patriotic standards, along with Hollywood and Broadway favorites and Disney classics, for the children in all of us. Who could forget the wonderful sight of the children parading throughout the crowd to the Mickey Mouse March.

We ask all of you who attended last year's concert, to tell your friends and neighbors about the wonderful performance that day.

The North Shore Concert Band has been performing for over thirty years and is composed of 25 union musicians of Local 126, the North Shore Musicians Association of the American Federation of Musicians. Admission is free.

Funding for this concert is provided, in part, by a grant from the Nahant Cultural Council.

Mark your calendar now and invite a friend to join you. Bring your blankets and chairs. There is very limited parking available, for those unable to walk, or bicycle, to the Gazebo. For more information, call Skip Frary, 781-581-0019 and watch for more details in next month's Harbor Review.

Submitted by Robert "Skip" Frary.

Please Donate to the Fireworks

Donations are coming in for this year's show, but they are coming in very slowly. Please donate now. Believe it or not, July 4th is just about 30 days away and we are only about a fourth of the way to our goal.

We will be meeting with the Selectman and Town Administrator very soon, to sign the contract and if we are not over the half-way mark for donations, we will not be able to sign the contract and the show will be in serious danger of being cancelled.

To make a donation, you can send a check, payable to Nahant Fireworks, to either Jen McCarthy, at 19 Range Road, or Robyn Howard, at 4 Flash Road.

We also have t-shirts for sale. They are selling for \$15.00 each. We are also selling raffle tickets for the prize of a whole book (300 tickets) of scratch tickets. Raffle tickets are \$10.00 per chance.

For more information, please call Jen at 781-592-5272, or Robyn at 781-581-1373.

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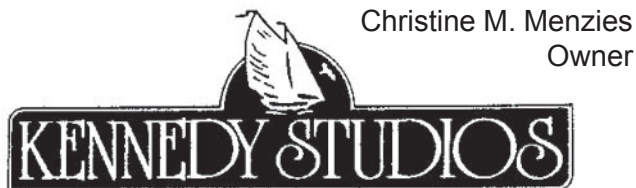
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Charles Kelley Scholarship Recipient

Submitted by Sue Behen



Jake Canty, 23 Emerald Road, was awarded the 2009 Charles Kelley Scholarship, at the May 14th, 2009, Board of Selectmen meeting. Jake has been accepted to Merrimack College, North Andover.

Pictured below are (l-r) Town Counsel Charles Riley, Town Administrator Mark Cullinan, Jake Canty (Recipient), Michael Manning, Chairman, Board of the Selectmen, Robert Frary, Secretary, Board of Selectmen and Richard Lombard, Vice Chairman, Board of Selectmen.

Acts of Kindness and Joyful Times

By Maureen Edison

Whatever small problems Nahanters endured, when March stormed in, roaring like Leo the Lion, some of us were gifted with reminders of why we so love our island home. On Sunday morning, Father Curley assisted me, as a visitor from the Village Church, in selling the Nahant Phone books, after the 8:00 a.m. mass.

Later, after the Nahant Village Church service ended, someone gifted me with tea samples and homemade cookies.

In the afternoon, the Cultural Council and our Library hosted CONTEMPAISSANCE, a flute and guitar duo, who thrilled those who filled our Main Reading Room for the concert.

On Monday, when I was marooned, like many others, by snow drifts forming a wall around my little car, Chris Black earned the Samaritan of the Month award by first, finding fresh litter for my needy Russian Blue cat, Silvy. Then, knocking away the wall of snow faster than the Berlin Wall collapsed, with assistance from a huge throng of determined German citizens, a decade ago. The next time you have breakfast at Captain's you might notice Chris's halo!

Finally, it is good to have the Harbor Review to voice our views in, on days like this. Thank you.

Nahant 2008 Junior Invitational Tennis Tournament

Submitted by Mary C. Livingston

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

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

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

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

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

For an application and tournament rules, check the Nahant Country Club bulletin board, or call, or write, Amy Tsokanis, Tournament Director, One Nautical Lane, Nahant, MA 01908 (781-593-2143).

The deadline for signing up is 5:00 p.m., Wednesday, June 18th.

You Tube, My Problem

By Georgia Arnold

As many of you know, I generally like to write about, and / or, give my commentary on, the state of the economy. However, as June is a new month, I thought that I would change the topic for once.

Facebook...MySpace...YouTube...LinkedIn...Friendster and lately, Twitter. I am over all of the social networking sites. Beyond that, I am tired of everyone telling me that I should be on them.

I already talk to you on the phone, so what do I need to email, text, Twitter and YouTube you for???

I am shocked, that in a world where everyone is seemingly paranoid, that their identity will be stolen, their homes broken into and that they will be snatched off the street, that they are more than happy to "post" their whereabouts, including the time, what they will be wearing and latitude and longitude, for that evening.

Also, I am shocked and appalled at how many adults and people, over the age of 30, are participating on these sites. I stand by my statement: "If my 20-year-old brother is on one of these sites, or tells me about one, I definitely do NOT need to be on it."

Some of you may be asking, why am I ranting about this topic? Well, for years, I have stood idly by, hoping that these "social network" phases will eventually fade away. I was even cajoled by my friends on the west coast, many years ago, to join one.

However, after about 20 people from high school, that I had no interest in re-connecting with, found me ten years later, I ran for the hills.

The more time that has passed, the more of my married, grown-up, adult friends...with children...keep hounding me about joining.

If these websites were being used for the purpose intended, by the people intended, then I would not have a problem. The problem, to be specific, is that these sites are not being used that way. Seemingly, every grown man and woman is on, posting irrelevant commentary about the most mundane, generic, boring information about...NOTHING. Doesn't anyone value their privacy anymore?

All of this social networking strikes me as a call for help. It is simply another way for everyone to broadcast themselves, in an attempt to gain recognition from their peer groups, or garner their 15 minutes of fame.

Everyone over the age of 23, should really take a look as to why they are on these sites and the information that they are broadcasting to the world, that will be forever recorded in Microsoft's mothership of a memory.

Perhaps, people will elect to, just once, after you have put on your best dress, downed your martinis and partied in Vegas, keep it to yourself!

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Nahant Basketball Clinic

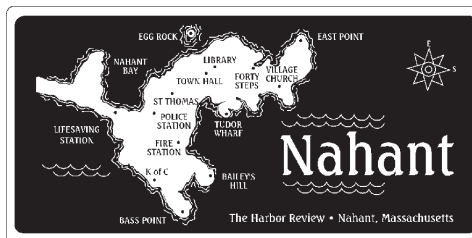
Nahant Recreation is pleased to offer the Nahant Basketball Clinic for boys and girls, who are presently in the second through the sixth grade, (going into the seventh). This program features daily instruction from local high school players, with an emphasis on fundamentals. Each day, the children will play actual games, so they can practice their new skills. The week will conclude with a tournament and pizza party, followed by an awards ceremony, with trophies and t-shirts for all. Please join us for an action-packed, exciting week of basketball fun. Registration forms are available at: <http://www.johnsonschool.org/afterschool.html>. Please email Rich and Stacey Reiling with any questions at: reilinglaw@aol.com. Proceeds from this program will benefit the Johnson School Extended Day Program.

Nahant Basketball Clinic, June 22nd through June 26th, 9:00 a.m. to 12:30 p.m., Ages: Current Second Grade through Sixth Grade, Cost: \$95 per child, \$55 for second child, Location: Johnson Elementary School

Golf for Girls on August 26th

Be sure to save the date for Girls Incorporated of Lynn's Annual Golf Outing on Wednesday, August 26th, at the Gannon Golf Course in Lynn. Teams are mixed four-somes and all levels of playing ability are welcome. Registration begins at 8:00 a.m., with a 9:00 a.m. Shotgun start. Proceeds from the tournament will benefit EUREKA, our summer program for middle school girls. For more information, or to register, call 781.592.9744, ext. 258, or email info@girlsinclynn.org.

Girls Inc. is committed to helping girls grow strong, smart and bold and provides innovative, educational programs at our center, in schools and at other youth agencies. The majority of young people served are from low-income households, 70% live in families earning less than \$25,000 per year. Last year 2,438 young people were served, through our programs, workshops and special events.



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BLOOMSDAY 2009: Joyce Reading at Nahant Library June 16th

By Maureen Edison

The Sixth Annual Group Reading of a Chapter from James Joyce's ULYSSES, will occur on Tuesday morning, June 16th, at the Nahant Public Library.

This year, the last chapter of James Joyce's ULYSSES, a monologue by Molly Bloom, is the featured chapter. Free copies of the text will be available at the library after June 1st, or you can pick one up on June 16th. Participants take turns reading pages from the monumental work aloud.

Everyone interested in listening to, or participating in the performance, is welcome to join in this event. The reading will take about two hours, with time for commentary included.

If you have not attended a Bloomsday reading, this may be the best possible year to hear "what all the obscenity fuss was about," as Maureen Edison, who started the Nahant Bloomsday readings to celebrate the centennial of Joyce's novel, explains.

"Joyce's lyrical, comical, beautiful last chapter was one of the reasons ULYSSES was the subject of an obscenity trial in the first place," she explained. "A courageous American judge ended the ban on importation of Joyce's ULYSSES in 1933. Since then, the novel has become a staple in the diet of those who wish to study Irish literature."

"By 2000 A.D., when ULYSSES was hailed number one on every list of ten Best Novels of the 20th Century Written in English, Joyce lovers all over the world, were happy to see the book take its proper place."

Whether you are a Joyce-reader, or simply curious about ULYSSES and would like to hear Molly Bloom's earthy words read aloud, as they should be, please join the group in the Nahant Library's Main Reading Room, on Tuesday, June 16th.

This event is free and sponsored by the Friends of the Nahant Library. Questions? Please call Maureen Edison, at 781-592-0029. The email address is medison01@verizon.net.

Children's Summer Reading Program 2009

by Rita Stepanova, Children's Librarian

For years, generations of people have been curious about Space. What does the Universe look like? Does life exist on other planets? How can people travel in Space? The endless, fascinating questions create an unlimited potential for exploration, for the participants of the Children's Summer Reading Program "Starship Adventure at Your Library," offered by the Nahant Public Library from June 25 to August 13, 2009. The Library, located at 15 Pleasant Street in Nahant, welcomes young patrons of all ages, to a variety of educational and entertaining events of the "Starship Adventure," during the Summer Reading Program.

The celebration of the Summer Program begins with the interactive show "The Magic of Reading," by marvelous Jonathan Dark's HiTop Magic, on Thursday, June 25th, at 3:00 p.m.

Subsequently, the Nahant Public Library presents Mad Science® of Greater Boston, amazing interactive workshops: "Rocket Demo," "Life in the Sea" and "Space...the Final Frontier," on Wednesdays, July 8th, 15th and 22nd, at 10:30 a.m.

Next, the Parents' Choice Award-winning performers, Davis Bates and Roger Tincknell, invite the kids and families to the concert, on Wednesday, August 5th, at 10:30 a.m.

The Nahant Public Library concludes the celebration of the Summer Reading Program 2009 with the play "Pinocchio," performed by the Hampstead Theatre, on Thursday, August 13th, at 3:00 p.m.

During the summer, the story hour program, "Read with Your Kids," for children, aged 2 to 5, is available on Thursdays, at 11:00 a.m. Parents can call in advance (one week), to request the books they would like to read to the group of children, meet other parents and children and have funny children's book discussions.

As usual, the Nahant Public Library offers a book collection for any sphere of interest, age, and taste. Please look for our postings and updates about other summer reading activities.

To participate in the Summer Reading Program, please call (781-581-0306), or walk by to register and pick up your Reading Record form. Borrow books to read, fill out your Reading Record, which is short and simple, bring it to the library and collect your prizes, such as bookmarks, or special pencils. Certificates will be awarded to active participants who read 20, or more, books. A winner obtains a grand surprise.

"Starship Adventure" materials are sponsored by the Library, the Massachusetts Regional Library Systems and the Massachusetts Board of Library Commissioners.

The Nahant Public Library is grateful to the Friends of the Library and the Nahant Cultural Council for financial support. All programs are free for the community. However, in return, twenty years from now, we expect the participants of the Summer Reading Program "Starship Adventure at the Nahant Public Library," to find some answers to the questions about Space and Time, which are unknown today.

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HOOMPA Visits Disney World!



Jennifer, Rachel and Scott McCarthy visited with Mickey Mouse at Disney's Animal Kingdom. Mickey loved the HOOMPA sticker and we loved Disney World.

Summer Entertainment presented by Nahant Garden Club

By Suzanne Hamill

The Nahant Garden Club is winding up another successful and fun year with our annual meeting/luncheon featuring a special program entitled “Summer Entertainment.” Bill Graham, designer and owner of the shop, Beautiful Things, in Salem, will wow us with another of his charming talks, on Thursday, June 25th, at 11:30 a.m. The location for this event will be the Nahant Knights of Columbus Hall.

Earlier in June, members of the Board of Directors will attend the annual Meeting of the Garden Club Federation of Massachusetts.

The summer fun continues in July, with the club’s annual trip. This year, we will visit the Arnold Arboretum on July 23rd, so mark your calendars now! Club members and guests will meet at Nancy Whitman’s home at 9:00 a.m.

As usual, the month of May was a whirlwind of activity, for the Garden Club, with five very successful events having taken place. To kick off the month, we held our annual May Doorways contest. Congratulations to the winners of this event and our thanks go to all who worked so hard to coordinate this event and to beautify their doorways.

The annual trip to King’s Tree Farm and Nursery, in West Boxford, was a pleasant way to spend a lovely spring day; all who went enjoyed seeing (and stopping to smell) the lilacs.

Our May Board of Directors meeting concluded with an impromptu visit to an oceanfront garden. Thank you, Hugh, for showing us around your lovely yard.

The May 21st program, “Nahant Gardeners Know All The Dirt,” featured one of Marie Ford’s classic window boxes, which was created and then auctioned off, during the meeting. Jack Delaney spoke about dahlias and a panel of Nahant gardeners answered questions from the audience.

On the Thursday before Memorial Day, Madelyn Davis hosted her annual event, “Memorial Day Wreath Making.” Each year, her group creates the wreaths placed in the Greenlawn Cemetery, to honor our veterans. Thank you, Maddy and friends.

Linda Jenkins and her committee, did another incredible job planning and running our spring plant sale, which is one of the club’s major fund-raisers. Thanks to all gardeners who graciously donated to this event and to all who worked so hard to make the sale a success.

We extend a warm welcome to the Garden Club’s two new members, Lissa and JoAnn. Also, a reminder to club members; get your dues paid before our annual meeting.

Thank you, Edie Hunnewell, for arranging to have new name tags made for Garden Club members. The tags are both colorful and functional!



May Doorways in Nahant!

by Maria Welsh

The Nahant Garden Club celebrated spring with their May Doorway decorating contest on Sunday, May 3rd. Twenty-five contestants decorated their entrances with fresh plant materials. The entries this year were creative and beautiful, but the hands-down winner was Susan Tracy with her spectacular “bird sanctuary” display (see picture). Second place went to Lisa Scourtas. Third place went to Carol Hanson, of Refrigerator Door Art. Honorable mention was awarded to Mary Jane English and Nancy Whitman.

Mary Ellen Schumann and Maria Welsh thank all the participants for their dazzling displays!



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A Tight Tummy For All!

By Sallee Slagle, Director, Dance Dimensions, Forty Steps Dance Co.

The most-recently-requested exercises are abdominals, so here they are. This is an area we always want to improve. It is essential to overall fitness. And with the summer and beach fashions soon upon us, you may feel more motivated than ever, to tone this area. We all desire a flatter belly. First of all, you should know a little of the anatomy of the abdominals. There are four muscle groups: 1) Rectus abdominis which is the outermost muscle in the center, from ribs to pelvis, that bends you forward, flexing the spine and helping to stabilize your pelvis, while walking; 2) External obliques(outer) & 3) Internal obliques(inner) both are found on the sides, with the external obliques fibers, running diagonally from the ribs, down toward center and the internal obliques diagonal from the pelvis up toward center. They both work to twist the torso, bend sideways and to assist the Rectus abdominis. This is part of the outer core. 4) Transversus abdominis is the deepest muscle, which runs horizontally across the belly and works to compress the abdominal contents. This is part of the inner core.

Now with four different groups, we need to do a variety of abdominal exercises to improve them all. Crunches are great for the rectus abdominis and will help you build a six-pack, but won't flatten your tummy, as you may wish. Try lying on your back, feet on the floor, or knees bent and lifted, hands behind your head, lift your head, neck and shoulders up and slightly forward. Think of shortening and flattening the muscles between your ribs and hips. Be careful not to pull on your neck. Concentrate on the abdominals doing the work. For more upper abs, try reaching one hand up to the ceiling, keeping the neck and chin lengthened, or extend one leg to the ceiling and reach toward the toes. Anyone with back problems should be careful with this one, as it is more advanced. For lower abs, try reverse crunches, pulling your knees up toward your chest and curling your tail trying to lift it just slightly. In all ab exercises, keep the motions smooth, do not jerk up and lower fully, with control of the muscles.

To work the obliques, both internal and external, a crossing, twisting, or side bending movement must be included. Try the crunch position, both hands behind the head and pull the right elbow across to the left side, then left elbow across to the right. Be sure to hold a moment before lowering, or make it more advanced, by adding a knee pulling in at the same time. Side bends is another way to work the obliques. These are done sitting, or standing. Just bend at the waist, reaching down the leg, toward the floor. To work the transversus, pull your belly-button into your back and hold for 8 counts, release and repeat. Strengthening this muscle group, will flatten your belly more. Try tilting the pelvis up, like tucking your tail a little and pull the abdominals inward to your back, as tight as possible, hold a count of eight, release, repeat.

To work more abdominal groups together, always pull in, while doing any exercise. Even at a stop light, try pulling your belly-button into your back as far as possible and hold, till it turns green. Crunches done without drawing in can actually increase the muscle mass and your waistline. Be sure to use #4, the transversus abdominis, by drawing in during all exercises.

Abdominals can be done safely every day, so ten minutes each day shows quick results. Consistency is important. There are a variety of abdominals to choose from, so you should never get bored. Be careful though, the more advanced ones may hurt your back, if not done correctly. Never pull on the neck but support it as needed. None of these should be painful and if they are, stop doing that one. There are plenty of choices so find another.

Some of us would like to see a six-pack, or some evidence of our abdominal tone, but that may be more difficult than just toning and strengthening them. To see muscle definition, you must have a low percentage of body fat. The abs are located in an area of the body that contains the most fat, so cardiovascular training is needed to lower your body fat percentage. Diet plays a role, but so does genetics and gender. Body builders actually starve themselves and dehydrate before a competition to achieve more muscle definition. This is not recommended! Most of us may never see a six-pack, but a flat tummy is a good achievable result.

To balance the abdominals and truly strengthen your core, we need to include the back and more. Core Conditioning has its various forms from Yoga to Pilates, but core is generally defined as including the muscles of your torso. This includes the large and small muscles around the upper torso and shoulder area, abdominal and spine, as well as your pelvis. All those muscles help you function every day. Many activities will strengthen your core, if you approach it right. More on this next month.

Good luck and remember, consistency brings the best results. See you on the beach!

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The Massage Parlor Rules and Regulations Vote?

By Susan Cadigan, LMT, MLD/CDT, NCTMB

Due to the many phone calls and inquiries about an article in the Lynn Daily Item, on April 17, 2009, I am compelled to offer clarification. The article displayed very few actual facts about the Town Meeting and the intentions regarding establishments that offer massage. Almost every paragraph in the Daily Item, line-by-line, offered distorted facts. Simply put: The Town was being responsible and intended to bring the out-of-date bylaws for massage and massage establishments, up-to-date. They were separating “Massage” and the “Bathhouse/Sauna” establishment rules and regulations.

If the booklet the Town provided was read, one would have concluded that the mission was to “strike” the massage portions that were mixed in with the antiquated bylaws. The former bylaws had the massage rules and regulations, mixed with the rules and regulations of a Public Bath House/Sauna. The Town of Nahant was complying with State regulations and handing over the responsibility to the State. The State of Massachusetts now oversees and regulates massage businesses and practices.

Massage businesses and practitioners are to provide proof of qualified education, tests and more. Practitioners and establishments are to follow strict rules and comply with the code of ethics, sanitation codes and more. Because space is limited, I ask that you visit my website: www.nahantmassage.com and click on “Interesting Information” for more on this subject.

Before I leave the subject, I was told that someone stood up and made mention of my work, business and how I have helped her with her chronic pain and discomfort. I would like to thank you and many others for their support, trust and the opportunity to help healing and wellbeing occur. I am very humbled and grateful.

I am often asked what the meaning of the letters are that follow my name. LMT means licensed massage therapist. MLD/CDT stands for manual lymph drainage/complete decongestive therapy. This is important to those who may have their lymph system impeded by cancer, surgery, or a lymph system that is sluggish. This is regarded as a medical massage.

NCTMB is a credential of a dedicated and accomplished professional. To become nationally certified, I had to demonstrate a mastery of core skills and knowledge, pass an NCBTMB standardized examination and uphold the organization’s Standards of Practices and Code of Ethics. To be nationally certified in therapeutic massage and bodywork, I also had to demonstrate the knowledge and understanding of Asian/Eastern approach to massage and bodywork. One must also continue to better him/herself by taking continuing education courses with approved providers of bodywork education.

As a serious and dedicated practitioner, I seek to provide you with the best I can be. The education I seek is state-of-the-art advanced approaches to alleviating chronic pain, tension and stress. My goal is to provide quality, comprehensive massage and bodywork at affordable and fair rates.

Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She holds an Advanced Massage Therapy Diploma and has many hours of continuing education and experience. Nahant Therapeutic Massage is located at the Community Center; 41 Valley Road. Ms. Cadigan can be reached at 617-240-4252. Please visit the website, www.nahantmassage.com for more info.

Support local arts! Enjoy a night of RED HOT REVELRY at LynnArts

Submitted by Cynthia Woo

On Saturday, June 6th, from 7:00 to 10:00 p.m., the LynnArts annual art auction, RED HOT, returns for its fourth year, with a twist! Relive some of your favorite carnival memories and support your local art community with RED HOT REVELRY! The evening promises to combine the opportunity to purchase fine art and silent auction items, with memorable carnival games and festival foods. Guests will enjoy an evening of fun, while supporting LynnArts.

This year, our popular auction features the original artwork from Boston-area artists. A partial list of participants include: Jocelyn Almy-Testa (Lynn), Donna Baldassari (Lynn), Elaine Caliri Daly (Marblehead), Marilyn Cloran (Swampscott), Rick Cloran (Swampscott), Frank Constantino (Winthrop), Jeff Fioravanti (Lynn), Jake Fried (Boston), Marcia Hermann (Beverly), Megan Holst (Marblehead), Liz Mitsuye Horwitz (Newton), Bridget Jourgensen (Lynn), Caspar Lafata, Elizabeth Lamb (Boston), Steve Negron (Lynn), Jean Noyes (Lynn), Barbara Rafferty (Marblehead), Sand T (Malden) and Martha Wakefield (Belmont).

Over 100 guests are expected to show their support for LynnArts and the North Shore arts community, by attending RED HOT. Proceeds from the event support the programs and services administered through LynnArts. These programs, including youth classes, exhibitions, festivals and public events and performances serve nearly 10,000 people annually. The LynnArts building has the city’s only black-box theater and the first gallery on the North Shore dedicated exclusively to children. In 2009 alone, LynnArts has hosted theater performances, concerts, dance classes, exhibitions and more.

Tickets purchased before May 22nd and member tickets are \$20, public tickets are \$25. Sponsorship, donation and volunteer opportunities are also available. A partial list of our generous sponsors include: The Hall Company, St. Jean’s Credit Union, Community Credit Union, Edison Reality LLC and John’s Oil Company.

Calling all kids ages 6 through 12. Discover Something New with the Summer Art Exploration Program at LynnArts

It’s never too early to think about summer! Registration is now open for summer Art Exploration at LynnArts. Art explorers will experience a broad range of visual and performing art forms, through hands-on-activities and discussions. Each week, projects that relate to broad contextual themes, are designed to encourage creativity. Each week the group will meet Monday through Friday, from 9:00 a.m. to 3:00 p.m. The cost for the first week is \$150 and each additional week is \$125.

July 6th through July 10th: ART LAB!

We’ll explore the connections between art and science.

July 13th through 17th: Passport to Art. Travel the globe with projects from cultures around the world.

August 3rd through August 7th: Blast Off!

Projects inspired by the sun, stars, planets and space
August 10th through August 14th: It’s a Zoo in Here! Animals in Art.

Please call Cynthia at (781) 598-5244, or email cynthiawoo@lynnarts.org, to learn more about how you can support LynnArts, or to find out more about children’s classes at LynnArts. Learn more about LynnArts at www.lynnarts.org.

Memorial Day 2009 • The Scouts with their “hand” made flag.





Job Searching in 2009 Using Age to Your Advantage by Deborah Barnes

Do you think you're having difficulties finding a job because of your age, that employers—and maybe even you—think you're "over the hill"?

What particular age-related challenges do you think you face as a job seeker? Do you find yourself saying things such as "I haven't gotten a job yet; I know it's because of my age." "I guess I can't keep up the pace anymore." "I'm too old to go back to school." Do you project those beliefs about yourself onto other people when you meet them? These attitudes are clearly visible to prospective employers; according to one study, nonverbal behavior, such as body language, accounts for 93% of communication.

Stereotypes—both your own and others'—can make your job search longer and more difficult. They affect the way you present yourself in your résumé, cover letter, and interviews. Negative perceptions can lead to self-fulfilling prophecies—"See, I told you no one was going to hire me."

What you focus on expands. In other words, watering those "weeds"—your beliefs about your age—will only exacerbate the situation. Now is the time to dispel the myths you may have about mature workers, and to learn about the strengths you bring to the next phase of your career.

It is true that some employers may discriminate on the basis of age; they may assume you'll want a higher salary and somewhere to "park" until retirement. Some may think you're overqualified, will get bored, and want to move on.

Yet a five-year study looked at mature workers in three major companies and found that mature workers have a much lower rate of turnover, absenteeism, and on-the-job accidents. They are better sales people and learn to use computer systems as quickly and as easily as younger workers. Because mature workers bring many assets to the table that younger workers have not yet acquired, they often serve as role models and mentors. They have fewer dependents on their insurance coverage, and after age 65, Medicare can provide the basics. All this adds up to mature workers costing about the same as younger workers.

Although your age is a convenient hook to hang your disappointment on, you need to look beyond it. Are you current in your profession? Do you need to update your skills? Are you making the most of your job search? Are you targeting companies and networking, or just responding to ads on job boards?

Additional tips: Don't go back more than 10–15 years on your résumé. Be prepared to be interviewed by someone younger. Focus on your skills and experience rather than your age, and convey energy and enthusiasm when interviewing. Think about joining a gym—you'll have more energy and feel better about yourself. Practice interviewing and talking about your professional accomplishments. Think about joining Toastmasters to brush up on your public speaking skills. Read *Creative Visualization* by Shakti Gawain and *What Color is your Parachute*, 2009, by Richard Nelson Bolles.

Remember, what you focus on expands. When you know in your heart your value as a mature worker, you will communicate it, both verbally and nonverbally, to your prospective employer.

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 Cover Letters for Dummies, 3rd Edition, by Joyce Lain Kennedy (Wiley Publishing). She can be reached at debnahant@comcast.net or 781-598-1127.

Nahant Summer Day Program Submitted by Stacey Reiling

The Nahant Summer Day Program is a school-based program committed to providing affordable, reliable daycare and educational experiences for children ages 5 through 12, during the summer months. Children will explore the beautiful beaches, parks and historical locations in Nahant. Drop-off and pick-up times will take place at the Johnson Elementary School. A daily schedule of exciting enrichment activities will be posted regularly.

There will be eight (8) sessions during the summer, starting June 29th through August 21st. Register for one-day, two-day, three-day, four-day, or five-day sessions. Please specify full-day, 8:00 a.m. to 5:00 p.m., or half-day, 8:00 a.m. to 1:00 p.m., or Noon to 5:00 p.m.

The cost per child is \$45 for full-day, or \$25 for half-day. There is a discount for siblings. The cost for two children is \$60 for full-day and \$45 for half-day. A non-refundable registration fee of \$50 must be returned with the registration form, by June 15th, 2009.

Please register early, in order to secure the early registration rates listed above. Please visit our website at: www.johnsonschool.org/afterschool, to download a registration form. Reserve your slot today!

Art Classes Forming By Carol Hanson



We are up and running with late spring and summer classes for children and adults. The current schedule can now be found on the web at www.carolhansonart.com. Please check it out to see what is new in the gallery and to see the open mic and art opening schedules, as well.

Summer classes begin the week of July 6th and children as young as two can attend, as a drop-off. Parent and child classes are being offered in art and music.

For more information, call Carol Hanson, at the Refrigerator Door Art, 143 Nahant Road, 781-599-2222.

Coastal Ocean Science Academy (COSA) by Nicole M Macrae/CAS/NEU

Looking for something fun and exciting for your child to do this summer? Northeastern University's Marine Science Center is hosting a Coastal Ocean Science Academy (COSA) for students entering 9th- or 10th-grade, in the fall of '09. During this two week academy, held August 10th thru 22nd, from 8:00 a.m. to 3:00 p.m., students will spend time doing field-work in local marine habitats (rocky beach, sandy beach and salt marsh) on the North Shore, learning about New England coastal marine habitats, as well as partake in ongoing Marine Science Center research. Participants will be introduced to field sampling techniques, invasive species monitoring, beach clean-up, benthic organism surveys and more. This is a great opportunity for students to be introduced to marine science and have some fun while doing so.

For more information, call Tracy Hajduk, at 781-581-7370 x321 or email, t.hajduk@neu.edu, or visit www.marinescience.neu.edu/cosa/index.htm

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News From the Johnson School

By Diane D. Mulcahy, Principal

The Johnson School has been awarded a grant from the Nahant Cultural Council. The seven hundred, sixty-five dollars funded the December trip to the Nutcracker Ballet in Lynn. We are very excited and grateful to receive funding from the Nahant Cultural Council. The Nahant Cultural Council, a local agency, is supported by the Massachusetts Cultural Council, a state agency, to build a central place for arts and culture in the community. The Cultural Councils also work very hard, to sponsor the arts in schools across Massachusetts. We are very lucky to have the support of the Nahant Cultural Council in this effort to broaden students' awareness of the arts.

The final round of MCAS testing has been completed. Students in Grades Three through Grade Six were testing in Math and the fifth-graders also completed the Science Technology portion of the test. The teachers reported that the students worked diligently on each testing session. Due to excellent attendance, make-up tests were at a minimum. This concludes MCAS testing for this school year. We expect to receive the test scores in the fall.

The calendar is beginning to fill up with end-of-the-year activities. Plans are being made for the Sixth-Grade Moving-On ceremony, which will be held on June 18th, at 7:00 p.m. The week of activities will start off with the annual class trip to Canobie Lake Park. Parents are also planning a family evening, with a Potluck Supper. This year, this event will be held on Tuesday evening, June 16th. The sixth-graders will surely have a week to remember.

The annual Gettysburg Address competition was held at the Johnson School cafetorium, on Thursday afternoon, May 14th. Students competed to choose the student, who would recite the Gettysburg Address at Greenlawn Cemetery, as part of the Memorial Day ceremonies in Nahant. A Johnson School student has recited the Gettysburg Address at this event, every year, since 1899. This year, Kristian Hosker represented the Johnson School and Emma Bartholomew, was the runner-up.

Friday evening, May 8th, the students of the Johnson School displayed their various talents in the annual Talent Show. Over forty students took the stage to perform dances, musical selections and other magnificent talents, to a full house. Mrs. Ann Sciffenhaus and a team of parents organized and staged this year's show.

Friday, May 22nd, was the annual Field Day Rally. Rally Day is when the students find out their teams and rally the team spirit of cooperation and fun, which is the foundation of the day. Students are looking forward to Field Day, which is June 9th this year. Johnson School parent, Sue Rosa and a dedicated team of parents, organize Field Day.

Owen Welsh and Kelly Walton Honored

Nahanters Owen Welsh and Kelly Walton, seniors at Swampscott High School, were among the honorees at the North Shore Chamber of Commerce's 41st Annual Honor Scholars Recognition Dinner.

The dinner was held on May 12th, at the Sheraton Ferncroft, to salute graduating seniors from 29 public and private North Shore high schools, who are in the top 5% of their class. Owen, Kelly and the other honorees, were congratulated by Dr. Charles Desmond, Chairman of the Massachusetts Board of Higher Education.

Owen and Kelly have been admitted to the Honors Program at UMass Lowell and have received scholarships.

Congratulations to two of Nahant's highest achievers!

Ruth Carter Performs in Concert

Ruth Carter, an Earlham College junior and daughter of David and Katharine Carter of Nahant, performed during Earlham's Spring Choral Concert, on April 25th, in Goddard Auditorium. Carter is a member of Earlham's Concert Choir.

Earlham is a selective, liberal arts college in Richmond, Indiana. Engaging students with a changing world, Earlham is dedicated to the development of effective ways to integrate international perspectives in education. The College offers 40 majors in the sciences, humanities and social sciences.

Erin Maher Graduates from Marian Court College

Congratulations to Ms. Erin Maher, of Nahant, who received an Associate in Science Degree from Marian Court College, in Swampscott, on May 20th.

"May you begin your future filled with success and happiness. May all your dreams come true and enjoy the journey. Do not fear the future ~ you are the future because of what you have achieved and what you aspire to be. We are so very proud of you."

Swampscott High School

Qtr 3 Honor Roll

Seniors - High Honors: Briana Canty, Maggie O'Callaghan, Jonathan Poth, Owen Welsh and Trevor Wheeler.

Honors: Mary Bartholomew, Victoria Desmond, Kelsey Dill, Heather Irvine, Nicholas Lamando, Bianca Munoz, Emma St.Jean and Kelly Walton.

Commended: Emily Cook, Michael Gillis, Breegan Houlihan and Samantha Schneiderman.

Juniors - High Honors: Amelia Antrim, Olivia Barba, Monique Bleau, Rebecca Gray, Kate Hall, Juliana Liscio, Lillian Pillsbury, Patricia Silva and Kyle Taylor

Honors: Thomas Ball, John Blank, Jennifer Cleary, Stephen Meagher, Alexander Savino, Thomas Walsh and David Wilson.

Commended: Kelly Gillis, Deanna Hayward, Nevin Pothier and Adam Wilson.

Sophomores - High Honors: Ian Antrim, Frank Barba, Alexander Billias, Kaitlyn Dantona, Maggie Osbahr and Leah Towe.

Honors: Marco Bauder, Dimitri Christoforidis, Jennifer Desmond, Patrick Gavin, Eric Greene, Thomas Lamando, Taylor Maccario, Christopher Mason, Christi Mazareas, Nicole McDermott, Emma O'Donnell, Casey Shanahan and Meghann Toomajian.

Commended: Daniel Barbacoff, Jaimie Konowitz and Gabriella Wooten.

Freshman - High Honors: Elijah Clark, Kristen Connor, Taylor Eaton, Peter Klee, Lindsey Marini, Madeline McKie, Holly Noonan, Anthony Silva, Rita Tsokanis and Emily Walls.

Honors: Meredith Ball, Alexandra Chasse, Shiloh Clark, Heather Doyle, Shannon Kelly, Colleen Meagher, Alexandra Moccia and Trachita Wheeler.

Commended: Thomas Beaulieu and James Lowe.

Swampscott Middle School

Qtr 3 Honor Roll

Class of 2014 – High Honors: Kenneth Li.

Class of 2013 – High Honors: Virginia O'Leary, Aristana Scourtas, Alexa Steriti and Melinda Wilson.

Class of 2014 - Honors: Jesse Barbacoff, Justin Chasse, Emily Fiore, Melissa Gavin, Mark Irvine, Daniel Marini, Haley McDevitt and Joseph Silva.

Class of 2013 - Honors: Arianna Billias, Corey Carmody, Anna Greene, Caitlin Ludke, Victoria Malatesta, Derek Osbahr, Tyler Peterson, Kyle Rogers and Anna Rusk.

Samantha Jessome Graduates

Congratulations to Samantha Jessome, of Nahant, who received an Associate in Science Degree from Marian Court College, in Swampscott, on May 20th.

Zachary J. Liscio Makes Dean's List

Zachary J Liscio, a junior English major and a junior International Relations major, in the College of Arts and Sciences, was named to the Dean's List, for the 2008 fall semester, at the University of Delaware. Those named to the Dean's List are full-time students with grade point averages of 3.33, or above (on a 4.0 scale) for the semester, with no temporary grades.

Let's Green Up Nahant!

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

SWIM Watches Nahant's Shore

By Polly Bradley, Safer Waters in Massachusetts (SWIM)

A couple of unexpected guests attended SWIM's May meeting: eelgrass experts Dr. John Vavrinec and Kate Hall, from the Pacific Northwest National Laboratory (PNL), in Washington state. They were here in Nahant, at Northeastern University Marine Science Center, for a short time, studying eelgrass and transplanting some of Nahant's lush eelgrass into selected sites in Boston Harbor. (John and Kate were careful not to take too much from any one spot.)

So SWIM totally revised the evening agenda and invited John and Kate to tell us first, about their fascinating project. It was the best part of the meeting. Eelgrass is a shelter to many marine species and one of the most productive ecosystems in the world. Finally, after many questions and comments, SWIM raced through the planned agenda, then many of us stayed late to look at John and Kate's pictures.

SWIM shorts:

* SWIM voted to send a letter of thanks to Friends of Lynn & Nahant Beach (Friends), for planting flowers and perennials in the Nahant Rotary. Watch for the results as the plants grow. The Friends also repaired and polished the cannon in the Nahant Rotary. Thank you and well done, Friends!

* Thanks, also, to Emily Potts, who led SWIMmers in celebrating Earth Hour (lights off in 84 countries!). Emily also spearheaded the Town Meeting Day raffle of a non-polluting clothes dryer (see photo). Thanks to Susan Maguire, who led the SWIM display at the North Shore Community College Environmental Fair and to Tracy O'Shea, who helped with all these SWIM events. Susan and Tracy also spoke at the Environmental Fair. Thanks to all who helped at the SWIM raffle and display on Town Meeting day, including Barbara Powers, Sue Branga, Nancy Wilson, Cait Saunders-White, Phil Joyce, Wendy Buening, Maureen Edison and Linda Landry.

* The draft Massachusetts Ocean Plan is due at the end of June. Polly Bradley has attended some of the planning meetings. The plans seem to emphasize increased human activities in state waters more than restoration of ocean ecology. Update next month.

* The Lower North Shore No Discharge Area is being widely publicized and flyers are being distributed in Nahant, Swampscott, Lynn, Saugus and



Revere, informing boaters not to discharge waste in local waters. Nahant's water will be cleaner this summer.

* Susan Maguire attended the North Shore Geographic Response Plan meeting, on May 14th, in Gloucester. This is a plan to prevent oil spills from reaching sensitive coastal areas and will supplement current oil spill contingency plans, to clean up after damage has already occurred. For example, protection of the eelgrass beds on the Lynn Harbor side of the Nahant causeway, will be included in the site plan for Nahant. More on this at SWIM's next meeting, Monday, July 13th, at 7:00 p.m., at Northeastern University Marine Science Center.

* SWIM congratulates the Nahant Harbor Review on its 15th birthday! Please stop by at the SWIM table at the Harbor Review celebration, at the Knights of Columbus, May 31st, 2:00 to 6:00 p.m.

Photos: Above: Friends of Lynn & Nahant Beach plant flowers and perennials at the Nahant Rotary.

At right: Tracy O'Shea and Barbara Powers in front of non-polluting, solar-powered, solar-energy, umbrella clothes dryer.

Below, right: Friends of Lynn & Nahant Beach polish up the cannon at the Nahant Rotary. Photos by Polly Bradley.



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Local groups awarded funds for concert series

The local non-profit groups Friends of Lynn and Nahant State Beaches and Friends of Lynn Heritage State Park were two out of 13 organizations in nine beach communities selected by the non-profit organization Save the Harbor / Save the Bay to receive funds to support beach programming this year.

The \$2,000 grant to the Friends of Lynn and Nahant State Beaches and the \$1,500 grant to the Friends of Lynn Heritage State Park were announced Saturday, May 2nd at a press conference on the Boston Fish Pier, where Save the Harbor / Save the Bay awarded more than \$30,500 as part of their Better Beaches Small Grants Program to support beach programming on the metropolitan region's public beaches.

The grants, ranging from \$500 to \$4,000, are made possible by a generous \$25,000 grant from The Boston Foundation, in-kind support from the Department of Conservation and Recreation (DCR), \$3,000 from National Grid, and \$2,500 from Comcast Massachusetts. "These modest investments in programming leverage the billions we have invested in the Boston Harbor Clean-up as a region, and put the harbor to work for all of us," said Paul Grogan, President and CEO of The Boston Foundation.

In addition to those grants, local groups are raising a projected \$57,000 in local funding for their programs, leading to a total of more than \$112,000 invested in free events and activities on the region's public beaches this year including beach festivals, a summer volleyball tournament, and Family Fun Nights. "It's remarkable what people who love their beach and their community can accomplish with just a little bit of help. We are proud to be a part of it," said Patricia Foley, President of Save the Harbor / Save the Bay.

The Friends of Lynn and Nahant State Beaches received funds to support their 2009 Red Rock Summer Concerts Series, while the Friends of Lynn Heritage State Park will use their funds for a new Concert Series at Lynn Heritage State Park. The Red Rock Summer Concerts Series is performed in open space at Red Rock Park overlooking Lynn Beach. The first concert will be the annual July 3rd concert which is followed by a grand fireworks show with thousands of attendees expected to attend, with seven more concerts every Thursday evening in July and August.

The new Concert Series at Lynn Heritage State Park will bring three new concerts to the Park's waterfront, attracting residents, local youth groups and camps to discover the recreational value of the Park and the Harbor.

In addition to funds, Save the Harbor / Save the Bay has also made substantial commitments of staff time to these organizations, offering technical and operating assistance for Friends groups looking for ways to improve their beach.

Save the Harbor / Save the Bay's Better Beaches Small Grants Program was first introduced in 2008 and made grants totaling \$28,000 to 11 community groups who in turn organized 27 public events and programs on the region's public beaches from Nahant to Nantasket. Funded activities included beachfront concert series, kite festivals, sandcastle competitions, beachside art shows, swimming lessons, family fun nights, reading programs and neighborhood beach parties. All of the events and activities were well received and well attended.

DCR Commissioner Rick Sullivan commented on the program's success: "Working together, these Friends groups have helped transform our urban beaches, and they continue to serve as models for groups statewide."

Photos: Top right, from left to right, back row to front row: John Sutich of Comcast Massachusetts, Bob Tucker of the Friends of Lynn and Nahant State Beaches, Rick Sullivan, Commissioner of DCR, Joe Newman of National Grid, Paul Grogan, President and CEO of The Boston Foundation, Patricia Foley, President of Save the Harbor / Save the Bay, Anne Goldstein of the Friends of Lynn and Nahant State Beaches.

Bottom right: David Gass of the Friends of Lynn Heritage Park, John Sutich of Comcast Massachusetts, Rick Sullivan, Commissioner of DCR, Joe Newman of National Grid, Paul Grogan, President and CEO of The Boston Foundation, Rose Woodrome of the Friends of Lynn Heritage Park, Patricia Foley, President of Save the Harbor / save the Bay, and Norma Melanson of the Friends of Lynn Heritage Park.



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A CHILDHOOD MEMORY

"Welcome to the family," Little Sister was told,
"From the Gypsies we got you, for a full pot of gold."

Those were the words that brought down angry tears,
From a loving Brother, who was a great tease.

Though Brother did everything to get under her skin,
It was with him that she stood, when Big Sister
stepped in.

Today is the Day
When we all wish to say:

"HAPPY BIRTHDAY to you, dear Sister"
— who never came from the Gypsies,
— or was found in a bush under the trees.

By MERAL GÜNDÜZ
Written for Little Sister, this year, on her birthday.

FORTY STEPS

I stood by the shore, on a cool summer morn
And watched dazzling colors, of a morning be born
Like a volcanic eruption, the sun burst thru the sea
It filled me with humble, I did, nt know was in me
Above a small sandy beach, some forty steps high
All the colors from heaven, were painting the sky
I was frozen in time, till now I, d been flawed
How could I ever have thought,
there may be no God?

OBSERVATION

By ROZI THEOHARI

After election
They didn't cut the grass
Beyond our 8-floor building
on the small city's periphery
But they cut the teacher's wages
At the Cultural Center Community
Where he led the Poet's Club.
Alas
Over the city poets' verses
Now sprouts the rooting grass.

"STIMULUS PACKAGE" 'TUDOR FAMILY' STYLE

There has been quite the controversy as to why there have been police cruisers, from all over the Commonwealth, parked all hours of the day, at the end of our causeway. Rumors seem to range from guarding ex-convicts housed at the new "Halfway House," to training new recruits in current police procedure driving techniques. Neither is true.

In order to save hundreds of police jobs, many communities in the Commonwealth have asked their officers to work one day less a week, for no pay - a trend that seems to be catching on universally. However, most of these officers can't take that financial hit, so we at the Tudor Cocktail Ice Co. have done something about it.

An "up" side to this down economy is the "serious need" for our family's cocktail ice cubes. There has been a huge spike in summah cocktail ice orders and Uncles Duddie and Ponsie simply cannot fill and deliver these orders on their own.

My mother, CEO Ophelia Payne Tudor, has initiated The Emergency Response Cocktail Ice Delivery Unit, to pay the Commonwealth's police staff, on their day off, to deliver our product with no shrinkage (Mother hates shrinkage).

For the last 30 days, Ophelia Payne has been putting the boys through the paces of her personally-designed system. Loading, accelerating, cornering, braking and delivering, within 5 minutes of your call, or your cocktail ice order is FREE. CALL 1-800-NO SHRINKAGE today and keep our boys in blue afloat, during these hard times.

Seriously folks, speaking of The Tudor Cocktail Ice Co. our Nahant Police Dept., along with the Johnson School PTO, all need your help again this year, to support the annual "Mitchell's Cahnah" block party on Labor Day weekend Sunday, September 6th. Half the proceeds from Tee shirt and raffle ticket sales, go toward replacing a software system at the Police station, for the Elderly Care Call Program and the other half will go to our island kids Johnson School PTO Fund.

The annual raffle tickets, with \$7,500 in 5 cash prizes, are available, with a \$100 donation. Only 150 tickets will be sold. That's right! You got a 30 to 1 shot of winning (that ain't bad, kid) and they sell out fast. CALL 617.543.2942, 781.581.1559, or 781.581.1338, for tickets, or Tee shirt delivery.

Have you seen these shirts? They came out excellent! Three styles from which to choose. A Mermaid Island Girl for all our island mermaids, an island boys sea serpent tee, for our little island boys, and, in keeping with The Tudor Cocktail Ice Company's sick sense of humor, we have a retro unisex Nahant Life Guard Off Duty.....save yourself, tee shirt that speaks for itself. All these shirts are available for a \$15 donation.

Finally, our leather-strapped, nautical red, Island Mentality Nahant caps, are also available for a \$20 donation.

Disclosure: We really have no idea why all those cruisers are at the end of our causeway.

Submitted by: Jon Bleu Tudor (Son of the amazing Ophelia Payne)

Memorial Day 2009

Large Crowd on Willow Road.

The Memorial Day photos in this issue were submitted by Harold "Bumper" Gooding.



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Useless Information...By Ray Barron

Nahant's June Birthday Babies

Nahanters Thoughts About Neighbors

The electrifying Ed Poulin, of Irving Way, says, "Love thy neighbor, but do not make love to her." Ed's sweet wife Gayle, a native of New Orleans, says, "Love is blind, but the neighbors aren't."

Joanna Reardon, of Nautical Lane, says, "Some neighbors will borrow everything from you, except your troubles."

I believe it was the brilliant, attractive educator Mary Dill, of Cary Street, who said, "A good memory test is to recall all the kind things you have said about your neighbor." Mary's handsome husband Dan, says, "People who live in glass houses make the most interesting neighbors."

Some of Nahant's Beach Beauties!

According to Charlie Seagull, Nahant has many, many beach beauties! So who are some of them? Lissa Keane, Courtney Dolan, Marie Petrucci, Emily Crawford, Peggy Barile, Maura Graul, Deborah Cormier-Waters, Marie Pasinski, Maura Devereaux, Colleen Munnelly, Linda Kane, Alicia Yannetty, Anna McNichols, Anne and Sarah Bolthrunis, Kathleen Brownlie, Marissa McKie, Michele Bleau, Adeline Flynn, Ashley Doucette, Emily and Erika Crawford, Tracy O'Shea, Maureen Viviano, Karen Gordinas, Kerry Gordinas, Elizabeth Landry, Katherine Burke, Coreen Sullivan, Rachel Oliver, Kellie Connolly, Hannah Pelletier, Elizabeth Lowell, Anita Kumari, Maria Speridakos, Diana Mason, Lisa Benson, Jennifer Sweeney, Cathleen and Kate Bartholomew, Jennifer Marshall, Kelly O'Keefe, Katherine Collins, Jaclyn Davis, Ashley Corcoran, Talia Petrucci, Jennifer and Lauryn Trentsch, Teresa Simpson, Amy Famulari, Maureen Palangi, the leggy Sheila Hambleton, Julie Tarmy, Colleen Munnelly, Julie Cadigan, Judi Marie Moccia, Ilona Connor, Beverly English, Lisa Perella, Maureen Ward, Anne O'Brien, Susan Arzillo, Deborah Cashman, Paula Devereaux, Arlene Connor, Jane Lombard, Cynthia Pierce, Sarah Riley, Susan Moleti, Rosalie Ryder, Barbara Lombard, Joanna Reardon, Barbara Lombard-Anguilo, Barbara D'Amico, Noel Spinney-Costin, Linda DeBenedetto, Mary Dill, Janet Dolan, Karen Canty, Tracy Simpson, Lynne Spencer, Paula Smith, Marcia Gaudet, Darlene Conigliaro, Maria Welsh, Joy Pechinsky-Spinelli, Bonnie Blydell, Linda Jenkins, Peg Hanagan, Bonnie Jane Lombard, Mary Irene Dickenson, Donna Foti-Scovell, Angela Lowell and Lisa Scourtas.

I believe it was the stately Nahant Police Officer, Armand Conti, who said; "If only it were warm enough to go swimming in winter, when the beaches are not crowded."

HAPPY BIRTHDAY TO YOU!!

June 1: June Carmody, Debora Deberardinis, Mike DePaolo, Gina Elias, Cynthia Gunnoe, Frank Limone, charming Sarah Lique, Angela Munro, Richard Noel, Theresa Peterson, Myron Polnicki, Meghann Toomajian and Kellyann Wallace. And my "Gaelic & Garlic" grandson, Kyle Waters.

June 2: Gennaro Angiulo, Sean Dignan, Janet Flaherty, Elizabeth Fortucci, Kate Hall, Stephen Kasper, David Lazzaro, Matthew Luti, Joel Marie, Josephine Marseglia, Kathleen Martin, David Quinn, lovely Susan Ruben, Joan Scagliano, Anthony Scali, Sallee Slagle, Peggy Taylor, Craig Thomas, Karol Wabno, Alexandria Walton and Jackson Wrenn.

June 3: handsome Charlie Arena, Jayne Dantona, Thomas DeBenedetto, Sharon Dobbyn, Bill Fliegel, Adam Hatfield, Ryan Henry, John Livoti, Joe McGrath, Kelly O'Keefe, Samuel Reenstierna, Jim Walton and actor Tony Curtis.

June 4: Peggy Ackerman, Pam Bynum, Priscilla Culver, Felicia Defeo, Mary Donahue, Christine Fulchino, Mary Geary, Gretchen Henry, charming Cecelia Hill, gracious Kathy O'Connor, William Robinson, Ramon Rosa, "Admiral" Bob Scanlan, sweet Judith Shanahan, Kevin Shanahan, personable Travis Switzer, Michael Vecchia and James Walton.

June 5: Katherine DiVittorio, Frank Dunion, Joseph Gallagher III, Owen Kane, Florence McDonough, Mike Moran, Sally Murray, Sarah Murray, Colleen Osbahr, charming Lorraine Sanphy, Colleen Sheppard, Dale Warren and Elaine White.

June 6: My beloved wife Marilyn's birthday, Martha Chepeleff, Mark Colantuoni, Claire Flebbe, Henry Hanagan, Doug Hartwell, Karol Jernigan, Stephen O'Malley, Claudia Orleans, Thomas Parrott, Connor Tidd, Cecilia Ustaszewski, Mary Valeri, Luke Wachtel,

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

June 8: Jim Cardello, Raymond Desmarais, Alicia Donovan, Susan Hooper, Breegan Houlihan, lovely Kathy Jenkins, Neil Liston, Lizette Marrero, Melanie Marino, lovely Jessica Porcaro, James Savino, Anne Senk, the distinguished David Wilson,

June 9: Brian Abboud, Kevin Carmody, Henry Ferrara, Ryan Frauenholz, Katherine Jenkins, stunning Barbara Mackey, A J Markham, James Mehigan, Svetlana Parisi and Diane Sirard.

June 10: Joe Caloggero, Sean Coffey, Todd Glasson, Kevin Howard, Michael Kairevich IV, Molly Kasper, James McCullough, Dick McDonald, Robert McIlveen, Kevin O'Leary, Samantha Schneiderman, Shantell Smith and Sharare Soleymani.

June 11: Polly Bradley's loving husband, Larry Bradley, Bob Cronin, Charles Dick, Richard Fox, Janine Freen, fascinating Janine Galanti, Jill Gillis, Mary Leblanc, Stan Slonka, Gretchen Sterenberg and Carmel Trentsch.

June 12: Anne Cote, Jim Daley, Elizabeth Foukal, Chris Koch, Josie Lafalce, Judy Larkin, Henry Lynn, Gerald Mills, Katherine Moleti, Mary Weeden and Elizabeth Welsh.

June 13: Patricia Aldrich, Shirley Brahm, Lloyd Green, Brian Hamill, David Hussey, Mary Lou McGinn, Christine O'Donnell, Benjamin Quigley, William Rogers, Shirley Sarpi-Brahm, Frank Spinelli and Dorothy Vitale.

June 14: Joe Buckley, Velia Chiaverini, Andrea Gaulzetti, Scott Golden, Jason Goodwin, Marie Hosker, Suzanna Karatzas, Janet Lass, Sean Osbahr, Velia Pantelakis, Janet Rogalski, Mia Schena, Mark Schiffenhaus, Frank Spinelli, Darlene Terminello, Marian Taylor, Janet White and Vanessa Whiteside.

June 15: Dick Davis, Bob Dent, Daniel Droukis, Kenneth Ford, Kathy Hall, Tom Hall, Mary Kavanagh, Jennifer McGaffigan, Lynne Spencer and Conrad Squires.

June 16: Kellie Connolly, William English Jr., John Hooper, Denise Johnson, Amy Magner, Pauline Marra, Kathleen Nolan, Talia Petrucci, Kevin Solimine, Ellen Steeves and Lisa Wardsworth. June 16th is also known as Bloomsday, originated by James Joyce.

June 17: Dan Bennett, Bill Caldwell, Monica Chamberlain, Kristina Etter, Pete Furlong, Elisabeth Hemminger, Shelby Hill, Arthur Kautz, Elizabeth Landry, Thomas Loftus, Cora Long, William Ludke, Alexandra Markos, Lana Mogan, Charles Mogavero, Sean Munnelly, Noah Musman, Eric Pasinski, Anthony Rizzo, Peter Scapicchio, Dr. Sheldon Savinor, Barbara Stamos, Janina Wabno, Adam Wilson and Diane Winters.

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June 18: Kathleen Cooke, Ryan Desmarais, Sarah Kaplan, Ella Larocque, Mary Magner, Nasson Marlowe, Sara Martin, Dorothy Modell, Thomas Neelson, Richard Snyder and Eugene Swanson.

June 19: Betty Palumbo, Katherine deStefano, David Jones, Amir Lagasse, Kristian Laliberte, Ed Locke, Finlay McQuade, Edward Morrissey, Jason Pivacek, Susan Scaglione, Nathaniel Sears, Anne Spirn, Marcelle Valentin and Alice Volk-Roy.

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

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

June 22: Stephanie Brown, Luke Conlin, Donna Damico, Stephanie Doucette, Steven Hyde, Bill Melnik, James Ward, Frederick Wilson III and Edmund Zamejftis.

June 23: Lindsey Baker, Bob Baldwin, Janice Gomperts, Bill Hartigan, Dean Hendrick, Geraldine Hynes, John McDonough, Christin Morse, Patrick O'Reilly, Chris Peterson, Gregory Poth, Julia Sands, Ann Marie Sullo, Bruce Tarney, Helen Taylor and Janice Thorton.

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

June 25: Anna Costa, Mike Cypher, Kathy Glasson, Margaret Hinrichs, Elizabeth Kelley, Roger Peladeau, Irene Purdy, Julie Sands, Samantha Seguin and Halley Smith. Also born on June 25, singer Carly Simon, who recorded my former big band theme song, "When Your Lover Has Gone." We first met Carly on Martha's Vineyard, at the Judy Belushi and Victor Pisano wedding. Pisano is a former Nahanter

June 26: Handsome Gaetano Barletta, Brendan Coffey, Sheiloe Connolly, Gerard Cote, Patricia Davis, John Fulghum, Robert Guiney, Jason Joly, Janet Malatesta, Jean Mullen, Shea Nugent, Helen O'Hare, Nickolas Papagelis, Alec Roy, Jim Summers, Marylyn Taylor, Robert Tibbo and Maisie Vasquez.

June 27: Lovely Margaret Antrim, Marc Carbone, Jennifer Dignan, Paul Gilday, Jason Goodell, Eric Leja, William Mahoney, Patricia McCallum, William O'Connor, Kenneth Taylor, Thomas Worth and Michael Zhuykov.

June 28: David Hegarty, Joseph McDonough, Joan Mostone, Frank Pesco, Jenna Schumann, Eileen Simons and Anita Smith.

June 29: Lauri Allard, the popular Francis "Enzo" Barile, Judge Richard Debenedetto, Gary Deines, Paul Duffy, Laurel Laliberte, Dolores Merlino, Jenna Schumann and Christie Stamos.

June 30: Maria Brooks, Timothy Dempsey, Richard Hagoort, Julia Kautz, Tristan Reenstierna, Andre Sigourney and Helen Staffier. Also born on June 30th, two old friends, singer Lena Horne and drummer Buddy Rich.

Nahant's Millionaires

We have 103 millionaires, and 2 Nahanters on Swallow Cave Road, living in single family homes. One is valued at \$3,454,700 and the other, \$3,137,200. What's more, we have 15 single family homes, each valued over \$2 million. We have nine millionaires residing on Maolis Road, four millionaires on Spouting Horn Road, twelve millionaires on Nahant Road, six millionaires on Willows Road, seven on Vernon Street and two on Pleasant Street. Gee, I'm the only peasant on Pleasant Street.

A partial listing of Nahant's top real estate taxpayers. Franchi, Pasquale Trustee/Sea Breeze Realty, Irvine & Louise Rusk, Lowell Gray, Maura Costin Scalise, Dineen J K. Albert D.E. Trustees Pea Island Trust, Marie Germaine Schepens, J.J. Angiulo, BA Lombard, GJ Angiulo, Gordon and Linda Hall, Paul and Michelle Kourkoulis, E Johnson, William and Angela Lowell, Peter and Pamela Rogal, Noel Spinney, Bob Risch, David and Mary Conlin, Anne Whiston Spirn, Francis Valenti M. Jr., Sarita Valenti, Marie and Roger Pasinski, James and Janet Dolan, Carter Smith, Stephen and Mary Opacki, Anastasios Kalogianis, Joseph and Linda Stanford, Thomas and Linda DiBenedetto, Davida Block, Pamela Avedisian, Allan and Paula Bethune, Robert and Cecelia Hill, John K.Dineen, Robert and Janet McIlveen, Cynthia Christ, Peter Mazareas, Carl and Linda Jenkins, James and Susan Caccivio, Robert and Mary Tarason, Daniel Dill Trustee, Karen and Eugene Canty, Dana Goodell, Albert DiVenuti, Wallace and Theresa Riddle, Michael Meyer and Thomas Cesso.

What are some of Nahant's highest valued properties? Short Beach is valued at \$13,057,900. Johnson School is valued at \$5.506,300. Henry Cabot Lodge Park is valued at \$3,137,200 and the Valley Road School is valued at \$1,656,700. Nahant's Kelley Greens is valued at \$2,231,700. Nahant's Public Library is valued at \$1,408,300. Bailey's Hill Park is valued at \$1,406,200.

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

FOREVER APART

By Susan Maguire

I tried so hard to find you,
For years within my dreams.
I tried so hard to find you,
Forever, as it seems.

I snuck inside the back door,
But only got so far.
And just within your borders,
I didn't have a car.

I walked along the dusty way,
I stood atop a hill.
And saw you there below me,
I felt an awful chill.

I walked the streets and alleys,
I thought that you were near.
I saw the colors, heard the sounds.
But then you disappeared.

You fed me tea and honey,
Sweet bread at break of day.
Danced for me in the garden,
But then I went away.

You taught me how to walk and talk,
You taught me how to sing.
You taught me how to see the world.
You taught me everything.

But I can never reach you
To wrap my arms around.
And say how much I love you,
For me you can't be found.

I know that I have lost you,
Forever we're apart.
But you are in my mind, my soul,
You're always in my heart.

Afghanistan!

Copyright © 2009 SUSAN MAGUIRE. All Rights Reserved. (Susan was a Peace Corps volunteer from 1968-1970. She taught English as a foreign language in a girls' high school in Jalalabad, Afghanistan.)

For Sun Lovers

Warning to sun lovers! Reapplying sunscreen is more critical than previously thought, say scientists of at the University of California. Molecules in sunscreens can seep into skin cells When UV protection wears off, sunlight reacts with the molecules to cause damage. Reapply every two hours after you swim or sweat.

The charming Maureen Palangi, of Nahant Road, says, "A sun bath is the only bath that requires neither soap nor water."

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Summer In Nahant

A collaboration of old photographs, letters and memories of those who lived and resorted on this seaside peninsula before us.



LOWELL ESTATE

Sites 1A and 2A were both on the Lowell estate, which had been purchased by the military and held all during the World War II. Made of reinforced concrete, the twin towers were eight stories high and housed three fire-control positions.

The wooden mansion, built by Knivet W. Sears during the nineteenth century, was extensively reworked to serve as quarters for officers and enlisted personnel. Professor Richard Faye of the Massachusetts Institute of Technology performed sonar experiments in the stable-garage until late in 1942.

The towers, identical in construction and appearance, were transferred to the artillery February 1, 1944. An M5 generator assembly on the first floor of Site 1A connected to Site 2A and would supply emergency power.

The upper station in Site 1A was assigned to Battery 206 at East Point, the middle station to Battery 105 at Fort Dawes on Deer Island, and the lower station was a Group 3 observation post. The upper station was equipped with a DPF and the middle and lower stations had azimuth instruments. Each station was served by a crew of six men.

The upper station of Site 2A served Battery 104 at East Point, and the middle station, Battery Gardner at Fort Ruckman, and the lower station was the commander's station for Battery 206 at East Point. Each station in Site 2A was equipped with an azimuth instrument and served a six-man crew.



HARRIS ESTATE

Considered part of Fort Ruckman, Site 1A, Harris estate, was on top of Colby Hill, directly to the rear of Battery Gardner. Six stories high, the rectangular, reinforced-concrete tower was formally transferred to the artillery May 29, 1943 (Sixty Six years ago).

A wood-frame, one story building attached to the rear of the tower held a squad room for quarters, a plotting room for C3 command post, separate latrines for officers and enlisted men, and a heater room with separate entrance.

The unprotected command-post plotting room was equipped with six EE-91 telephones, head and chest set, desk telephone, Switchboard BD-95, marine radiotelephone, and two time-interval recorders, plus tables, chairs, and charts.

The tower was partially disguised with a wood-railed parapet and was designed to blend in with the surrounding cottages.

The three positions of the tower had viewing apertures on all four sides. The upper position was assigned as the battery commander's station for Battery Gardner at Fort Ruckman, the middle station to Battery McCook at Fort Andrews on Peddock's Island, and the lower station to Battery Whipple at Fort Standish on Lovell's Island. Each station was equipped with a DPF instrument and served by a six-man crew.

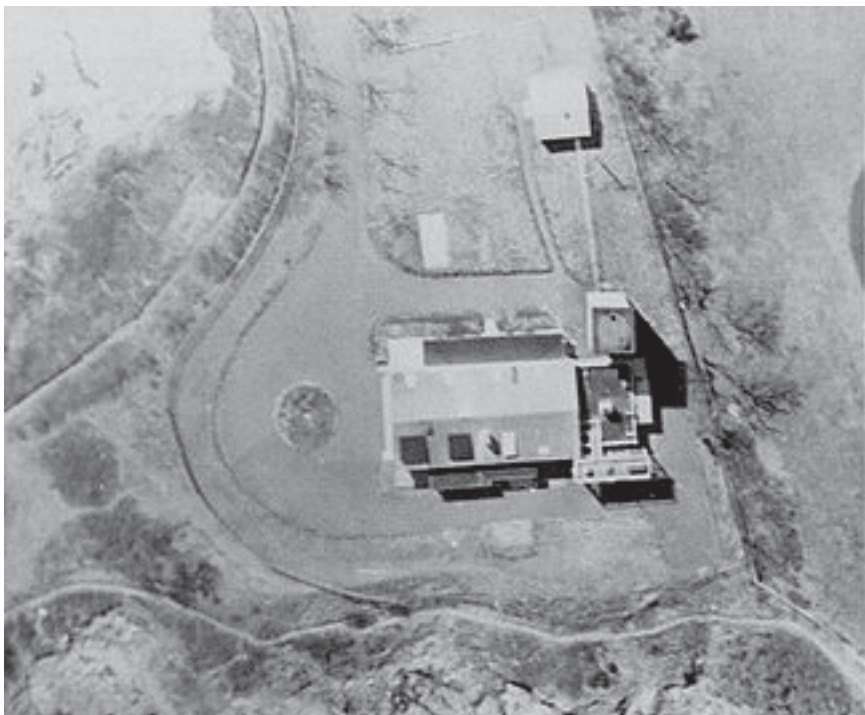


The Towers

Fire Control Stations in Nahant

Fire-Control Stations of Nahant

Five separate fire-control stations lay in Nahant, but “station” could apply to both an individual observation post or unit or a group of units in a fire-control structure. Next, we examine in detail the Nahant fire-control stations constructed on the estates of the Harris, Lowell, Mifflin, and Brown families.



SOURCES: The Military Annals of Nahant, Massachusetts, by Captain Gerald Butler, 1996. This book is available at the Society, or Nahant Public Library, for \$30.

Thanks to Zachary Lowe for suggesting the topic for this month. Many thanks to the fine folk at the Nahant Historical Society for sharing the collection with us all. Bonnie Ayers D’Orlando and Calantha Sears are the best!

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

MIFFLIN ESTATE

Initially a fire-control station, Site 4A, Mifflin Estate, later was equipped as a radio station. The three-position, reinforced-concrete tower was directly behind the Mifflin house and used that structure and camouflage paint to blend in with the surroundings. The station was transferred to the artillery April 2, 1943.

The upper station was assigned to Battery Long at Fort Duvall in Hull, the middle station to Battery 209 on Outer Brewster Island, and the lower station was a Group 4 command and observation post. The upper and lower stations were equipped with DPFs, and the middle station had an azimuth instrument. Each fire-control station was served by a crew of six men, all quartered in the adjacent building.

In 1943 the site was modified to house the SCR-296A radar set and support systems. This system, the first medium-range radar developed for seacoast-artillery fire control, was described in a technical manual:

The Radio Set SCR-296A is assigned to modern seacoast batteries of 6-inch caliber or larger. Its function is to provide present azimuth and range of surface marine craft with sufficient accuracy for direction of gunfire. Each set normally will be assigned to one battery of a harbor defense but may be required to furnish data to one or more additional batteries as a secondary assignment when necessary.

One of the rooms at the Mifflin house was extensively remodeled by the Raytheon Company: “The interior was rather luxuriantly furnished for the comfort of their guests,” with comfortable soft chairs, plush carpeting, large viewing screens, and arrays of electronic apparatus. Other rooms in the upper floor of the house, not as extensively furnished, were used for radar tests and experiments.

SPOUTING HORN

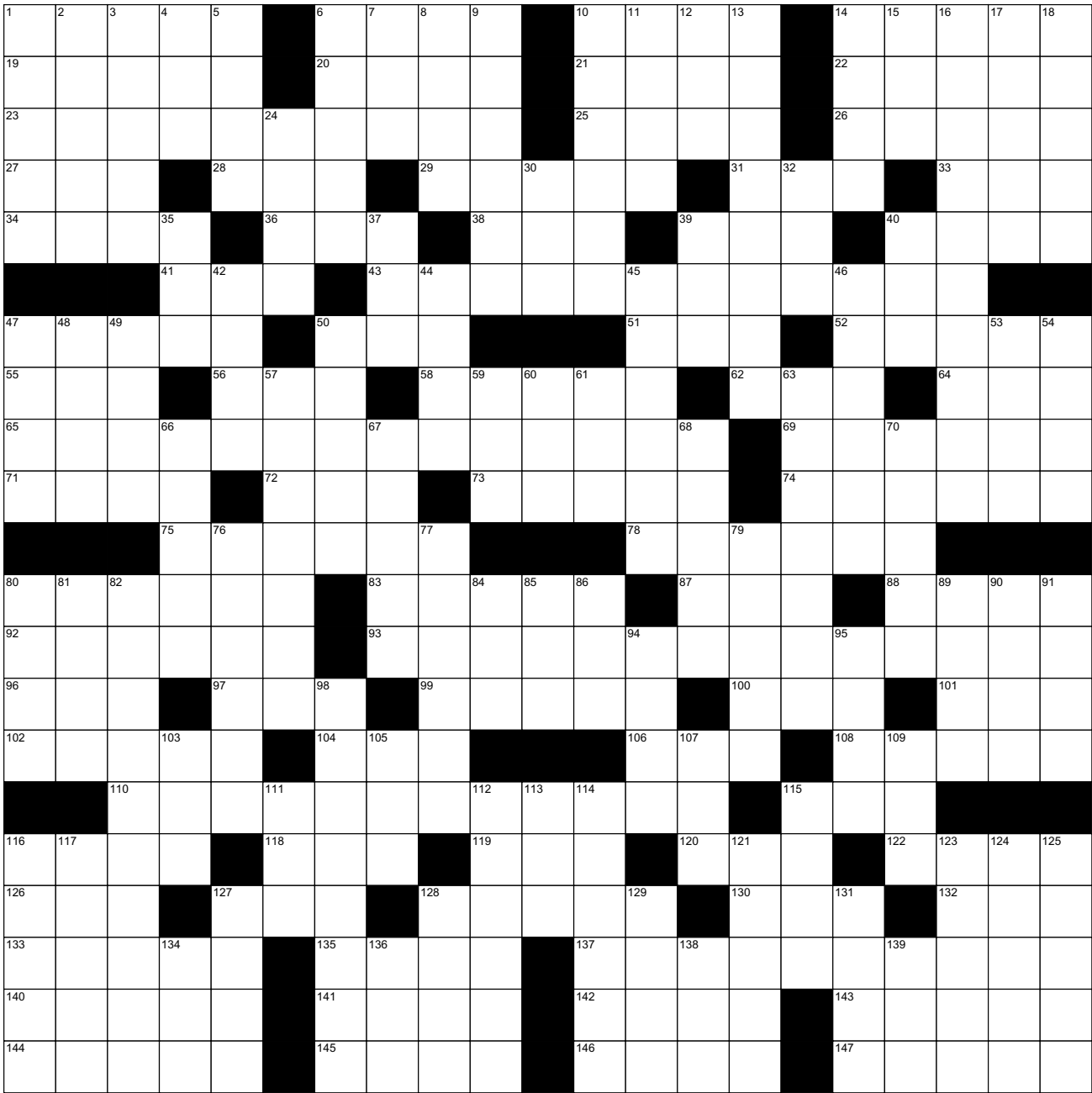
A fire-control station in the camouflaged-cottage style, Site 5A, Spouting Horn, was transferred to the Artillery August 7, 1943. Constructed of reinforced concrete, the tandem station was surrounded by a dummy wood-frame structure complete with a front porch and elaborate paint scheme. Property for the station, near the bluff and next to the property of Eleanor Motely, was leased from Thomas G. and Lilly B. Brown.

The structure was a battery’s commander’s station for Battery 104, at East Point, and a Battery 207 at Fort Dawes on Deer Island. Both stations were equipped with DPFs. The station for Battery 207 was served by a crew of six men and the Battery commander’s station by a four-man crew.



NAHANT PUZZLE PAGE

Hot Numbers
by Rick Kennedy



ACROSS

- 1 Recesses
6 Heroic tale
10 Dance lesson
14 Central
19 Substantive
20 Horsefly
21 Zeus' wife
22 Odor
23 "Cruel Summer"
group
25 Called
26 Spite
27 Round fig.
28 Tax pro
29 Pull strings?
31 Squeeze (out)
33 Calendar abbr.
34 Glean
36 Outback runner
38 Barbarian
39 Mai _____
40 Hockey's Bobby et
al.

- 41 Flushed
43 "Summer Wind"
singer
47 Suggest
50 Slip in a 51 Across
51 See 50 Across
52 Philosopher
William of ____
55 Entire
56 Degree div.
58 Religious teacher
62 Religious sch.
64 Draw
65 "Summer
Madness" group
69 Walked
purposefully
71 Utah lily
72 Pelt
73 Druggie
74 Not so pleasant
75 Emergency
78 Clan emblems
80 Wound around
83 Mexican bread

- 87 Prevailed
88 Env. enclosure
92 Dishevel
93 "Summer Breeze"
duo
96 Asian capital
97 Peaked
99 Nerd
100 Media center?
101 D.D.E., for one
102 ____ Park, Colo.
104 Draft pick
106 Be bullish
108 Go under
110 "Summer Rain"
singer
115 Curly poker
116 Kiln
118 "____ to Joy"
119 Heater
120 Bolted down
122 Sensed
126 Gender abbr.
127 Hand tool
128 Alamo defender

- 130 Clod
132 By way of
133 Monastery figure
135 Frank
137 "Summer of '69"
singer
140 Fess up
141 Ceremony
142 Put down
143 Trainee
144 Yarn spinners
145 Defunct
146 Spot
147 "____ Dreams,"
1986 #1 hit

DOWN

- 1 Natural resin
2 "____ porridge hot..."
3 Nick name?
4 Airport abbr.
5 In ____ (together)
6 Beat it!
7 Menu phrase

- 8 Precious stones
9 First name in
mysteries
10 Got smaller
11 Group
12 Gray sea eagle
13 Beauty contests
14 Top choice,
slangily
15 Unrefined metal
16 Builder
17 Love in Lyon
18 Tinselled fabrics
24 Copied
30 Operate
32 Sedona maker
35 Historic leader?
37 ET's craft
39 Spanish uncle
40 Tolkien creature
42 Writer Bombeck
44 Speed
45 Upright piano
46 Indian drum
47 "Mighty" things

- 48 Ice sheet
49 Beat
50 Pakistani river
53 Adjutant
54 Dutch artist Jan
van der ____
57 Heathen
59 Marry
60 Past
61 Chart
63 Pith
66 Boat raisers
67 Falls
68 Mature
70 ____-Japanese
War
76 Zest
77 Sowing machine
79 Some like it hot
80 Eye sore
81 Some votes
82 Breakfast relative?
84 Beheld
85 ____ Miss
86 Compass pt.
89 Big do
90 Sulk
91 Sports channel
94 R.B.I. or E.R.A.,
e.g.
95 Make over
98 Fred Mertz,
notably
103 Long, long time
105 Caustic substance
107 Cable network
inits.
109 Whistle blower
111 Present
112 Pressed
113 Pledge
114 Fit to serve
115 Signify
116 Butcher's scraps
117 "Rigoletto"
composer
121 Apple-polisher
123 Duck
124 Bar garnishes
125 Sample
127 Song and dance?
128 Second in a series
129 Bullpen stats
131 Datum
134 Publicize
136 Chart type
138 Shrill bark
139 Morse code "T"

Flight of Thoughts
By Rick Kennedy

Stacey Kasper, of Bass Point 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.

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

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
JULY 2009

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

Staff, Volunteers & Contributors

Owner/Editor &		
Publisher:	Donna Lee Hanlon	781-592-4148
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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	
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Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
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Donna & Ron Hanlon	781-581-0648
Route 8: Bass Point Apts	

Harbor Review Distribution

Papers for Home Delivery):	1,724
Papers OOT Subscribers & Advertisers:	212
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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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 – JUNE 2009

MON	1	12:00P	Blood Pressure and Glucose Clinic, Tiffany Room
FRI	5	1:00P	Movie: Iron Jawed Angels, Community Center
WED	17	12:00P	June Birthdays, Birthday Cake by Roz, Tiffany Room
THU	18	11:30A	Fathers Day Luncheon, Tiffany Room, Call to RSVP
FRI	19	1:00P	Movie: My Big Fat Greek Wedding, Community Ctr
MON	22	10:30A	TRIAD, Meeting at Swampscott
MON	22	11:45A	TRIAD, Presentation: Elder Affairs Lawyer, followed by lunch at Swampscott Senior Center
FRI	26	12:30P	Mystery Ice Cream Ride

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

Mondays	8:30A	Senior Yoga
Mondays	10:15A	Senior Exercise, Community Center
Tuesdays	9:00A	Quilting Class, Community Center
Tuesdays	1:00P	Cribbage, cards, games, puzzles, Community Ctr
Wednesdays	9:30A	Watercolor Class, see COA Notebook
Wednesdays	2:30P	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 June programs, trips and events call 781-581-7557 or e-mail us at ddesmond@nahant.org.

COA NOTEBOOK

By Diane Desmond

Just a few notes for the June Notebook.

The Mystery Ice Cream Ride will resume for the summer, on Friday, June 26th. The special lunch for June will be the “Father’s Day” lunch on Thursday, June 18th. Please join us – call ahead to reserve a seat.

Debbie Gates has returned to instruct a Watercolor Class on Wednesdays, at 9:00 a.m. Please note, you will need your own supplies and materials.

Don’t forget the monthly birthday cake on Wednesday, June 17th, here at the Tiffany Room, for June celebrants.

Our monthly matinee movies are held on Fridays – the 5th and 19th of June.

We will take any and all suggestions for new activities and ideas to benefit the Council On Aging. Please call at 781-581-7557, or e-mail us at ddesmond@nahant.org. Wishing you a happy, healthy summer.

NOTE: The Swampscott COA is hosting a presentation by an Elder Affairs Lawyer, on Monday, June 22nd, at their Center, followed by lunch in their dining room. All are welcome, but you will NEED a reservation for lunch.

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Community Calendar • JUNE 2009

The Library Book Sale: Saturday, June 6th through Sunday, June 14th, during regular library hours.

SAT	6	TBA	Red Hot Revelry! Annual Art Auction to benefit LynnArts. FMI 781-598-5244
SUN	7	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	7	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	7	3:00P	Apollo Club at the Nahant Town Hall.
FRI	12	8:00A	Village Church Free Breakfast.
FRI	12	TBA	TGIF Comedy at the Country Club
SAT	13	8:30A	Sailing Registration at Little League Field. Till 11: a.m.
SUN	14		FLAG DAY..Fly “Old Glory” with pride!
SUN	14	8:00A	Worship with the Village Church in Marjoram Park
SUN	14	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	14	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	14	1:00P	Walk for Respect. Call 781-592-2576.
MON	15	5:00P	DEADLINE FOR JULY HARBOR REVIEW
THU	18	7:00P	Sixth-Grade Moving On Ceremony at Johnson School
SUN	21		FATHER’S DAY & SUMMER BEGINS
SUN	21	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	21	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
MON	22	9:00A	Nahant Basketball Clinic at Johnson School
TUE	23	8:00A	Junior Invitational Tennis Tourny at Country Club
TUE	23	9:00A	Nahant Basketball Clinic at Johnson School
WED	24	8:00A	Junior Invitational Tennis Tourny at Country Club
WED	24	9:00A	Nahant Basketball Clinic at Johnson School
THU	25	8:00A	Junior Invitational Tennis Tourny at Country Club
THU	25	9:00A	Nahant Basketball Clinic at Johnson School
THU	25	11:30A	Garden Club Annual Meeting
FRI	26	9:00A	Nahant Basketball Clinic at Johnson School
SUN	28	8:00A	Worship with the Village Church in Marjoram Park
SUN	28	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	28	10:30	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	28	3:00P	Patrick Tracey, author of “Stalking Irish Madness,” at the Nahant Public Library

JULY

SAT	4		INDEPENDENCE DAY
SUN	5	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	5	10:30	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	5	3:00P	North Shore Concert Band at Gazebo, Bailey’s Hill.
FRI	10	8:00A	Village Church Free Breakfast.
SUN	12	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	12	10:30	Sunday Worship Service and Sunday School. Village Church. All faiths are 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

A SIGN OF SPRING



A sure sign of spring. A beautiful swan was photographed while gliding along the shores of Nahant. Photo submitted by Jen Vecchia.

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

Nahant Village Church

Worship Service
begins at 10:30 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 and print out a Preparedness Guide.

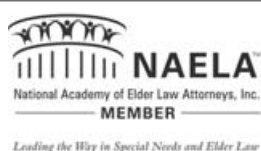
Please patronize the advertisers of the Nahant Harbor Review. Without their advertising dollars, there would be no community newspaper in Nahant. Thank you for your voluntary subscriptions and continued support over the past 14 years. The Editor.

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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