

# 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 9**

**• Celebrating 15 Years • 1994 - 2009 •**

**SEPTEMBER 2009**

## How I Met John F. Kennedy Tom Costin at NVC Free Breakfast

It is an honor to have Tom Costin, as guest speaker at the Friday, September 11th free breakfast, at the Nahant Village Church. He will tell us how he met and befriended President Kennedy, as well as recount the work he did to implement three Presidential Executive Orders, designed to eliminate segregation in Postal Offices in the South.



Tom's distinguished career started as a U.S. Marine in WWII. He served as Lynn City Counselor for eight years and was elected mayor, all before he turned 30, becoming Lynn's youngest mayor ever. In 1961, President John F. Kennedy appointed him Postmaster of Lynn, a post he held for more than 30 years. He recently was awarded the 2009 Essex Heritage Hero, recognizing his special contributions to Essex County heritage development.

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

## Welcome Callia Rose Fiore

Joseph and Heidi Fiore happily welcome their daughter, Callia Rose Fiore. She was born on August 6th, weighing 8 lbs., 6 oz. She is also loved by her big brother, Corey Bleau and her grandparents Rex and Nancy Antrim, of Nahant, Connie Speridakos, of Marblehead and the late Joseph M. Fiore, of Nahant.



## A Celebration to Honor Harriet Steeves

**will be held at the Nahant Country Club  
September 16th, at 5:30 p.m.**

**See page 2 for details.**

## When Two Historic Churches Became One

### Nahant Village Church Celebrates 50th Anniversary of the Joining on September 20th

The Nahant Village Church (NVC) is celebrating the 50th Anniversary of its dedication as a union of the two Protestant churches in Nahant. Neighbors and friends are invited to gather for morning worship in the sanctuary at 27 Cliff Street on Sunday, September 20th at 10:30 a.m., followed by fellowship, refreshments and a program at 11:30 a.m.

Worship will be led by the church's minister, The Rev. Dr. Larry Titus and by The Rev. Dr. Jim Antal, who is Minister and President of the Massachusetts Conference of the United Church of Christ. For those interested in religious history, churches of this denomination include many that were founded in the 1600s, at the beginning of the Commonwealth.

Nahant history enthusiasts already know that The Nahant Village Church is a union of Nahant's two Protestant Churches: The Nahant Church founded in 1820, and the Village Church founded in 1851.

First, The Nahant Church was founded in the early 1820 for those who spent summers in Nahant – including the Perkins, Lowells, Hammonds, Lodges, Cabots, Louis Agassiz, and Henry Wadsworth Longfellow. The names of

(Continued on page 3.)



## Fisherman Rescued Off East Point

On Saturday, August 22nd, at 1:31 p.m., Lt. Thomas Hutton received a call that someone was face-down, in the water, somewhere in Nahant. Officer Mike Waters was able to get a general location of the person. Officer Waters dispatched Lt. Thomas Hutton to investigate. Upon arrival, Hutton observed a body floating in the water, face-down, off East Point, about 40 feet from shore. Lt. Hutton immediately called for the Harbormaster, Nahant Fire, Ocean Rescue, the Coast Guard and ALS. While watching the victim in the water from the shore, Hutton requested backup from Nahant Police. Police Chief Waters, Sgt. Manley and Officer Tim Furlong arrived on scene, at the same time as the Nahant Fire Department's Lt. Dean Palumbo and Firefighter Frank Pappalardo.

Hutton ran down the rocks and observed a couple of boats in the water. Waving at the boats, Lt. Hutton was able to catch the attention of Nahant lobsterman, William (Bill) Mahoney, aboard the Marilyn M, off-shore. Mahoney immediately brought his boat around and single-handedly, he hauled the victim on board. Mahoney headed, full-bore, for the Town Wharf. On the way, he was met by the Harbormaster's boat with Harbormaster Jim Ward, Assistant Harbormasters Sue Snow and Mike Karevich, Sr. Ward onboard. Ward and Snow immediately jumped aboard the Marilyn M and started to administer CPR, as the Marilyn M continued, full-bore, for the Wharf, where she was met by Nahant Fire, Ocean Rescue and ALS. Nahant Fire's Lt. Dean Palumbo and Firefighter Frank Pappalardo, took over the life-saving efforts. Life-saving efforts were continued as the victim was transferred to the ambulance and during transit to Union Hospital, where

(Continued on page 3.)





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## New Time for Worship and Christian Education at Nahant Village Church

Sunday, September 13th, marks the return to the fall schedule, at the Nahant Village Church, at 27 Cliff Street. If you are looking for a church home, we invite you visit for worship at 10:30 a.m., in our main Sanctuary. If you like to sing, you are invited to join voices with our choir. Rehearsal starts at 9:00 a.m., in the choir loft. And we have Christian Education for children, from preschool through middle school. Children and their families join in the beginning of the worship service. After the Children's Story, the children go to their class. Following worship, we gather back together for a time of fellowship and refreshment in Swansburg Hall. Check our website at [www.nahantvillagechurch.org](http://www.nahantvillagechurch.org), for more information, or e-mail The Rev. Dr. Larry Titus, at [pastor@nahantvillagechurch.org](mailto:pastor@nahantvillagechurch.org), or call 781-581-1202.

### Worship in Park Sunday, September 13

Join with your friends and neighbors for Worship in Park, 8:00 a.m., Sunday, September 13th, at Marjoram Park. The informal service is sponsored by the Nahant Village Church and is open to everyone. Come enjoy the view over Nahant Harbor, as we worship the One God of us all. If you have any questions, please call The Rev. Dr. Larry Titus, at 781-581-1202. In case of inclement weather, we will meet in the Dory Club.

### Thank You, Harriet!

A Celebration to Honor, Harriet Steeves, for 35-years of dedication to the Nahant community, will be held at the Nahant Country Club, on Wednesday, September 16th, beginning with Hors D'oeuvres at 5:30 p.m., with a Chicken Dinner served at 6:30 p.m.

Tickets are \$27 per person and are available from Peggy Barile, 781-581-0018 and Donna Hanlon, 781-581-0648. Seating is limited, so get your tickets NOW!

### Garden Club Announces Scholarship Winner

The Nahant Garden Club, is pleased to announce that this year's \$1,500.00 scholarship, was awarded to Brandon Poulin, son of Mr. and Mrs. Edward Poulin. The scholarship was presented during the sixth-grade graduation ceremony, at the Johnson School.

Brandon is a scholar, as is demonstrated by his election into the National Honor Society. He is a graduate of Swampscott High School, Class of 2009. Brandon has been accepted into the Honors Program, at Northeastern University, where he will be study Engineering.

In athletics, Brandon demonstrated leadership qualities, by being elected the Team Captain of the three sports, cross country, wrestling and tennis, that he participated in, during his high school career. Brandon also demonstrated his musical abilities, by being a member of the Swampscott High School Band and was the section leader of the Tenor Saxophones. He also plays the alto sax, trumpet and piano.

Brandon participated in many school clubs and organizations, including Peer Leaders, Mentors in Violence Protection, Human Rights in Action, the Interact Club and the Cable Club.

Brandon also participated in community services projects and volunteered his time to help others less fortunate, during his high school years. For example, he traveled to New Orleans with his church group, to help Katrina victims, during the summer of 2007. On a monthly basis, Brandon helped at My Brothers Table, in Lynn.

Some of Brandon's working experiences have included lifeguarding, tennis instructing, apprentice electrician, tennis court maintenance and working in the kitchen at the Nahant Country Club.

Photo above: Brandon Poulin, his grandmother and his mother and father (Mr. and Mrs. Edward Poulin).



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## When Two Churches Became One

(Continued from page 1.)

the founders of the church and others who worshipped here can still be seen on the pews, and on plaques around the Sanctuary and in the Narthex.

Services for the Nahant Church were held from June through Labor Day weekend, with a different guest minister preaching every Sunday. One notable guest preacher was The Rev. Phillips Brooks, Rector of Trinity Episcopal Church in Boston and author of "O Little Town of Bethlehem," but guest preachers represented a cross section of Protestant denominations, so all who worshipped would feel included. This sense of inclusion and respect for all who are seeking a spiritual home is still important today: "No matter where you are on life's journey, you are welcome here!"

The second church of the union, The Village Church, was dedicated in 1851 by those who lived year round in Nahant, and some of their names are still honored in the stained glass windows in NVC's chapel, which also includes furnishings and the organ from the original Village Church sanctuary. Well-worth a visit are the historic weathervane, including symbols of Nahant's town seal, and the original Village Church bell, both now in the Garth, the inner garden at NVC.

With changing times, committees from each of these two historic churches met in the 1950s to explore their common needs and the needs of the Nahant community, and the churches merged to form the one Protestant church now here, finding ways to honor the history of both. Today, the Nahant Village Church — dedicated 50 years ago — continues to serve members and friends through worship, Christian Education for all ages, outreach and fellowship, with ministries that care for those in need locally and worldwide.

All Nahanters, young and old, new resident or townie, come share our joy and join with us to celebrate, as we look forward to the next 50 years and beyond, here in Nahant!

## Rescue Off East Point

(Continued from page 1.)

a faint pulse was detected. The victim was transferred to Mass General by Medflight, where he was listed in critical condition. Unfortunately, he died the next day.

The victim, now identified as Steven Trotter, 43, of Somerville, was fishing off the rocks, about a foot above water level, when he was knocked off his feet by a wave and could not get back to shore, according to his friend, Kimberly Sanford, 32. She was treated for severe shock and trauma and was taken to Salem Hospital via back-up ambulance. She was treated and released.

"Everyone did what they were supposed to do and were trained to do," stated Lt. Hutton. "Sue Snow and Jim Ward did an excellent job working on the victim from the Marilyn M to the Wharf. Firefighters Dean Palumbo and Frank Pappalardo and the Paramedics also did an excellent job. Everyone that was involved deserves the highest praise. All selflessly worked, as a team, to help the victim."

## Geographic Regional Plans Available for Review

Submitted by Susan Maguire

The draft Geographic Response Plans (GRP) for 34 North Shore sites are now available on the project website for you to review and provide feedback. <http://grp.nukaresearch.com/NSgroup.htm>.

A North Shore GRP Planning Group meeting has been scheduled for September 22nd, at 1:00 p.m., in the Parker River National Wildlife Refuge classroom, to review and finalize the draft GRPs.

The draft North Shore GRP, which provides first responders to an oil spill, with strategies for protecting sensitive coastal areas, has been developed for 34 sites along the North Shore of Massachusetts. The sites were chosen based on information gathered at the site selection workshop held in Gloucester, MA on May 14, 2009, and on the field surveys conducted between late May and early July. Several work group members were able to attend at least one of the site surveys and contributed to the development of the individual site plans.

Please review the draft GRPs prior to the September 22 Planning Group meeting and come to the meeting prepared to discuss all 34 GRPs. If you are unable to attend the meeting on September 22nd, you may submit written comments to me at [Ben@nukaresearch.com](mailto:Ben@nukaresearch.com). A meeting agenda and directions to the Refuge are posted on the project website.

Thank you to all who have participated in the project to date and I look forward to seeing you at the review meeting. Source: Benjamin F. Bryant, Capt., Project Manager, Nuka Research & Planning Group, LLC., (508) 404-4807, P.O. Box 1672, Plymouth, MA 02362, [ben@nukaresearch.com](mailto:ben@nukaresearch.com)

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## Nahant Dory Club News

On July 25th, the Dory Club hosted the fourth annual King of Clubs Regatta, with boats from the Dory Club, Swampscott Yacht Club and Lynn Yacht Club. This year's regatta had the largest number of boats participating, since its inception, in 2006, with 28 boats. For the first time, Nahant relinquished the trophy to the sailors from the Swampscott Yacht Club. The results were Swampscott 1st, with 11 boats and a total of 165 points. The Dory Club was 2nd, with 11 boats and a total of 189 points. The Lynn Yacht Club placed 3rd, with six boats and a total of 203 points. Final standings were determined by using a handicap system, as most boats, if not all, are of different design.

Finishing 1st and 2nd, on corrected time, were Swampscott's Jim McCully, sailing Expatriate and Paul Smith, sailing Pterodactyl. Lynn's Chuck Reynolds' Morning Breeze, came in 3rd. Also racing for the Lynn Yacht Club, Nahanters Jody Graul, sailing Akeepah and Bob Cusack, sailing Skedaddle. They came in 4th and 5th, respectively. In 6th and 7th place, were Dory Club members, Peter Davis, sailing Plebe Year and Tim von Aschwege, sailing Quest of Paget. Rounding out the top 10 finishers, in 8th, were Swampscott's Ulf Westhoven, sailing A Family Affair, Nahant's Ed Tarlov, in Presto was 9th and Lynn's Marc Carbone, in Dove Tail, was 10th. As this year's winner, the Swampscott Yacht Club will host the 2010 Regatta. The final standings of all participants are posted on the Dory Club website: <http://www.doryclub.org/>

In other racing news, the Dory Club PHRF fleet held its annual Egg Rock Race, on August 9th, in light and variable winds. Jody Graul, sailing Plebe Year, won this 4.5-mile race, on corrected time. Bob Cusack, sailing Skedaddle, finished in 2nd place, 23 seconds behind Graul, on corrected time. 3rd through 5th went to Larry Connolly, sailing Trouvaille, John Miranda, sailing Chiarra and Paul Belliveau, sailing Mienne.

The remaining PHRF races for the 2009 sailing season, are the 16th Annual Centennial Cup Regatta, on September 12th and the By George race, on October 10th.

The Dory Club's Town Class fleet is off to a slow start, thanks to Mother Nature. Five veteran sailors, Rex Antrim, Pete Dickenson, Nick Strange, Robert Wilson and Ed Younie, are battling each other, to determine this season's champion. Final results from the Sunday races will not be known until after Labor Day. The fleet also hopes, weather permitting, to continue into late September / early October, with a series of "foliage" races on Sundays.

Early in August, Antrim, Strange and Younie, journeyed to Spofford Lake, New Hampshire, for the Town Class National Championships. Antrim finished 2nd, after a six-race series, over the weekend of August first. Younie finished in 7th place, followed by Strange in 8th. The Town Class Nationals will return to Nahant, in 2011, when sailors from the various fleets will compete, not only for the National Championship, but also team-race for the Walsh Cup. Anyone interested in racing a Townie, or crewing, should call Nick Strange, at (781) 581-2631.

The Club welcomes back former members, Charles and Sarah Riley.

During July and early August, Bob Cusack worked with the members of the Nahant Sailing Program, inspecting the powerboats for safety equipment and conducted a boating course for new instructors, which is required for boaters to operate powerboats in states like New Hampshire.

The Club was also opened as a command center, for members of the Coast Guard's Pollution Response Team, who were overseeing the cleanup of the recent fuel leak, from a sunken boat. The Club also hosted the annual meeting and cookout of Coast Guard Auxiliary's Marblehead Flotilla.

On Friday, September 4th, Dory Club members and their guests are welcome to join us for the monthly, full moon/pot luck party, at the Club.

## Playaway Audio Books available at Nahant Library

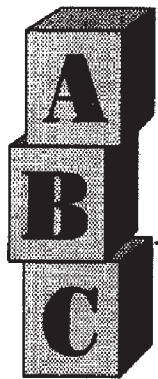
For the many library patrons who enjoy listening to books on CDs, the Nahant Public Library is introducing another option, that requires no player.

Thanks to the Northeast Regional Library System, Nahant will receive a small collection of six self-contained audio books, called Playaways, four times a year. If Playaways prove successful, the size of these rotating collections will increase.

Tiny, the Playaway fits in the palm of the hand, weighs only two ounces, and measures three and one-half inches by two and one-quarter inches by one-half inch. An important feature is that the Playaway is extremely easy to use. Anyone able to insert a AAA battery, put on headphones and press an "On" button can use a Playaway.

Listeners may also adjust the volume and speed of the narration. Playaways may be borrowed for two weeks. Patrons must supply their own earphones and AAA batteries.

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## Poet Gerard Lebel Returns to Nahant for Book Signing

Local poet, Gerard Lebel, will read selections from his well-received collection entitled "Talking to Myself" on Sunday, September 13th, at 3:00 p.m., in the Reading Room at the Nahant Public Library.

An intensely personal collection, copies of "Talking to Myself" will be available for purchase, at \$11.95 each. Jerry will be happy to personalize copies of his book, read some new poems, and offer discussion. Those who attended Jerry's last program, found his engaging personality refreshing and honest.

The Friends of the Nahant Public Library will sponsor this book-signing. All are welcome, and refreshments will be served.

## Delvena Theatre Presents: The Titanic Sinks as Nahant Sleeps

The Delvena Theatre Company will present "Titanic Sinks as Nahant Sleeps," written and directed by Carl Rossi, at the Nahant Public Library, on Sunday, September 20th, at 3:00 p.m.

The Titanic, the largest passenger steamship of her day, sank on the night of April 14, 1912, during her maiden voyage. Struck by an iceberg in the North Atlantic Ocean, the Titanic sank two hours and forty minutes later, resulting in the deaths of more than 1,500 passengers and crew, one of the deadliest peacetime disasters in history. Only one-third onboard survived.

Lynne Moulton, Katrina Romanoff and Carl Rossi will assume multiple roles as Titanic survivors, in their own words, drawn from first-hand interviews and articles of the day.

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

Katrina Romanoff has performed in comedy theatre and Salem witch trial re-enactments, with Delvena founder, Lynne Moulton, and company member Justine Curley, for many years. She currently performs at the *Witch Dungeon*, in Salem.

Carl A. Rossi is a Boston-based playwright, theatre critic and actor, whose works have been performed in New England and in regional theatres. His theatre criticism may be viewed online, at [www.theatermirror.com](http://www.theatermirror.com). Mr. Rossi is a member of The Dramatists Guild of America.

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

The *Titanic Sinks as Nahant Sleeps* is supported in part by a grant from the Nahant Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. It is recommended for ages 10 and older. For more information, call the Nahant Public Library at (781) 581-0306.

## Exploring Outer Space at Nahant Library

Submitted by Rita Stepanova, Children's Librarian

The Nahant Public Library (781-581-0306), located at 15 Pleasant Street in Nahant, presents the interactive program "Exploring Outer Space" with naturalist, musician, and educator, John Root, on Thursday, September 24th, at 3:00 p.m.

The Nahant Public Library is grateful to the Nahant Cultural Council and the Friends of the Library, for funding the program. Admission is free.

## Adult Classes at Refrigerator Door Art Gallery

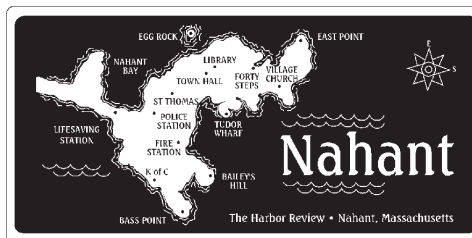
By Carol Hanson

Think you can't paint? Think you can't learn? Wrong! Come to one of our adult classes and learn to draw, paint, sculpt, make jewelry, knit, sew, create a stained glass masterpiece, mosaic, even refinish wood furniture, or learn how to recover those dining room chairs stashed in the attic. Get that college poster off the mantel and put up a piece of your own work! Learn to speak Italian and join us on a painting workshop tour of Italy and paint where the masters did!

Refrigerator Door Art... it's not just for kids!! Of course, we do offer classes for children, as young as two and parent/child classes, for toddlers and newborns, which include music, literature, and art. We host art-based parties for all ages, and the gallery is a great place for meetings, book clubs, and small event rentals! Drop in for details, or call 781-599-2222. You can also find us on the web at [www.carolhansonart.com](http://www.carolhansonart.com)

Open mic is held the first Friday of each month, from 7:00 to 10:00 p.m. and is open to any performer, musician, poet, regardless of age, or ability. Come and join the fun.

Carol Hanson, Refrigerator Door Art, gallery and studio, is owned by Nahant resident, Carol Hanson and is located at 143 Nahant Road. She can be reached at 781-599-2222, or [www.carolhansonart.com](http://www.carolhansonart.com).



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## Attention Runners & Walkers!

The 5th Annual Sea to Shining Sea 5-mile road race, to benefit the Nahant Life-Saving Station, will be held this year on Sunday, Sept. 20th. Runners start time is 10:00 a.m., walkers will begin at 9:30 a.m. Come, enjoy the morning, food, prizes and runner's raffle! Hope to see you there with your running / walking shoes on!! Just think, we scheduled the race a month earlier! We won't freeze this year!!! Happy Running!!

Call Roz Puleo, 781-581-1034, or 1212, for more information, or go to Active.com to register online.

## North Shore Striders 30 K Road

Volunteers for water stations and road marshals are needed for the Nahant 30 K Road Race, which is to take place on Sunday, September 27th. Free T-shirts will be given to all who help out. A portion of the proceeds from this race are donated to the the Nahant Life-Saving Station Restoration Fund.

To volunteer, or for more info, call Nancy Wilson, 781-581-0482, or email: KingPSC106@comcast.net.

## Thank you, Sue Rosa!

The Recreation Commission would like to thank Sue Rosa, for all of her hard work, in making this year's park program a huge success and a lot of fun. We really appreciate your dedication, not only this program, but to the kids of Nahant and all you do for them in this town. Submitted by Jen McCarthy

## Where's HOOMPA?



HOOMPA with Emma De Dominicis in front of Buckingham Palace in London.

## Basketball Programs for Nahant Youth 2009-2010

In response to many inquiries about the upcoming youth basketball season, we would like to update Nahant parents and players on programs that are sponsored by Nahant organizations, including the Nahant Youth Basketball League (NYBL) and St. Thomas CYO Basketball. For planning purposes, you will want to note the applicable grade eligibility requirements of each program and select accordingly. Also, to make it easier for you to sign-up players, we have included in this issue of the Harbor Review, a double-sided registration form: If you wish to sign up for NYBL, fill out the applicable side. If you wish to sign up for CYO, fill-out the applicable side. If you wish to sign up for both, fill out both sides. For additional information, please email NYBL, Attn. Paul Caira, at info@saca.com.

## Nahant Youth Basketball League (NYBL)

1. Boys in Grades 9-12: NYBL will run its usual 20 game season, plus double elimination playoffs, beginning around December 1st, ending mid-March. All Nahant and Swampscotts boys (and girls) in high school are eligible to play. The schedule calls for teams to play two games a week, on weekends, no practices. It is a recreational league. All players play equal time, coaches are chosen from vounteers, games are refereed by certified refs and games are played at the Johnson School gym. Estimated cost is \$175-\$200, which covers gym rental, refs and uniforms.

2. Boys & Girls in Grades 2-5: These are our 'clinic' sessions where players are coached on basketball fundamentals and games are played. Groups are split into two levels, the 2nd & 3rd graders play together and 4th & 5th graders play together, each having 1 hour sessions on Saturday and Sunday mornings, at the Johnson School gym. Estimated cost is \$85-\$100 per player.

## St. Thomas CYO Basketball

1. Boys in Grades 9-12: St. Thomas will sponsor a high school team for boys in grades 9-12 for an 18 game season. Home court location has not been decided, but away games are played throughout North Shore communities, on Saturdays and Sundays. Estimated cost \$150-\$175 per player.

2. Boys in Grades 5-8: St. Thomas will sponsor two teams in the North Shore CYO league. One level will be a Bantam team consisting of 5th & 6th grade boys and a Cadet team consisting of 7th & 8th grade boys. Each team can expect to have two (2) practices a week and will play a 16-18 game season, with games played both home and away. Home games will be at the Johnson School and away games, throughout North Shore communities, on Saturdays and Sundays. Estimated cost is \$150-\$175 per player.

3. Girls in Grades 5-6: St. Thomas will sponsor a Bantam team for 5th & 6th grade girls. The team will have two (2) practices a week and will play a 16-18 game season, with approximately half being home games, at the Johnson School and half away games at various locations throughout the North Shore. Games are on Saturdays and Sundays. Estimated cost is \$150-\$175 per player.

Please return your respective registration form(s) as soon as possible to the address on the form. We will then sort things out, organize both NYBL and CYO and will let you know the when and where of the next step via e-mail. And in this regard, please be especially careful to accurately list your e-mail address, with an alternative, if you have one. We are tentatively planning on running a general basketball workout for CYO players in mid-September, so completing the form and returning it without delay in imperative.

## Nahant Fall Soccer

By Sue Rosa

Registration is now open for Fall soccer. Please register at [www.nahantsoccer.org](http://www.nahantsoccer.org).

You must be 4-years-old by August 1, 2009. The program is held every Saturday, from September 12th through October 31st, from 8:30 to 10:00 a.m., for the white shirts and 8:30-9:30 a.m., for the green shirts.

You will need a size 3 ball, shin gaurds and water. We are always in need of coaches, so if you are interested, please register and fill out a cori at [www.nahantsoccer.org](http://www.nahantsoccer.org) (no cost). If you have any questions, please email Sue Rosa at [susancrosa@hotmail.com](mailto:susancrosa@hotmail.com).

## Summer has arrived!

### Early Riser: the Mourning Dove.



An early riser, the Mourning Dove's plaintive cooing call is almost always a part of the dawn song. While many of the other birds' songs are cheery and bright, the Mourning Dove's call sounds almost sad and lamenting. This "mournful" call is likely how the bird got its name.

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## Introducing Mount Vernon at the Ship

For decades, Mount Vernon Restaurant has been a favorite spot for Nahanters and diners, from the North Shore, Boston and across eastern Massachusetts. Whether it is visiting the landmark location in Somerville, for twin lobsters, enjoying outdoor dining, or live entertainment at the closer, Mount Vernon at the Wharf, or attending one of the many events the restaurant has catered in Nahant over the years, there are a number of reasons to know and love this dining dynasty.

Now there is one more reason to become a Mount Vernon fan, a new location. Mount Vernon at the Ship, located on the southbound side of Route 1, next to the Christmas Tree Shops store, opened its doors in late August. The Henry family, which has owned and operated Mount Vernon Restaurant since its inception in 1935, are long-time Nahant residents. Brett Henry, an owner, and the Ship's General Manager, is a third-generation Nahanter and restaurateur.

"Mount Vernon at the Ship will be a welcome addition to the many great restaurants in the area," said Henry. "We're eager to open the latest Mount Vernon location—our second north of Boston—and are especially excited that it's close enough, so our neighbors and friends in Nahant can come in and enjoy it. I hope everyone will stop by, try it out and be sure to say hello and give your feedback to me, personally."

The menu mirrors Mount Vernon's other locations: a mix of fresh seafood, steaks, pasta and the "Twin Lobster Special," that has become infamous as the restaurants' staple offering. Favorites, such as hot, homemade popovers and daily dinner-for-two specials, for \$20, are also on the menu. In addition to lunch and dinner daily, Mount Vernon at the Ship will also offer a full Sunday Brunch Buffet, complete with omelets made to order, a prime rib carving station, raw bar spread, freshly-cut fruit and a dessert bar.

Mount Vernon at the Ship is the latest memorable moment in the restaurant's 75-plus-year history. The original Mount Vernon Restaurant first opened, as a small barroom in Somerville and after growing to a full-service restaurant, with seating for over 300 guests, it expanded north, to Mount Vernon at the Wharf, in Revere, during the summer of 2004. Fast forward five years, to a time when diners are increasingly looking for family-friendly, affordable dining options and Mount Vernon at the Ship, has arrived. The restaurant has seating for over 200, including two private function rooms, a full bar and free parking for all patrons.

Mount Vernon at the Ship is currently open daily from 11:00 a.m. to 10:00 p.m. Reservations are welcome. For contact information, directions, a full menu, or to sign up for special deals via email, visit [www.mtvernonrestaurants.com](http://www.mtvernonrestaurants.com), or search for Mount Vernon Restaurants on Facebook.

## Neighborhood Legal Services Golf Tournament

Neighborhood Legal Services announces its First Annual Golf Tournament, to be held on Monday, September 21st, at the prestigious Andover Country Club. Play will be either scramble, or bramble, format.

The 1:30 p.m. event includes lunch, dinner, range balls, a \$10,000 Hole-in-One contest, prizes and the opportunity to support Neighborhood Legal Services, Inc., provider of civil legal assistance to low-income and elderly clients, in Essex and Northern Middlesex counties.

A raffle, in conjunction with the tournament, features prizes of a 50-plus bottle wine collection, including a wine refrigerator, a charter trip to Atlantic City and a round of golf for four, at the Andover Country Club. Tickets are available at the event, or by calling 781-244-1404. All proceeds will go directly to client services.

For more information, visit [www.neighborhoodlaw.org](http://www.neighborhoodlaw.org), or call 781-244-1404.

## 8th Annual Walk of Hope for ALS

The 8th Annual Walk of Hope for ALS, a fundraiser to benefit The Angel Fund, is planned for Saturday, September 12th. This is a 3.5-mile walk around Lake Quannapowitt in Wakefield, Massachusetts and will be held rain or shine.

Registration begins at 9:00 a.m., on Wakefield Common, followed by the start of the walk at 11:00 a.m. Walkers, or teams, can register at 781-245-7070, or via the website at [www.theangelfund.org](http://www.theangelfund.org).

Information about sponsorship opportunities can also be obtained on the website, [www.theangelfund.org](http://www.theangelfund.org), or by calling 781-245-7070.

\* The Angel Fund is an independent, nonprofit organization dedicated to supporting Amyotrophic Lateral Sclerosis (ALS) research at the Cecil B. Day Neuromuscular Research Center, at UMass Medical Center, in Worcester. ALS, more commonly known as Lou Gehrig's Disease, is a progressive, always fatal neuromuscular disease.

## Thank You, Nahant Knights of Columbus

By Robin deStefano

The Friends of the Nahant Library most sincerely thank the Knights of Columbus, for their generous donation to children's programming, at the library. The Knights help us to educate and entertain the children of Nahant, through their generosity every year, but this year's gift is particularly welcome, because the Friends must reduce programming, due to the decrease in membership donations.

Membership has fallen by more than half, reducing our ability to offer programs for children and adults. We have been able to do adult programming with minimal cost, this year, because many presenters donated their time. Children's programming costs have risen this past year and we have to look at decreasing the schedule for next year.

If you have not paid your membership for this year, please fill in a form at the Library and leave it at the circulation desk with your donation. If you have paid your membership for this year, thank you. Please remember to look for the 2010 membership form in your February Harbor Review and help support your Library.

The Friends of the Library appreciate your continued support in these hard economic times and any contributions will be most welcome.

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## Exercise After-Burn

By Sallee Slagle, Director, Dance Dimensions

You may have heard that you continue to burn calories after exercise. There are even claims that one new type of exercise gives you the “burn” longer and many claim you will burn fat after your workout. There is little research to support these specific claims, though. Research has shown that exercise can increase your calorie-burn, even after you stop, but no one can say if these are fat calories, or carbohydrates. To date, limited research exists, but findings have revealed different factors that influence “after-burn.”

First, let’s define “after-burn” as the amount of calories continuing to be burned, after an exercise session, or workout period. It is measured by the amount of additional oxygen consumed, while in exercise recovery, returning to normal resting, pre-exercise levels. The body can take anywhere from 15 minutes, to 48 hours, to fully recover. The amount of calories and the duration of the burn is variable and subject to several factors that have been identified.

In cardiovascular exercise, intensity is the factor that has the greatest effect on after-burn. As intensity during exercise is increased, so is the after-burn duration and amount of calories. Lower-intensity activities still produced over three hours of after-burn, while high-intensity produced over ten hours. If a person is “fit,” the body will recover faster. Please note that exercise intensity should be monitored and increased, only when you are physically ready. Please consult your physician, especially if you have any medical conditions.

Also, duration of exercise has an effect on the after-burn. The longer you exercise, the more calories continue to burn, for longer-duration post-exercise. So aerobic exercise intensity and duration influences the after-burn effect.

Studies also showed that intervals of intense aerobic training, such as 15 minutes, two times, produced greater burn than 30 minutes, in one session. Also, one minute high-intensity, done twenty times in a workout period, also showed increased results.

When lifting weights, it was found that lifting heavier weights, with fewer repetitions produced the greatest after-burn. This is also how you create more muscle, which may, or may not be desirable. Women who don’t want to have “bulky” muscles, should stick to lighter weights, with more repetitions. Weightlifting, or any type of resistance training, such as with tubing/elastic bands, water resistance, or even the use of body weight and gravity, should be a part of every fitness regime. Building muscle, or if you’re older, maintaining muscle mass, is very important and helps keep metabolism high. It is recommended to do resistance training, two times a week, as well as cardiovascular and stretching exercises.

If you exercise regularly, you are already wise. This information is to keep you educated, as new claims may arise and can be very confusing. All exercise includes some recovery time and your body continues to burn additional calories, during this recovery period. If your exercise routine is at a plateau, try adding greater challenge, but always do so gradually, at your own pace and fitness level. Be wise with your exercise.

## Website Designed to Offer Inspiration Launched by Nahanter Meg Pier

Nahant resident, Meg Pier, recently launched a website, designed to offer a little inspiration every day. The site, [www.ViewFromThePier.com](http://www.ViewFromThePier.com), features a daily photograph, captioned by an uplifting quote.

An avid traveler and photographer, Meg took the images seen on the site near and far, in Nahant, as well as locales over the world. The pictures come from more than 20 countries and 28 states, spanning every ecosystem — tropical islands, deserts, plains, glaciers, old growth forests, volcanic mountains and rugged coastlines. Nahant scenes make regular appearances!

The daily messages that accompany the photos come from the sages of the ages, from Ovid to Oprah. Meg observes that just as a particular view can take your breath away, so, too, a perceptive turn-of-the-phrase can make you gasp with recognition. Anyone can subscribe to receive a free daily link with the photo and quote of the day.

The site also offers themed “movies” of captioned images, set to music (be sure to have your sound on when you view these!); a book store; a photo gallery, with images from more than 16 regions of the world, including New England; a growing archive of published travel articles and a card shop.

The site also features an interview column called “Peer to Pier,” which is a monthly Q & A with fascinating individuals from all over the world, on subjects of universal interest.

Meg welcomes feedback on the site at [megpier@viewfromthepier.com](mailto:megpier@viewfromthepier.com) and encourages you to share the site with anyone who could benefit from an uplifting message!



## **Rest and Recharge**

**By Susan Cadigan, LMT, MLD/CDT, NCTMB, Nahant Therapeutic Massage**

There are many ways to better your health and wellbeing. One important factor is sleep. Getting a full night of sleep and adequate rest is crucial. Often, many of us are running on empty. We get into a comfortable pattern of going about life, with the minimum amount of sleep, to get us through our day. We bump it up with a cup of coffee, when we start to drag. Little by little, we are depleting the body of energy and restoration. Eventually, it shows in our muscles and our faces. We feel and look older than we are. We can become prone to illness easier. This is why sleep is so important to maintaining our health. The key to a good night of sleep, is complete darkness. Darkness allows the body's bio rhythms to rest, reset and recharge. Simply put, this deep rest helps to keep us youthful and healthy, by allowing the immune system to strengthen. Sleep gives the body time to reset and balance our hormones. Often, our lifestyle does not allow for the full, eight-to-ten hours that is suggested. Stopping every now and then, to fortify yourself, is vital to your life.

Taking a break from the busy patterns we follow, by having massage, is a wonderful way to address our overloaded schedules and weary minds. To some, the rest and quiet may seem like a chore, or provoke nervousness, because it is out of your comfort zone. This is understandable. Massage and bodywork is about changing patterns that hold us in spirals of stress, chronic pain and tension.

Most sessions, at Nahant Therapeutic Massage, begin with your face down, tucked under cotton sheets and a warm coverlet. Your face is placed in a comfortable face/head rest, that cradles your head and allows the muscles on both sides of your back to be of equal length. Specialized body support cushions are available, if one cannot lay face down. Lying on either side is also fine, if there is an issue with face down.

A typical session involves the muscles of the shoulders, upper and lower back, the neck, head, legs, feet, arms and hands. If you are a carpenter, or landscaper, more time may be spent on alleviating the knots that are holding the muscles tight, in your shoulders, low back and forearms. If you work with computers all day, or have a long commute, more time may be spent on the neck, shoulders, mid and low back. Since every body is different, the sessions are customized to each individual's needs. This is done when we review the intake questionnaire and take time to find out what your activities are, or what kind of work, or commute, you perform daily. Also, we consider what may be bothering, or hindering you.

Please keep in mind that there are times when massage may not be beneficial to you. Any sudden onset of pain, or swelling, should be addressed by your doctor immediately. Any pain that suddenly wakes you out of a sound sleep, needs to be addressed first, by your doctor. These precautions are essential to your well-being. Massage does not always have to address pain. A nice massage can simply relax and invigorate the body and spirit and amplify your better health.

I would like to take a moment to thank Donna Hanlon, of the Nahant Harbor Review, for her dedication to providing all of us with a connection to one another. I am grateful for the platform to express and share information. Thank you, Donna, for the hard work, energy and dedication. I appreciate you!

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She holds an advanced massage therapy diploma, advanced certifications and has many hours of experience and continuing education. Nahant Therapeutic Massage is located in the center of town, at the Community Center, 41 Valley Road. Ms. Cadigan can be reached on her cell at 617-240-4252, or office phone at 780-781-3733. For more information please visit [www.nahantmassage.com](http://www.nahantmassage.com)

## **Nahant Students Honor Roll at St. John's Prep**

**By Denise DeChristoforo, [ddechristoforo@stjohnsprep.org](mailto:ddechristoforo@stjohnsprep.org)**

St. John's Preparatory School recently announced the names of students who earned academic honors for the Fourth quarter of the 2008-2009 school year.

Headmaster's List: William Ross '12

Honor Roll: Christopher Oesterlin '10 and Michael Dantona '10

Founded in 1907, St. John's is an independent, Xaverian Brothers sponsored secondary school for young men in grades 9 through 12. With a century-long tradition of excellence in academics, arts and athletics, St. John's is recognized for a rigorous college preparatory curriculum that emphasizes academic achievement, spiritual development, leadership and commitment to Christian service. Located on a 175-acre campus in Danvers, Massachusetts, St. John's draws students from more than 90 communities.

Students who qualified for the Headmaster's List, earned grades of A- or above, in all courses; students who qualified for the Principal's List, earned grades of B+, or above in all courses and students who qualified for the Honor Roll, earned grades of B, or above in all courses.

## **North Shore Physical Therapy**

**Q.** I have a constant pain on the top of the outside of my hip that is causing me to walk with a limp. What is causing this pain?

**A.** There are many reasons you can have pain on the outside of your hip. One of the common reasons, is that you may have an inflammation of the bursa, or hip abductor muscles. The hip abductor muscles are attached to the pelvis and to the greater trochanter of the femur. The bursa is a jelly sac under the abductor muscles. Hip Bursitis (trochanteric), or hip abductor tendonitis, is characterized by pain on the side of the thigh, that may radiate down the leg. There may be point tenderness over the bursa site, due to the inflammation. The area is usually very painful, when lying on the affected side, or moving the leg out to the side, or across the body.

Repetitive trauma is sometimes seen in runners, or long-distance bicycle riders and long-distance walkers, and is most likely a result of tight and / or weak muscles in the hip. Other predisposing factors usually seen in non-athletes, may include leg length discrepancy, hip abductor weakness from an old injury, abnormal leg alignment, development of abductor tendonitis, compensatory movement patterns, a stiff joint in the leg, or arthritis of the hip or back.

Trochanteric bursitis, or abductor tendonitis, can be treated through physical therapy. Therapy during the acute phase, includes icing regularly, avoid climbing stairs excessively, resting and exercise, to strengthen the weak muscle groups and stretch the tight muscles. Other modalities, to reduce inflammation, may include ultrasound, electrical stimulation and iontophoresis. A heel lift is helpful, when a leg length discrepancy is present. Temporary use of a cane helps to decrease the pain, avoid limping, and helps use the correct alignment and correct muscles. Walking when you are limping, due to hip (trochanteric bursa) pain, will often just make the problem worse.

If the upper portion of your leg is painful, or tender to the touch and you have pain sleeping on your side, please see your doctor and get a recommendation for physical therapy. North Shore Physical Therapy is located in Marblehead, at 1 Widger Road (781-631- 8250) and in Swampscott, at 642 Humphrey St. (781-592-2773).

### **MARK YOUR CALENDAR! Marine Science Center's Open House**

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A poem by ROZI THEOHARI

## ANDREW

### Who Resides at Saint Teresa's House

—The Cold War... Wasn't then?  
 —Yes, it was. Berlin's Wall did exist yet.  
 Our "USS George"—Special Force ship  
 Left Greece—navigating on the Ionian sea.  
 —And ... what did you see?  
 —Your country ... an Albanian city.  
 It was a beautiful port.  
 I made with my right hand a cross  
 Then saluted: "Good morning Albania,  
 Mother Teresa's birthplace!"  
 —Were you a soldier there?  
 —Yes, an electrician of "101 AIRBORN DIV."  
 Looking with my binoculars at your land  
 I obtained permission from my commandant  
 In minutes my boat neared the harbor.  
 —Did you fear being caught?  
 —You know, I believe in God!  
 When your soldiers shouted: "Halt!"  
 I stopped, waved my hand, smiled, prayed,  
 I reached underwater and touched the sand.  
 Oh..., something happened... something,  
 Many sailors and civilians became rigid  
 When they looked at my black skin  
 More than "an American trespasser enemy,"  
 They were surprised to face an African-American  
 They never had seen one.  
 That's it.  
 In a blink of an eye I was back into our torpedo  
 With a fist of moist sand,  
 A memory of Teresa's land.  
 —I see you here, seated in St. Teresa's House's garden,  
 Between friends, aromatic roses and chirping birds...  
 —After forty years from that day  
 You know, I am physically weak  
 My memory the same,  
 But an inner being whispers to me:  
 "Be blissful that you chose to live  
 At Teresa's apartments... downtown Lynn."  
 Mother Teresa's noble heart  
 Stays with us  
 In our prayer...  
 forever...

I shook hands  
 With a dark skinned electrician pensioner  
 And I felt the pure current  
 Of his white soul.

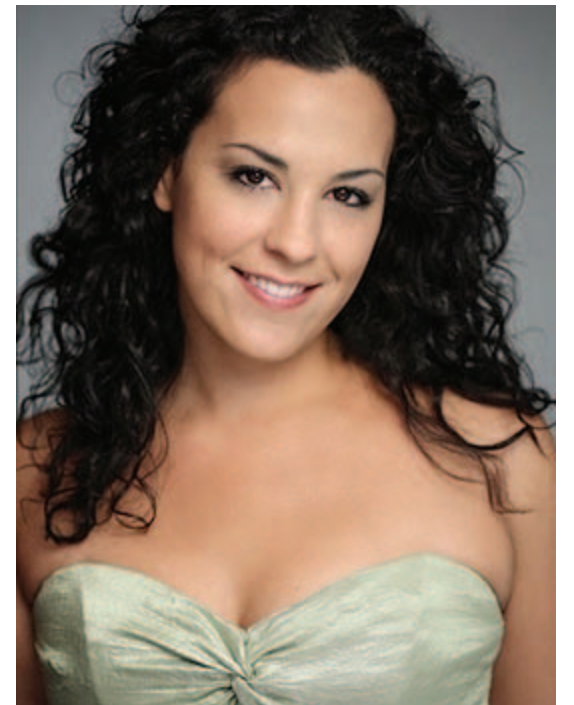
## Shea Mavros at Ellingwood on September 19th

Submitted by Bob Anderson,  
nema2nahant@msn.com

Grandview Opera, in conjunction with the Light Opera Company of Salisbury, will present a gala evening of The Best Of Broadway. The program features Nahant's own, Shea Mavros, as soprano soloist, with tenor Ray Calderon.

Last year, Shea's Town Hall performance of La Bohème was spectacular. While this year's chapel offering might be a lighter fare, the same Broadway professionals should deliver another stellar performance.

The Ellingwood Concert Series is sponsored by the Nahant Historical Society. Since all of Shea's past concerts were sell-outs, advanced ticket purchases are strongly recommended. Advanced tickets may be purchased from Bob Anderson, at 781-581-1471.



## Open Auditions for Follow Hymn Interfaith Choir

By Alvah Parker, 781-598-0388

If you are an experienced singer, with sight-reading skills (not required, but helpful) and are interested in exploring a wide range of music genres, then Follow Hymn Interfaith Choir is for you!

The Follow Hymn Interfaith Choir, is made up of men and women from a diverse set of religions and ethnicities, that join together in song. The music comes from the varied backgrounds of the members and includes: spiritual/gospel, inspirational and jazz music. Repertoire is sung in English, Hebrew, Spanish and/or Swahili. Spoken word, liturgical dance and dramatic presentations, are also offered.

All adults (18 and older) are welcome to audition on Saturday, August 29th, from 10:00 a.m. to 1:00 p.m. and on Monday, August 31st, from 6:00 p.m. to 8:00 p.m. These auditions are in preparation for the 10th Year Anniversary Performance Series. Auditions will take place in the Lynn Arts Building, at 25 Exchange Street, in Lynn. Rehearsals are held on Monday nights, from 7:00 p.m. to 9:00 p.m., in the Lynn Arts Building.

Interested singers must have choral experience and commit to regular rehearsals. This is an excellent opportunity to share your vocal talents with the community. For more information, or to arrange an audition, by appointment only please, email Doreen Murray at dmbuildingbridges@buildingbridgesthroughmusic.org, or call 781-953-1849.

The Follow Hymn Interfaith Choir is a North Shore-based community chorus. The choir is one of the programs offered by Building Bridges Through Music, Inc., (www.buildingbridgesthroughmusic.org), a multi-cultural performance organization.

Building Bridges Through Music, Inc promotes diversity, in the visual sense, but, more importantly, by utilizing the diverse artistic disciplines of the members, to promote the mission to bring together, diverse neighboring communities for the purpose of increasing cultural awareness and racial harmony, using music, dance and dramatic presentation, as a multicultural, educational tool.

## Mass Theatrica Presents Arias & Arabesques

Submitted by Meredith Lavine, 617-721-8261

On Saturday, September 12th, at 8:00 p.m., in the LynnArts Neal Rantaul Vault Theater, Mass Theatrica is truly fortunate to present award-winning, innovative dancer and choreographer Kira Seamon, the stunning talents of one of the area's celebrated mezzos, Angeliki Theoharis, the pure vocal bliss that is Emily Quane, a fast-rising soprano and the stylistic musicianship of James Hay, pianist.

Multidisciplinary elegance is the phrase when graceful and original choreography meets some of the most famous opera arias! A unique collaboration, Arias & Arabesques, interprets and communicates opera through the medium of dance. Hear and see selections from Puccini's "Gianni Schicchi," a suite, Bizet's "Carmen", Mascagni's "Cavalleria Rusticana," Gershwin's "Porgy & Bess" and Moore's "The Ballad of Baby Doe."

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







## Job Searching in 2009: Perfect Your PowerPoint Presentations

by Deborah Barnes

Have you ever sat through a PowerPoint presentation in which the presenter simply read from the slides while looking at the screen? Or been annoyed and distracted by tiny print and way too many transitions, font variations,

and animations?

As it is not uncommon for job seekers to make a presentation as part of the interviewing process, let's review some PowerPoint do's and don'ts.

Be clear (introduction, content, and summary); concise (less is more); and consistent (use parallel syntax and a design appropriate to the audience and subject matter).

Use a logical sequence such as: past, present, future; point, reason, proof; problem, cause, solution; or advantages and disadvantages.

Obey the "One-over-Six-by-Six Rule." Each slide should discuss one point only. Each slide should have no more than six sub-points, and each sub-point should have no more than six words. Divide those points and sub-points up over several slides if you need to—they will be more readable.

Use easy-to-read fonts. Serif fonts, such as Times New Roman, Garamond, and Palatino, have short, horizontal strokes added to the tops and bottoms of the letters. They work well in print, as they help move the reader's eye along, but not in PowerPoint, as they can appear blurry on screen.

Sans-serif fonts lack the additional strokes ("sans" is French for "without"), have cleaner lines, and are easier to read on screen. Arial, Futura, and Helvetica are common examples of sans-serif fonts.

And remember to stick with common fonts and bullet styles if you're using another operating system or computer for your presentation. If fonts and symbols need to be substituted, they can wreak havoc with your layout and design.

We know that using all upper case (capital) letters in e-mail is the equivalent of "shouting." Avoid them when designing PowerPoint presentations and Word documents, as well. Readers have difficulty differentiating between all upper case letters, since they're all the same height. (FYI, Gutenberg and his friends stored them in the upper drawers or upper type case, while the more frequently used minuscule letters were stored in the lower case.)

Bigger is definitely better when it comes to font size in PowerPoint. Avoid small text; 24 point is the smallest you should use. By the same token, when adding visuals to your presentation, pie charts and bar graphs work best and are most effective with 3–4 slices or columns at most.

As with written documents, leave enough white space on your slides. Too much text and small margins make your documents—and slides—difficult to read. And assuming your presentation is in English, the visual order is from the top left to the bottom right; pay attention to your graphics to ensure they are moving the reader's eye in that direction.

Use contrasting colors; it is frustrating to try to read text—think white-on-white subtitles in foreign films—that doesn't stand out from the background. Avoid light backgrounds, as the resulting "flicker" can cause seizures in some people.

Avoid "widows," which occur when one word is left by itself on a line. Use a "soft return" (shift + enter) to add the previous word to it. Widows should be avoided on the written page as well.

Just as you should avoid a "font circus"—too many fonts—in Word, you need to fight the tendency to go overboard with animation, sounds, and transitions in PowerPoint. Do you want your audience to absorb the content of your presentation or to be distracted by all the bells and whistles?

And last, but not least, use a blank, black slide at the end of the program. Not only does it signal the presentation's end, it helps to focus the audience's attention as you move into Q & A mode.

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

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### Massachusetts Ocean Plan Update

By Susan Maguire

On Tuesday, August 4, 2009, Polly Bradley and Susan Maguire attended the MA Ocean Coalition meeting, at the Conservation Law Foundation (CLF) in Boston. Massachusetts has a legal requirement to develop a comprehensive ocean management, regardless of the wishes of its governor, to be ready on January 1, 2010. John Weber, MA Coastal Zone Management (CZM), gave a presentation that was followed by questions and answers. The goal of the meeting was to discuss and develop a response to the Draft Massachusetts Ocean Plan, the first-in-the-nation comprehensive ocean management plan, that the Secretary of Energy and Environmental Affairs (EEA) released at the beginning of July (see a link to the EEA website on the Coalition homepage (<http://massoceanaction.org/>). Legislators, like Rep. Petrocelli, are involved in the planning, along with many organizations to ensure their values are protected. This plan, which is weighted toward wind power, sets the base line for all other states. In attendance were Priscilla Brooks, Dir. Of Ocean Conservation at CLF; Jack Clarke, Massachusetts Audubon Society; Steve Long, Nature Conservancy; James McCaffrey and others from the Sierra Club; Carol Carson, Marine Coastlines; Angela Sanfilippo, Gloucester Fishermen's Wives; representatives of Sailors of the Sea, Environmental Entrepreneurs, and other groups.

John Weber, CZM, reviewed the draft plan and its scores of maps and its fifteen requirements. He discussed the goals and outcomes: 1) creating the plan, 2) identifying special resources, 3) identifying areas for renewables, 4) developing a blueprint for Plan 2.0 Frameworks. He talked about how the Plan is science-based and based on spatial and management elements, which sets the bar high.

Of the Massachusetts coastline, 13% is determined prohibited for commercial energy development, 2% is prime for development and 85% is appropriate for multi-use. The two MA areas prime for wind development, are located west of Martha's Vineyard and Nantucket (See map on page 13.). John talked about this Plan as a "blue water plan" which means waters 1,500 feet from shore, to three miles out. Commercial (large) wind energy projects are built in these waters.

White areas, like Nahant's coastline, to 1,500 feet out, is where community (less than eleven turbines) are built. White areas like Nahant, are not excluded from commercial wind development, but it is not advisable. If they want to consider community wind development, they need to study the constraints and criteria, the economic benefits and local support, and be sure that the proposal is in line with all major ocean plans. John closed by saying that the teeth of this plan is the changes from MA Environmental Protection Agency (MEPA), for example the Special Sensitive and Unique areas (SSU) and the fishing areas.

The Process includes: 1) five months of 500 meetings around the state, 2) four regional public meetings in four weeks starting in mid September, 3) 60-day period for public comment, and 4) amendments proposed every five years. The plan will develop regulatory standards and permits for all energy development. In the future all state agencies will have to make decisions consistent with these laws and standards.

Hearing Schedule:

1. September 14, Boston: Exchange Conference Center, Boston Fish Pier
2. September 15, New Bedford: New Bedford Public Library, Main Meeting Room, 613 Pleasant Street, New Bedford
3. September 16, West Barnstable: Tilden Arts Center Main Theater, Cape Cod Community College, 2240 Iyannough Road, West Barnstable
4. September 17, Gloucester: Kyrouz Auditorium, Gloucester City Hall, 9 Dale Avenue, Gloucester

Safer Waters in Massachusetts (SWIM) will hold its regular meeting on Monday, September 14th, at 7:00 p.m. at Northeastern University Marine Science Center, East Point, Nahant. Those wishing to attend the Gloucester hearing on the MA Ocean Plan will carpool on September 17th.

For more information, email Polly Bradley, or Susan Maguire, at [nahantswim@verizon.net](mailto:nahantswim@verizon.net), or log on to [massoceanaction.org](http://massoceanaction.org).

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## Come to the Cahnah

Well folks, here we go again! The table is set for another Tudor Cocktail Ice Co. extravaganza. Sunday night, September 6th, from 7:00 to 11:00 p.m. (rain date: Monday, September 7th, from 1:00 to 5:00 p.m.), the Mitchell's Cahnah block party will happen. When the last ball hits the hole at the annual Kelley Green's Calcutta golf tourney, Nahant's own Jimmy Malone and his band, The Merg, will be rockin' and you'll be dancin' in the streets. Only in Nahant will you "seriously party," together with islanders from 21 to 90, 'cause there ain't no age in Island mentality. Though ½ the proceeds go to the island kid's PTO, this is an "ADULT EVENT."

Warning: Hey, if you're under age, don't even think of stealin' your papa's brew and partying in the bushes, 'cause the Nahant police are way ahead of you!

Bring your sunglasses 'cause, as we said last month, the sun will be shinin' bright that night, courtesy of the voodoo high chief of Martinique, Iatolduso.

There will also be a "very special" award presentation to a "very special Islander."

There are raffle tickets still available for the five cash prizes totaling \$7,500, to be drawn at 9:00 p.m. Call 781.581.1559, 781.581.1338, or 617.543.3942 for a ticket and we'll deliver one to your door.

C'mon down, spend some bucks, party your flip flops off, buy some outrageous event memorabilia, order a 22 oz. cock-a-doodle-doo and get the spiffy, commemorative, island-mentality cup to add to your collection, while supporting the Johnson School PTO and the Nahant Police elderly care response system. Hey, does anyone actually say "spiffy" anymore?

Mitchell's Cahnah will be blocked off to traffic at noon, on that Sunday, to set up the event. If you would like to volunteer to set up this extravaganza, feel free to lend a hand. The Tudor Cocktail Ice Co. wouldn't do it, unless it was FUN! Some event-only parking will be available at the basketball court on Spring Road.

When the event starts, get your over 21 I.D. bracelets, grab some event tickets and enjoy the ride. The Tudors really got this thing tweaked to the max. It's Margaritaville meets Island Mentality. "SEE YOU THERE!"

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## Nature of Nahant: Common Eider Ducks Nesting

By Linda Pivacek

Common Eiders are sea ducks, that winter in Nahant waters and historically fly north in spring, to breed along the coast only as far south as Maine. In recent years, they have been expanding their range southward and now successfully breed in Nahant! This is another beautiful creature that enriches our lives, here in Nahant, and a good indication that our ocean waters are healthy.

Last spring, I was surprised to see two female eiders, with 9 small ducklings, plying the shores of Little Nahant, near Short Beach. This spring, in mid-June, I found 14 female adults, with 31 ducklings! The female eiders incubate their eggs along the rocky, vegetated shores. When they hatch, the ducklings are led right to the sea, tumbling into the water and bobbing like little corks. The adult females then form groups, or creches, with two or more broods, in order to protect the ducklings. In addition to the Little Nahant eiders, there is a creche with 12 ducklings, at Canoe Beach, East Point.



Early in the season, it was a joy to watch the antics of the tiny ducklings, as they coped with the waves and struggled to keep up with mom. Occasionally, a duckling would wander away from the group and upon realizing this, would call out and "run" along the surface, at high speed, to the extended family. The adults routinely rise a bit out of the water and flap their wings. The flightless, little ducklings were just beginning to develop wings. It was comical to see them rise up and flap their tiny "winglets," apparently imitating the adults. On sunny days, it was especially charming to watch the ducklings scramble onto the rocks together, to form a big mound of downy fluff and fall asleep, almost immediately, looking safe and warm.

However, life has not been easy for the young ducklings. A challenge to their survival comes from the occasional boat, speeding along the shore and the very fast jet skis, which sometimes "jump" the waves, along Short Beach. One day, I cringed as a jet ski drove through the eider flock. The ducklings cannot fly to get out of the way. Currently, there is one "no wake" buoy in the water, off of Short Beach, which will help to control the watercraft speed and protect swimmers, as well as ducklings.

The unusual, extended period of stormy weather from mid-June to early July, was especially hard on the eider ducklings. It was sobering to observe their struggle to survive. Unlike mallards, or other "puddle ducks," which simply go ashore in stormy weather, eiders are true sea ducks, feeding on invertebrates in the ocean. Unable to fly, or climb, onto the rocks in the big waves, the ducklings could not reach a place to rest. As I watched the ducklings contend with the violent seas, I realized that the struggle was more than trying to stay afloat. The ducklings could not feed! They were using huge amounts of energy and they did not have the body mass to survive the extended periods of bad weather. Certainly these birds of the North Sea are able to withstand stormy weather, but the number of stormy days took its toll. The ducklings began to disappear during bad weather spells and by early July, the number of ducklings had slipped from 31 to 12!

The seas have finally calmed and the twelve survivors are growing larger and stronger by the day. I often see them feeding voraciously, along the shore of Little Nahant, protected by the adult female eiders. It is wonderful to hear their calls, as they constantly communicate within the flock. Today, I saw them nestled together on a rock, resting in the sunshine, with the adults by their side. It's a good day for ducklings

## Shorebird Signs at Short Beach

Short Beach is a great place to see shorebirds during migration. These birds fly from their northern breeding grounds, to South America and Nahant is a vital stop, where they rest and feed. Check out the "Shorebird" signs by the beach-access walkways. Many beachgoers have noticed the signs and the birds. I have received many enthusiastic comments and questions about the shorebirds, from both adults and children. It is great to see, that as people learn about the natural history of these wonderful creatures, they enjoy seeing them and are happy to share the beach. Most people avoid disturbing the birds, when possible. As a result, the shorebirds can rest and feed and many more will survive their long journey south.



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*Useless Information...By Ray Barron*

## Nahant's September Birthday Babies

1. Margaret Bailey, Jeanne Baranek, Wendy Buening, Catherine Capezza, Marilyn Clausen, Anne Graul, Rosalie Moleti, Martha Taylor,

2. Gabriele Ciota, Maryliz Cort, Lydia Cutillo, Ferdinand Fiske, Ruth McDonald, Walter Spinelli,

3. David Doyle, Wilson Chu Hang Feng, Cornelis Hollenbach, Lorraine Locke, Michael Russo, Lisa Torchiana,

4. Carol Delaney, Angela Foss, Donna Foti-Scovell, Genefrede Hollenbach, Ann Hudson, Thomas Mazzaferro, Patricia McSweeney, Logan Merlino, Richard Nagle, William Peterson, Andrew Taxiarchos, Larry Titus,

5. John I. Benson, Maria Welsh,

6. Dewitt Brown, Robert Caggiano, Ann Callahan, Jean Inglis, Joan Inglis, Laurie Johnson, Cole Krauter, Emily Lynn

Lospennato, Joanne M. Luti, Maureen Mellen, Ronald Strout,

7. Suzanne Bailey, Robin Byron, George Delaney, Meghan Dowling, Carl Maccario, Arthur Martelli, Paul Morad, Lily Sanphy, Luke Siriani, Nicole Soule, Gwendolyn Upton, Cameron Waldman,

8. Barbara Lombard, Matthew Kalapinski, James O'Brien, Derek Osbahr, Nancy Slager,

9. Sheila Champigny, Elijah Clark, Shiloh Clark, Timothy Demakis, John Keller, Margaret Levangia, Ryan Mahoney, Bruce Marshall, Rose Novello, Catherine OConnor

10. John Bardgett, Charles Briggs, Kathleen Carroll, Clarisse Cochran-Chipura, Helina Fontes, Cynthia Mantzoukas, Beverly Quinn, Mariana Rauworth,

11. Joseph Barisano, Karol Borys, Joseph Ciota,

Michael Dunfee, Marvene Kasper, Mary O'Malley, Tracy O'Shea,

12. Charles Arena, Petra DiCostanzo, Marissa McKie, Norina Rowen, Elma Savory, Kimberly Smith,

13. Malcolm Chamberlain, Kristen Connor, William Paul Edwards, Alexander Farr, Roger Locantore, John Michaud, Daniel Spinucci,

14. Dianne Cadigan, Michael Conley, Creighton DeCamp, Kenneth Doucette, Dianne Dunion, Peter Luthi, Peter Mazareas, Rosamond Puleo, Phillip Russell, Michael Tanen,

15. Lauren Barton, Richard Cadigan, Diane Dunfee, Patricia Kane, Donna Long, Mary Mackey, William Morella, Nancee Peters, Marie Petrucci, Aristana Scourtas,

16. Jonathan Hanson, Winifred Hodges, Leslie Holmes, Lisa Inello, Charles Jessome, Thomas Kourkoulis, Fred Quinlan,

Jonathan Tibbo, Martin Vangrouw, Eric Woods,

17. Kerri Bozarjian, Julie Desmaris, Douglas Eaton, Knut Fischer, Karen Hawko, Robert Hill, Christine Howard, Susan Kerr, Jean Piantedosi, Lana Proia, Jessica Smith, Amybeth Snyder, Erica Von Schilgen, Matthew Waldman,

18. Corey Bleau, Nicolas Farr, Anthony Macone, William Marden, Joseph Sherber,

19. Khalil Abraham, George Adolph, Kathryn Bezemes, Karen Canty, Joseph Carmody, Thomas Costin, Mark Dufour, Peter Fantasia, Michelle Levasseur, Lawrence McDonough, William Zieman,

20. Linda Baldini, Lea Hill, Gail Bronwyn Lese, Janet Livoti, Mary Jo Ludke, Antonia Steriti,

21. Mary Bartholomew, Amy Bozarjian, Donna Breithaupt,

Matthew Hendrickson, Michael Obrien, Rene Prepetit, Mark Sachar, Douglas Sigourney, Robert Steinberg, Thomas Wrenn,

22. Barbara Brownlie, James Bryanos, Leah Canali, Frank Clements, Katy Dolhun, Victoria Fortino, Braden Howard, Matthew Morin, Patrick Murray, Megan Sanborn, Helen Savino, Lisa Stempek, Kathleen Sullivan,

23. Xavier Bascon, Keiko Cadigan, Jennifer Coffey, Judy Flaherty, Carol Gambale, Russell Gaudet, Donna Lee Hanlon, Nicholas Lamando, Abbas Soleymani,

24. Kathleen Baldwin, Vannarat Boontong, Mary Buckley, Kirk Castetter, Darlene Conigliaro, Thomas Dwan, Kathleen Hatfield, Christopher Lamothe, Perry Manadee, Francis McCarthy, Linda Peterson, Jayne Solimine, Gabriella Wootten,

25. Paul English, Sr., Ellen Keefe, Brent Kimball, Cynthia Mazareas, Stephen Micalizzi, Carol Nelson, Michael Piazza, Colleen Poth, Kevin Robinson, Anna Rusk, Simon Wabno,

26. Theresa Bacheller, Thomas Butler, Dante Cenci, Taylor Gouchberg, Jason Hay, Doris Hefler, Mary Krol, Daniel Munnelly, Frederick Nicoll, Stacey O'Brien, Casey Walton,

27. Michael Belliveau, Philip Duguay, David Hausler, Eileen Keohane, Peter Klee, Bryan McGilloway, Janet Pereira, Mary Sharkey,

28. Karen Callanan, Edna Doran, Jeffrey Foss, Janet Goodwin, Paul Lenzi, George Markos, Debra Morin, Eva Warren,

29. Anne Carter, John Gale, Julia Gallagher, Nancy Locke, Jackson McCarthy, Siobhan Skabeikis, Kerry Stevenson,

30. David Barile, Stephen Greenstein, Paul Lospennato, John R. McCarthy and Jackson McCarthy.

### THE HISTORY OF HOOMPA

**By Rob Scanlan, a "townie" with six generations here in Nahant**

It is the right time and perhaps HOOMPA should be understood and defined. We "townies" have said, for many years, that if anyone were to ask "What does HOOMPA mean?" we would respond "If you have to ask, you would not understand." As of this month, I have gone through 345 HOOMPA stickahs' and the time is right and the definition is due; who better to reveal the origin.

HOOMPA is an expression used to reject any form of authority. It was started when I was in grammar school, back in 1969, at the old Nahant Johnson School. To define HOOMPA is relatively simple, as it is best foretold by the following: If the teacher told you to stay after school, to be reprimanded for cutting-up in class, guys at the back of the room would say "AHHHHHHHOOMMMMP," precisely timed with a cough, a slight bow of the head and a top-of-the-fist muffle.

HOOMPA as defined, could also be implemented, if your parents grounded you for the week-end and your comrades in and around the neighborhoods would give a well-heard "AHHHHHHHOOMMMMP."

Now I remember, when I was working after school, weekends and summers, at the Bass Point Marina, here in Nahant, which was located in back of the "Knights" (Knights of Columbus), a weapons officer, on the USS NAUTILUS, brought his yacht, the RUM RUNNER; a 35' Friendship Sloop, to the marina. I thought sure-as-hell I would be hired to take care of the yacht, but the skipper hired "a kid from Lynn," to take care of the RUM RUNNER, while he was out to sea for two months. Well the "kid from Lynn" never showed up, the yacht sank at the mooring and broke up, during a blow 'bout two weeks later. That weapons officer returned after 'bout five to six weeks out to sea, to get his yacht and she was on the bottom. AHHHHHHHOOMMMMP could be heard from the dock, where I was working and to this day, I can still see her lead keel at low tide, 1,800 feet out from shore.

Many have suggested that HOOMPA started with ol' Duddy Tombino, who worked for the Nahant Department of Public Works; "DKY" on that fable. When the summer kids worked during the summer months, they would cause ol' Duddy such grief and aggravation for implementing the HOOMPA. Gussy Brewin told me ol' Duddy went to his grave with a HOOMPA stickah in his coffin, never knowing what it meant.

One of Nahant's finest, a "townie" on the Police Force, stopped me for failing to come to a full stop, back a few years ago and wouldn't-ya-know; several cars passed me and what could be heard well-defined by the drivers? AHHHHHHHOOMMMMP.

Now I see that many families and folks from Nahant are traveling all over the world with their HOOMPA stickers. HOOMPA can also be defined as a "Hey, look where we are and you're back in Nahant." "WHERE IS HOOMPA" seems to be the thing now, but the best story to date was the Nahant tourists in the Bahamas seeing a HOOMPA stickah on an old natives' fishing boat. Keep HOOMPA alive, take great comfort in knowing now what HOOMPA means and rest assured, I still have 1,475 HOOMPA stickers; they are free, just ask.



## Under the Sea

A Short Story by Kramer Greenfield. Photo by Judy Horne.

The High Mukkah Muk sat cross-legged in the center of the dimly lit Golden Cloud, holding aloft a sparkling crystal triangle, chanting low and deeply mournful, when the Angel Schlumel entered the open archway.

“What gives with the sorrowful chant and low light, O High One?” asked the Angel. “We got problems?”

“Our smallest creatures are suffering,” replied The High Mukkah Muk. His luminous orbs filled with tears. “We must help them. Cruelty abounds, Schlumel. Man is positively inhumane to animals.”

“So what else is new? Man can be inhumane to man, as well.”

“Much as I hate to do this, Schlumel, duty calls and you must answer.”

“ME!?!?”

“You are going down to earth to check out the dead marine life,” The Most High Mukkah Muk commanded. “I’ll send back-up, if necessary. Now go. I’ll be in touch.”

“Oy, vey!” the Angel exclaimed.

Schlumel splashed into the sea, with much commotion and desperate waving motions, which gave him no momentum. Although he had many talents, swimming was not one of them. He motioned to a couple of seagulls. “Hey, Huey and Louie! Give a fellow winged-landsman a lift here. I’m practically waterlogged.”

Just yesterday, Schlumel was lounging on Cloud Nine, playing Honey-moon Whist with Yenta, of the Tarnished Halo. The usual play was Aces High, but the fairies and sprites were taking a nectar break, so they were limited to two-handed games. “Ya know,” said the chatty Yenta, “I usta love goin’ on vacation.”

“We useta go to this beach resort, where my hubby Sammy, and I would rub each other with suntan lotion and bask all day in the sun. At night, we dressed all elegant and danced the night away. That man could dance

like Vallee and sing like Valentino, or was it the other way around? Ha! Ya get confused after a hundred years, or so, ya know? The big problem with Heaven is there is no vacation. Every day is terrific, floating on the Cloud, no problems, having the best of everything; ya might say life here IS a vacation. But,” she sighed, “there’s nothing to look forward to, ya know?”

Yenta gave Schlumel a thundering headache, but he did know what she meant. Sometimes, even extraordinary angels like himself, got bored and wished for a spark of excitement.

The seagulls swooped down on either side to air-lift the angel to dry land.

“Thanks guys, I owe you a sushi,”

Schlumel called, as he shook water from his wings and surveyed his surroundings. All around lay numerous dead and dying sea creatures, stinking in the sun. When he turned over a carcass, he

noticed a rainbow-like sheen on the rotting flesh. Touching it with his fingertips, it felt slick, like grease or some sort of oil residue. Clam bodies were bloated, their grotesque innards were exposed, above the mud. Something was killing God’s sea creatures. He pulled at the wreath of silver hair on his head and resolved to investigate the situation.

Quickly turning around, Schlumel slipped on an oil-slicked fish and came face-to-face with a curled-up starfish in the surf. “This is outrageous!” he exclaimed, as he picked himself up and tried to wipe off some of the greasy sand, slimey sea creature parts and sticky strands of seaweed that soiled the front of his white robe. It then dawned on him

that he was surely a sight to behold. He adjusted his long white robe to beach-size length and tucked his wings into the wide sleeves of the robe until only a finger of feather showed. Then he sealed the back and front of the shortened robe. Now he looked like a sunbathing hunchback, but it would have to do.

A pint-sized gent leaned on the wharf with his make-shift fishing pole secured on a “y” stick. His jaw jutted with a smudge of rust-colored, shrubby. The little man’s nose dipped right down to his full, frowning, lower lip, almost touching the tip of his lit cigarette. His eyes drooped on either side

Angel. “You got a deformity, Boss?”

“It’s the wings, buddy. I had to conceal the wings.”

The man looked confused. “I knew I drank too much cheap rum. Now I got me here a big talkin’ bird.”

“Nonsense. I am an Angel sent from the Almighty on a mission, and you, my pathetic friend, will assist me.”

“Shut your mouth! Ain’t doin’ no such thing!” the little man exclaimed. Schlumel ignored his outburst and continued. “What do you know about the pollution of these beautiful waters and the killing of our precious sea creatures?”

“How’d I be knowin’

you insensitive lout? We will save the ocean, one starfish at a time, if we must.”

“I reckon most of the damage to the fish is done from the Red Tide hereabouts.”

“Sha, sha,” exclaimed Schlumel. “I think maybe it’s ships like the one off the Central Phillipines that leaked 5,000 liters of used oil into the ocean. Or, maybe it was the tons of solid waste in Shanghai, that was moved to coastal sites? Or, maybe it’s the leaching of chemicals, pathogens, pharmaceuticals and other contaminants from sewage systems, into the sea, that is threatening our sealife? What about the pesticides, fertilizers and herbicides from the “environmental soup?”

“Red Tide, killer algae and water blooms, are the least of our worries. They are caused by the confluence of several natural phenomena. Humans do plenty of unnatural damage, without the equation of Red Tide. Go tell some poor baby seal, choking on a plastic, six-pack beer ring-holder,

about proper human waste disposal. You hearing me, putz?”

The dwarfs response was drowned out by the gargled screams of half-dead sea creatures, struggling in a mire of debris and oil, as the Angel watched. Schlumel did not hesitate for another moment. He blew a mighty wind that carried the victims of human technology, to a safe, clean section of the beach. Next, he erected a white, opaque barrier, to protect this section from the general public.

“If we ever needed, a community service commitment, now is the time,” said the Angel. Then he called on his Heavenly Companions for help. His voice carried via the prayer line to Cloud Nine. (To be continued next month.)



of his face, as if in a brown study of woe. The total effect was that of a wax image melting in the hot sun. He wore a bedraggled sailor’s cap, which almost covered an outrageous growth of spikey, rust-colored hair. Schlumel supposed he leaned because he was missing part of one leg and a wooden contraption was strapped to his thigh.

“How’s the fishing, boytchik?” the Angel called out. The crippled dwarf jumped with alarm. “Don’t be sneakin’ up on a feller thataway, Boss. You be scarin’ whatever fish is left hereabouts.”

“What fish? I don’t see any in your bucket.” Schlumel pointed to the empty tin bucket, at the man’s peg-leg. The little man peered at the back of the

bout dat? I just hang here and catch fish. Not be some damn double-O-seven spy and all.”

“If you turn your back to a tragedy, does that mean you did not see it? Ignoring the fact that something is wrong, contributes nothing. One handful of retribution is worth ten pounds of ignorance. We must reach out our hands to the unfortunate creatures who cannot help themselves.” Schlumel picked up a small, dying starfish and flung it far into the ocean.

“What difference did savin’ that one bitty starfish make to the millions of dying fish, on the great big beach out there?” asked the small man.

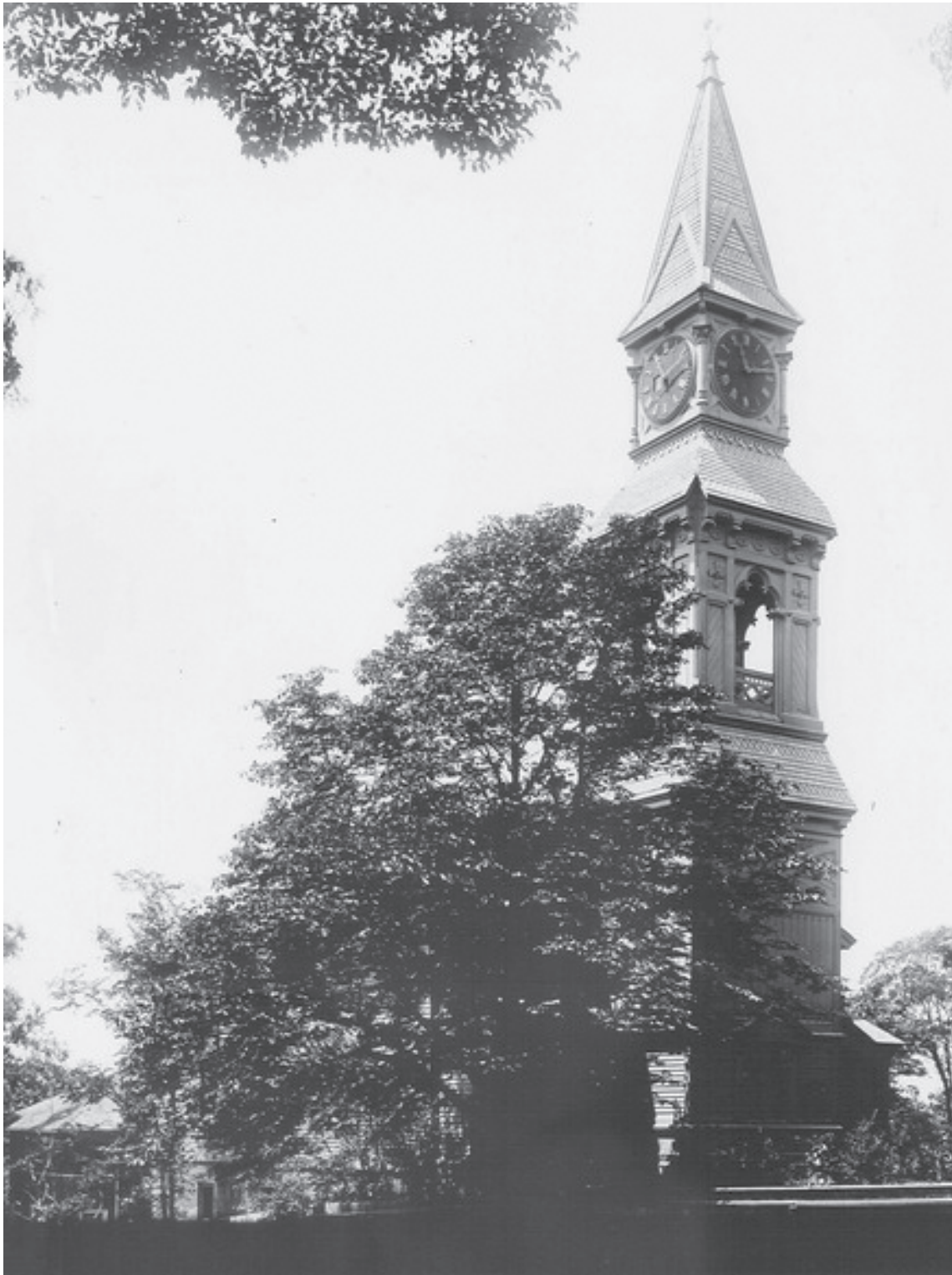
“It made a difference to that one starfish, didn’t it,





# Summer In Nahant

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



## ***The Nahant / Boston Church***

*Above: A new stone and wood church, the one now existing, was begun from plans drawn by William R. Ware and Henry Van Brunt the architects of memorial Hall at Harvard College. This building was dedicated June 27, 1869 by Reverend Andrew Preston Peabody. He was a frequent minister in the following years and on June 22, 1877 preached a sermon "In Commemoration of the Founders of the Nahant Church."*

## ***The Boston Church***

*At right: This first church, built of wood, was in the form of a Greek temple. It was built with speed for the first service, which was held on July 8, 1832 and was conducted by the Reverend John Gorham Palfrey of Harvard College. Land for this building on Cliff Street was given by Cornelius Coolidge. The land was granted and meeting minutes stated that "this land was granted upon the special trust that the said contributors should build and ever afterwards maintain thereon, a house for the public worship of God for the accommodation of themselves and others who should reside in, or occasionally visit, Nahant."*

## ***The Village Church***

*Above: The original Village Church on Nahant road was built in 1851 to serve Protestants of many different creeds, under the name of the Nahant Independent Methodist Society. In 1872, the building was raised to provide Sunday School rooms, and at the same time the handsome tower to house the bell and town-owned clock was added. In 1957, Nahant's two Protestant churches united and in the late 1960's the tower, in poor repair, was taken down. The stained glass windows, pews, organ, bell, weathervane, etc. were moved from this structure and incorporated into the newly built Chapel at the present Village Church on Cliff street. This building was then given (perhaps for \$1) to the YMCA to be used for the benefit of the townspeople.*

*At right: Interior of Village Church, which was moved to the new addition to the Nahant/Boston church, now the Chapel of the Nahant Village Church.*





# Protestant Churches Unite

**Nahant Village Church Dedicated June 28th, 1959**

Today (1959) there are two Protestant churches in Nahant. Within a few weeks, there will be only one, but it will embrace the more than 500 members of the two historic organizations. The churches are the Village Church, founded in 1850, the first year-round church of the town, and the Boston Church, or the Nahant Church, founded in 1831, but which has always been opened only for Summer services.

Before next summer, according to present plans, the two churches will merge, with the combined congregation attending religious services in the Nahant Church, and the Village Church, and the Village building being devoted to religious instruction and social events.

This is how the merger came about. The year, vestrymen and parishioners of both churches considered these facts: The Village Church, a handsome white New England building, was badly overcrowded, so much so that giving classes in religious education had become a problem.

The Nahant Church, an ivy-covered building that made national headlines when John Roosevelt married Ann Clark there, is spacious-but is strictly for Summer use. It has no heating plant.

Both churches have a background of nonsectarianism within the Protestant faith (though the first Catholic services ever given in Nahant took place in the Nahant Church building more than 100 years ago).

In recent years, the Village Church has become, under the direction of Rev. Rosamond M.

MacDonald, "Ours is a community church, designed for the building of Christian fellowship."

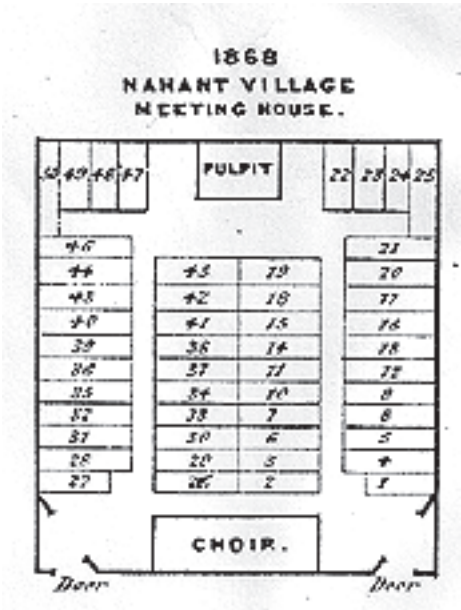
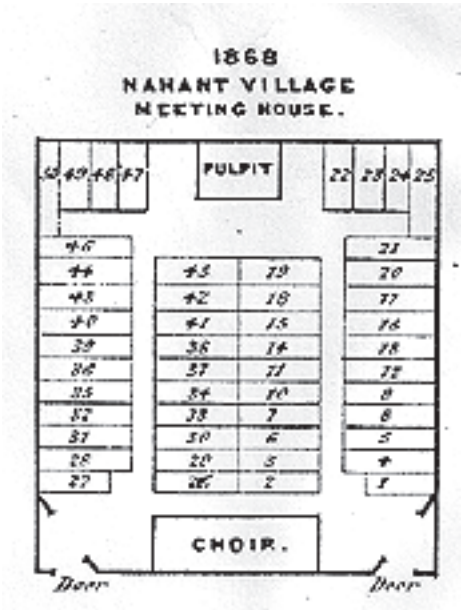
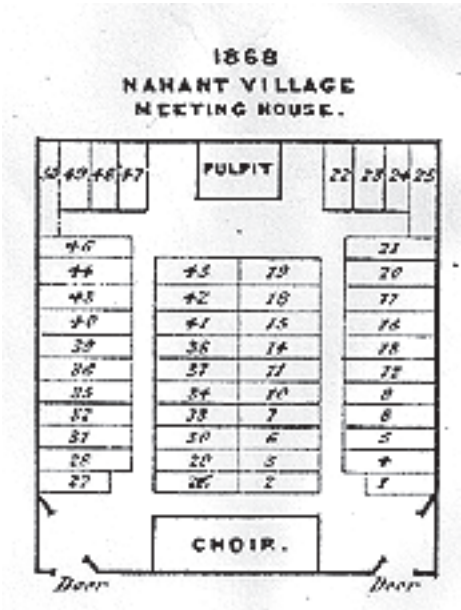
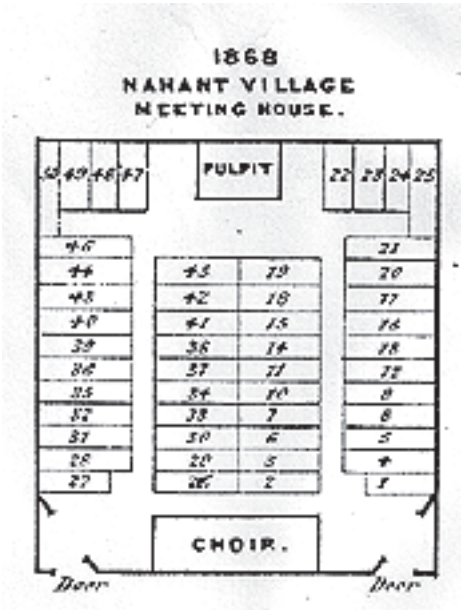
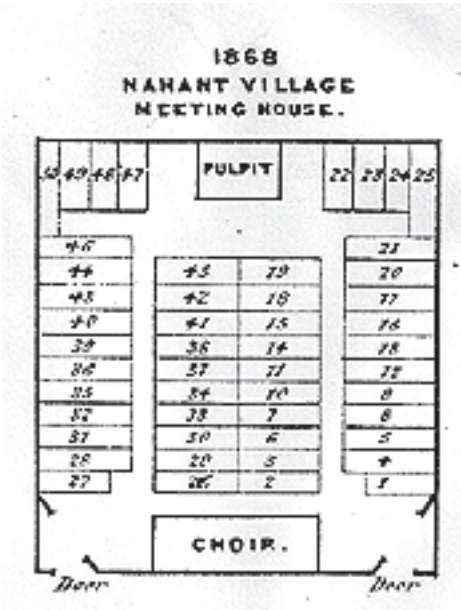
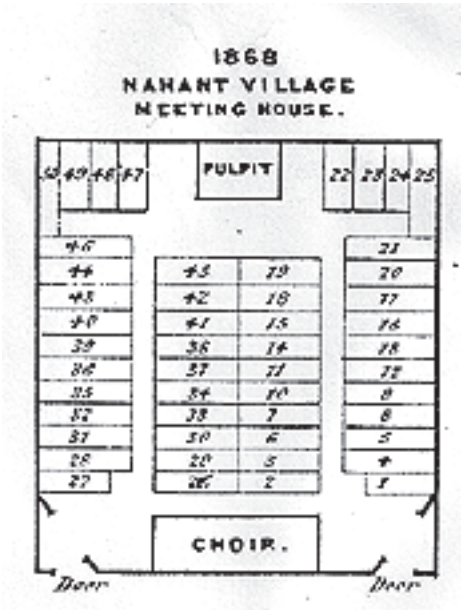
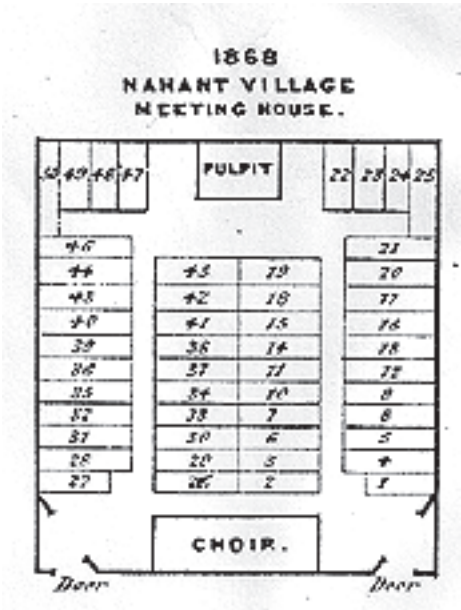
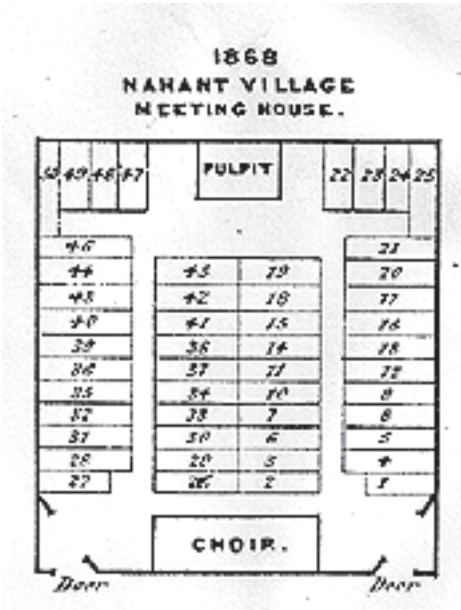
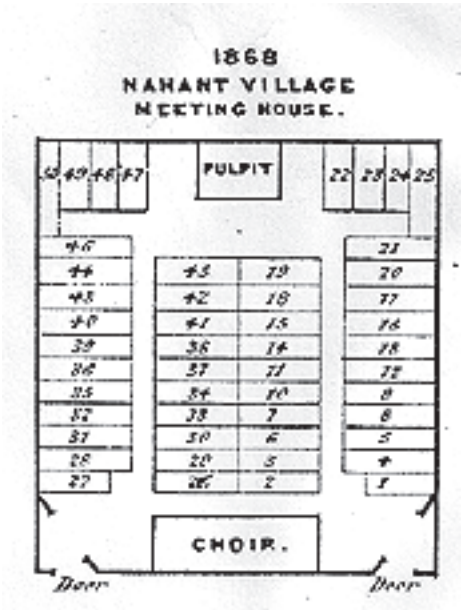
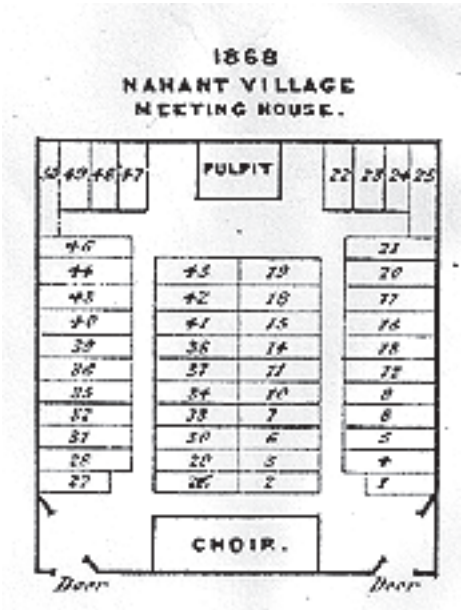
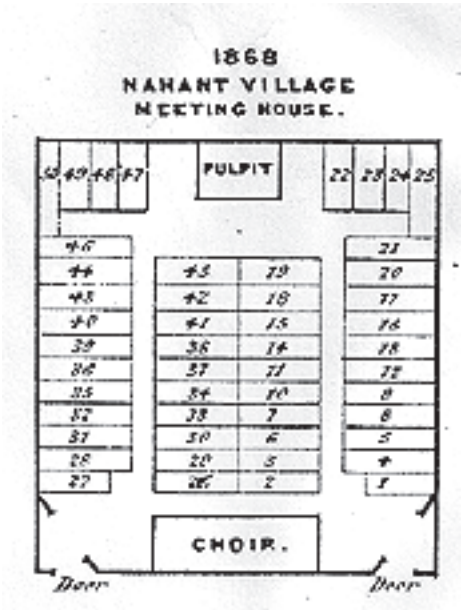
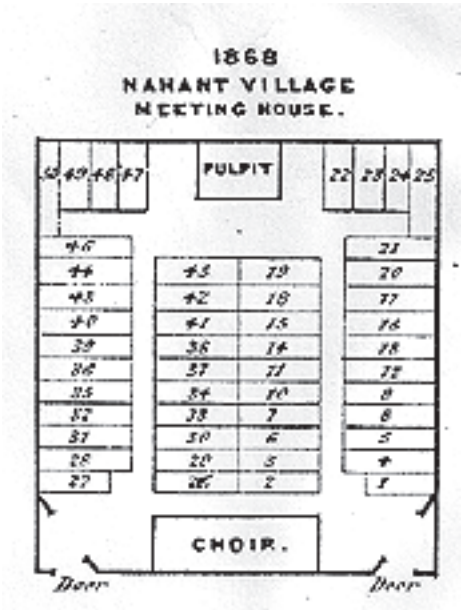
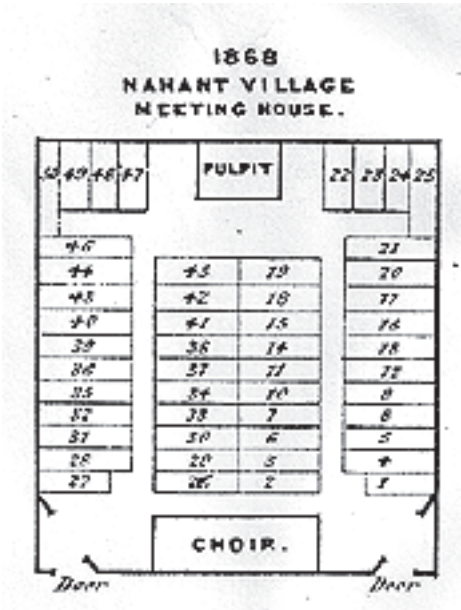
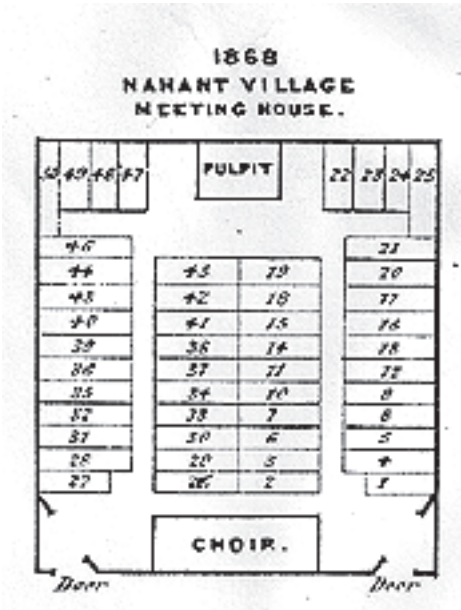
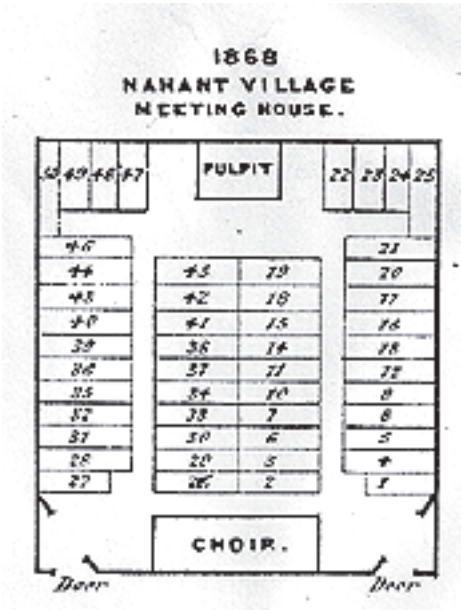
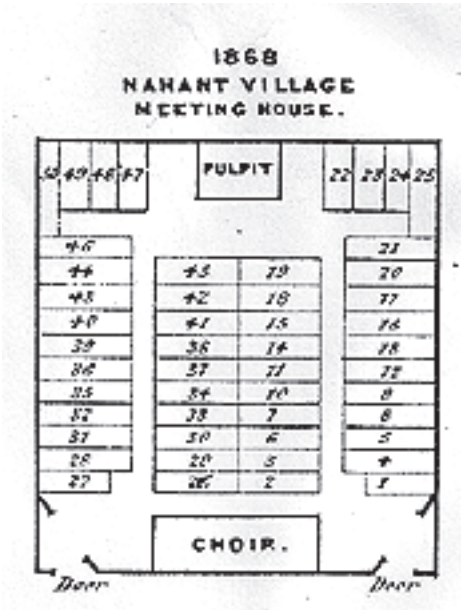
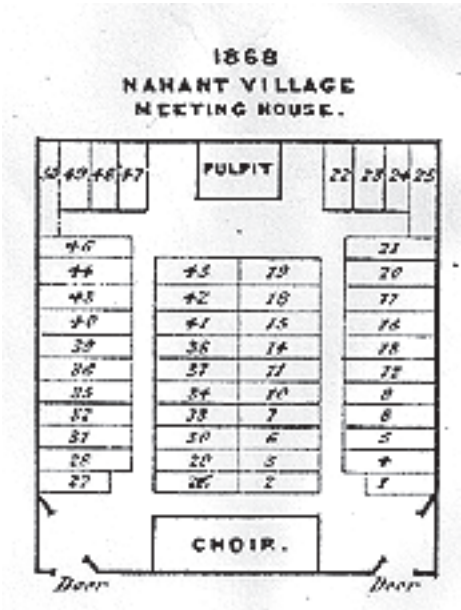
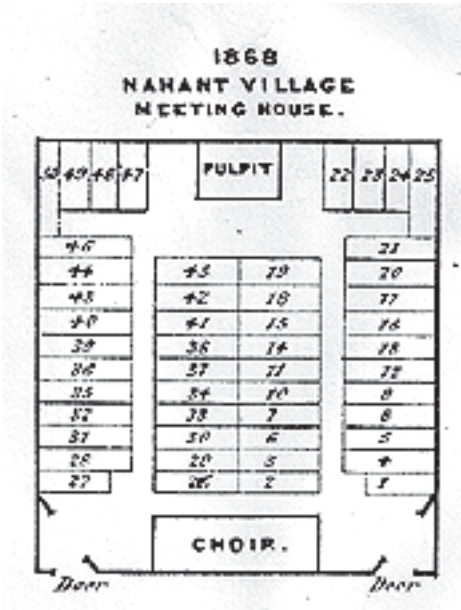
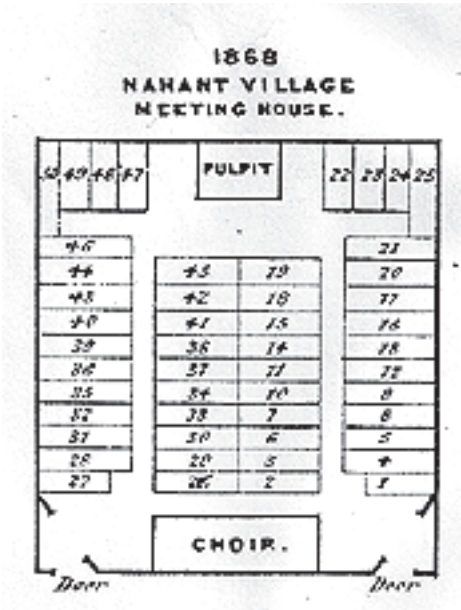
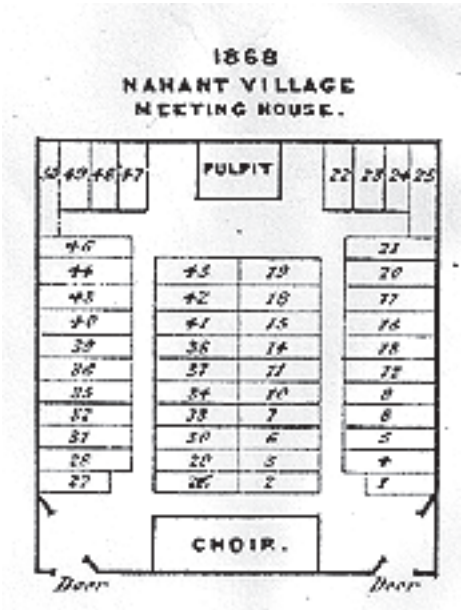
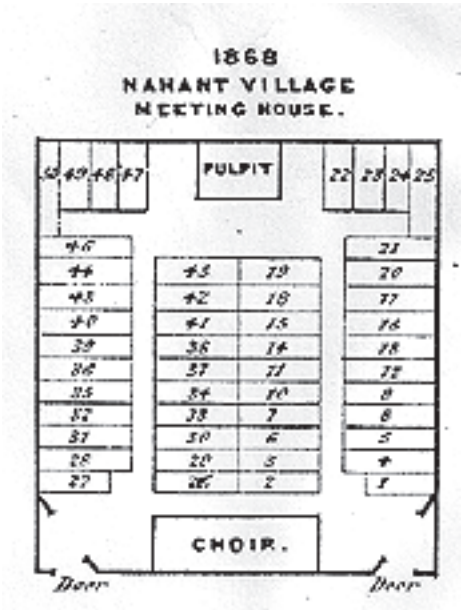
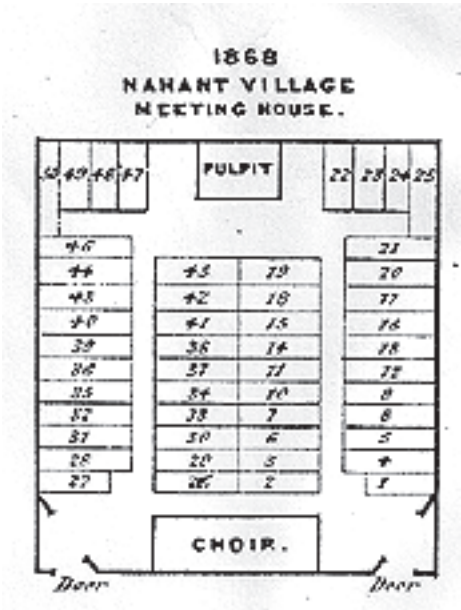
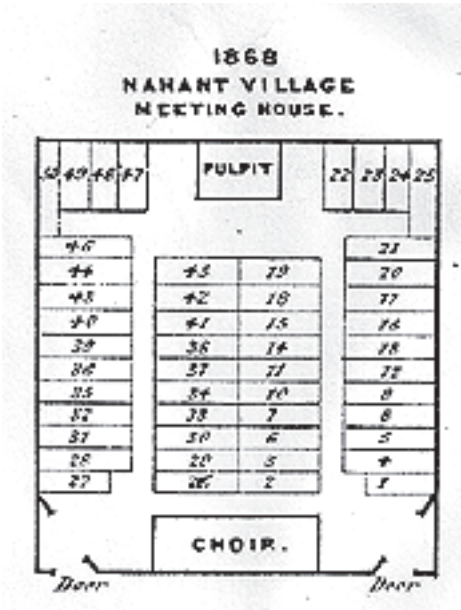
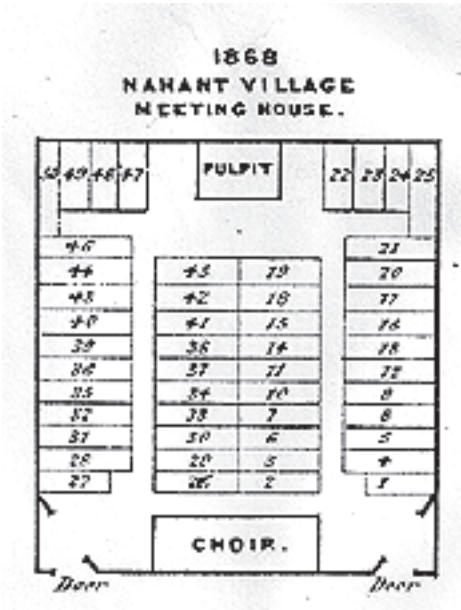
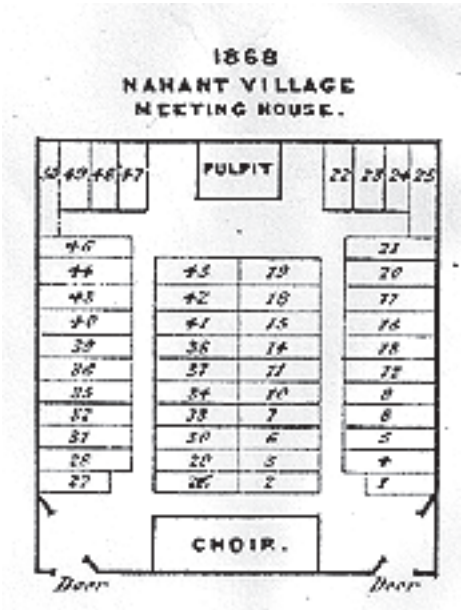
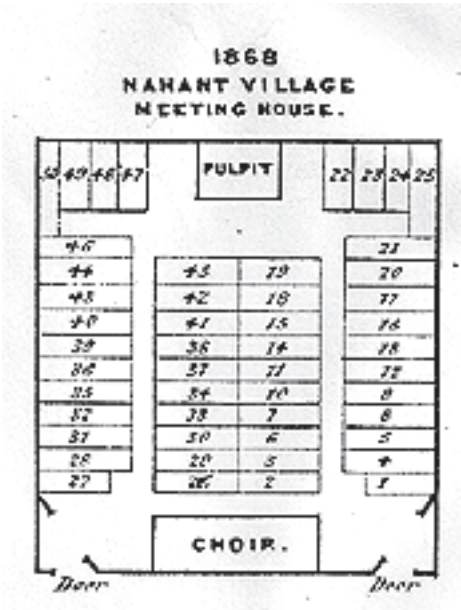
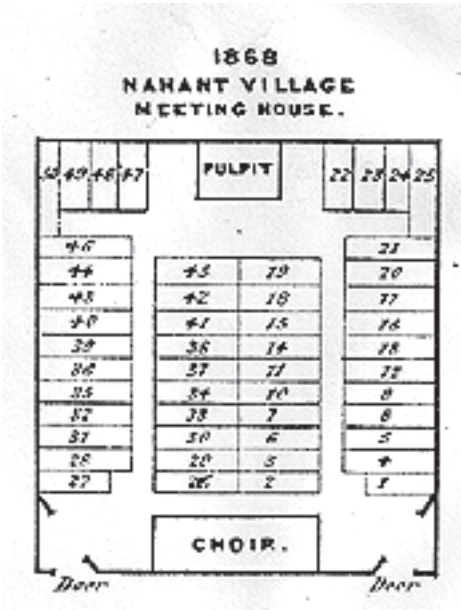
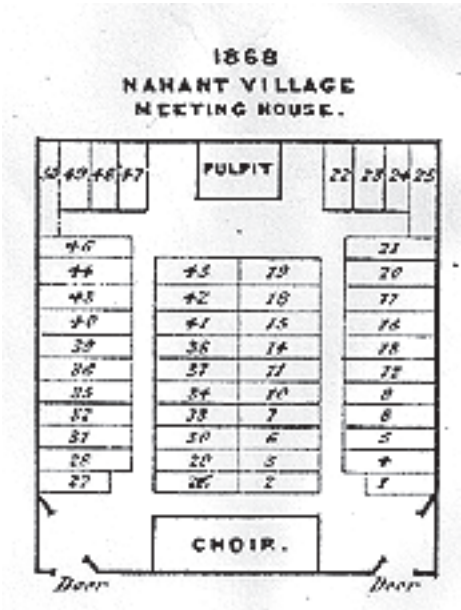
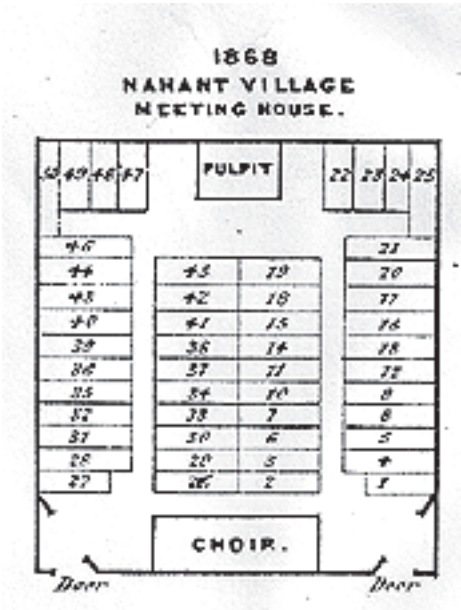
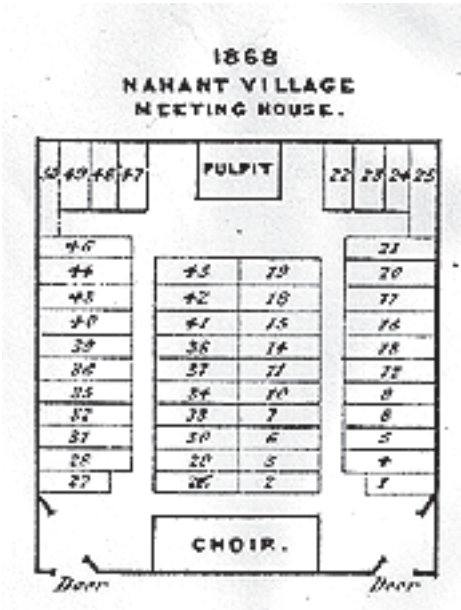
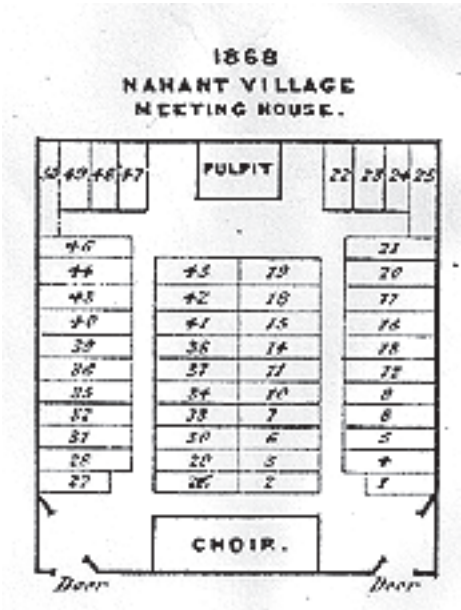
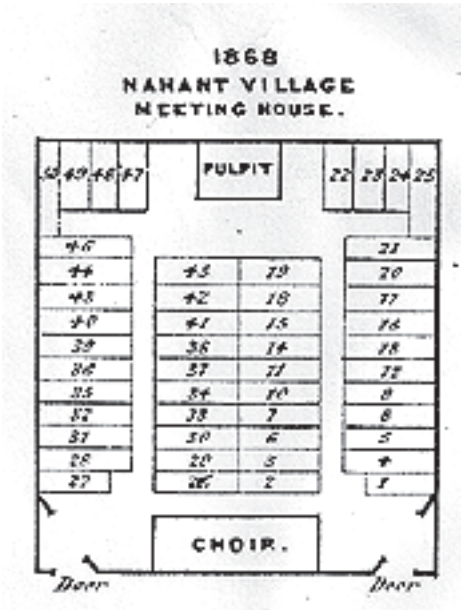
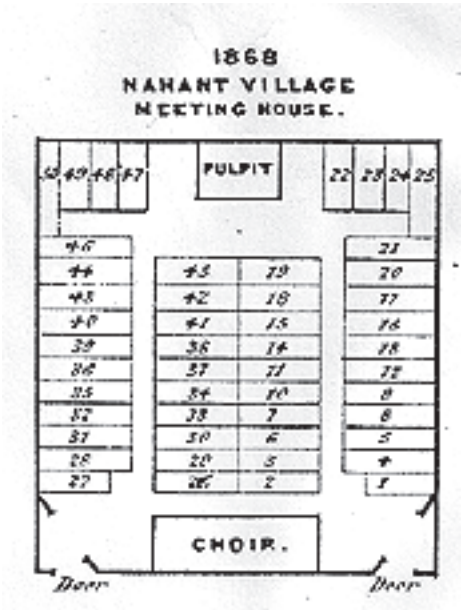
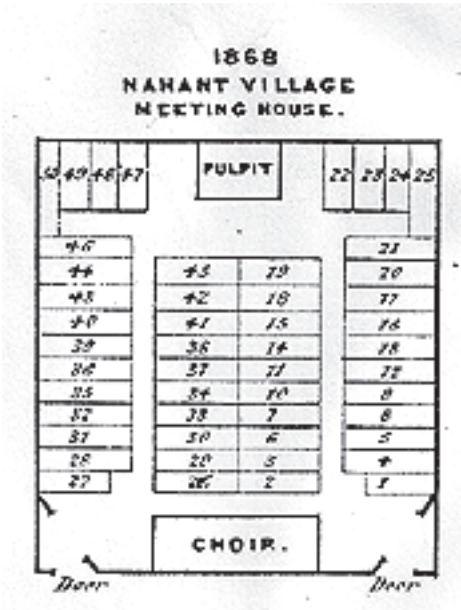
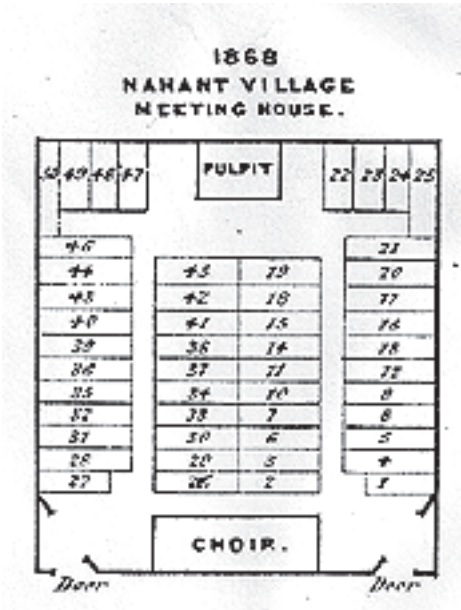
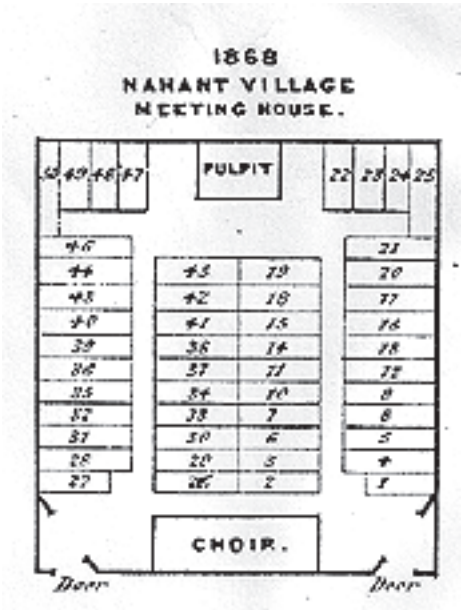
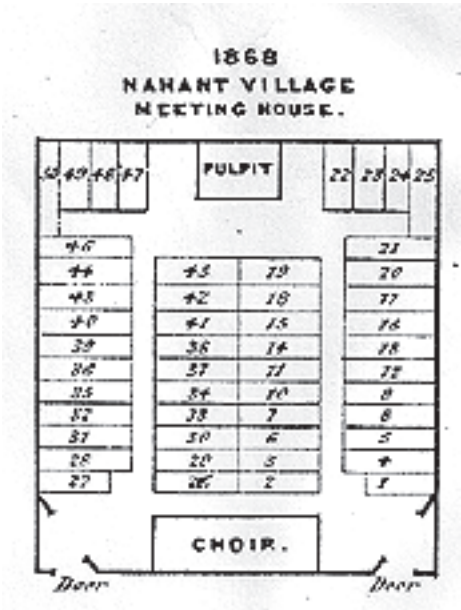
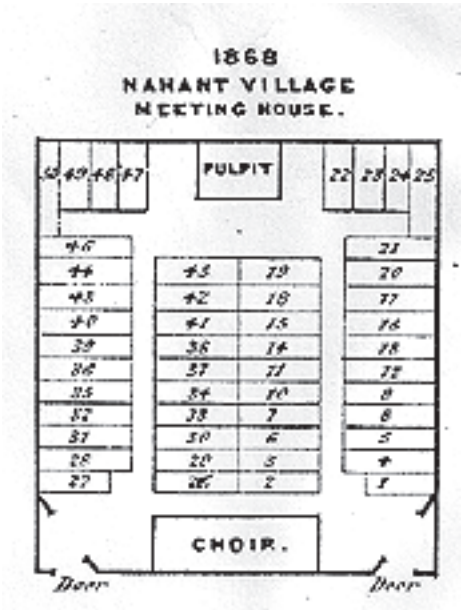
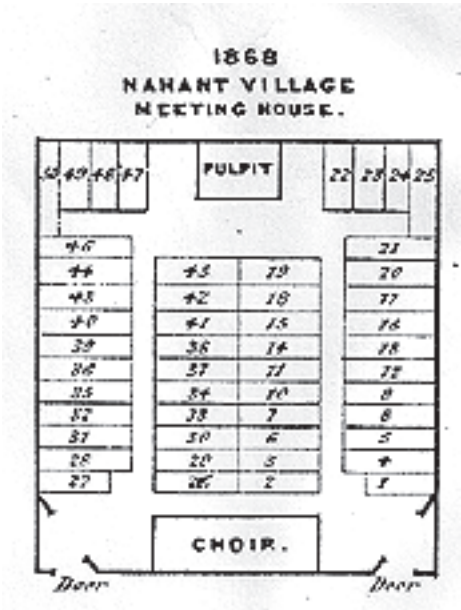
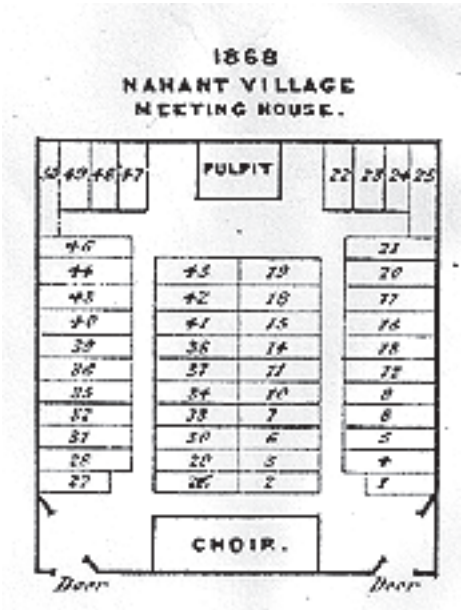
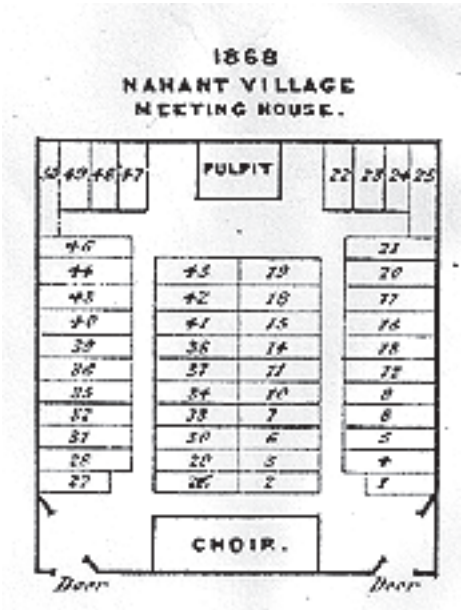
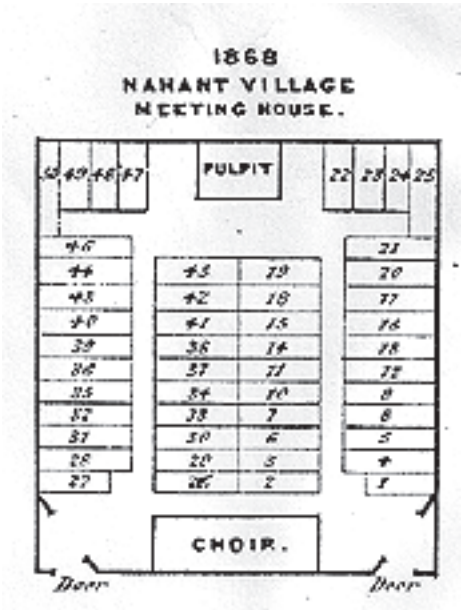
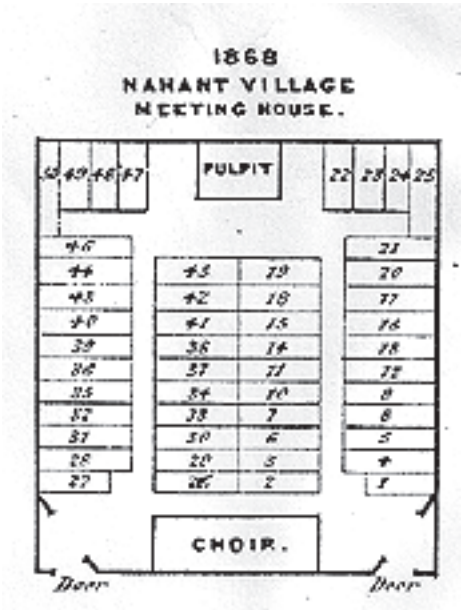
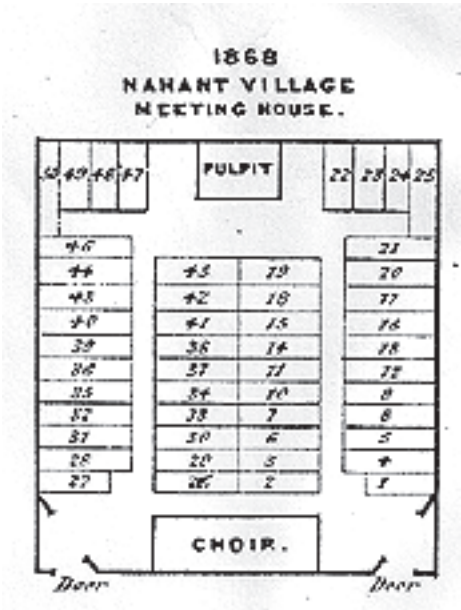
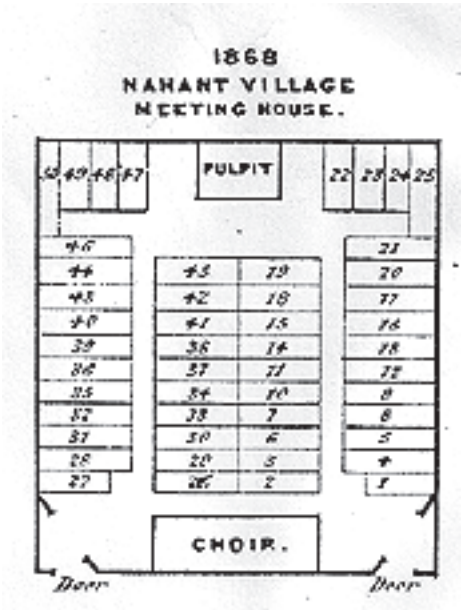
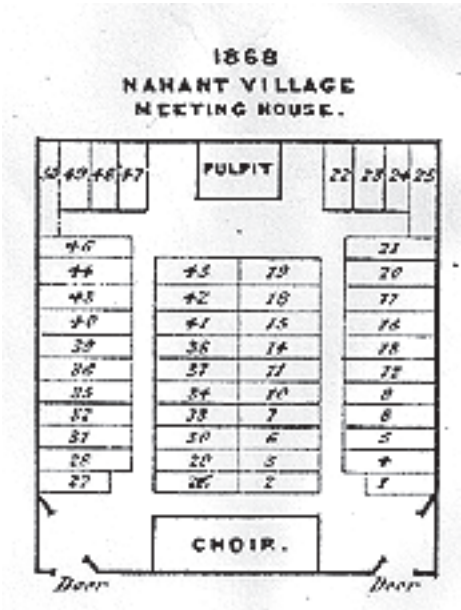
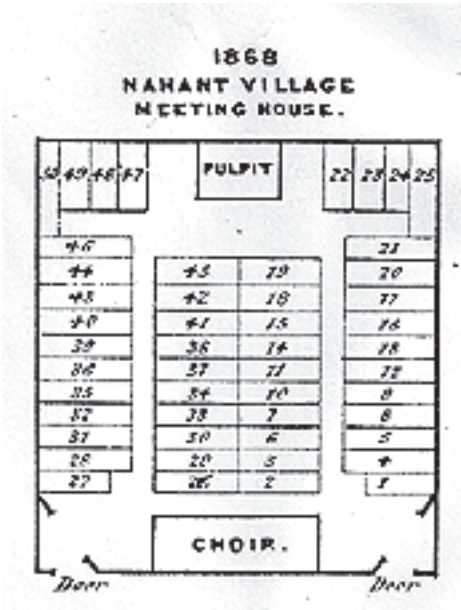
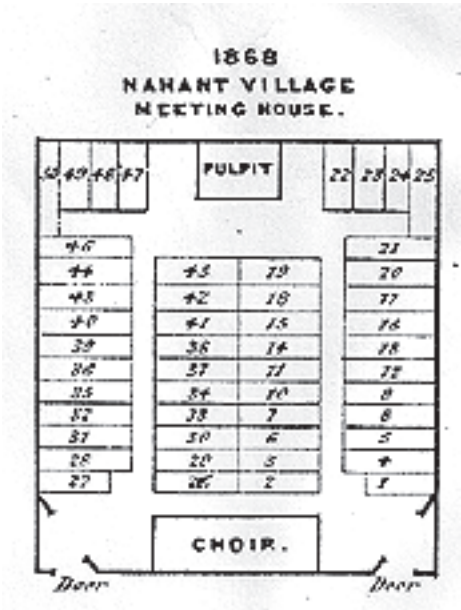
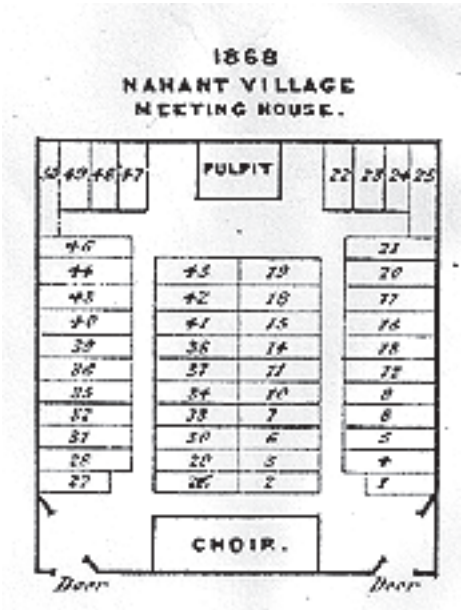
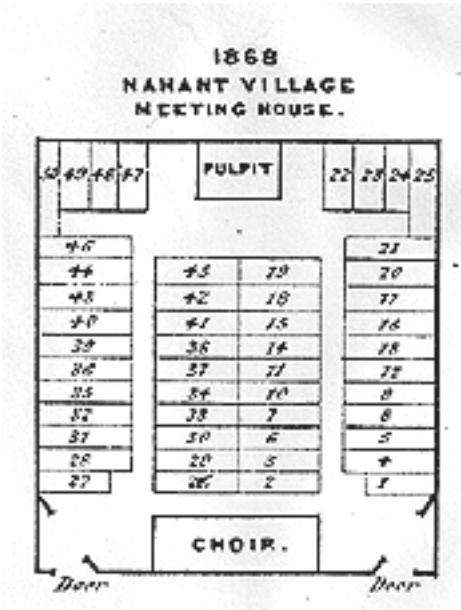
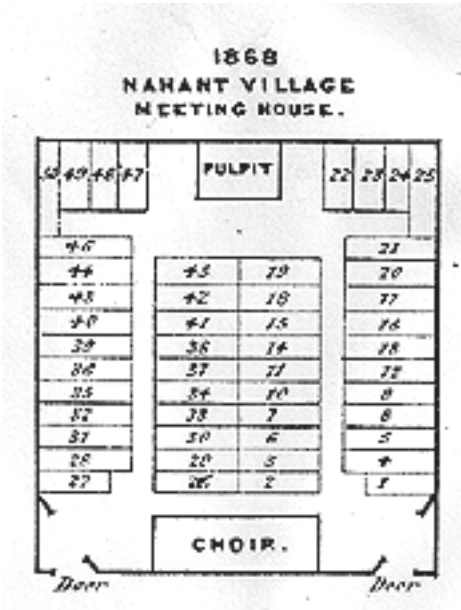
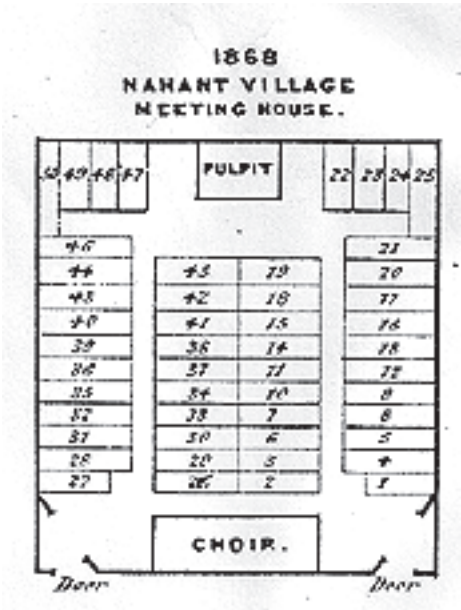
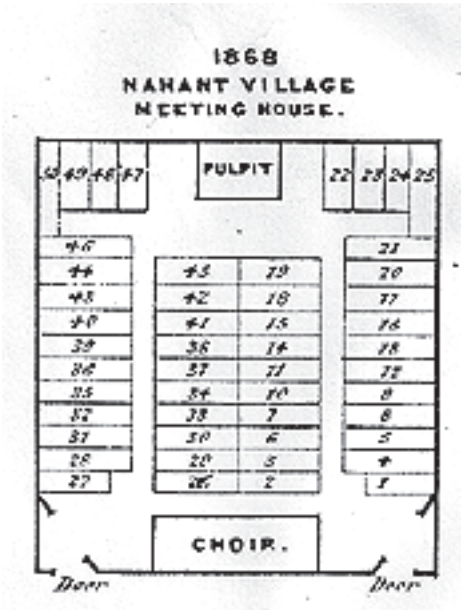
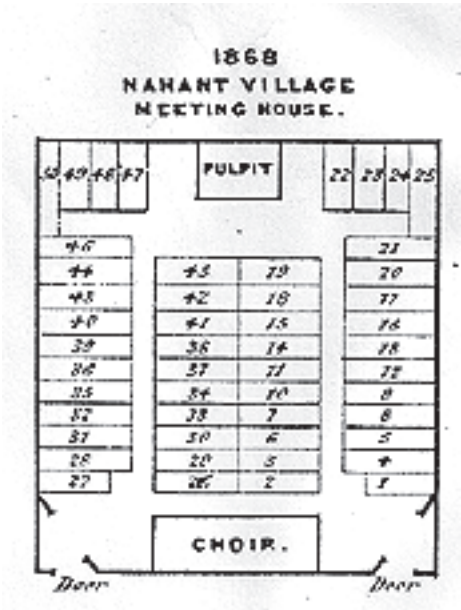
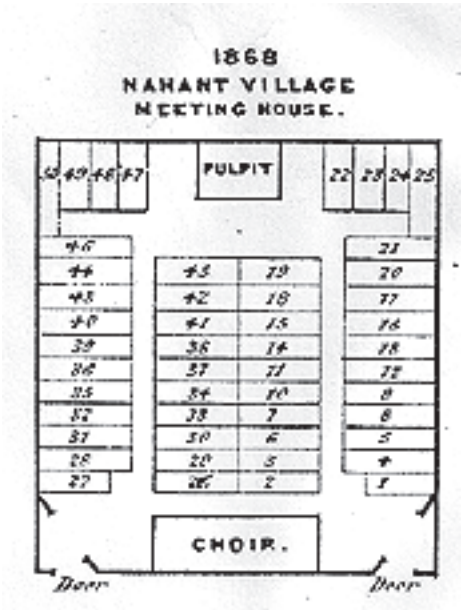
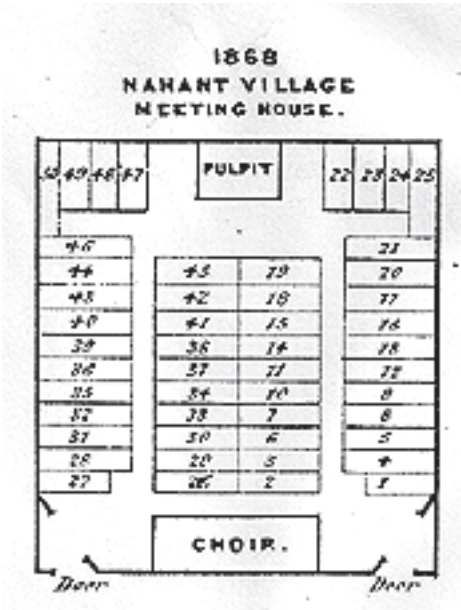
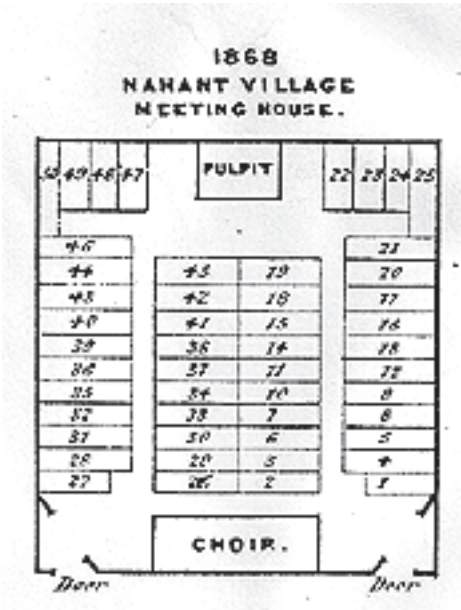
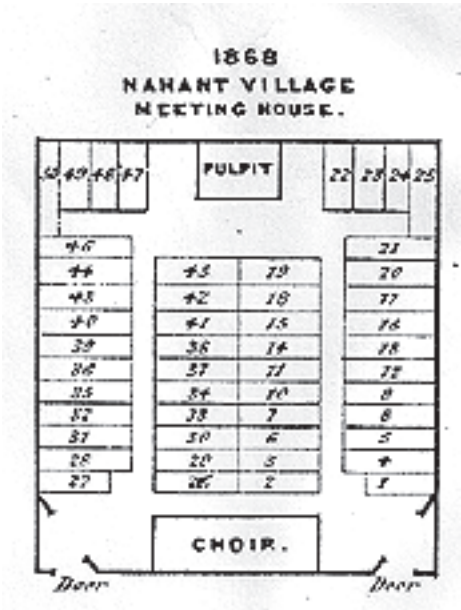
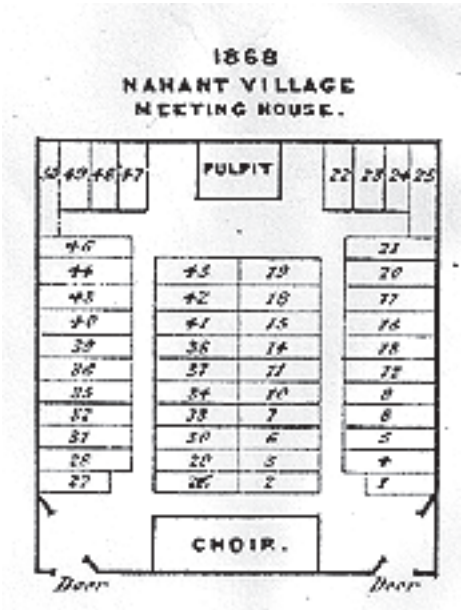
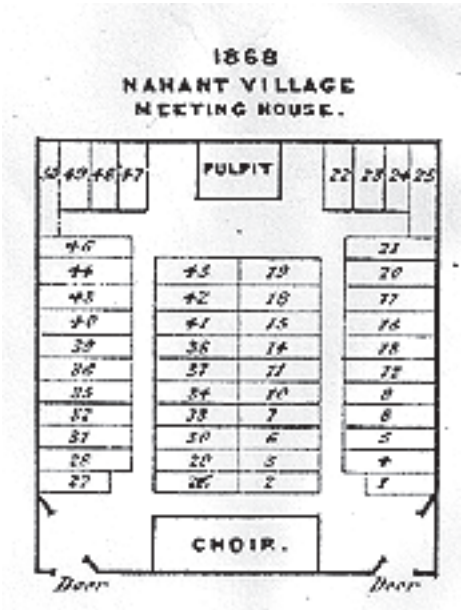
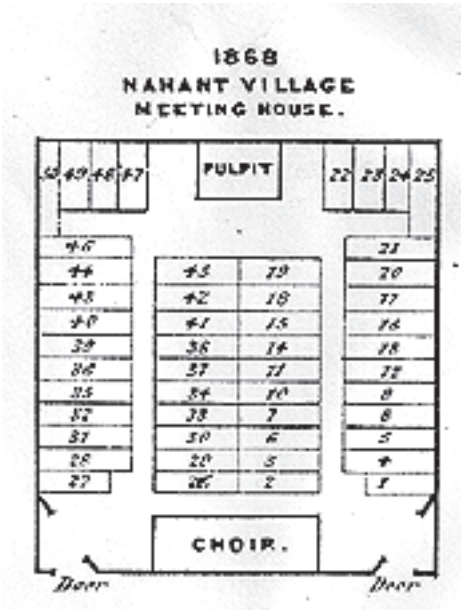
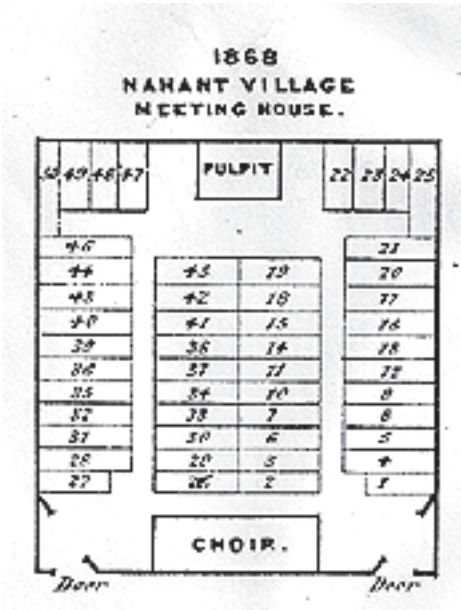
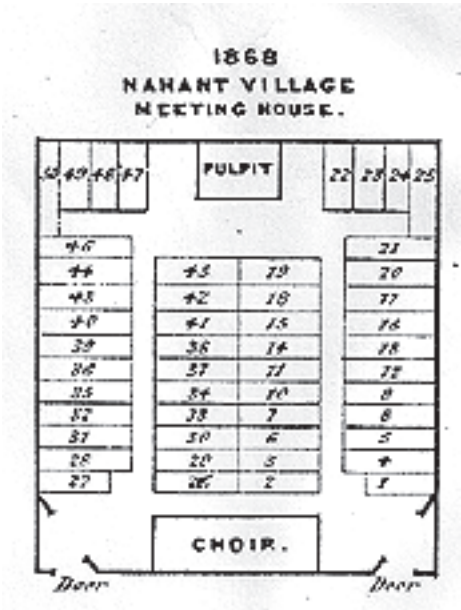
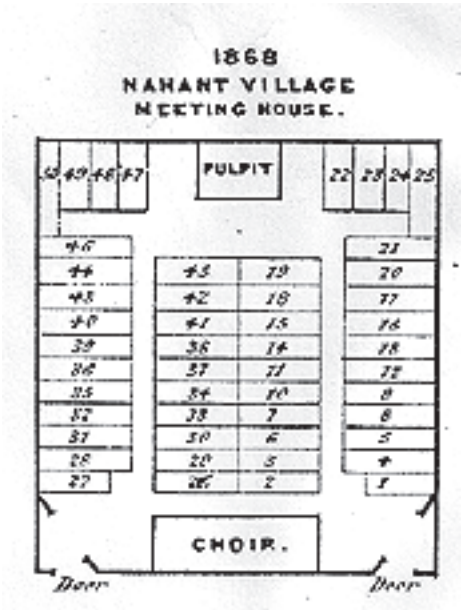
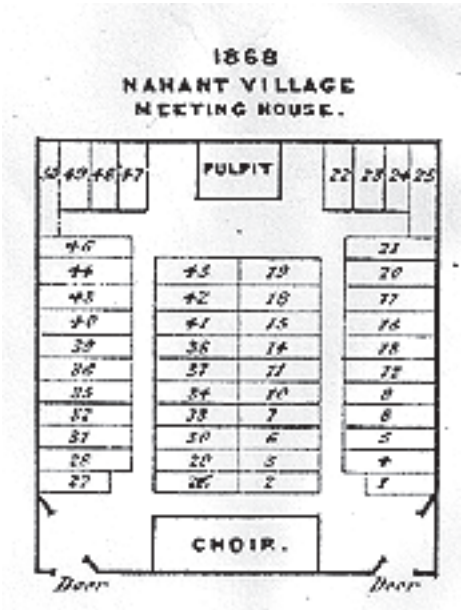
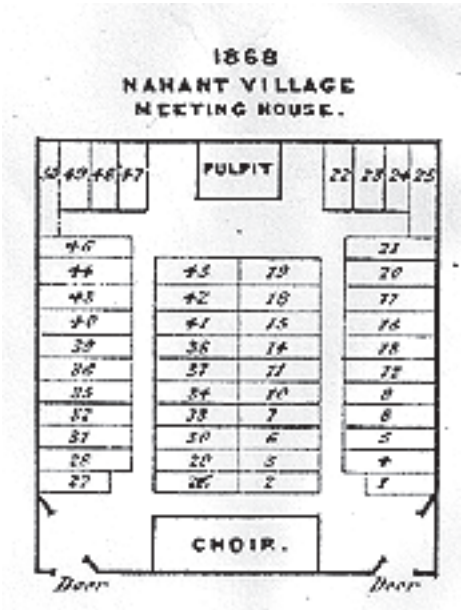
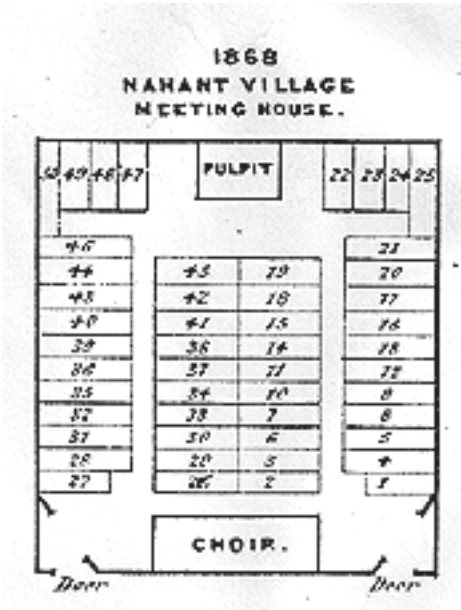
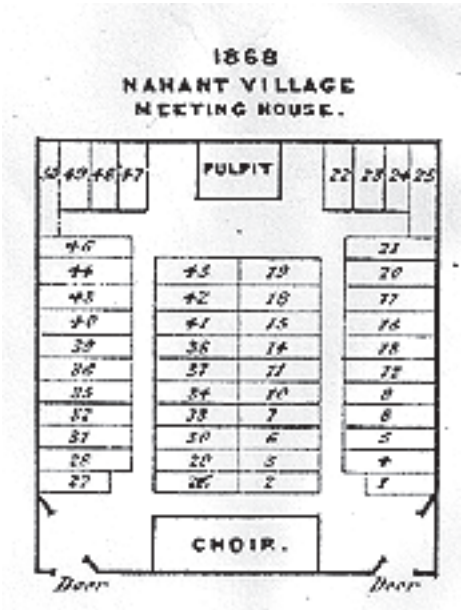
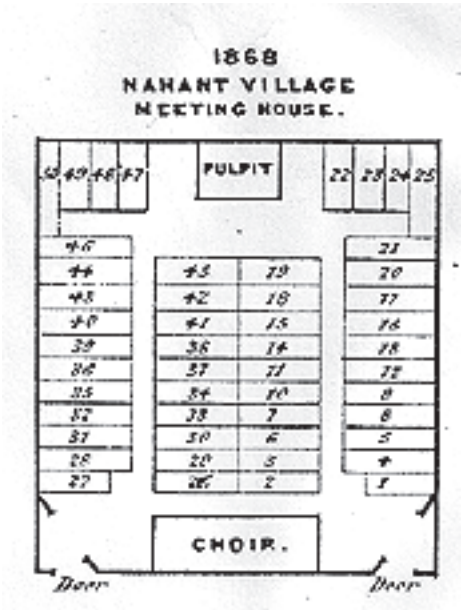
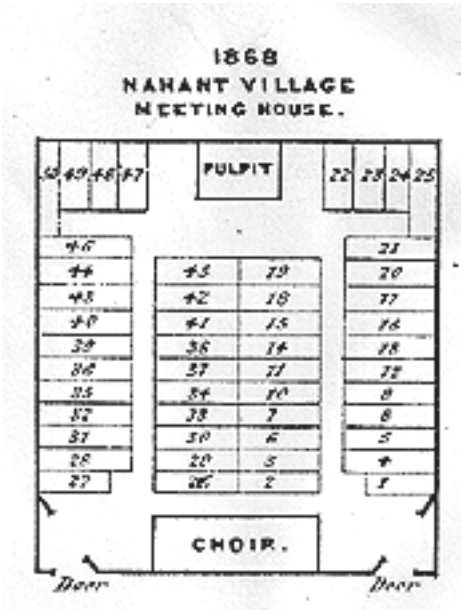
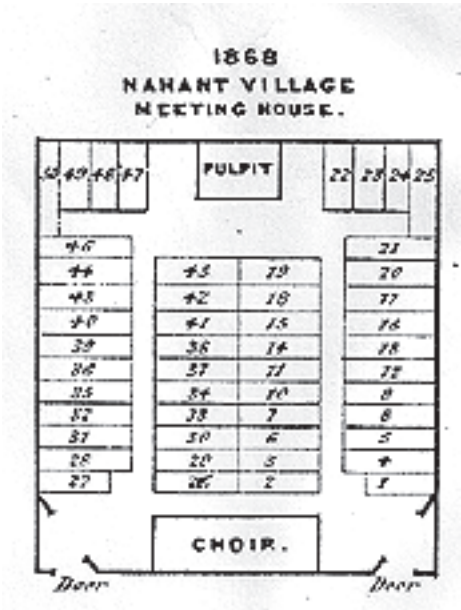
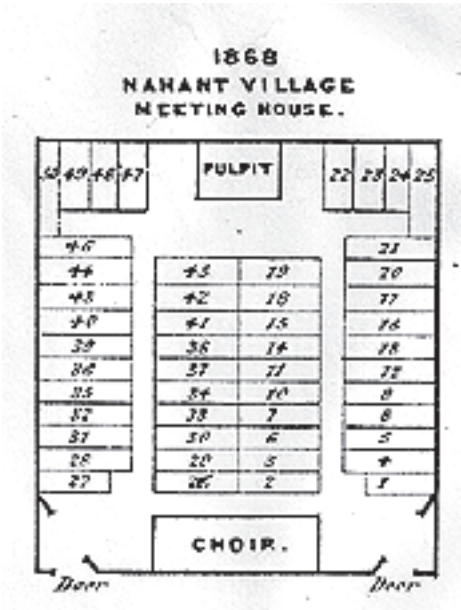
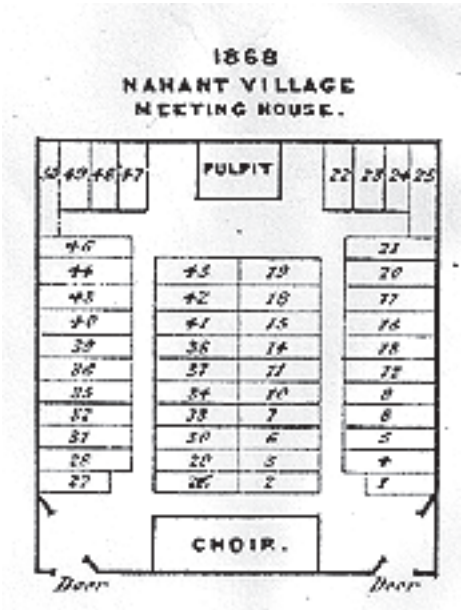
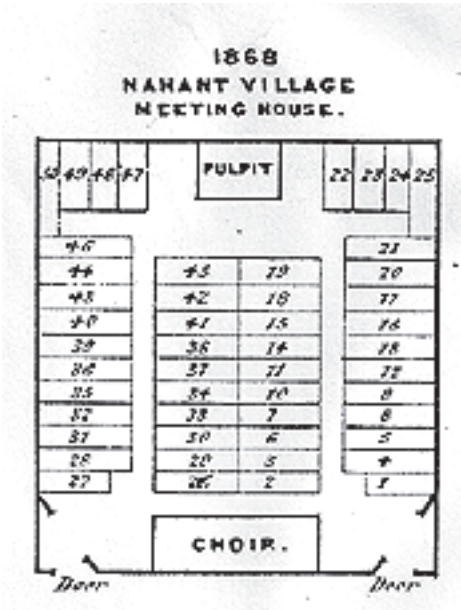
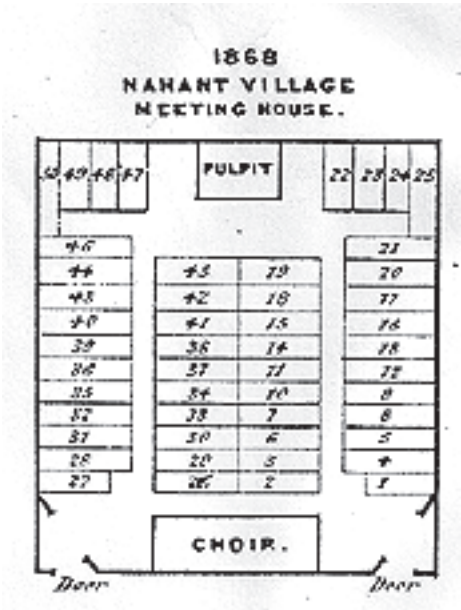
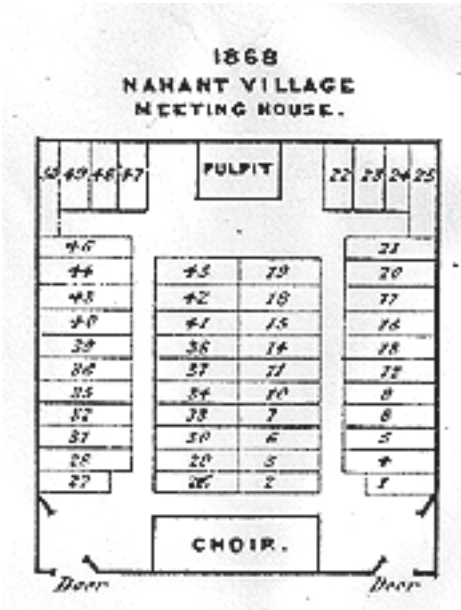
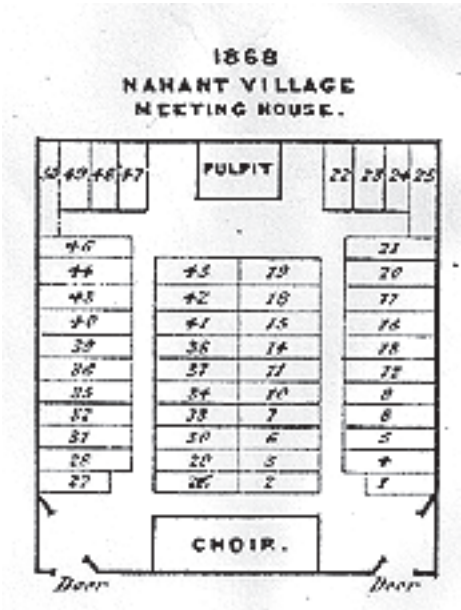
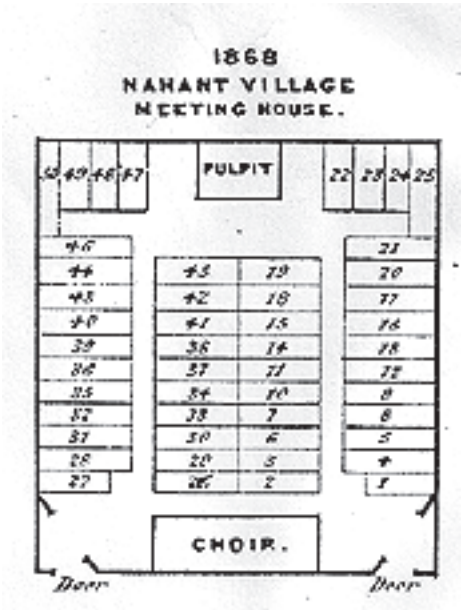
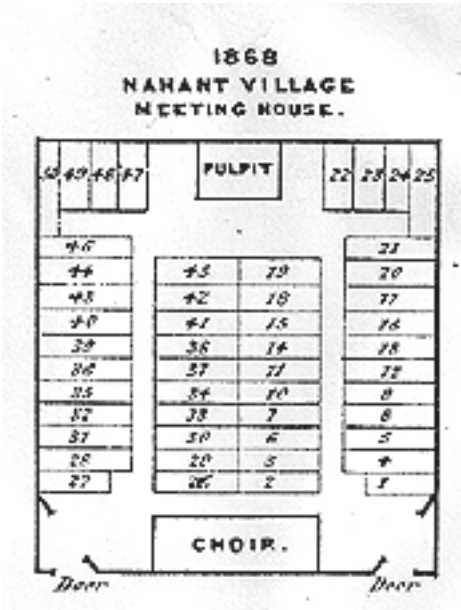
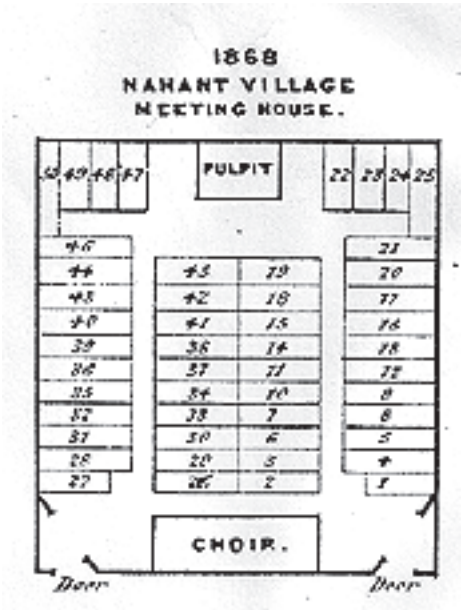
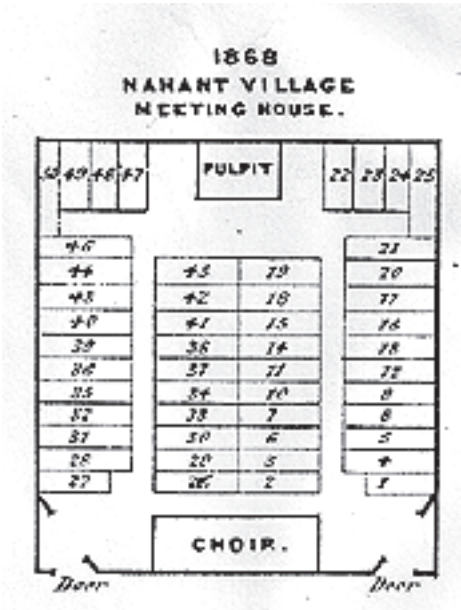
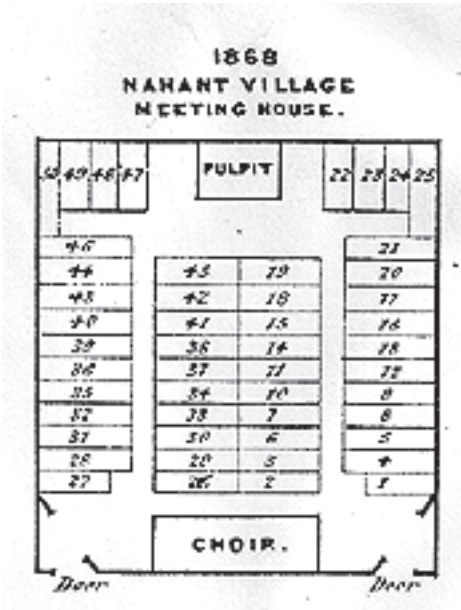
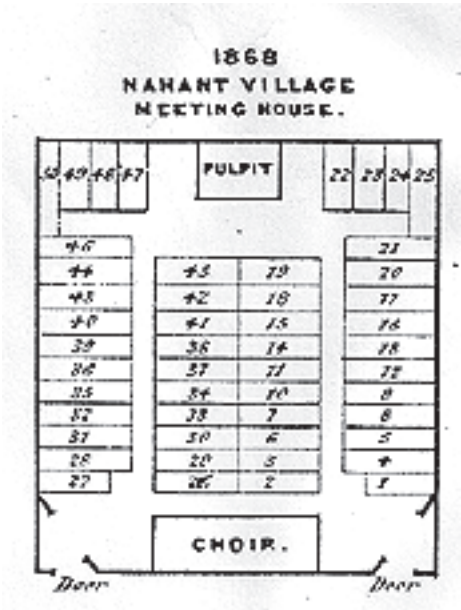
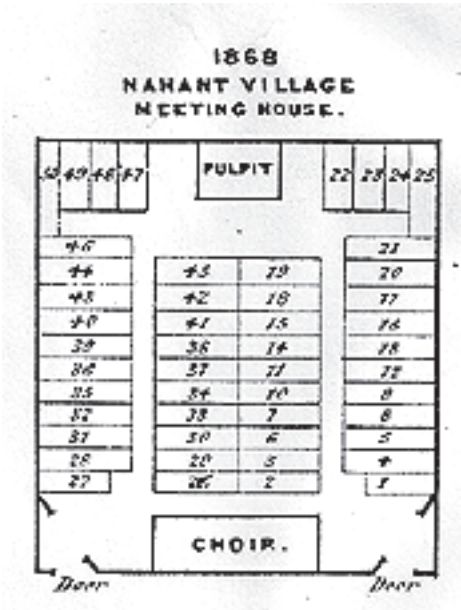
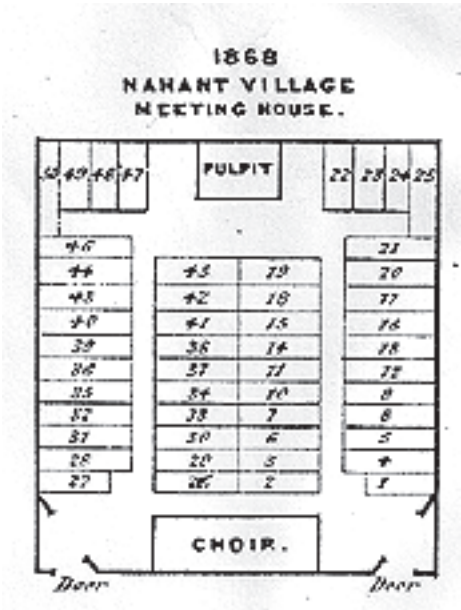
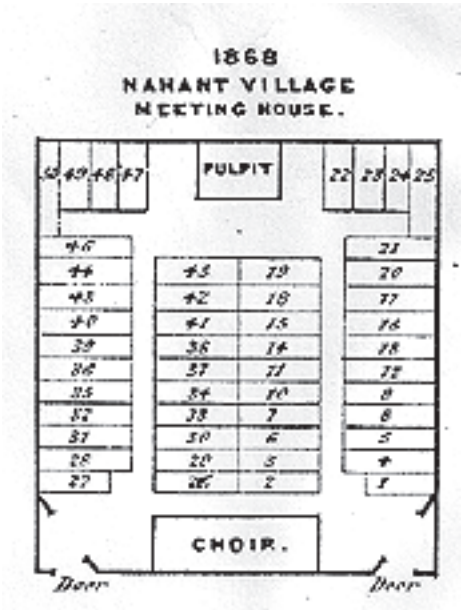
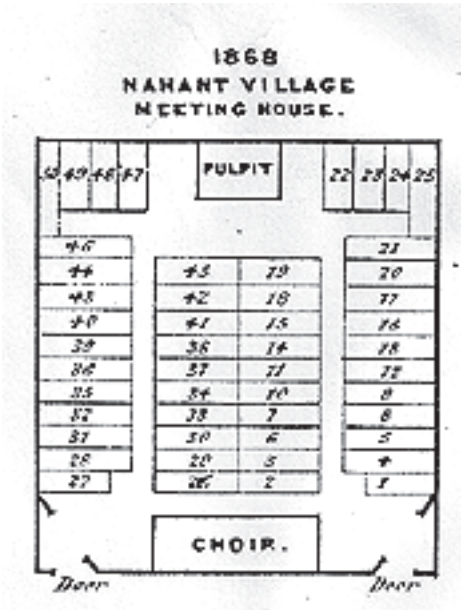
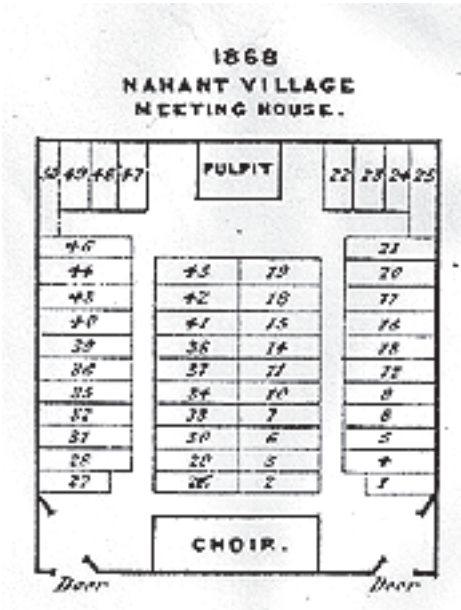
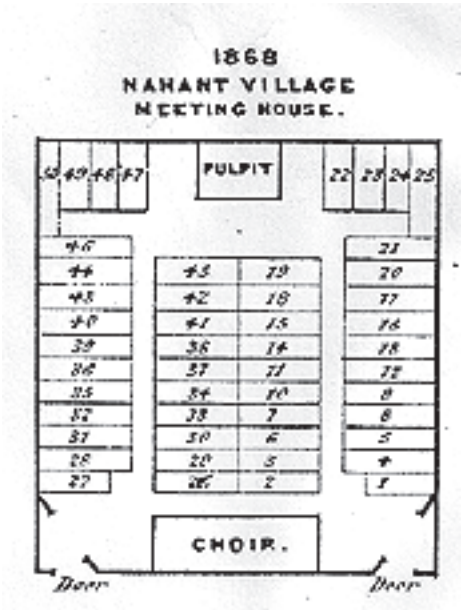
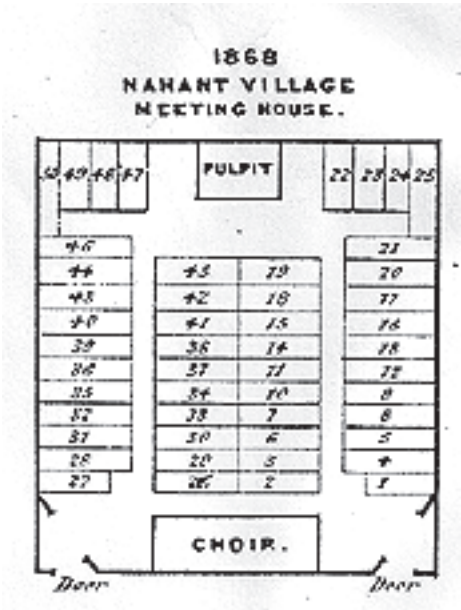
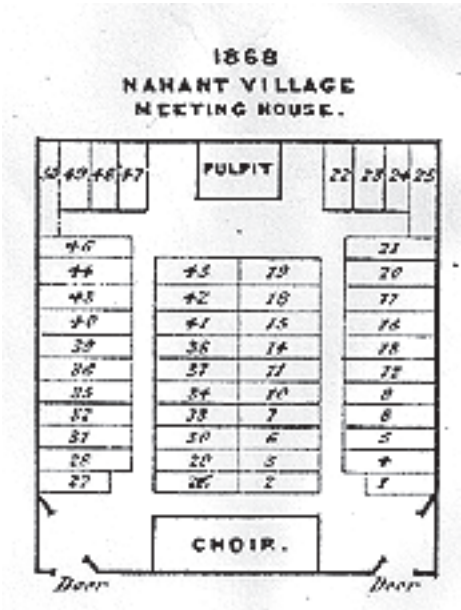
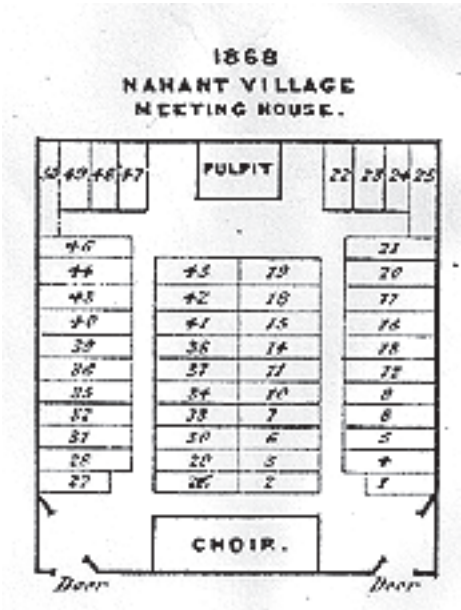
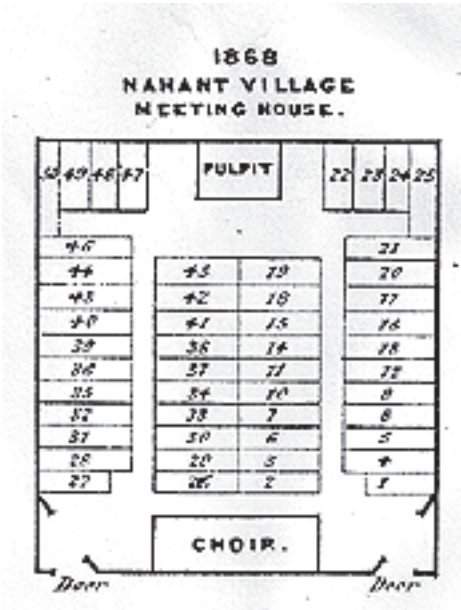
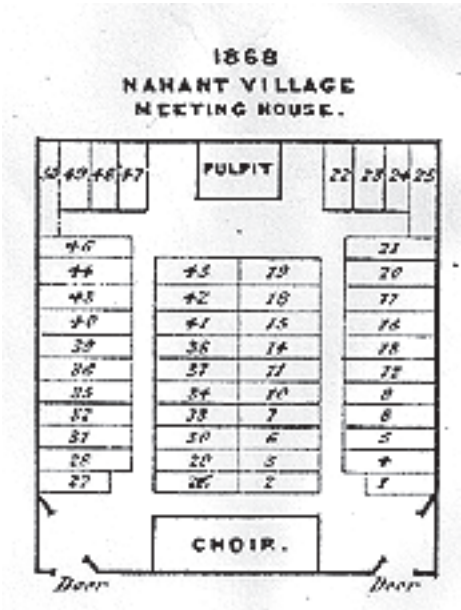
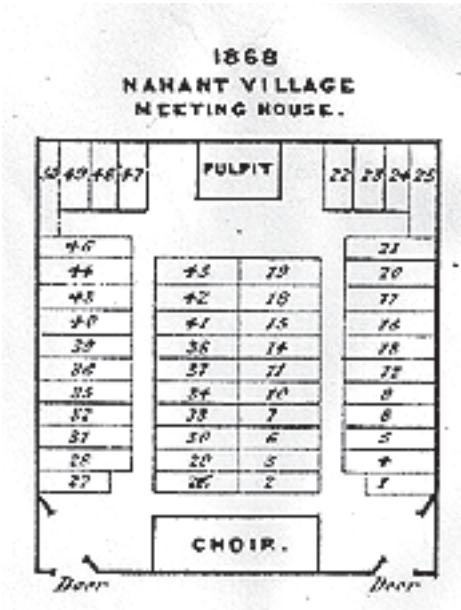
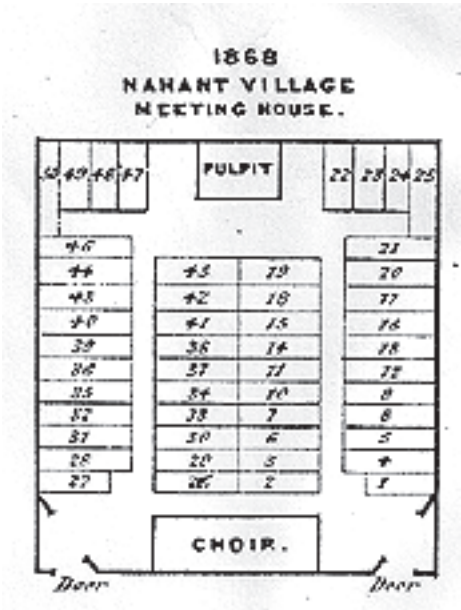
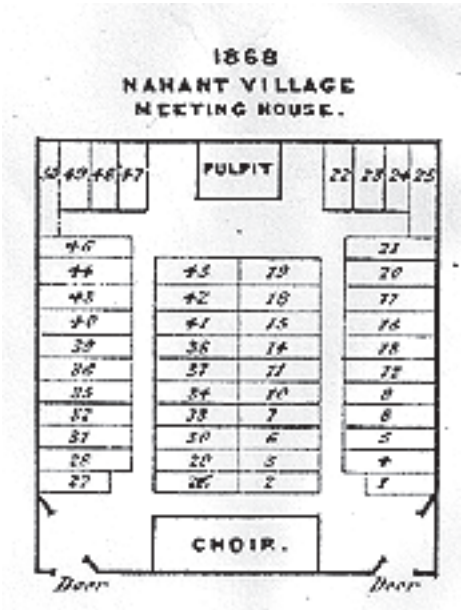
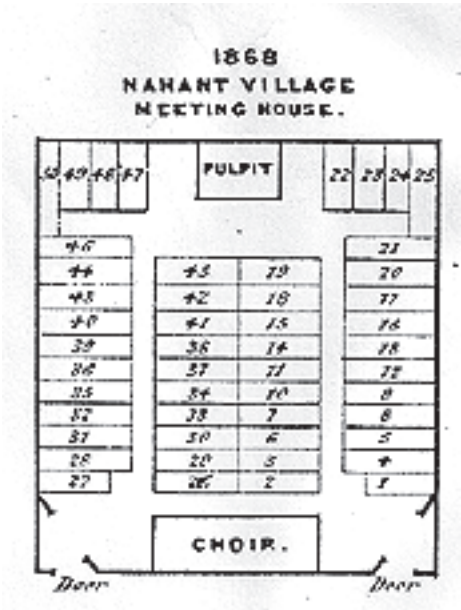
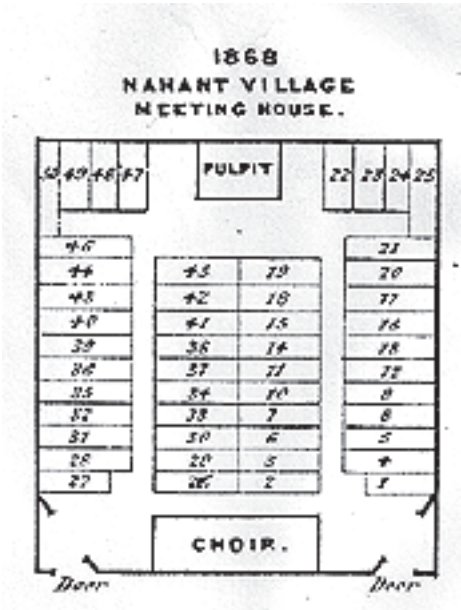
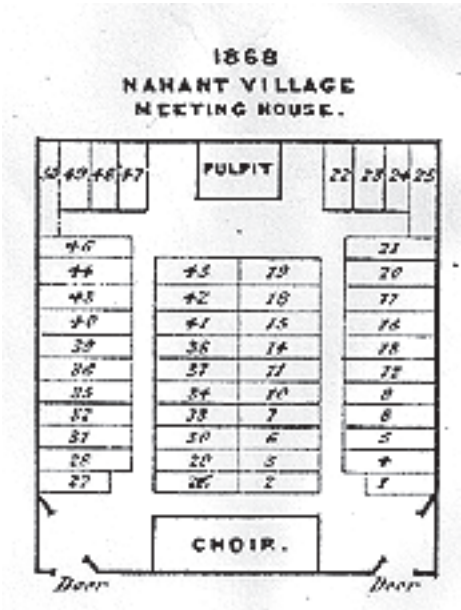
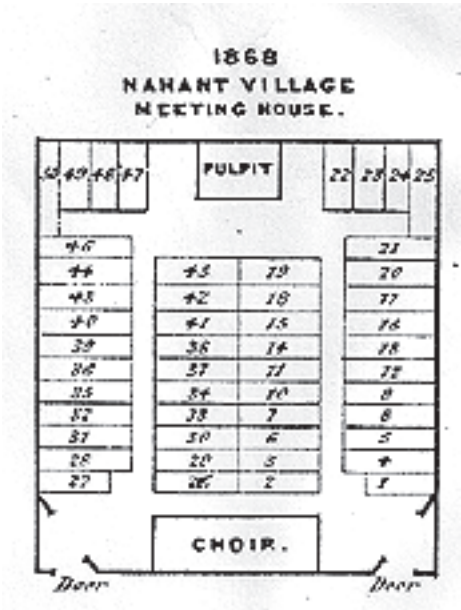
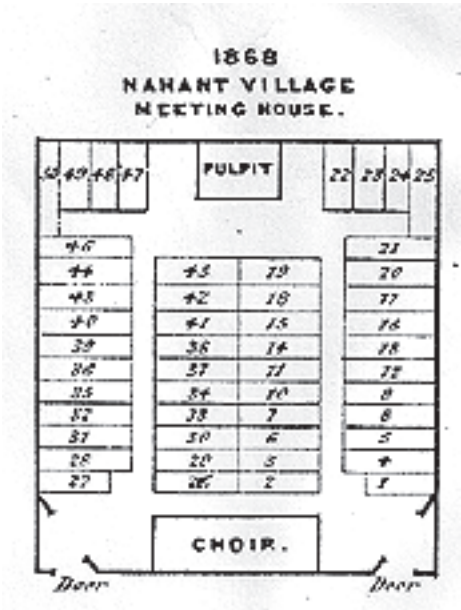
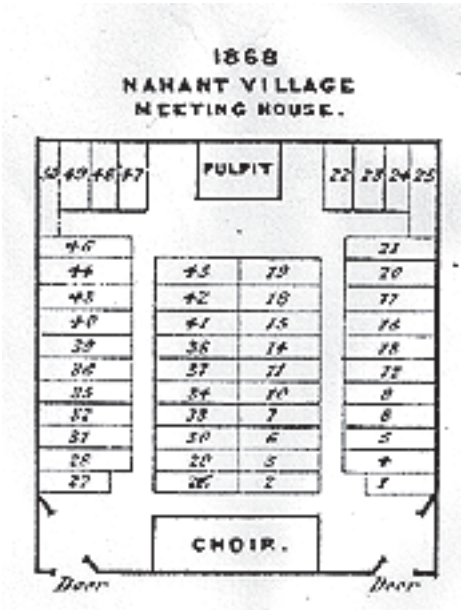
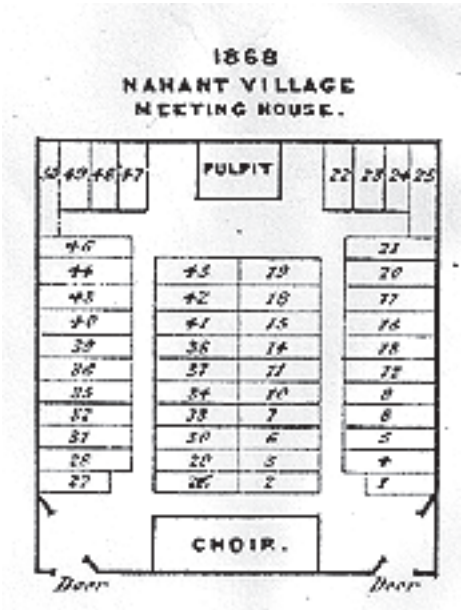
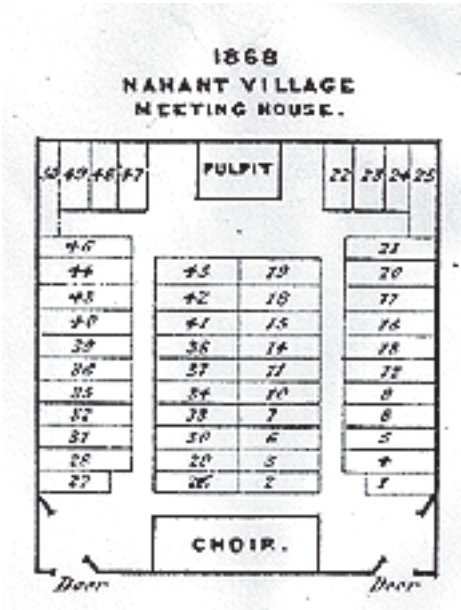
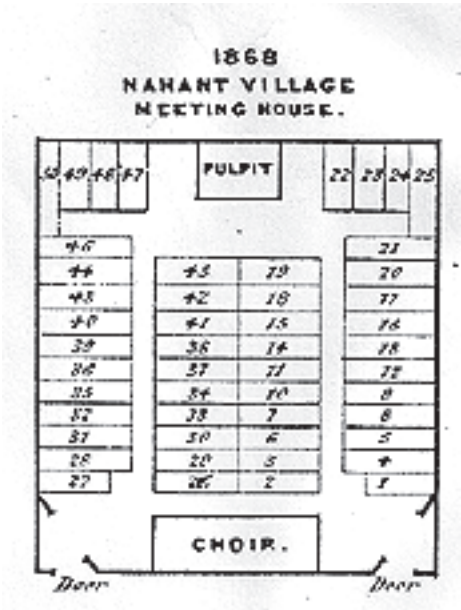
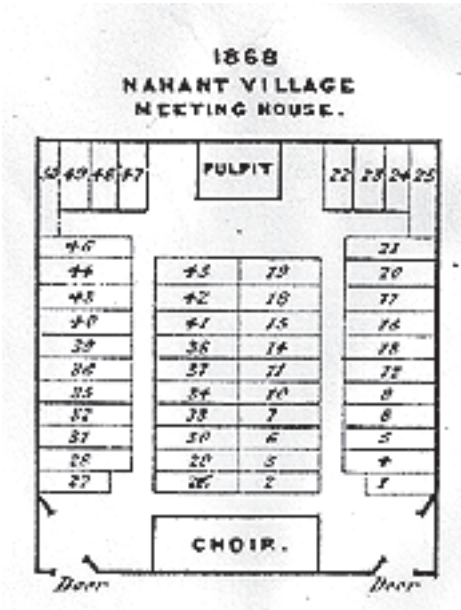
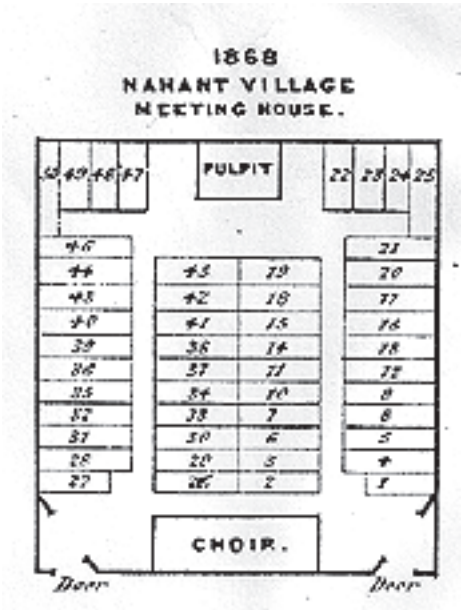
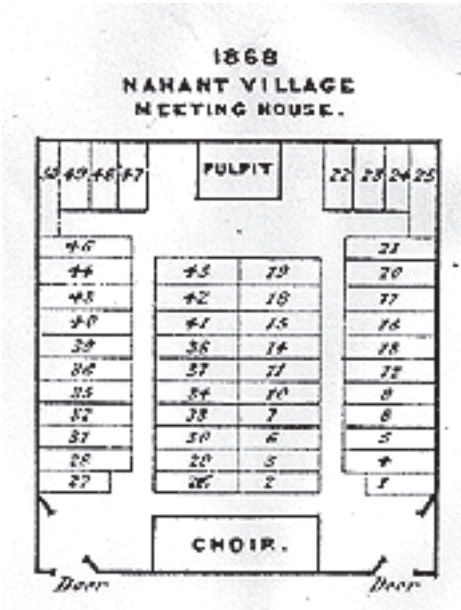
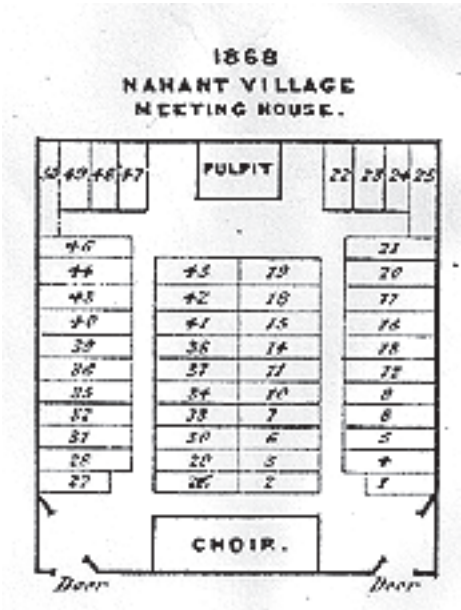
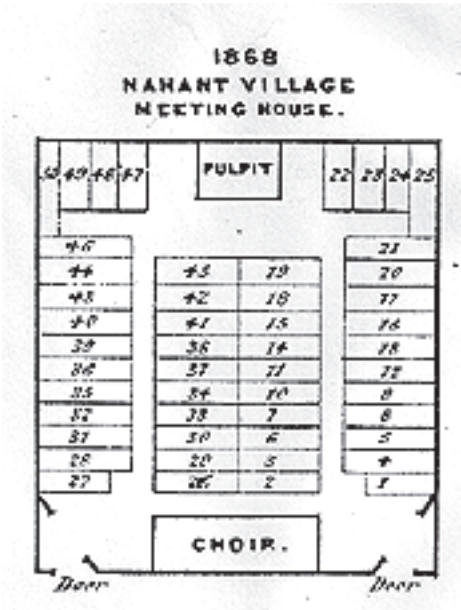
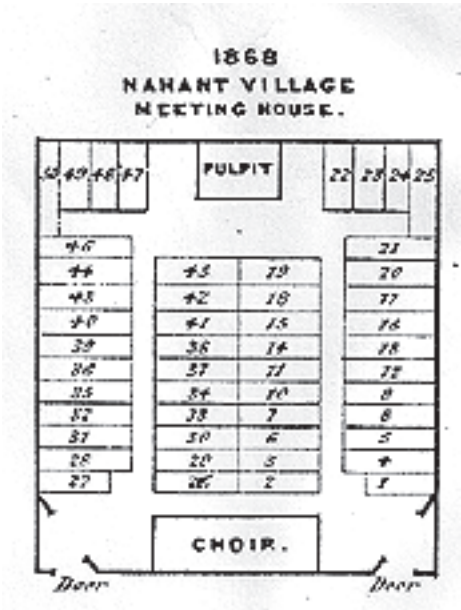
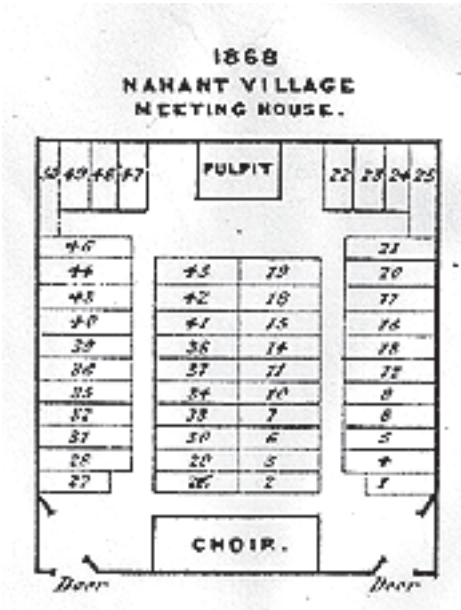
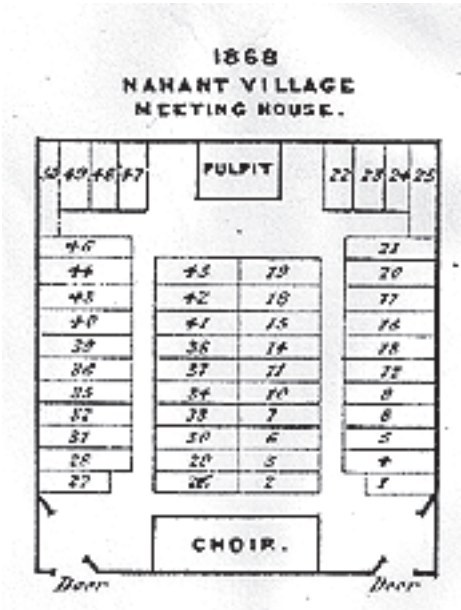
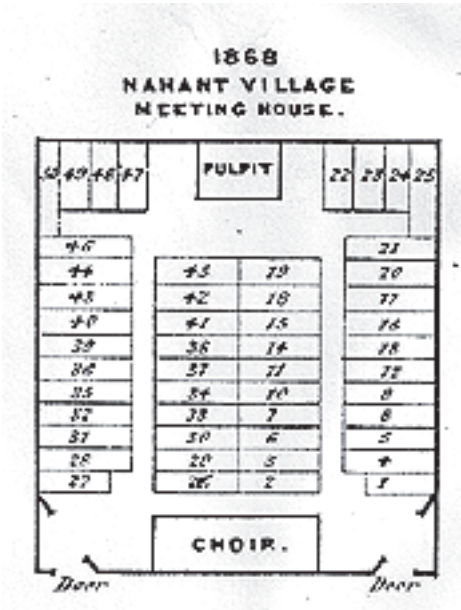
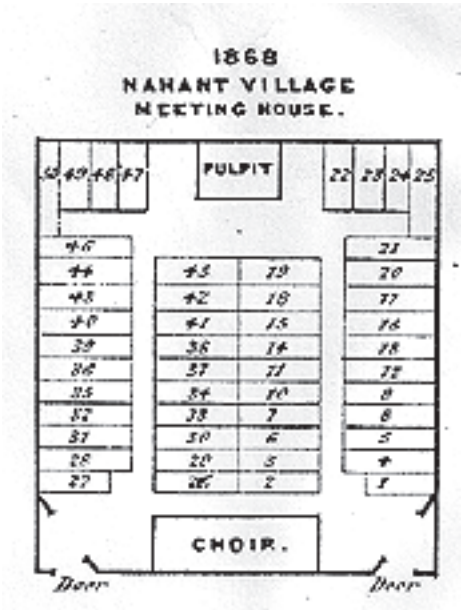
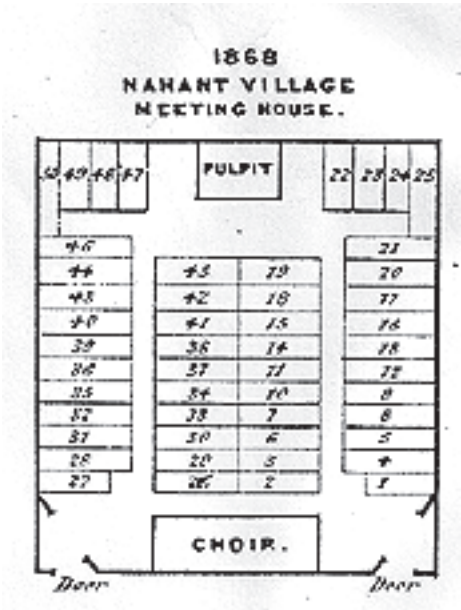
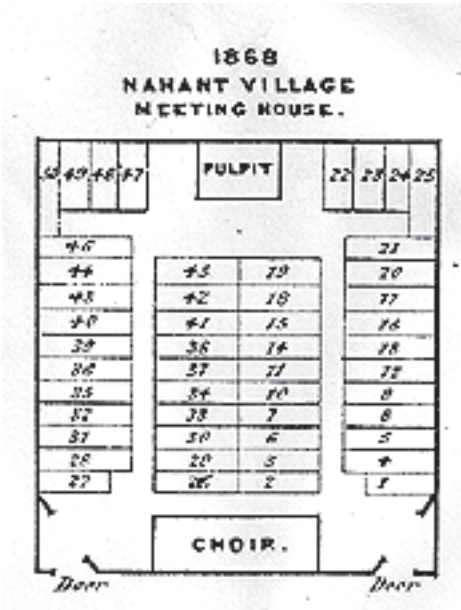
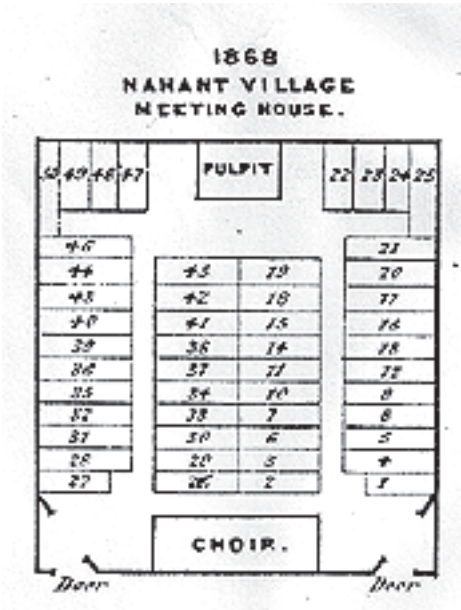
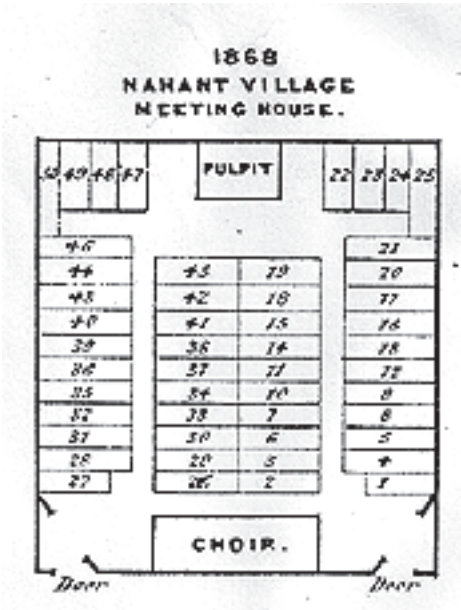
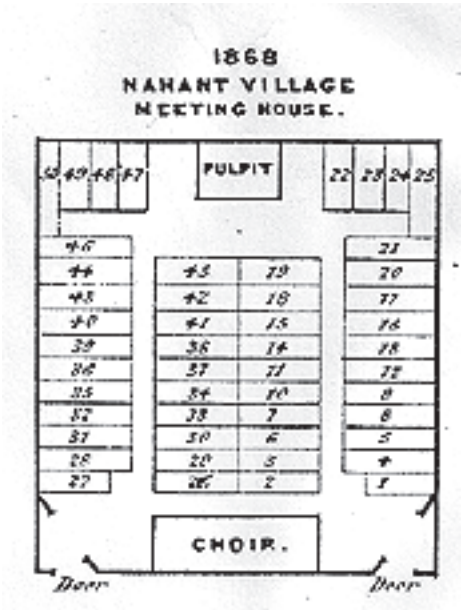
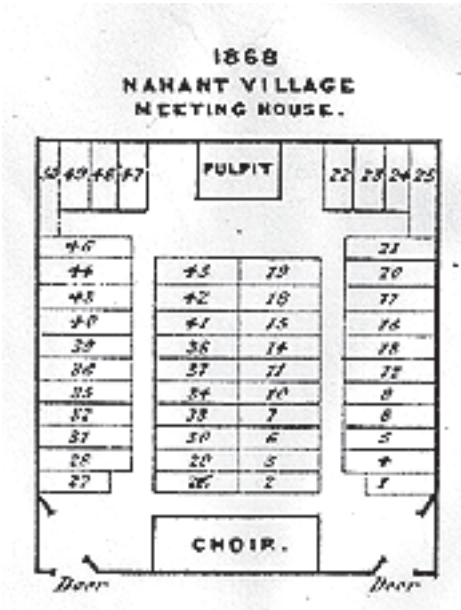
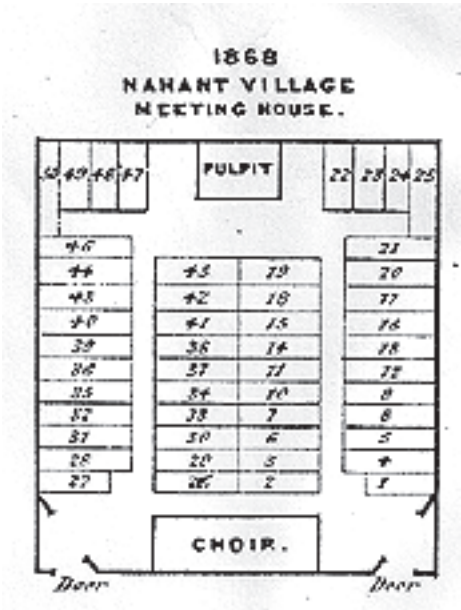
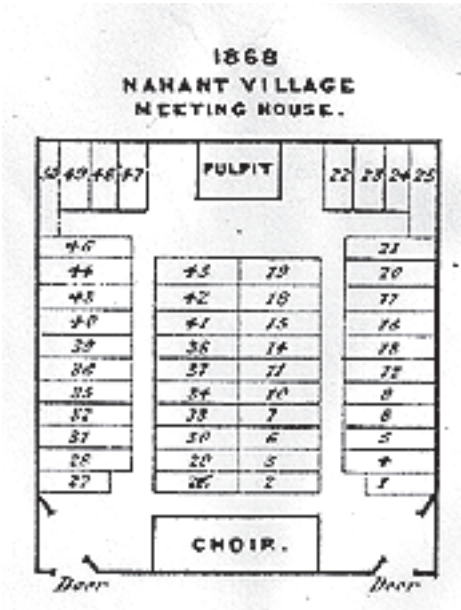
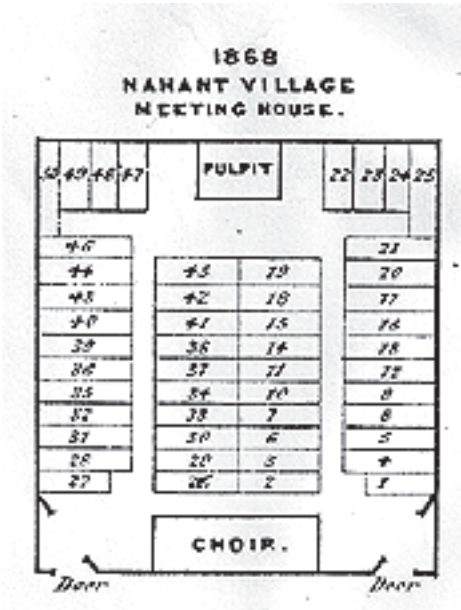
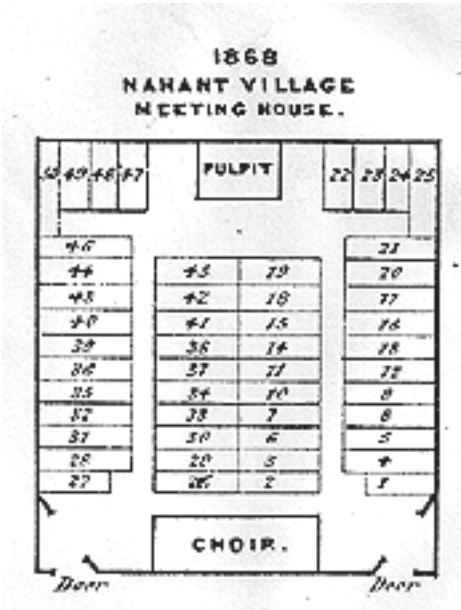
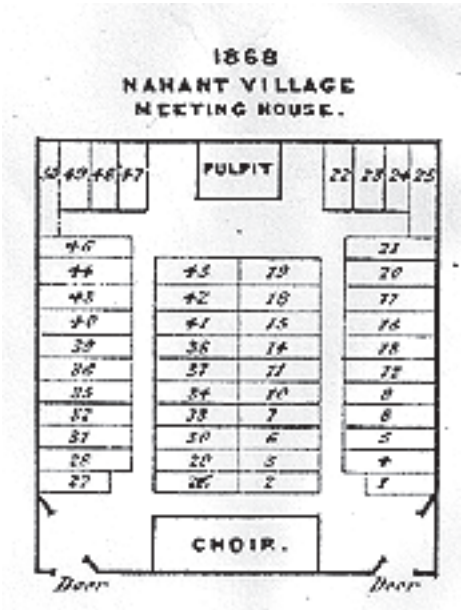
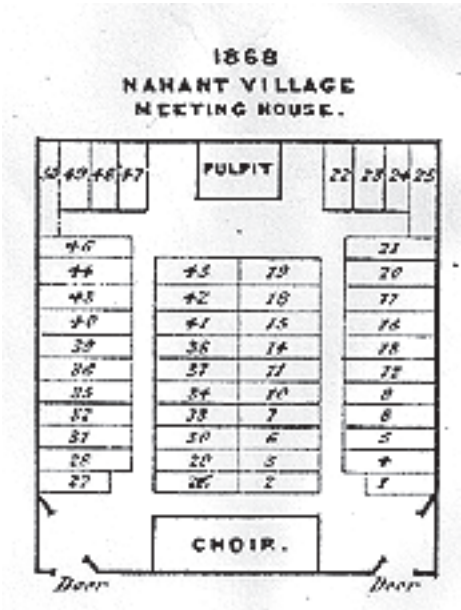
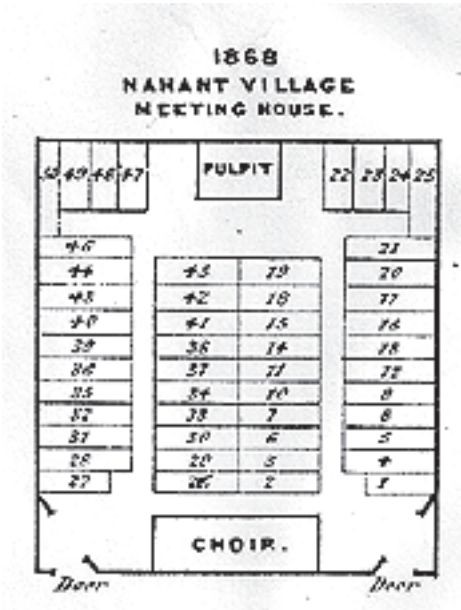
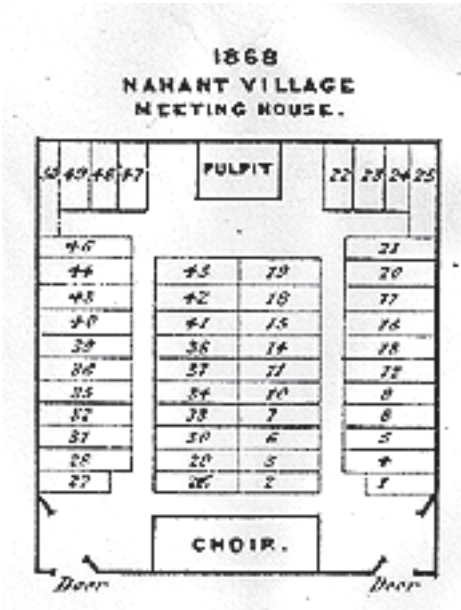
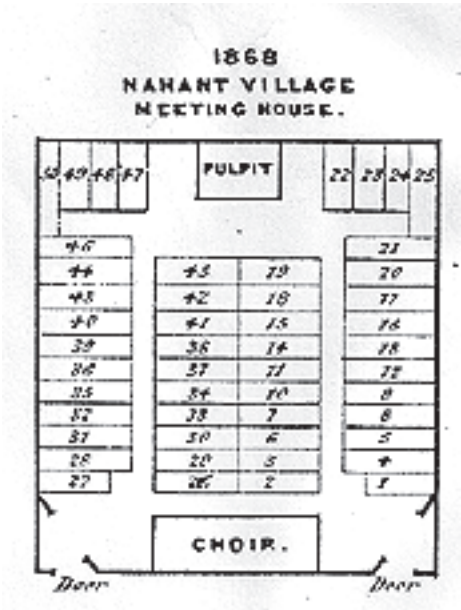
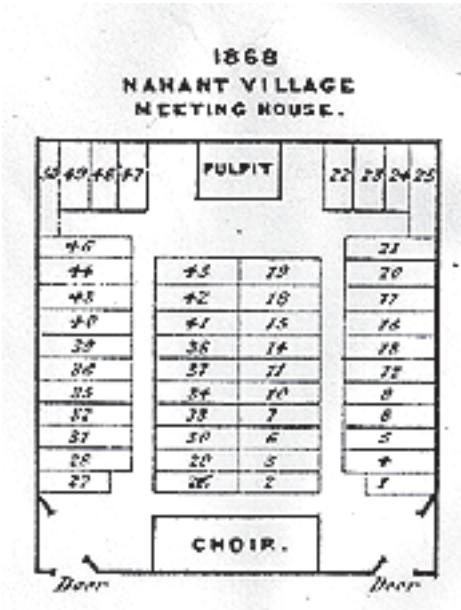
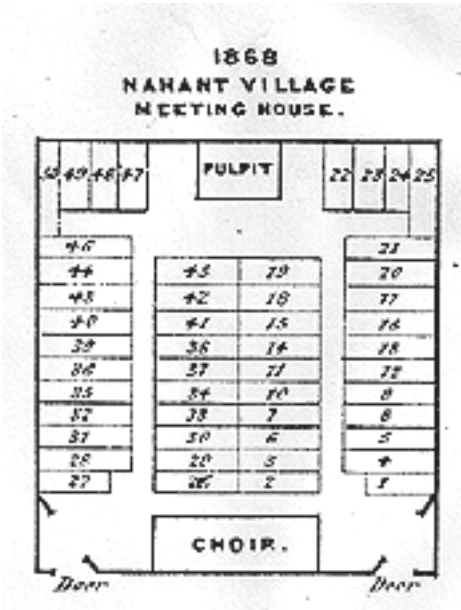
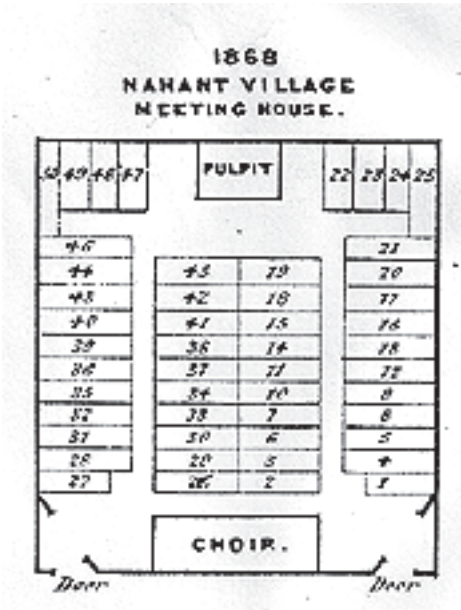
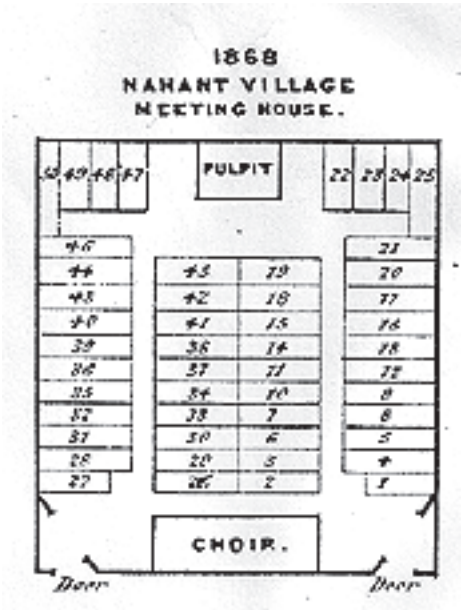
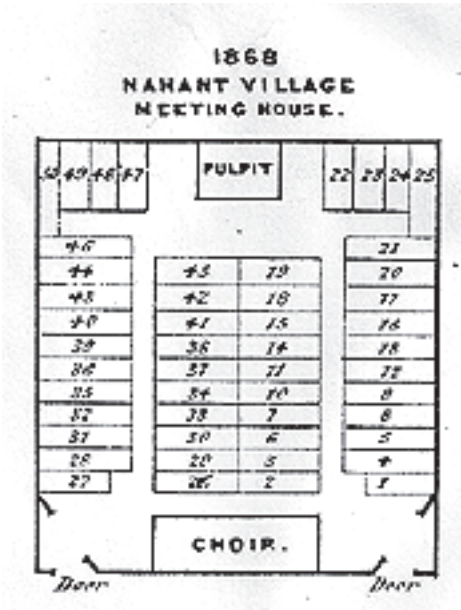
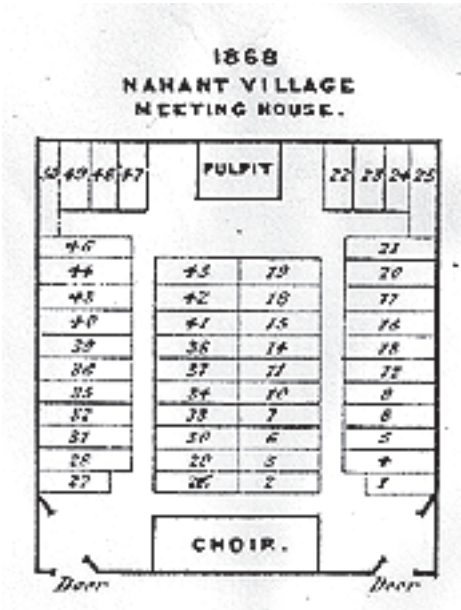
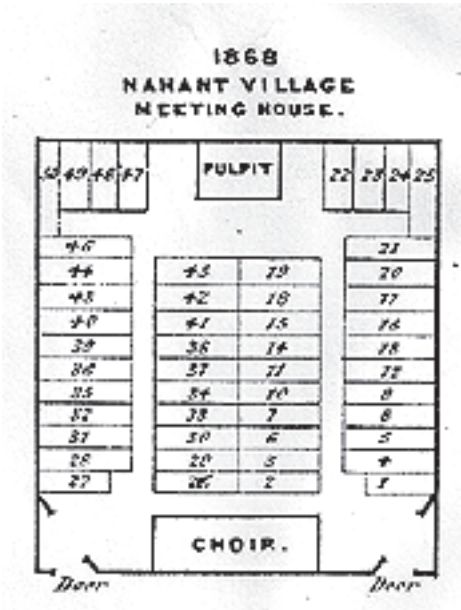
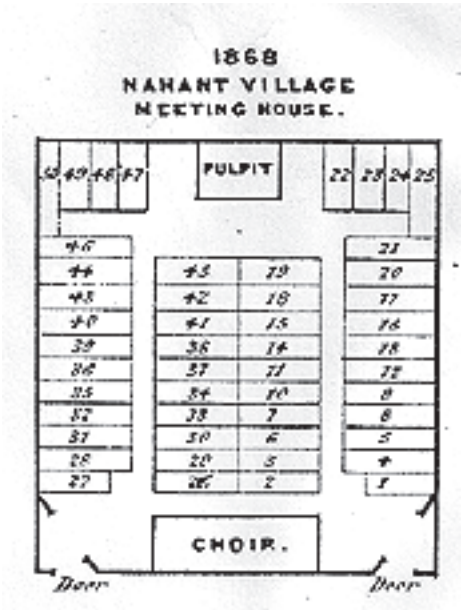
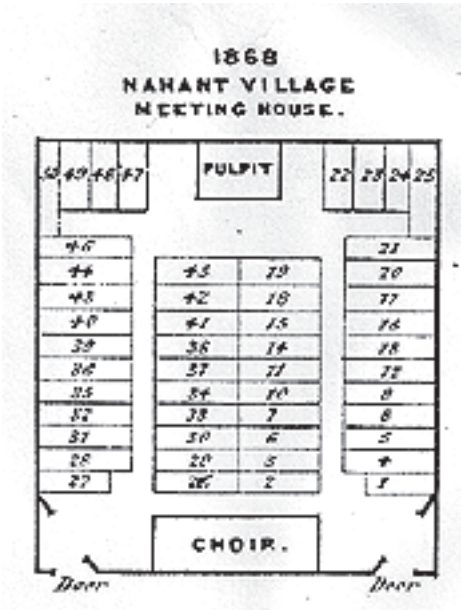
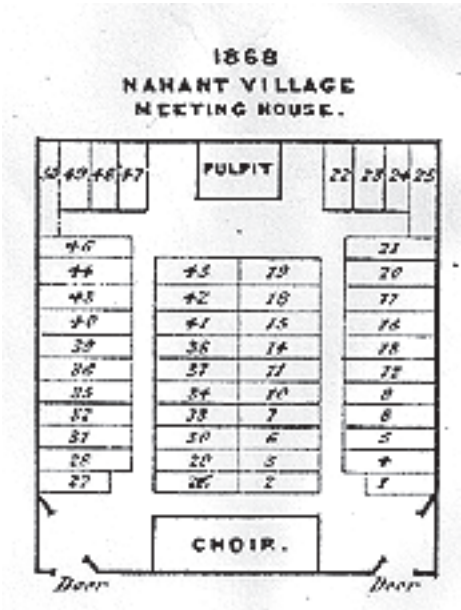
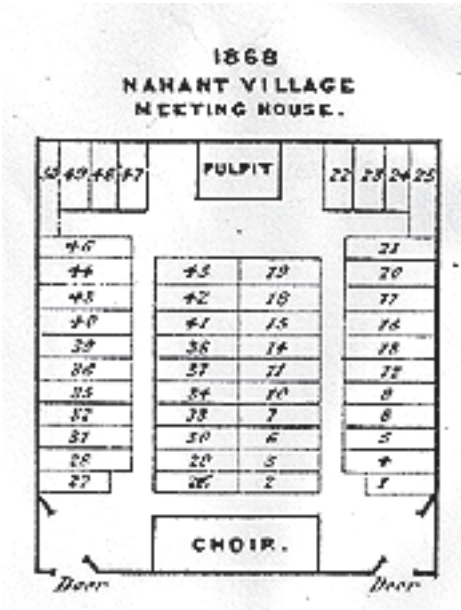
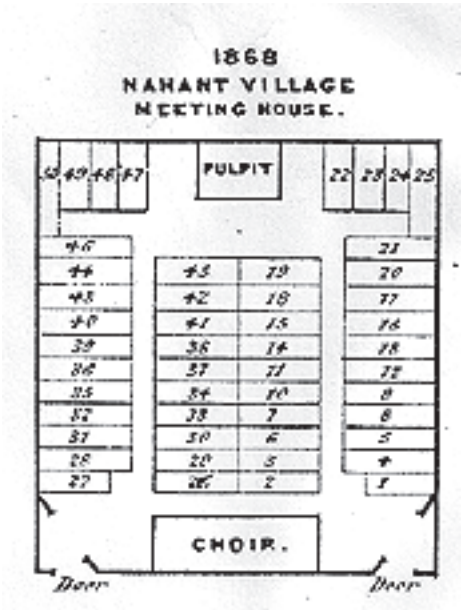
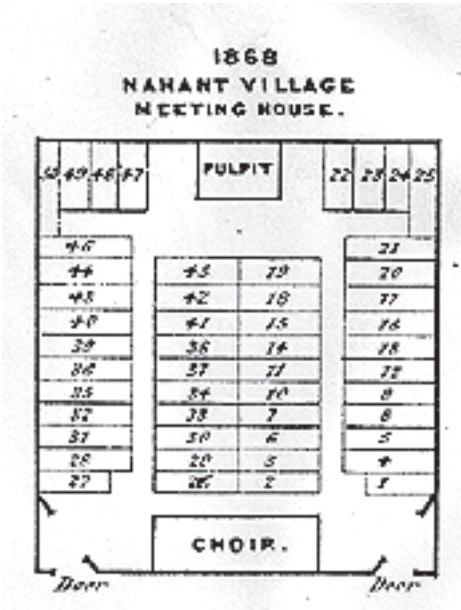
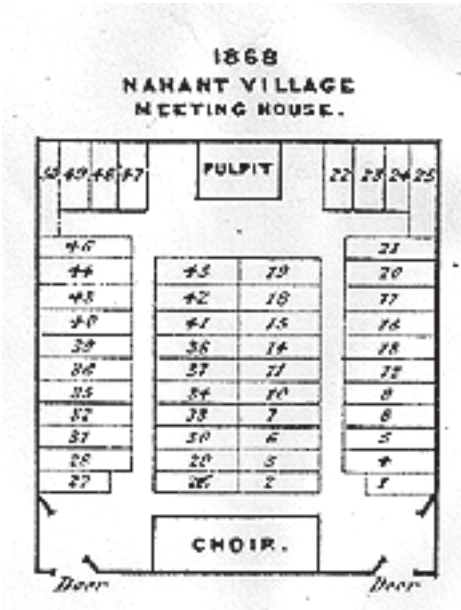
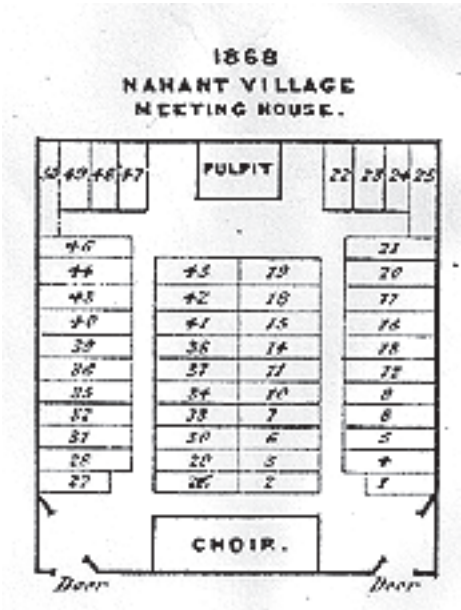
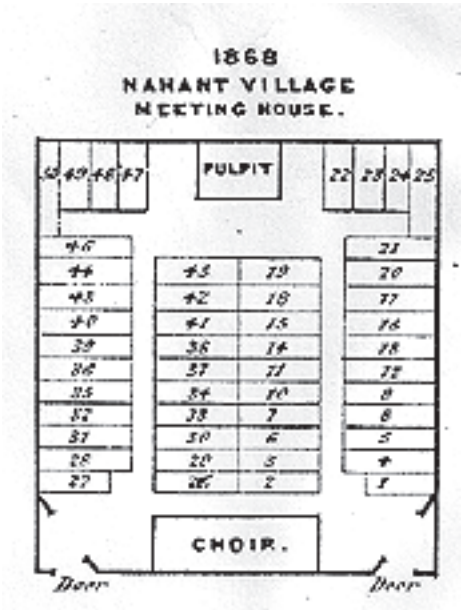
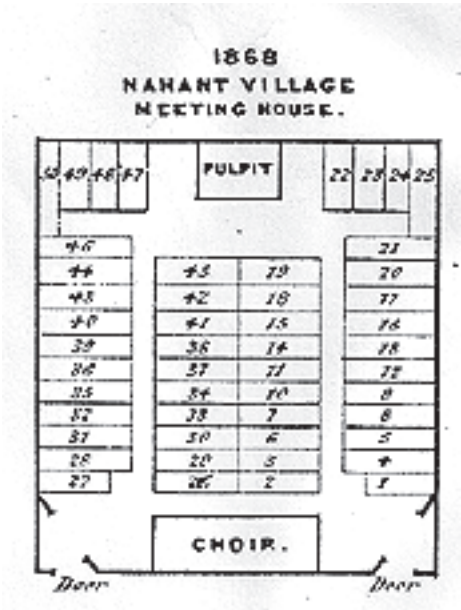
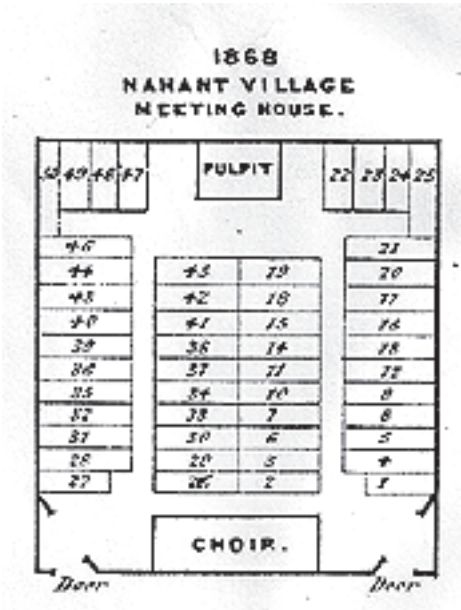
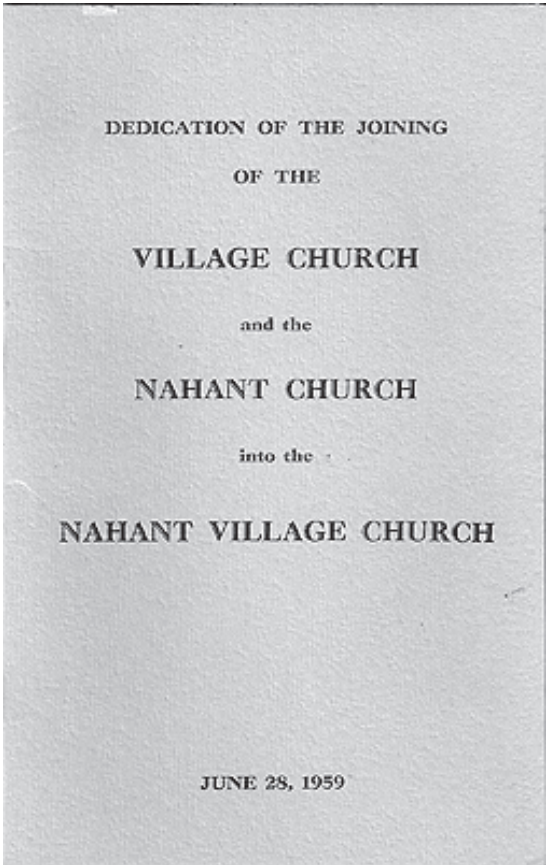
At present, Village Church members represent 15 faiths.

The Nahant Church won its other name-the Boston Church—because it was built by prosperous Bostonians who gathered at Nahant each Summer.

The first church, dedicated in 1831, was an imitation of a Greek temple, complete with pillared front. In 1862 a gale damaged the building so severely that it was abandoned, until 1869, when it was rebuilt as the low, dark, ivy-hung church that stands now in a quiet hollow.

The Nahant Church was open five Sundays, a year when ministers from Boston lead services there. Nahant residents, viewing the situation-two churches, one with a building used only in Summer, both sharing the same liberal background-decided to unite. Final voting on the matter took place this month and the first of the series of steps to make the union of the two churches a legal fact had been taken.

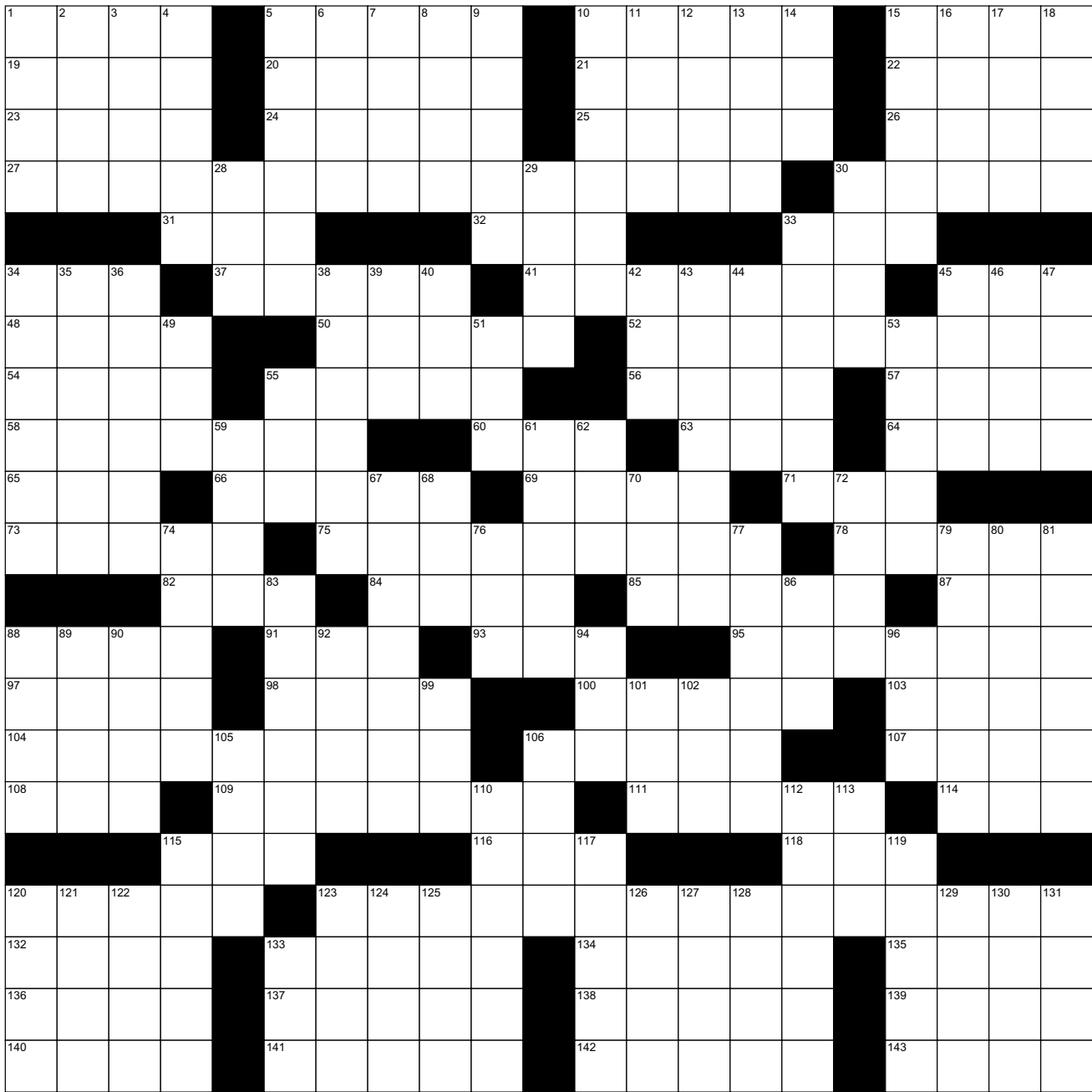
Rev. Mr. MacDonald will head the head the united congregation , and the handsome old Nahant Church-complete with the new heating plant-will be center of worship. The Village Church Chapel. The Summer services will be unchanged. Nahant's two churches, uniting buildings, histories and traditions, are consolidating their names, too. The title of the new single church: The Nahant Village Church.





NAHANT PUZZLE PAGE

Higher Learning  
by Rick Kennedy



- 42 Ship initials  
43 Certain terrier, informally  
44 What you used to be  
45 Pale sherry  
46 Not fooled by  
47 Freudian selves  
49 First-rate  
51 "Acid"  
53 Dance at a bar?  
55 Go downhill fast  
59 Black stone  
61 Out-and-out  
62 Average name  
67 Mustang's shelter  
68 Reconstruction, e.g.  
70 Rowing device  
72 Behavioral disorder (abbr.)  
74 Lighter  
76 Putin's former org.  
77 Toyota rival  
79 Below-the-belt  
80 "Raw" color  
81 Firstborn  
83 Beauty  
86 Green hole  
88 Parched  
89 2007 title role for Ellen Page  
90 Opening stake  
92 Greek god of war  
94 Feign  
96 1980s sitcom title role  
99 Behold  
101 Rent out  
102 Boxer Laila  
105 Chest rattle  
106 Appear  
110 Go over again  
112 Trick-taking card game  
113 Resort hotel  
115 Sign of spring  
117 Untruthful  
119 Limp  
120 Staunch  
121 Scruff  
122 x, y and z  
123 Had on, as clothing  
124 Pressing need?  
125 It's pitched  
126 Cleveland's lake  
127 Casino pair  
128 Functions  
129 Bearded flower  
130 Platte River tribe  
131 Hawaii's state bird  
133 Fox's offspring

ACROSS

- 1 Spring break?  
5 Brouhahas  
10 Wagner composition  
15 European smoker?  
19 Hound's quarry  
20 "Nevermore" speaker  
21 "M\*A\*S\*H" role  
22 Little Mermaid's Sebastian  
23 Indian's home  
24 1997 Madonna movie  
25 Field's partner  
26 Like some bait  
27 Start of quip by 74 Across  
30 Place for a pin  
31 Series finale?  
32 Fall behind  
33 Turn, in a way

- 34 "Lost" network  
37 Leading  
41 Biting  
45 Adversary  
48 Landslide  
50 Move stealthily  
52 Part two of quip  
54 Plus  
55 Tries  
56 It's found in stacks  
57 Crazy about  
58 Custom-made  
60 Lemon  
63 Day of the wk.  
64 Lows  
65 Anger  
66 Flower girl, sometimes  
69 Spree  
71 Smidgen  
73 Comedian Bill  
75 Speaker of quip  
78 Extinguish  
82 Can  
84 Fury

- 85 Clinton cabinet member  
87 Zip  
88 Open  
91 Talk incessantly  
93 Sports \_\_\_\_  
95 Decongestant brand  
97 One small step for a man?  
98 Piccadilly Circus statue  
100 Fastener  
103 Place for pins  
104 Part 3 of quip  
106 Inscribed pillar  
107 50's car features  
108 It goes for a buck  
109 Plain  
111 Fork prongs  
114 Turncoat  
115 Laundry detergent brand  
116 Moray  
118 Brown letters

- 120 Trap  
123 End of quip  
132 Hotel waiter?  
133 Asian peninsula  
134 Fighting \_\_\_\_  
135 Comic Johnson  
136 Fencer's blade  
137 "Reversal of Fortune" star  
138 More amicable  
139 Viking foe  
140 Post meal  
141 Tithe amount  
142 Honkers  
143 Latin 101 verb

DOWN

- 1 Ang Thong resident  
2 Beanery fare  
3 Diva's number  
4 Bob's partner  
5 Type of bread  
6 Wash

- 7 Tel \_\_\_\_  
8 Rose family member  
9 Tangle  
10 Former Sandinista leader  
11 Headline?  
12 Dutch export  
13 Risqué  
14 Refuge  
15 Showy display  
16 Excursion  
17 Church part  
18 Genesis victim  
28 Airport abbr.  
29 Dearth  
30 Bats  
33 Ran amok  
34 Like 1, but not I  
35 Short open jacket  
36 Swears  
38 Prize  
39 Wanted poster letters  
40 Name



Don't Miss the Boat  
By Rick Kennedy

Nancy Wilson 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 cross-word 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.

U	C	L	A			H	A	S			A	L	A	S			S	I	D	L	E		
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H	E	L	P	S				T	E	E	N			T	R	Y				A	C	E	D

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  
OCTOBER 2009

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.  
**TUESDAY, September 15th • 5:00 P.M.**  
Home Delivery: Saturday, September 26th.

Staff, Volunteers & Contributors

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<b>Katie Coffey &amp; Augie</b>	<b>781-586-9232</b>
Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
<b>Ryan McDermott</b>	<b>781-584-4077</b>
Route 6: Bass Point Rectangle	
<b>Shea Nugent</b>	<b>781-595-5644</b>
Route 7: SE Big Nahant	
<b>Donna &amp; Ron Hanlon</b>	<b>781-581-0648</b>
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*
<b>Total Papers Distributed:</b>	<b>2,300*</b>
*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.	

Harbor Review Subscription Information

Help support Nahant's ONLY independent, community newspaper. Become a **Home Delivery Subscriber** to have the news delivered right to your door!  
Send \$20 for home delivery, or \$30 for an Out-of-Town Subscription, with delivery address, to:  
Nahant Harbor Review, PO Box 88, Nahant, MA 01908.  
Thank you for your support!

Got something to share...

with your neighbors and friends?  
Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the Equitable Cooperative Bank. Located on the Teller's Counter, save the stamp. Pickup is daily. Submitted photos and other items will be returned, if accompanied with a Self-Addressed, Stamped-Envelope.



## Council On Aging Calendar – SEPTEMBER 2009

Fri	4	1:00P	Movie – TBA, Community Center
Mon	7		HOLIDAY – LABOR DAY – DINING ROOM CLOSED
Wed	9	12:00P	LUNCHEON AT THE RACES – SUFFOLK DOWNS
Mon	14	12:00P	Blood Pressure & Glucose Clinic, Tiffany Room
Wed	16	12:00P	September Birthdays: Birthday cake by Roz, Tiffany Room
Fri	18	1:00 P	Movie – TBA , Community Center
Fri	25	12:30P	Mystery Ice Cream Ride

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

Mondays	9:00A	Senior Yoga
Mondays	10:15A	Senior Exercise, Community Center
Tuesdays	9:00A	Quilting, Community Center – Resumes Sept. 8th
Tuesdays	1:00P	Cribbage, cards, games, puzzles, Community Center
Wednesdays	12:30P	Shopping Trip from the 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 September programs, trips and events. Call 781-581-7557, or e-mail us at: ddesmond@nahant.org.

Please refer to the COA Notebook, in the Harbor Review, for more information.

## Real Estate Is Local

By Lisa Scourtas

The national media has done a superb job of spreading fear about the housing market. Unfortunately, people tend to think that the national status applies to them locally. Lucky for us, this is not true. The best way to fight fear is with facts: These headline reports are based on nationwide statistics, which include the top foreclosure status: California, Nevada, Arizona, Florida. Double-digit declines were confined to just four states—surprise, every one of The Foreclosure Four.

The Massachusetts Association of Realtors (MAR), recently reported that the median home prices for single-family homes in Massachusetts, are back above \$300,000 for the first time, since August 2008. On a year-over-year basis, median prices were down 8.6% for single-family homes and down 6.6% for condo's. Despite those decreases, single-family home sales were up over 5% from the same time last year.

According to MAR president Gary Rogers, "It is quite clear that the \$8,000, first-time homebuyer tax credit is helping to move the market in the right direction." On a month-to-month basis, home sales were up 39.4% from 2,975 homes sold, this past May. This is the second largest May-to-June increase since 1996.

In addition, on a month-to-month basis, the June median price was up 21%, from the 2009 low of \$252,500, in February. On a month-to-month basis, the June median selling price was up 6.4%, from \$287,500, in May 2009. This is the fourth straight month of month-to-month increases. Condominium sales were also up 26.9%, compared to units sold this past May. This is the fifth straight month of month-to-month increases for condo's.

Another huge factor is inventory. The inventory of residential properties on the market, as of June 30, 2009, decreased 16%, compared to the same time last year, indicating supply is down to its lowest levels since mid-2007. This is the 15th straight month that inventory has gone down, compared to the prior year. Things are indeed improving here! Is this a good time to sell your house? The answer depends on your own individual circumstances. When did you purchase your home? Can you capture your loss on your "buy" side, in this market? Nahant properties are moving: in the last 12 months, 28 were sold and 8 are under agreement. First-time home buyers have until November 30th, to complete (close) their transactions, in order to qualify. Many have already done so, but people tend to procrastinate. Maybe they're waiting for your home to appear on the market???

For more good news and professional advice, be sure to ask for your Nahant Specialist and Your Neighbor, Lisa Scourtas, Sagan Realtors, 781-479-0908.

## COA NOTEBOOK

By Diane Desmond

It's September – the "kids" are going back to school and the "seniors" are going to the races. Wednesday, September 9th, off we go to Suffolk Downs, for a Senior Day at the Races, which will include a buffet luncheon and live racing. The cost of the luncheon is \$12.95 per person. No need to bet, just enjoy the lunch and the view. Guests are welcome. Reservations are a MUST – please call us, at 781-581-7557, before Friday, September 4th. This promises to be a fun day.

Due to the Labor Day Holiday, the blood pressure and glucose clinic will be held on the following Monday, September 14th. Quilting classes will resume every Tuesday, beginning September 8th.

As the fall season begins, we have openings for volunteers. Volunteers can be any age and do not have to commit to anything long-term. One day a month, one day a week, one hour a week – your time will be well used. (Senior property owners, please refer to related article, concerning the Senior Tax Abatement Program, elsewhere in this newspaper.)

As always, we are happy to receive any ideas, comments and suggestions, to make our Council On Aging reflective of the interests of our Nahant Senior population.

We welcome your phone calls, or e-mails and will welcome you as a volunteer, or a guest. The Council may be reached at: 781-581-7557, or ddesmond@nahant.org.

## Senior Tax Abatement Program

By Diane Desmond

Nahant Senior residents may, or may not, be aware of the existing Senior Tax Abatement Program for the Town of Nahant. The program is on-going and applications may be obtained through the Council On Aging, at the Senior Center located in the rear of the Town Hall. Those interested, can volunteer in any department of the town that is in need of help, at the time of the application. A Senior Volunteer (age 60 and over) can receive a minimum of \$200 and up to a \$500-abatement on their real estate taxes. At the present time, there are two opportunities for this tax abatement.

The Planning Board is in need of a volunteer, to take notes at their twice monthly evening meetings and to transcribe and return them to the Board.

The Council On Aging is in need of a volunteer, for general office work. The hours of this job can be done at the volunteer's convenience and does not require any set hours.

This program is a way for a Nahant senior property owner, to volunteer to help their town and also receive help with their taxes.

PLEASE CONSIDER this program, which benefits both parties. If you are interested and need more information, please call the Senior Center at 781-581-7557, between the hours of 9:00 a.m. and 1:00 p.m., or e-mail us at ddesmond@nahant.org.

## The Nahant Harbor Review



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



Community Calendar • September 2009

SAT	29		HOME DELIVERY SEPTEMBER REVIEW
SUN	30	9:30A	Suummer Sunday Worship Service. Village Church. All faiths are welcome.
SEPTEMBER			
SUN	6	9:30A	Summer Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	6	7:00P	Mitchell's Cahnah Festivities. Till 11:00 p.m.
MON	7		LABOR DAY
WED	9		Senior Day at the Races. Call to reserve! 781-581-7557
FRI	11		PATRIOT'S DAY - PLEASE FLY YOUR FLAG PROUDLY TO HONOR THE MEMORY OF THE VICTIMS OF 9/11.
FRI	11	8:00A	FREE Breakfast at NVC with Tom Costin, Topic: JFK
SAT	12		16th Annual Centennial Cup Regatta, offshore in harbor
SAT	12	11:00A	8th Annual Walk of Hope for ALS begins in Wakefield.
SAT	12	8:00P	Arias & Arabesques! LynnArts Theater FMI 508-757-8515
SUN	13	8:00A	Worship in the Park. Marjoram Park. All welcome.
SUN	13	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	13	3:00P	Poet Lebel book-signing at Nahant Library
MON	14	7:00P	SWIM meeting at Northeastern University Marine Science Center. All welcome.
TUES	15	5:00P	OCTOBER HARBOR REVIEW DEADLINE
TUES	15	5:00P	Basketball Registration Forms due to Paul Caira.
WED	16	5:30P	Nahant Honors Harriet Steeves Dinner Celebration. Nahant Country Club. Tickets: 781-581-0648
FRI	18	SD	Rosh Hashanah begins at sundown.
SAT	19	7:30P	Shea Mavros in The Best Of Broadway at Ellingwood Chapel. FMI 781-581-1471
SUN	20	9:30A	5th Annual Sea to Shining Sea Road Race, 781-581-1034
SUN	20	10:30A	50th Anniversary of the Joining of the Protestant Churches. Special Worship Service and Sunday School. Nahant Village Church. All faiths are welcome.
SUN	20	11:30A	50th Anniversary of the Joining of the Protestant Churches. Special Program with refreshments and Roz cake.
SUN	20	3:00P	Titantic Sinks as Nahant Sleeps at Nahant Library.
MON	21	1:30P	1st Annual Golf Tournament for Neighborhood Legal Svcs. FMI 781-244-1404
TUE	22	1:00P	NS GRP Planning Group meeting. FMI 508-404-4807
THU	24	3:00P	Exploring Outer Space with John Root at Nahant Library
SAT	26		OCTOBER HARBOR REVIEW HOME DELIVERY
SUN	27	TBA	Nahant 30K Road Race. FMI call 781-581-0482.
SUN	27	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	27	SD	Yom Kippur begins at sundown.

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

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

MEET YOU AT RED ROCK

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

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

July 30th. Shuffle Mode Band, dance music

Aug. 6th: 12:01 Blues Band

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

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

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

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

Meet you at Red Rock!

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

Nahant Village Church  
Summer Worship Service  
begins at 9:30 a.m.  
All faiths are welcome!



EMERGENCY MANAGEMENT

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

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

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



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