



Nahant Harbor Review

A monthly publication, in service since March 1994, dedicated to strengthening the spirit of community by serving the interests of the people thru the civic, religious and business organizations of Nahant, Massachusetts, USA.

Volume 17 Issue 8

AUGUST 2010

Laura Long & Ben Hunt Earn Young Adult Black Belt



Congratulations on your five-year journey and for earning your Young Adult Black Belt! We are so proud of you both! Photo above: Ben Hunt at left, Laura Long, at right.

Cribbage, Anyone?

The Council on Aging hosts an afternoon of cribbage in their room at the Nahant Community Center (formerly the Valley Road School) The room is cool, really “cool,” even during these heat waves.

We meet from about 1:00 to 3:00 p.m. on Tuesdays, to play and we enjoy refreshments. Beginners are welcome. We will gladly teach you this wonderful game. You don’t need to be a senior, or a genius, you just need to be able to count. Join in the fun and we’ll see you there! Submitted by Harriet Steeves

Editor’s / Publisher’s Note

I want to thank everyone for the record-breaking number of articles and photos submitted. I apologize for the many articles and photos that were submitted but not published. When the number of ads increase, when I find a sales rep to help, then I can ad more pages. DLH

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Jeffrey Musman Appointed President of ARC BOD

The Northeast Arc, a not-for-profit organization, dedicated to providing lifelong support to people living with disabilities, has appointed Nahant resident, Jeffery Musman, as president of its Board of Directors for the 2010/2011 fiscal year.

“We are very pleased to have Jeff Musman as our new President of our Board,” said Jerry McCarthy, Executive Director, Northeast Arc. “Jeff will lead the Arc with the integrity and demonstrated leadership he has always shown, as he continues to work tirelessly on behalf of people living with disabilities in Massachusetts.”

The Northeast Arc Board of Directors consists of volunteers, who give their time and talent to help raise funds and awareness about the organization’s programs and services for people in our communities living with developmental disabilities. As president of the Board of Directors, Musman will provide leadership to the organization’s future growth and development, as well as oversight to the Arc’s fiscal operations. He will also help to identify and develop long-term corporate and individual partners that share the organization’s vision.

Musman is a partner in the real estate practice group for Seyfarth Shaw LLP’s Boston office. His experience includes acquisitions, financing, construction, leasing and syndication. In addition, he has significant involvement with environmental, zoning and other land-use laws and controls. Previously, Musman was a partner with (Continued on page 19.)



Fall Library Book Sale

By Robin deStefano

The Friends of the Nahant Public Library announce a book Sale from Saturday, August 21st, through Sunday, August 29th, during regular library hours: Mondays thru Thursdays, 10:00 a.m. to noon and 2:00 p.m. to 8:00 p.m.; Fridays 10:00 a.m. to noon and 2:00 to 5:00 p.m. and Saturdays and Sundays, 2:00 to 5:00 p.m.

There will be best sellers, biographies, non-fiction, coffee table books, discards from the library attic and many other interesting books for sale. There will also be a limited amount of CDs, audio and video tapes available.

We are accepting your book donations at the library. We will not be accepting magazines. Thank you for supporting your library.

CPR Certification Clinic with AED at Nahant Therapeutic Massage

Prepare yourself to make a difference when needed. Nahant Therapeutic Massage brings American Heart Association certified instructor, Joan Wilkins, back to teach valuable lifesaving skills in cardiopulmonary resuscitation for adult, child and infant, as well as how to use the AED devices, during a cardiac emergency. An AED-automated external defibrillator delivers an electric current to the heart muscle. AED devices are located in most public buildings, with the intent that one may be used to save a life. At times they go unused, due to unfamiliarity.

Please, come get certified and familiar with CPR and AED lifesaving devices. Be ready help when help is needed. Joan Wilkins, certified instructor, has been teaching CPR and first aid at North Shore Medical Center, for 17 years. The clinic takes place Tuesday, September 28th, from 6:45 to 8:45p.m.

Joan has offered a special rate of \$45.00 for the two year certification, booklet and card.

Please call the office of Nahant Therapeutic Massage, Susan Cadigan, LMT, NCTMB (781-780-3733) and leave your name and number, or email Susan@nahantmassage.com to reserve your place.



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Fiesta on the Wharf!

Come join us for food, wine, beer, fun for kids and music, all to benefit the Nahant Sailing Program, on August 14th, at 5:00 p.m., at the Wharf. The day will start with sailing races between the Nahant Sailing Program vs The Dory Club in the morning. So come down to the newly renovated Wharf, watch the races and stay after to get a lobster roll, or a hamburger, have a drink, buy some cool sailing attire, enjoy the kids being entertained and listen to some great music.

All money raised will help to purchase and repair sailboats for the Nahant Sailing Program, to benefit all children that participate. For more information, please email Corinna Kersten at: thekerstens@verizon.net.

Summer Music at Nahant Village Church

The choir is on vacation for the summer, but the music goes on! We are very pleased to have these musicians sharing their talents with us this summer:

August 1 – Donna Hanlon, alto

August 8 – We're having a good old-fashioned hymn sing!

August 15 – Donald Wilkinson, baritone

August 22 – Schuyler Livingston, organist

August 29 – Harriet Steeves, flutist and Cal Hastings, tenor

September 5 – Rozi Theohari, soprano

Go Green at the Nahant Public Library

by Rita Stepanova, Children's Librarian

Children's Summer Reading Program 2010 "Go Green at the Nahant Public Library" continues. The Nahant Public Library (781-581-0306) presents Mad Science® of Greater Boston interactive workshops: "Life in the Sea," "The Dirt of Garbage" and "Laser Light," on Wednesdays, July 21st, July 28th and August 4th, at 10:30 a.m.

Matt Gabriel's Animal World Experience, with live animals, invites children and families on Thursday, August 12th, at 3:00 p.m.

The Library Kung Fu concludes the celebration of the Summer Reading Program on Friday, August 20, at noon. The completed Summer Reading Records are due by August 12th. The Nahant Public Library is grateful to Ms. Lucy Lowell Grimm and the Friends of the Library for funding the programs. Admission is free.

Dear Nahant Community,

After much consideration. I have decided to move closer to my family, on a more permanent basis. I am sad about leaving the Nahant Community and my many wonderful kids (students). They, along with you and my colleagues, have enriched my life, as we grew over the years.

Entrusting me with your children's development, in their early years of growth and learning, has been among the most happy and gratifying experiences of my life.

My many treasures are those that cannot be purchased, they cannot be seen; they can only be felt in my heart and held forever. For you and all you have given me, I am forever grateful. Love and "Kiss your brain,"

Mrs. Betty McKenna, (K Teacher 1985-2010), July 12, 2010

A Special Thank You

A Special Thank You to the Police and Fire Department's and my wonderful family, friends and neighbors during my emergency. I am so appreciative and I am grateful to live in this community. Love, Joanne Bryanos.

An Unsung Hero

As reported to me by Michael Szczawinski, on the Tuesday before the 4th, he stated he was down at the wharf, watching the kids in the sailboats as one class was leaving and another class was arriving. The kids were swimming to shore when he observed an unidentified Lynn youth, struggling to keep up. Another young swimmer, was keeping pace with him and helping him stay afloat, but he was growing tired. The kid was going under the water for the third time. "As I became aware of the seriousness of the situation, I pointed the swimmers out to Lilly Pillsbury, one of the sailboat instructors on the wharf that day. She immediately dove in and towed the youngster to shore, while the assisting swimmer swam alongside," Mike said. All were safe, thanks to Lilly Pillsbury. God bless you and keep you safe as you watch over and protect the young ones. DLH

August 6th NVC Breakfast Madagascar Adventure

A team of high school students from Swampscott H.S. and Nipmuc Regional H.S. (Mendon and Upton) traveled to far away Madagascar in July, for a month long expedition. The trip was sponsored by World Challenge, a group headquartered in the U.K., that organizes travel for high school students on trekking and service journeys throughout the world.

Emily Walls, a Swampscott H.S. honors student from Nahant, will talk about her trip, at the August 6th Nahant Village Church breakfast—the beautiful national parks, the animals that they encountered, the team's community service project at a local school, as well as the traditions and culture of the Malagasy people. The team spent more than a year preparing for their journey.

The free breakfast is served at 8:00 a.m. The presentation is given from 8:30 to 9:00. ALL ARE WELCOME. Please come and bring one, or more family, or friends, for a hearty breakfast, an informative presentation and wonderful camaraderie.

Bake Sales a success at Nahant Village Church

The Deacons of the Nahant Village Church send thanks to everyone in the community who participated in the recent Bake and Food Sales; sponsored to benefit the Shelter Legal Services Program of Boston. With the generous help of members and friends of the church, over \$1,100 was donated, to provide legal services to military personnel, veterans and their families. Again, thank you all for your support and generosity.

For more information, or how to make a donation, call 781-581-1202.

Worship in the Park on Sunday August 8th

Join with neighbors and friends for an interdenominational outdoor Worship Service at Marjoram Park at 8:00 a.m., Sunday, August 8th. The service, hosted by members of the Nahant Village Church, is open to all. Bring something on which to sit, if you wish, or sit on the benches overlooking the harbor and enjoy the view as we take time for a short worship service. In case of rain, we will meet in the Dory Club.

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

Blessing of the Animals, Saturday, August 14th

The Deacons and Pastor of the Nahant Village Church invite you to bring your pets to a "Blessing of the Animals" service on Saturday, August 14th, at 11:00 a.m., in Marjoram Park.

Nahant Leash Laws will be in effect, of course, and everyone will be able to meet our Animal Control Officer, Mike Kairevich, and to hear him say a few words about the animals in our Town, both in our homes and in the wilds of Nahant.

Come to meet neighbors and their pets, to recognize the blessings that pets bring into our lives and to have the pets "blessed."

In case of rain the event will be held on Saturday, August 21st. For additional information, or questions answered, please call Rev. Larry, at 781-581-1202.

Nahant Village Church Choir Starts September 12th

The first rehearsal of the 2010-2011 choir season, will be held at 9:00 on Sunday morning, September 12th. We'll be preparing to sing our first service at 10:30 that morning. We're a group of singers of diverse ability levels and experience. We welcome all people who would like to contribute to our group, regardless of previous musical training.

The choir is directed by organist Joe Stoddard, a graduate of Oberlin Conservatory (BM, 1994) and UMass Amherst (MM, 2000) who also teaches music at the Village School in Marblehead.

For more information, email him at josephstoddardjr@yahoo.com, or just stop by the church on a Sunday morning! Find us on Facebook: www.facebook.com/NahantChoir.

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A Reason to Ride! Get on your Bike! Join us in Honoring Gerry Titus by Christine and Lainey Titus

On September 12, 2010, we will be participating in the 3rd Annual "Reason to Ride" bike-a-thon, which raises crucial funds for cancer care and brain tumor research, at Beth Israel Deaconess Medical Center. As many of you know, in November 2009, we lost our Dad, Gerry "Duke" Titus, after a ten year battle with a brain tumor. We will be taking part in this ride, in his honor, and would love to have some fellow Nahanters join our team.

Our Dad loved riding his bike around town and attended training, to become the Nahant Police Department's first bike cop, with classmates half his age. We think that riding our bikes is a fitting tribute to him and a great way to help find better treatment options for those who are still battling brain tumors.

"A Reason to Ride" is a bike-a-thon, founded in 2008 by our family friend and brain cancer survivor, Tom DesFosses. All funds raised through "A Reason to Ride," presented by Fuddruckers, will go directly to Dr. Eric Wong's Brain Tumor Fund. This past year, Dr. Wong worked with our family to explore new treatment options for our Dad. Although he didn't live to pursue those options, our family will always be grateful for the care and treatment that Dr. Wong and his staff provided.

If you would like to be a part of our team, named "Duke's Drivers," go to www.gratefulnation.org and click on "A Reason to Ride 2010," from the homepage. From there, click on "Join a Team" on the left hand side of the page and search for our team name. If you have any questions, you can email Christine at chistoryt@aol.com, or Lainey at tlainey@gmail.com, or call 781-581-0010. Hope to see you on the road!

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Kung Fu Comes to the Nahant Public Library

This one-hour workshop is designed to introduce young people aged 8 to 14 to the fun and challenge of the practice of Chinese martial arts. The workshop includes basic warm-up and qigong exercises, an unarmed kung fu form, solo sword technique (using a padded practice sword), and cool-down exercises.

Paul and Rosalie DeCrescenzo have experience working with inner city and special needs children as full time counselors, dealing with large groups of young people in a variety of activities, teaching and working with novices with no martial arts experience and incorporating a wide variety of physical abilities and skill levels into the same class. They also will introduce some of the philosophical aspects of their practice in a light handed yet informative way.

Because safety is paramount, this workshop emphasizes manners and respect, and will teach age-appropriate techniques that exclude dangerous applications. The practice swords are made from thinly-walled PVC pipe wrapped with closed cell foam, and the sword moves taught will be solo techniques—no two-person practice will be included. Parents and guardians are welcome to participate as well as observe.

We will try to hold the workshop outside, weather permitting, but will conduct the workshop in the auditorium of Town Hall, if the weather is inclement.

Because this program is an introductory class, its main themes are fun and excitement. Come to the Nahant Public Library on Friday, August 20th, at noon, to experience the ancient power. Submitted by Daniel deStefano, Director, Nahant Public Library

Nahant Garden Club News

Mark your calendars now! The Nahant Garden Club is having its major fundraiser on Saturday, September 11th, entitled: Porches, Patios and Peaceful Views, with plants for sale from 10:00 a.m. to 4:00, rain or shine.

All Garden Club members will be participating at this event. Refreshments will be served at a few properties. Chrysanthemums, kale and asters will be sold as well. September is a lovely time of year to be in Nahant. Tickets are \$25 each and can be purchased from our ticket chairman. Marie Ford, 781-581-0736 and Edie Hunnewell, 781-581-0559. Come one, come all! Submitted by Edith E. Hunnewell

Mass Theatrica News

Mass Theatrica will perform at the 2010 Concerts in the Courtyard Series, at The Boston Public Library, on August 13, from 12:30 to 1:30 p.m., at Central Library in Copley Square. Hear some of the most beloved art songs, opera and operetta arias and duets from "The Pirates of Penzance," "The Marriage of Figaro," "The Ballad of Baby Doe," "Hansel & Gretel," art songs and musical selections by Bernstein, Mahler, Mozart and Rossini and more!

Featuring Meredith Lavine, soprano, Angeliki Theoharis, mezzo-soprano and pianist James Hay, this concert is sure to have something for everyone!

Mass Theatrica is an innovative performing arts company dedicated to bringing a variety of theatre arts genres to the public, including plays, musical theatre, operetta, and opera. This multi-genre company was founded in 2005 by Angeliki Theoharis and Meredith Lavine, alumni of The Boston Conservatory.

Admission is FREE!

Naughty, Bawdy Broadway is Back

Feel like camping it up? Back by popular demand, Mass Theatrica is serving up the seamier, PG 13 side of Broadway this summer, with Naughty, Bawdy Broadway III on Friday, August 20th, 8:00 p.m., at LynnArts, The Neal Rantoul Vault Theater, 25 Exchange Street, Lynn.

Join the fun and beat the heat! Sample a decadent menu of hit tunes, with a slightly risqué edge, from Eric Idle's Spamalot, Monty Python's Life of Brian, The Producers, Kismet, Avenue Q, Oklahoma and more!

Featuring Danny Bolton, Thomas René Brennan, Lara Fox, Karen Lennox, Stephanie Mann, Antanas Meilus, Linda Nadeau, Tom Weber and James Hay, on piano, this show is sure to bring a smile!

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

There is plenty of street parking and LynnArts is wheelchair accessible.

MBT Summer Garden Party Aug. 12th at Nahant Country Club Submitted by Mary Magner

My Brother's Table (MBT) will hold its Annual Summer Garden Party, August 12th, at 7:00 p.m., at the Nahant Country Club. All are invited.

Last year's party at the historic club was a huge success with plenty of food from The Wharf, The Porthole Restaurant, The Tides, Chicago Uno Grill, The Blue Ox, Edible Arrangements, John's Roast Beef, Brother's Deli, the Nahant Country Club and more. All will return this year, as will the Tom DelRossi Trio, with live music. Again this year, we are asking the bakers from the Nahant Village Church and St. Thomas Aquinas Parish, help this community effort by delivering cookies, brownies, cupcakes, or other treats to the Country Club's "Dessert Room," after 4:00 p.m.

The fund-raiser will benefit this essential non-profit feeding program, located in Lynn. The Table served over 8,500 meals to hungry neighbors last month.

Tickets to the Summer Garden Party are \$ 65 per person and may be reserved by calling My Brother's Table, at 781/595-3224, or via www.mybrotherstable.org. Space is also available in our program book, with quarter page ads starting at \$200, which includes two tickets to the event.

For the past two years, Nahant residents Tom and Beverly Quinn and Skip and Kellie Frary, served as co-chairs of the event. This year, Cindy McCann and Dr. James Higgins of Marblehead, are chairing the party. This event is a critical fund-raiser for the North Shore's largest soup kitchen," said Leslie Greenberg of Lynn, president of the Board of Directors for MBT.

To ensure the privacy of its guests, My Brother's Table receives no government funding and is not a United Way affiliate. Instead, it relies on funding from private and corporate donations. About 85 percent of the proceeds from the party directly support the operation of My Brother's Table.

Coming up at LynnArts Submitted by Susan Halter

Summer in the City BBQ

LynnArts and the Lynn Museum are joining forces, once again, on Friday, August 27th, from 6:00 to 10:00 p.m., to open up the park between their galleries for an old fashioned summertime BBQ, featuring the famous RedBones from Davis Square Somerville!

Tickets are \$22, which includes pulled pork, pulled chicken, mac & cheese, potato salad, garden salad and watermelon. Cash bar. Live music courtesy of the Squeezbox Stompers. Red Sox ticket raffle! Event and raffle are sponsored by The Daily Item of Lynn.

Tickets go on sale July 1st and must be purchased in advance, the deadline Monday, August 20th. To buy tickets, call LynnArts, 781-598-5244, or visit our website.

This event SOLD OUT last year, so buy your tickets early!

LynnArts Annual Members' Exhibition, July 26 thru September 3. Opening Reception, July 31, 2-to 4 p.m.

LynnArts 2nd annual Members' Exhibition highlights the work of North Shore Artists who, in addition to sharing their work, will share information about how they became artists. Please join us for this eclectic annual exhibition.

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Lainey Titus

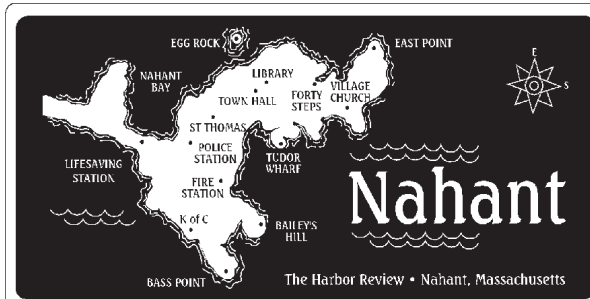
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Windhover Annual Summer Dance Concert features Forty Steps Dance of Nahant

The Annual Windhover Summer Dance Performances, will feature two guest companies, the Forty Steps Dances of Nahant and the Dušan Týnek Dance Theatre of NYC. This fabulous dance performance will take place on the magical outdoor stage, at the Windhover Center for the Performing Arts, which is located at 257 Granite Street, in the Pigeon Cove section of Rockport. (In case of rain the performances will be held indoors.) Performances will be held on Friday, August 6th, Saturday, August 7th and Sunday, August 8th. All concerts begin at 8:00 p.m.



Dušan Týnek Dance Theatre has received rave reviews from New York critics: "... one of the top five NYC dance performances of the year." — The New York Times

"Dušan Týnek is a dance poet, and a very rare one" — DanceView Times

"Striking...wonderfully resonant...elegantly designed" — The Village Voice

"...beautiful work full of poetry and surprise... fascinating choreographic vocabulary and imagination." — The New York Times

In June 2010, Dušan Týnek Dance Theatre held its annual NYC performance season at Dance Theater Workshop in Manhattan, featuring three premieres including *Middlegame*, with a cast of 8 dancers and *Base Pairs*, with 7 dancers. *Middlegame* was also recently featured as the opening performance of the 2010 Jacob's Pillow Dance Festival.

Again, the choreography received rave reviews: "Mr. Týnek showed a remarkable capacity for creating tightly structured dance worlds inhabited by ingenious, surprising movement invention." — NY Times, June 2010

Employing tactics of game strategy and seduction,

Middlegame takes its inspiration from the game of chess and 19th century café life. Exploring ideas of elitism, power and submission within interpersonal relationships, Týnek considers the manipulation of "being played, while playing along." *Middlegame's* music includes selections from Bach, Carlos Paredes, Raymond Scott, Yann Tiersen and Czech gypsies.

Base Pairs, is inspired by original stories and is accompanied only by a single, ticking metronome. The metronome's steadiness is contrasted by the dancers, who embody the tempo and develop phrases in increasingly complex variations. Choreographed for eight performers, there are rarely more than one or two couples on stage at a time, inferring a larger dance that extends beyond the stage. *Base Pairs* works with an original text by Cynthia Polutanovich, that is performed by dance legend Lucinda Childs.

Both *Middlegame* and *Base Pairs* will be performed at Windhover Center for the Performing Arts this August.

Also performing, is Forty Steps Dance of Nahant, directed by Sallee Slagle. The company will perform "Lux Aeterna" and "Two from Tull," which have been praised as show-stealers at recent performances, including the Cambridge Multicultural Arts Center and North Shore Dance Alliance concert at the Firehouse Theater in Newburyport. They will also perform their latest work "Beneath the Surface," which premiered in May 2010, at the Boston Center for the Arts.

Forty Steps Dance has won acclaim for great technical expertise and expression, ranging from the dirge of "Lux" to the joy of "Tull." The latter was described as "so engaging that it is impossible not to sway along in your seat" by producer and choreographer Kira Seamon. Seamon also remarked that "'Beneath the Surface' ... showcases Ms. Slagle's excellent use of imaginative choreography and intense musicality. Her well trained and vibrant dancers infuse the choreography with intensity and life."

Tickets are \$15 General Admission, \$12 students/seniors. Tickets are available at The Bookstore in Gloucester, Toad Hall Bookstore in Rockport or by calling Windhover Center for the Performing Arts at (978) 546-3611 or by emailing windhover@verizon.net.

Performances are held outdoors. In case of rain, performances will be held indoors with limited seating.

For more information about Forty Steps Dance Co., please call Sallee Slagle at 781-599-1476, email sallee@dancedimensions.org, or visit www.fortystepsdance.org. For more information about Dušan Týnek Dance Theatre, please visit www.dusantynekt.org or e-mail dance@dusantynekt.org.



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The Nature of Nahant Our Incredible Shorebirds

By Linda Pivacek

I was wading out of the surf at Short Beach, after a refreshing swim, when I heard it. The distinct and plaintive call of a plover. I walked slowly across the wet sand flats, scanning for the tiny shorebird. Nothing. Then, a brief movement caught my eye and there it was, a Semipalmated Plover. It froze in place as it watched for prey, then suddenly dashed to another spot and froze again. Then, magically, there were three plovers all doing their freeze-run hunting routine. Suddenly, I could not help but smile with anticipation, knowing that this was the beginning of the fall shorebird migration.

It was mid-July and thousands of shorebirds would follow, during the next few weeks. The flocks typically include Semipalmated Plovers, Semipalmated Sandpipers, Sanderlings and Black-bellied Plovers, along with several less common species like Pectoral Sandpipers and White-rumped Sandpipers. Even the rare and unexpected Western Sandpiper and Whimbrel could make an appearance. The shorebirds will be joined by hundreds of dainty Bonaparte's Gulls and Common Terns, as well. At least I expect this will happen, but I do always breathe a sigh of relief, when the birds reach our shores during migration. Their numbers are on the downturn and there are so many threats to their survival.

As I study the shorebirds on our beaches, I am very moved by their incredible journey and their dependence on Nahant for food and rest. This is their sanctuary, after hundreds of miles of flight and with hundreds more to go. Nahant is a vital stop for them, as they fly from breeding grounds in the arctic tundra, to wintering grounds in South America. Some of our shorebird species migrate 2,000 plus miles, in fall migration! The Atlantic shoreline is so developed that the shorebirds have few places to stop. After resting and feeding here in Nahant, they will sometimes fly continuously for more than a day. Research clearly shows that with too much disturbance, without the opportunity to rest and "fatten up," some birds simply perish on their journey south.

The Open Space Committee and the Town of Nahant erected "Shorebird Signs" along Short Beach, to alert beachgoers about the importance of the beach, to the survival of the shorebirds. I have been extremely impressed with how sensitive and caring Nahanters are, especially the children, about "their" birds. Most of the time disturbance is kept to a minimum, while folks still enjoy the beach. It is nothing less than awesome to watch a "cloud" of thousands of shorebirds in precision flying maneuvers, a tight flock turning as one, each rapid turn changing the color of the flock from bright white to dark then back to white again, in moments. If you would like to witness the shorebird migration, please join the Open Space Committee for a field trip at Short Beach, on Friday, August 6th. We will be on the beach in front of the Life-Saving Station, beginning at 6:00 p.m. Please bring binoculars, if possible. For more information check - www.nahant.org - or call me at 781-581-1114.

Asian Longhorned Beetles in Jamaica Plain

Submitted by MaryJane Cusack

Last month, a small infestation of Asian longhorned beetles (ALB), was found in Jamaica Plain (Boston). The infestation site is located at Faulkner Hospital, just across from the Arnold Arboretum. Six infested maple trees were found so far, in close proximity to each other and have been removed by USDA/DCR. Surveys will continue to determine the extent of the infestation.

It is extremely important that we get the word out to everyone in the Boston, Brookline and Newton area to be on the lookout for:

- 1) Adult Asian longhorned beetles (shiny black beetles with white spots and long, banded antennae).
- 2) ALB exit holes (dime-sized, perfectly round holes, especially in maple, but also in birch, elm, horse chestnut, willow and other hardwood trees, (but not oak).
- 3) ALB egg-laying sites (divots in the bark ranging in size from 1/4 to 3/4 inches across - fresh pits often have oozing, foaming sap)

Anyone seeing anything suspicious should report it immediately at <http://massnrc.org/pests/albreport.aspx>, or call toll-free: 1-866-702-9938. Take photos if you can.

If you are with an environmental group, or other organization that needs outreach materials, the Mass. Dept. of Agricultural Resources will provide you with ID cards, fact sheets, etc., for free. MDAR can also provide public speakers for ALB training sessions. Email jennifer.forman-orth@state.ma.us, or call 617-626-1735 for more info.

Spread the word, not the beetle! Get all the latest ALB news at: <http://massnrc.org/pests/alb>

Honeybee Decline Continues

Honeybees are disappearing in what scientists and beekeepers say are alarming numbers, and while no one can say with certainty what the cause is, one thing is for sure: The decline needs to be halted because the bees play a vital role in our food supply.

David Mizejewski is a naturalist with the National Wildlife Federation, and he says the strange and troubling occurrence that has been dubbed "Colony Collapse Disorder" has been going on for a few years.

"Scientists are still trying to figure out what exactly is causing it, but what we do know is that it's causing the deaths of honeybee colonies in all parts of the country, and it's sort of mysterious in that the bees literally just disappear out of the hive." Mizejewski says that bees not only produce honey, but they're depended upon to pollinate a variety of crops.

Mizejewski says as scientists continue to investigate, the public can help by making yards, gardens, or balconies, more "wildlife friendly," with native plants, and staying away from the use of chemical pesticides whenever possible. Read more online. Podcast and entire story available: <http://www.newsservice.org/index.php>

Submitted by Commonwealth News Service, Monique Coppola, producer. cns@newsservice.org,

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Take it Outside!

By Sallee Slagle, Director, Dance Dimensions

Our summer lifestyles may still be hectic and keeping an exercise regime, or a diet plan, can be difficult. During the summer months, we like to relax a bit more, enjoy the summer weather, or just slow down, because of the heat. Boats, beaches and BBQ are the favored activities, so plan to enjoy them and still create a healthy diet and plenty of exercise! Take it with you outside!

Warm weather may make it difficult to do your usual outside walk or run. So plan to be more active in the morning or evening, when the temperature will be lower. If heat and air quality affect you, another alternative is to hit the treadmill indoors, with AC at home or the gym and workout in a climate controlled environment. But if you like being outside, try walking briskly along the beach. The softer sand gives your legs a complete, ankles, calves, thighs and yes, even buttocks, a workout! If it is too strenuous, then try the firmer sand closer to the water. Maybe even zig zag from firm to soft sand, to add some challenge and variety.

If you are at a sandy-bottom beach, get in the water! Walk the beach in water at thigh, or even waist height. Be aware of uneven surfaces, but if you're fit, try a bounding run with the water even deeper. Of course, try these in your pool, too! The added water resistance works the muscles harder and give you a cardiovascular benefit as well! Be sure to stay within your own exercise limits and vary the tempo, exertion level, as needed for your fitness level. Also, be sure to stay hydrated in the sun. You may not realize how much you sweat in the water too.

If you like the water, SWIM! Out on the boat, do laps around it at anchor. Do laps in the pool. Treading water and deep water walking, with or without flotation assistance, are other unique ways to get a cardio workout in the water. With a small flotation belt, or just flotation hand buoys, it can be continued longer, for greater benefit. A noodle or your kids kickboard can work too! Try it.

Summer is a great time for fruits and vegetables, so indulge! Have fruit salads and garden salads often. Fruit smoothies, especially homemade, are an excellent source of vitamins, minerals and natural energy to replenish you after the beach, or even to start your day in the morning, if you wish. You may not feel like eating as much in the summer, but be careful not to skip eating all together, as this can trigger your metabolism to slow down. Eat regularly. Eating light is fine, just don't skip meals. If you do, you may want to eat more in the evening and your body will want to store more calories for later. That means stored as fat.

Snack often on fruit and vegetables. The high water and natural fiber content can keep you feeling satisfied and keep your metabolism running high, so calories are burned efficiently and NOT stored. Melons are a great summer fruit, high in water content and natural sweetness. Try a cold melon soup for a change. Cold soups are great in the summer and very nutritious. A wonderful cold vegetable soup (and one of my favorites) is Gazpacho. It is easy to make and refreshing.

Watch out for higher calorie summer favorites, like potato salad. Choose a lower fat and calorie version, without mayonnaise, if available. Enjoy them, but limit your portion sizes of these. High-calorie drinks are another place you may get extra calories from. Frozen drinks are often very high in calories, so watch out. Like ice cream, indulge yourself occasionally and enjoy as a special treat.

As local produce becomes so wonderful this time of year, include them every way possible. Tomato salads and even just tomato slices should be at every BBQ. Sweet, fresh corn can be enjoyed and even healthier without the butter! Taste it! It's great right now. Homemade salsas are also easy and also include fresh summer produce. Slice and chop fruit and vegetables and keep them for many uses. This is such a great time to enjoy healthy food, grown locally and it will help keep you fit throughout the summer. Take it with you!

Jaime Silvestri-Bliss Joins North Shore Physical Therapy

North Shore Physical Therapy of Marblehead welcomed a new therapist, Jaime Silvestri-Bliss, MSPT, to its staff recently. Originally from Florida, Jaime received her Master's degree in physical therapy from University of Miami in 2001 and is currently enrolled in a doctor of physical therapy program, through Nova Southeastern University.

Early in her career, Jaime was director of physical therapy for an outpatient and joint replacement center in

Jaime's special areas of interest include aquatic physical therapy, urinary and bowel incontinence and women's health, including pregnancy and postpartum. She is also a certified Pilates instructor through Polestar Education.

Outside of work, she enjoys playing soccer, running, reading and spending time with her family.

Ow to Wow-Fundamental Shift

Susan Cadigan, LMT, CNMT, NCTMB, Nahant Therapeutic Massage

The therapeutic aspect in massage and body work often involves a goal and strategy to work toward resolution. Whether the session involves complete de-stressing and helping to alleviate anxiety, or reaching those nagging knots and tight areas that we can't reach on our own, your therapist's intention is to make a difference in how you are feeling and how your body is behaving. The overall goal is to create a situation of longer-lasting relief that can also provide a wonderful feeling of wellness, youth and easy breathing.

The therapeutic massage is not merely sensations on the superficial level of the mind and body. Since long-standing tension, previous injury can make itself at home in the tissues below the surface, or manifest into knots tangled/anchored within the muscle belly, which over time can become quite rigid, or like steel mesh the therapist must work wisely.

With complete attention to the tiniest details from quality of tissue, rotations in structure and more, the warmed tissues are introduced to the instruments of healing-fingers, hand, or forearm, which will gradually sink to the level of the tension, or knot's location, to patiently and gently draw out the antagonist. Sensations are felt but it is more of change and movement and can border "ow to wow" in seconds. This is a fact, when using advanced deep tissue massage, that incorporates neuromuscular therapy, to rid the areas, or knots, or chronic tension. Again, it is a good discomfort that leads to freedom from our own flesh prison. Recently, this was described, very happily, as a "fundamental shift" not only physically, but emotionally.

At times, the words are not available to describe what may be needed. You may simply want a nice massage, sort of a mini vacation, and have nothing obvious to complain about, or may just feel overwhelmed, nervous, or have muscle pain here and there. Because everyone is different and has unique needs, this makes the one-on-one interview before the session begins, even more important. Simple questions about what you do daily, from dog walks to weekend marathons, at work and play, can help me to give you the best I can.

Drawing from Western to Eastern approaches in body work—Swedish to state-of-the-art deep tissue approach—technique, intuition, experience and your feelings are melded together to create a session just for you.

Susan Cadigan is Licensed and Nationally Certified in Therapeutic Massage & Bodywork. She holds an Advanced Massage Therapy Diploma and is a certified Neuromuscular Therapy and Myofascial Mobilization Practitioner. Nahant Therapeutic Massage is located here in town at The Nahant Community Center; 41 Valley Road. Office phone: 781-780-3733 Cell phone: 617-240-4252, or please visit: www.nahantmassage.com

Nahant 2010 Horribles Parade:

Super Heroes: Sebastian Henne. **Movie Characters:** Daniel Ferris, Arthur Kautz, Marissa Waite, Aidan Wyse, Adam Hatfield, Ryleigh Hatfield, Bella Cohen, Emma DiDominicis, Mason Baldini, James Lang and Nicky Reiser.

Fairies, Princesses, Angels and Mermaids: Ava and Elsie Spitzer, Lily and Rose Luechauer, Kaitlyn Cox, Addison Baldini, Olivia and Sophia Galusi, Ally and Katie Lehman, Ava Duncan, Lilly Behen, Tatum Henne, Callia Fiore and Ammelie Gutermuth.

Patriotic Pals: Annie Quinn, Faith and Christian Inello, Abby, Sarah and John DiCenso, Elle, Katherine and Will Cronin, Jordan Cummings, Joey and Danny Zeitz, Maura Cronin, Aodhan Meuse, Caden and Cole Krauter, Olivia Reiser, Braedon Henry, Eamon Jalal, Lila and Joseph Fauci, Zoey and Braedan Bozarjian.

Wonderful Wheels: Gregory Keane, Matthew Brown, Sam and Abbey Morse, Sean Osbahr, Jack and Owen Maguire, Quinn Sainato, Thomas Frisoli, Alexandria Lang, Ryan Henry, Emily Rose John, Emma Eagan, Thomas Davidson, Madeline Joyce and Alea Jalal. **Sports Stars:** Nathan Belibea-Robinson and David Skutul. **Pirates, Knights, Cowboys and Cowgirls:** Maddie Hudson, Veronica Hill, John Cohen, Matthew Cox, Nicholas Skutul, Sophie Digrande, Lila Coffey and Claire Castellano.

Storybook Characters: Ellie Ferris, Elizabeth Quinn, Grace Hudson and Riley Maguire. **Animals:** Benjamin and Sarah Quigley, Colleen Osbahr, Molly Cox, Jessie and Mimi Goodwin. **Hobos, Clowns and Wizards:** Amelia Wyse. **Neighborhood Heroes:** Christen Behen and Nathaniel Mallette. **International Flair:** Isabel Duncan, Patrick and Liam Jenkins. **Fantastic Food:** Jackie Frisoli, Grace DiGrande, Nikki Rosa, Julia Kautz, Rachel McCarthy, Courtney Quinn and Lauren Arena. **Hawaiian Honeys:** Kiera Clark, Michaela Maher and Lucy Brown. **80's Girls:** Issie and Sophie Skabeikis, Avery, Broghan and Emmy Laundry. **Dazzling Dancers:** Alexa Szczawinski. **Rock Stars:** Caroline Munnelly and Maggie DiGrande.

Q & A with North Shore Physical Therapy

Q. I am having a problem holding my urine when I sneeze, or cough. My doctor says this is a common problem and exercises can help, how do I learn these exercises?

A. Weakness, or lack of support in the pelvic floor muscles, may lead to stress incontinence, causing a small amount of urine to leak, when there is increased pressure on the bladder. The muscles of the pelvic floor attach to the bottom of the pelvic bones and run front to back, forming a bowl-like structure that lifts to support the internal organs and controls the sphincter muscles. The pelvic floor muscles also work to strengthen the low back, stabilize the pelvic bones and help with sexual function.

Weakness of pelvic floor muscles may result from pregnancy, childbirth, episiotomy (during childbirth), injury, or trauma, surgery in the vagina or rectum, lack of exercise, or lack of use. There are other forms of incontinence which you may have heard about through television commercials and magazines. Urge incontinence is the loss of medium to large amounts of urine, when a person feels a sudden strong urge to urinate, like when the key goes in the door, or the sound of running water. Some causes of urge incontinence are poor sensation, not being aware that the bladder is full, and neurological problems such as a stroke. Mixed incontinence is a combination of stress and urge. You feel the urge to urinate, but decide to wait, then sneeze or laugh and leak urine. Functional incontinence is urine leakage that occurs when a person can not get to the toilet in time because of joint pain, difficulty undressing, or the bathroom is too far away. Although urinary incontinence is common, it is NOT a normal part of the aging process, nor is it a normal consequence of childbirth. With the help of Physical Therapy, you can return to the activities you enjoy and live the life you want!

All four types of incontinence can improve with physical therapy intervention, involving retraining the muscles of the pelvic floor. A specially-trained pelvic floor Physical Therapist is the ideal provider to help you gain control over your symptoms.

See your health care provider to discuss your concerns. Many insurances cover physical therapy treatment for incontinence. Pick up our brochures at the COA in Marblehead and Swampscott and read about real life with urinary incontinence and why a physical therapist can be helpful. Visit the website www.womenhealthapta.org for additional information.

If you are presently experiencing any of the above mentioned symptoms, call North Shore Physical Therapy, at 781-631-8250. Jaime Silvestri-Bliss MSPT is trained in pelvic floor dysfunctions and has recently joined our staff.

Submitted by Susan Finigan

Luis Ortiz, Licensed Massage Therapist

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What's Up at the Life-Saving Station?

Lots of work! That's the main thing. The interior of the main building is a flurry of activity this summer. It's getting new floors, walls, heating, plumbing, electrical, rest rooms and more. It will end up as more functional, for the future. At the same time, it will be better suited for evoking the history of the Station.

Many folks who grew up in Nahant, will remember the way that the Station functioned, toward the end of its working life for the Coast Guard — that is, before it became a recreational facility. In those late days — the days of Nahant's own Maurice Poulin, who was the officer in charge of the Station — the building provided housing, meals, maintenance and administration space, for a crew who staffed rescue boats that stayed in the water all the time — at a dock on the Lynn side of Nahant Road. That dock is long gone, of course.

But how about a show of hands. How many of you knew that the Station once was the home of a DUKW — one of those curious amphibious vehicles of WWII vintage that today mostly carry tourists on Duck Tours? That's one reason why one of the garage bays is longer than the others. But our main objective, history-wise, is to evoke the atmosphere of this building when it first went into service, in 1900.

Back then, coastal rescue was very different. One technique was the breeches buoy. You may have seen pictures of one of these. A line would be shot out from shore, over the rigging of a stranded vessel, often using a small line-throwing cannon known as a Lyle Gun. That line would be used to stretch a sturdier line from the rigging of the ship to a high point ashore. That line would be used to support the breeches buoy.

Many of you have seen a zip line at a recreational area. The basic idea is a seat hanging from a pulley, suspended on a taut wire that is nearly horizontal, but with a little downhill slope. You can get in that seat and have an exciting ride on the zip line to the downhill end of the wire. The breeches buoy relied on a similar arrangement, except that the person being rescued rode, not in a seat, but in a floatation ring, suspended horizontally from the pulley, with what amounted to a loose pair of pants attached, so that they would hang down from the floatation ring. The rescuers hauled on a separate line that would draw the breeches buoy, with a person in it, from the mast of the stranded ship to the end point ashore. Nowadays, breeches buoy re-enactments are conducted at a few of the locations around the coast of the US, where historic Life-Saving Stations have been preserved, as ours will be.

For another thing, back in 1900, boats weren't kept in the water at a surf station, like Nahant. The boats were kept in the boat room of a station, on horse-drawn carts, which were hurried out to the surfline, when it came time to row out to a distressed vessel.

Nahant's Life-Saving Station is unique. It was the only station built so that the crew could launch its boats — out of that Boat Room — in both directions! Next time you drive by the Station (driving carefully!!!) notice the big, green, garage-door-sized door that faces Nahant road. Back in the day, that door had a ramp leading from it and from it, a boat could be launched from the boat room, across what is now Nahant Road, and across the beach on the Lynn side. On the side facing Short Beach, there are two of those doors, since more rescues were anticipated in that direction.

So, a big part of what's going on now is restoring that Boat Room, in our Nahant Station, to something like its original configuration. Once it's done, we hope to have the Boat Room evoke what things were like in the earliest days of the Station. We anticipate displaying artifacts of that era of the Life-Saving Service, in some parts of the Boat Room, but still keeping floor space available for special functions.

The construction work on the main building has meant that we've had to take the year of 2010 off, as far as booking for events on the grounds is concerned. But we hope to get that over with soon — so we'll be able to book events on the grounds and inside the Boat Room and maybe other spaces, too.

So, as we make real progress toward full operation, there are important things that people who treasure the Life-Saving Station — like you — can do to help insure a long and self-sustaining life for the rehabilitated Station. Here are just a few:

- * Help us design the best historic displays for Nahant's Life-Saving Station — what are the key things to depict with our displays and how can we get the message across most effectively.

- * Help us sort out what's the smartest landscaping concept for the grounds of the Station — to make it the most attractive place for event rentals, in light of the natural beach environment, and recognizing that some storms could bring lots of salt water onto whatever we plant.

- * Help us work out how to get the smartest and optimal use from of the Station, once we're done with the restoration — the most suitable tenants, the most graceful and attractive event bookings (on the grounds and inside), the best historical allure, the most memorable Town-wide beach parties — and the best business model to help this gem of Nahant sustain itself for generations.

Send us your thoughts at webmaster@nahantpreservationtrust.org, or leave a voicemail at 781-598-4162.

Update from the Northeastern University Marine Science Center

Summer Cinema by the Sea

Please join us at the Northeastern University Marine Science Center, for the final film in our summer series. On Tuesday, August 31st, we will be showing "The End of the Line," a selection of the 2009 Sundance, Toronto and Seattle Film Festivals. Narrated by Ted Danson, this film delves beyond the surface of the seas, to reveal a troubling truth beneath: an ocean increasingly empty of fish, impacted by decades of overexploitation.

Please note that these events are free and open to the public. Screening will take place in the Murphy Bunker, and will begin at 7:00 p.m. Popcorn will be served beginning at 6:30 p.m. There is no need to RSVP.

These films will vary between 1-2 hours in length, and may be followed by an optional discussion, led by the film's producer and/or an expert on the subject area.

2010 Coastal Ocean Science Academy

About two dozen high school students, including some from Nahant, will be descending on the Marine Science Center in August, for the fourth Coastal Ocean Science Academy. Three program levels will be offered, aiming at raising student awareness of New England's coastal ecosystems, providing skills in ecological monitoring, and fostering an environmental stewardship ethic among these promising youth.

Students will engage in hands-on research and visit a variety of field sites, including an extensive barrier beach system, the Boston Harbor islands, Deer Isle wastewater treatment facility, Salem State's aquaculture laboratory, and the Gloucester Maritime Heritage Center, to name a few. Nahant residents have always received a 50% reduction in tuition for this program. Additionally, up to five students are offered full scholarships through the generosity of a private donor. The program will culminate in a family day, where students will present their research and become the instructors themselves, as they guide tours at the MSC.

Open House

Mark your calendars for this year's Marine Science Center Open House on Saturday, September 18 from 10am-3pm. The annual event, which will also be featured on the Essex Heritage "Trails and Sails" event calendar this year, will enable visitors to experience the area's dramatic and pristine rocky shore environment, as well as the opportunity to visit teaching facilities and research laboratories. Hands-on marine science activities and touch tanks will be available, as well as demonstrations, presentations, and the tours around the Murphy Bunker, labs, and East Point.

For more information on any of our programs, please contact the Marine Science Center at 781-581-7370 or email mscinfo@neu.edu.

Submitted by Carole McCauley

Please note: The correct spelling of the building "Nahant Life-Saving Station" has a hyphen between the words "life" and "saving" i.e. "Life-Saving" and each word is capitalized, as presented here. DLH

The Nahant Dory Club News

The weather finally cooperated with the PHRF fleet on June 20th, allowing four boats to finish the course. Jody Gaul, sailing Summerin, finished first on corrected time, followed by Bill Brown in Lumen Solare, Dan McMackin in Saoirse and Larry Connolly in Trouvaille. The Frost Bite was the first of a three-race series to be run this summer.

The second race of the trifecta, the annual Chowder Race, was held July 3rd, with seven boats starting. Aeolus, the god of wind, was up to his old tricks again. At the start, the wind, which was very light and fluky, settled in from a southerly direction, but only came as far as the starting line. Of the seven boats, only Jody Gaul was running down the line, caught the breeze, while the rest, timing their starts to cross the line after the gun, just sat. With sails full, Gaul took off for the first mark, leaving the other six boats floundering with no wind. In fact, Peter Davis checked his GPS and found his boat, Moondance, was moving backwards at .7 knots, as were the rest of the boats. Finally, the wind crossed the starting line and slowly, the six others filled their sails. After that, it was a follow the leader to the finish. The results based on corrected time were, Jody Gaul in first, sailing Summerin, followed by Peter Davis in Moondance, Bob Cusack in Skedaddle, Peter Foukal in Mischief, Bill Brown in Lumen Solare, Chuck Reynolds from the Lynn Yacht Club in Morning Breeze and Larry Connolly in Trouvaille.

The third and final leg of the series, the Egg Rock Race, is scheduled for August 7th. In addition, the second annual Governor's Cup races will be held over the Labor Day weekend. It will be a two-day series of races.

The One Design racing has started. As of this update, the Town Class races are still on hold, pending several boats getting ready. On Sunday, July 11th, seven Laser skippers started in six races. Gregg Marie, Kevin Gregory, Nick Strange, Philip Kersten, John Fulghum, Lenny Frisoli and Abbott Lowell, all raced. The series will continue through the summer. Currently, Gregg Marie is in first, but others are not far behind. The Laser skippers are discussing the possibility of moving their races to Thursday nights, to better accommodate parents' weekend schedules.

The racing for both the Nahant Sailing Program and the Nahant Dory Club shapes up to be a very ambitious racing season. The older kids, racing in 420's, will be attending at least three regattas this year: Marblehead Junior Race Week, The Scituate Junior Regatta and the USA Junior Olympics Sailing Festival-Mass Bay Youth Regatta. This is in addition to their regular weekday racing at the Town Wharf.

The younger racers, who are racing in the new fleet of Optimists, will be traveling to the following regattas: New Bedford Junior Regatta, Hingham Bay Junior Invitational, Marblehead Junior Race Week, Duxbury Bay Junior Regatta, Scituate Junior Regatta and the USA Junior Olympics Sailing Festival-Mass Bay Youth Regatta.

Nicholas Kersten and Max Carbone successfully made it through their green fleet races in 2009 and are now going to compete with the big guys in the Championship fleets. They had a very successful start in New Bedford, where they competed with about eighty, very experienced Opti sailors. Conditions were tricky with light and shifty winds and very busy starting lines. Both did an outstanding job and made it through all seven races. Results from the above and other races, such as the King of Clubs team race at the Swampscott Yacht Club, will be published in September.

A big thank you to Nick and Wendy Strange, for hosting a well-attended wine and cheese tasting party, on July 17th, at the Club. Shubie's of Marblehead provided the various wines and a short talk about each wine.

During August, the Dory Club will be hosting several social events. On August 3rd, Master Chief Maurice Poulin, USCG (Ret.) will show the young sailors how he puts ships in a bottle. There are still people who think he cuts off the bottom of the bottle, puts the ship in and then glues the bottom back. These people are also members of the "Flat Earth Society." We hope this demonstration will convince them of the error in their thinking.

Ending that busy week is the annual race around Egg Rock. This is the third and final race of the 2010 trifecta. The Dory Club will also be providing support for the Nahant Sailing Program's "Sail in Nahant," to be held at the Town Wharf on Saturday, August 14th. The fundraiser will kickoff in the morning, with a series of team racers, between the Dory Club members and sailing program instructors and participants. Finally, on August 26th, the monthly Full Moon/Pot Luck party, will be held.

A reminder that anyone interested in racing, should call Nick Strange, (781) 581-2631, for Town Class information; John Fulghum, (781)599-3259, for Lasers and Optimist Prams and Bob Cusack, (781) 581-1159, for the cruising boats and Philip Kersten, (781) 595-4901, for information on The Nahant sailing Program.

If you are interested in joining the Dory Club, call any of the above, or visit the Club's web site, <http://www.doryclub.org/>

Marine Engine Diagnostics

By Rob Scanlan, CMS/MMS/ACMS

I have been an Accredited & Certified Marine Surveyor, conducting engine surveys for twenty-two years now. If I had to choose between a compression check and a leak-down test, I would choose the leak-down test, hands down. Both tests are important, but from my experience diagnosing marine engines, a very high percentage blow-by, or leak-down, almost always indicates a serious problem brewing...and I have seen this even with engines that showed normal compression in all cylinders.

My Marine Engine Diagnostic Computers & Software deciphers Trouble Codes recorded by the Engine Control Module (ECM). Trouble Codes are relayed to my lap-top computer, where they are displayed along with brief explanations of their associated component and circuit failure statuses. This will give me the opportunity to view an instant record of their engine's current condition, as well as out-of-range parameters that may indicate a need for service. My Marine Engine Diagnostic Computers allow engine check-ups to be performed at sea, as well as in dry dock.

If the engine is new technology with an Engine Control Computer, I will never, ever dump the fault codes stored in the engine computer. In the case of any engine built after 1999, I can get a count of overheat events, and the total amount of time in minutes, that the motor was run while overheated. If any of the motor's sensors have problems, or if the injectors are generating faults, I can see the fault in the diagnostic data dump and see the Histogram of RPM vs hours run in increments of 1,000 rpm.

Finally, my computer software and testing equipment will get a count of the number of times the motor bumped up against the rev limiter. This is all good information to tell me what kind of abuse a motor may have suffered at the hands of the previous owner.

When I perform compression tests on gasoline engines and outboards, I carefully examine and compare the spark plugs to each other. They should all look nearly the same with equal amounts of deposits, and about the same color on the ceramic tip inside the plug that surrounds the center electrode. Variances in the plugs' color can be a sign of lean running, which can damage a motor. Excessive oil or carbon deposits on one plug versus the other can be a symptom of a faulty ignition coil or plug wire. A spark plug that is extremely clean compared to the others is almost certainly in a cylinder where the head gasket is leaking water into the cylinder. Worst of all, is a plug that looks as if it has droplets, or spatters of aluminum metal on the electrode or tip. That indicates that engine damage has already occurred, due to overheating, or running with an extremely lean fuel to air mixture.

Just one example: I had a 1993 Mercury engine that ran ok, but was internally noisy to my ear using my electronic stethoscope. After running the engine for awhile, to get it up to operating temperature, I then checked compression. All cylinders were between 135-140 psi. I then performed a leak-down test. One of the cylinders had over 38% blow-by. The others were around 20%. I then pulled off the exhaust cover and divider plate, so that I could examine the pistons visually, through the exhaust ports. I found severely scored piston skirts and partially stuck rings. The cylinder walls were scored as well. The engine was in need of an overhaul, though it still ran. On this particular engine, I determined that the engine was badly "coked" with bon...especially behind the ring bands...this forces the rings out hard against the cylinder walls, causing scoring. I determined the noise was from the excessive scraping. Poor quality oil, poor fuel, improper engine temp, or excessive prop loading, were the most likely culprits, on this particular boat I surveyed.

My website has a detailed list of the marine engine diagnostic software and equipment I use to perform my testing on gasoline and diesel engines, as well as all make and model outboard engines. www.mastermarinesurveyor.com

Sicily, a Cultural Mosaic

By Meg Pier

Sicily is a cultural mosaic of moods, attitudes, architecture, cuisine and local lore, refracting centuries of conquest by neighboring civilizations covetous of its natural abundance and strategic location. Greater than the sum of its varied ethnic ancestries, is Sicily's pride in its diverse heritage. In my visit, prosaic snapshots of cultural influence swirled and then connected in a colorful kaleidoscope.

"Many centuries, many cultures" observed Vira Movelli, proprietress of an antique shop on fashionable Corso Umberto in Taormina, a resort town since the 1800s, nestled below volcanic Mt. Etna.

Amidst Greek Byzantine icons, ornately carved wooden tables in Moorish design, stone Romanesque architectural elements, and Murano glass chandeliers, she shrugged off her appearance of light eyes and dark hair. "My grandmother was Norman-Franco, with red hair, green eyes. My grandfather was Arabic with Occidental eyes," she said.



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In Taormina, the recipe for a thriving and diverse service economy is built on the immigrants of today. The walls of Ristorante La Botte, owned by father and son Giovanni and Antonio Chemi, are adorned with pictures of the duo, hamming for the camera with the likes of Woody Allen and Jacqueline Bissett. Antonio served us an al fresco dinner, under an arbor of grape leaves and we dove into penne alla norma, an eggplant sauce and pasta con le sarde, a sauce of sardines, tomatoes and pine nuts.

"The influence of Middle Eastern countries in Sicilian cooking is strong, it is old and near—the couscous, pistachios," he said. "Today, we hire people from further away—Sri Lanka, Morocco. It is good—where they come from, they need the work and we have the work."

On Corso Umberto, throngs of pedestrians and people-watchers enjoyed the "passeggiata," or evening promenade. They glided by architecture of the ages, buildings in the Hellenistic, Roman, Medieval, gothic and baroque styles—one of which housed the town's police station. Originally a private residence, its dusty rose-colored façade was etched with the Star of David.

Tucked among the maze of medieval alleys that criss-cross Taormina, we found Michael Samperi, who welcomed visitors into his solitary world on Via G. di Giovanni. He is the only remaining inlaid marble artisan in the area and one of just three such craftsmen on Sicily, as best he knows.

Michael learned the trade from his father Gigi, who, in turn, learned it from a "maestro," at a time when the skill was much more prevalent and marble still quarried in Taormina. When asked how far back his family roots extend in Sicily, Samperi responded with a smile, "As far back as I know. My father's name is common in Calabria and Gerra, a little village close to here. My mother's family is from Germany, where I get my name, Michael."

He said the price of marble, which he now buys from Tuscany, has escalated. He inlays the stone with lava from Mt. Etna and rocks collected from the island's beaches. Michael labors for long hours on each piece in his small studio, which is crammed with finished stone mosaics of every size and shape. He matter-of-factly noted that his traditional handiwork is a dying art, with factories in Tuscany using machines to churn out cookie-cutter pieces.

Michael pointed with pride to an oval dining table, its gleaming white surface inset with a quilt of colored marbles—Sicilian yellow, Taormina red, Serpentine green, Lapis lazuli—and black lava. All were stitched together painstakingly and seamlessly to represent the nearby volcano and its environs. The tableau would be unmistakably Taormina to anyone who has visited—the cone of Etna looming high over the red-tiled village rooftops, the distinctive ruins of Taormina's 2nd century Greek amphitheater atop the cliffs of Mt. Tauro, and the turquoise of the Ionian Sea.

(Continued on page 19.)

View from the Pier

Observations on life's journey through images and words



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Nahant resident Meg Pier will be signing copies of her five photography/quotation books, including newly-published "Visions of New England," which spans the region's six states over its four seasons.

Locales depicted include coastal areas, mountains, lakes, forests, and gardens.

The pictures convey the area's sweet charm, rugged beauty and proud spirit.

Various scenes of Nahant are depicted in the book.



Other books available:

Visions for Faith
Visions for the Journey
Visions for Belonging
Visions for Becoming

visit www.viewfromthepier.com

Let's Green Up Nahant!

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

Let's Not Forget How Far We've Come!

Just this last month, we had some major rainstorms, with newsworthy flooding in Somerville and elsewhere. Even if our own homes don't flood in one of these events, they get our attention, because they can close beaches for several days. That's because our area has not completely isolated (at all times) our storm drain systems from our sewer line systems. When major rains occur, certain systems become overwhelmed and stormwater runoff ends up being mixed with sewage — with the result that some sewage goes into the ocean and beaches get closed. This situation is by no means as good as it should be, but to be fair, these events are actually fairly rare — at least nowadays.

But let's take a deep breath and remember just a generation ago. Many readers will remember that "old world" of sewage and our ocean. In that old world: 1. From a point just a stone's throw from Deer Island Light, the greater Boston area collectively "flushed its toilet" twice a day, as the ebb tide began to run out of Boston Harbor. And you didn't want to be downwind — much less fall overboard into the "sea of sewage."

2. Boston Harbor was a virtual dead zone, with fish inedible and waters a "no-go" zone for swimming.

3. Political ads prominently featured the hopelessly behind-the-times condition of the water in Boston Harbor.

4. Lynn's sewer system discharged right into our shoreline waters.

5. Nahant Bay was home to a massive colony of a virtually unique species of algae — *Pilayella littoralis* — which accumulated on the beach and in the surf zone in truck-load quantities, and stank up the shoreline.

6. Despite its great beaches, Nahant was facing the prospect of becoming no place to swim.

Back around the mid-eighties, big things were starting to happen as regards water quality in coastal Massachusetts. Steps to correct some of these big problems were shaping up. The MWRA was coming into being. But Boston's big sewage problem was threatening to turn into Nahant's big sewage problem — by simply moving the "flush point" a few miles farther from Boston Harbor, and giving the water only a half-baked treatment.

In those dark days, arose a sturdy band of concerned folks, in and around Nahant, who came to call their group Safer Waters in Massachusetts — SWIM. SWIM became one of the most tenacious watchdogs of the MWRA, eying it for signs of the ever-tempting political shortcut that would have made Nahant's waters into Boston's cesspool.

While the effects of this vigilance get credited to SWIM, as a group, and while many diligent folks share much credit, everyone close to the situation knows that much of what got done was really the personal work and effort of SWIM's founder, Polly Bradley. SWIM has punched far above its weight class for some twenty-six years now, minding the MWRA all along the way, and in addition:

- * Keeping vigilant about the Lynn Water & Sewer Commission's role with regard to Nahant's waters

- * Keeping attention on steps to deal with the algae blight in Nahant Bay

- * Bringing a no-discharge regime to Nahant's waters, as to boat sewage

- * Minding shipping-safety issues with an eye to prevention of oil pollution

- * Minding seabed construction proposals for adverse effects on fisheries, bottom-dwellers, and marine ecosystems, and much more.

July marks Polly's last month with SWIM — a full generation of dedication certainly amounts to "paying one's dues" and then some. At this juncture, SWIM can look back with pride at how much a small group of dedicated volunteers can accomplish, even without the luxury of high-powered lobbyists, lawyers, and PR specialists.

But as it pauses to reflect back, SWIM needs to make decisions about its future. Other North Shore groups "mind the store" quite effectively, as to other environmental issues — SWIM's entire history has been one of specialization as to water-quality issues.

At this point, SWIM needs to "take the pulse" of Nahanters — to find out what ocean water-quality issues matter most to people in our town. How can SWIM — as a group of dedicated volunteers — do the most good for the ocean environment right in our front yards?

SWIM needs to hear from you, Nahant. What matters most, looking forward from here? Send us an email at NahantSWIM@verizon.net, with your thoughts about the most important challenges for SWIM to tackle.

And thanks for all your support during SWIM's first generation!



Caroline



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SEEK AND YE SHALL FIND CLUB CAR BAR OPENS IN NAHANT

Over the last month, hundreds of islanders have taken advantage of the “SEEK ALTERNATE ROUTE” strategy offered by the TUDOR TRANSIT AUTHORITY.

You have been lining up at the Wharf and Willow terminal to go off island, significantly reducing the causeway traffic volume. The CLUB CAR BAR onboard the rail service has been bursting at the seams pouring 24 oz. MITCHELL CAHNAH INSPIRED, “DOODLE’S.” As a matter of fact, most of you take the ride just to get into that CLUB CAR (hard to believe).

Well, as usual, we at the TUDOR TRANSIT AUTHORITY hear you !!

Just a few steps from the entrance to the terminal, we have opened the “on land” CLUB CAR BAR on our family’s Tudor Wharf property. The only bar in town to have a 4 AM liquor license (HAPPY HOUR IS 2 AM TO 3 AM). Just one more example of how the Tudor’s just give, give and give to our islanders. The Club Car Bar staff was hand picked by brother Duddie, who made sure they all have “ISLAND MENTALITY” and they do!!

THE CLUB CAR BAR STAFF are volunteering their professional talents to serve you FOOD, DRINKS, ENTERTAINMENT AND A LOT OF REAL COOL STUFF AT THE 6th ANNUAL MITCHELL’S CAHNAH BLOCK PARTY ON SUNDAY, SEPTEMBER 5TH AT 7 PM.. ADMISSION IS FREE TO ALL

When the last ball hits the hole at the annual Calcutta golf tourney, the Rockin’ BRUCE TARNEY BAND will hit the stage and knock your socks off!!

The whole town knowz goin’ to the “CAHNAH” is the only way to squeeeeeze out a little bit more summah.

So c’mon down, spend some money for the 5 island kid programs that are this year’s recipients and get great music, food, Tudor Cocktails and very cool event memorabilia.

WIN \$7,500 IN CASH PRIZES BY DONATING \$100 AND RECEIVE A RAFFLE TICKET. ONLY 150 TICKETS AVAILABLE, CALL: 617-543-3942

“IT’S A FUNDRAISER, PLEASE LEAVE “YOUR” FOOD & BOOZE HOME”

An Invitation

Are you new in Nahant? Seeking a new church home? Or, are you lonely? Bored? Want to give back to the community? Then the Nahant Village Church is the place for you! The members of the Nahant Village Church represents a Union of all Protestant church groups in Nahant. We invite you to share in our fellowship and worship, to make this your church home and to call upon us for service.

Please visit the Village Church’s web site at www.nahantvillagechurch.org, or call 781-581-1202, for more information.

The Nahant Village is affiliated with the United Church of Christ, a progressive Protestant denomination with roots in the founding of our country.



High Honors Nahanter Devon Harrell Honored by The Governor’s Academy

Devon Harrell, a High Honors student and three sport Varsity athlete, at The Governor’s Academy in Byfield, MA, was recently awarded the Carl A. Pescosolido Jr. Award. This award is presented at the conclusion of the junior year to those scholar athletes, one male and one female, whose academic and athletic performances, exhibit character and commitment to excellence.

“Devon is an intense competitor who has leveraged her talents in three different sports; a refreshing throwback in the age of athletic specialization. She is the poster girl for the value of persistence, hard work and tenacity. This year, she emerged as the Varsity Soccer team’s leading scorer and a shut-off defender for the Varsity Basketball squad.

Equally competitive in the classroom, this scholar-athlete has earned High Honors distinction in a program filled with Honors and advanced level classes. Whether she’s hustling on the soccer pitch, playing a stingy defense on the basketball court, serving up an ace in a tennis match, or mastering sophisticated grammar in Spanish IV Honors, her hard work and resolve sets her apart.”

Submitted by Marty Doggertt, Headmaster.

Bruce Tarney’s Band The Bandwagon to Perform at the Mitchell Cahnah Block Party



Bruce Tarney’s band, “The Bandwagon,” will provide the music for the Mitchell Cahnah Block Party, September 5th, 7:00 to 11:00 p.m. Band members, (left to right) Bruce Tarney, vocals, John Leblanc, bass guitar, Henry White, drums and Dominic Civiello, guitar. They will play a mix of classic rock with a splash of recent radio hits.

Own a Business? Live in Nahant? Then you should be advertising here. Support your local community through better communication through this newspaper. Call 781-592-4148 or email donna@nahant.com for advertising information. Thank you.



Useless Information...By Ray Barron

Nahant's August Birthday Babies

1 - Nikki Granitsas, Kevin Li, Margaret Pier, Elizabeth Robinson, David Wilson, 2 - Angelo Parisi, Susan Santos, Farris VanMeter, 3 - MaryAnne Asselin, Tracy Curtis, Janet Dolan, Sandra Frank, Michael Gillis, Margaree Hybl, Robert Kershaw, Alex-Kathryn Reeh, Marguerite Rizzo, 4 - Perry Barrasso, Brenda Cook, Michael Debiasi, Mark Dougherty, Christian Inello, Steven Landry, Agnes McCarthy, Ellen Wilson, 5 - Alejandro Bauta, Bridget Donovan, Mikaela Donovan, Chad Doucette, Raemary Ferguson, Estelle Goodell, Thomas Laws, Lindsay MacDonald, Zena Nies, Stephen Opacki, Melissa Valenti, 6 - Barbara Ennis, Frances Hall, Heather Irvine, Marianne Moore, Rosangel Troiani, 7 - Patricia Magner, Richard O'Connor, Ronald Petrucci, Peter Tsokanis, Amanda Ward, William White, 8 - Ian Paul Antrim, Robert Berry, Darren Cavallaro, Maria Coleman, Claire Crane, John Falat, Mark Fredette, Marcia Gaudet, Richard Malatesta, Susan Moleti, August Salliman, Jacob Soule, Gerard Titus, Laurence Ward, 9 - Ruggiero Dicostanzo, Karen Driscoll, Rebecca Gray, Joseph Haskell, Luke McGinn, Margaret Piccola, Brandon Poulin, 10 - Julie Johnson, Marybeth Mahoney, Diane Mason, Brenda Nunez, Richard Peters, Aimee Sheppard, 11 - Richard Adamo, Erin Anderson, Anne Arnold, Randall Call, Caroline Devereaux,	Barbara Hodges, Caden Krauter, Michael Lewis, Alan McSweeney, Minami Mori, Tracy Simpson, Kim St. Ives, 12 - Nancy Cantelmo, Martena Fallon, Jordan Harrell, Laurence Heidebrecht, Nancy O'Brien, Katherine Wallach, Thomas Walsh, III, 13 - Kate Cadigan, Nancy Elia, Colby Godwin, Jeanne Kirouac, Jaimie Konowitz, Anna Ortiz, Mario Spinucci, Rachel Tarmy, 14 - Antonietta Dicostanzo, Carl Easton, Linda Lovering, Claire Michaud, Sharlene Queenan, Kim Stamos, 15 - Patricia Demit, Kathryn Desmond, Trent Gallagher, Esther Johnson, Max Kasper, Anita Kumari, Paul Laubner, Joseph Luise, Wendy Monroe, Christopher Oesterlin, Mary Opacki, Dean Palombo, 16 - Elana Anderson, Julia Babushkina, James Clark, Noah Clark, Susan Dolhun, Jennifer Finley-Leja, Sylvia Hickey, Winifred Kane, Anne Kennedy, Marty Lucantonio, Angela Sansone, Christopher Shauffer, 17 - David Brahm, John Connolly, Gabrielle Fredette, Grace Hudson, Madelyn Hudson, Martha Lederer, Virginia Livingston, Joseph McDonald, Eric Moleti, Richard Palangi, 18 - John Cohen, Robert Cotter, John Kennedy, Carol Leesha, Niyom Lue, Claudia Mannix, Owen Nugent, Michael Rauworth, Lee Regnante, Jillian Stanely, 19 - Heather Cadigan-Dunlea, Val Chepeleff, Emily Crawford, Erika Crawford, Lisa Croft, Peter Devens, Daniel Giuliani,	John LaCorte, Colleen Meager, Mary Pearson, Robert Spencer, John Toomey, Lori Tucker, 20 - James Barrasso, Michael Billias, Robert Cormier, Stephen Deangelis, Carolin Gardiner-Oconnor, Susan James, Joseph Koscielecki, Janice Messier, Frederick Murphy, Richard Scourtas, David Sparr, Harriet Steeves, 21 - Susan Branga, Michael Connor, Laura Erlich, Kenneth Koehler, Mirjana Maksimovic, Katrin McManus, Donna Morrison, Robert Savage, 22 - Donna Brownell, Brenda Conley, Ernest Messina, Louise Rusk, 23 - Rita Anderson, Emma Bartholomew, Mary Behen, Nicholas Bokron, Thomas Costin, Anthony Dedominicis, Charles Jones, David Morin, Michael Reiling, Dorothy	Ryckman, Christopher Vecchia, Eric Warren, Yunita Wheeler, 24 - Julie Arnold, Aaron Bascon, Margaret Bolthrunis, John Connor, Marcia Divoll, Maureen Lynch Edison, Nathan Howard, Roger Pasinski, Alexander Scovell, Sophie Skabeikis, Shirley Spillane, 25 - Shirley Allard, Joseph Casey, Rosanna Christie, Sarah Cook, Michael Devereaux, Duncan Lorien, Brendan Mahoney, Mary Maker, Carla McCormack, Claire Roffi, Paula Souza, 26 - Karen June Hansell, Thomas Lamando, Pamela Motley, 27 - Frances Bertrand, Keith O'Brien, Anya Peterson, Cecile Rouleau, Vitaly Shub, Benjamin Smith, 28 - John Casey, Rebecca Flacke, Sheila Hambleton, Bruce Hunt,	Patricia McArdle, Paul Morse, Diane O'Neill, Rebecca Pillsbury, Amanda Szczawinski, Evan Tarmy, Scott Tidd, 29 - David Aldrich, Matthew Brown, Ruth Brownell, Valerie Corcoran, Helen Cort, Jacqueline Frisoli, Seth Harrell, Scott Jackson, Laura Long, Katherine Lundberg, Virginia Meuse, Emily Spinucci, 30 - Eric Castetter, David Hunt, John Lombard, Joan Mehigan, Elizabeth Walls, 31 - Janet Benkert, Edward Brown, David Conlin, Ghizlane Deangelis, Dimitry Kamen, Mark Nocera, Thomas O'Connor, Melanie Wilson, Melinda Wilson, Please email any changes or corrections to donna@nahant.com. Happy Birthday to you all! Take time to enjoy life!
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SEE A DOCTOR

By ROZI THEOHARI

The patient:
“Would you mind helping me?
Please, doctor, I’m in agony!
Every morning, every day
I have a big headache,
Also a bad sore throat,
Also palpitations of the heart,
Also, the same beats my spleen,
Also crunch in my intestines,
Also swelled pancreas,
My stomach is full of gas,
Also I have got the measles,
I suffer muscle spasms.
Also,
I can’t draw air into the lungs,
Also my skin has a parasitic fungus,
Also...my Goodness...my urine’s col-
ored...”
“Stop!”—nervously interrupts the doctor,
“Stop babbling.
You are growing
A big “Also”
In my stomach...
I need to see a doctor!”

Created by Wesley Nichols

I know a man who lives in Nahant.
He can do things that other men can’t.
Everyone should know his name is Ray
And he accomplishes things every day.

A man of great versatility,
A man who has great ability.
I’ve know this man a short time,
I wish I knew him in his prime.

There is more I could say
And I will some day.
So I will end with some levity
Which will call for brevity

And I will quote my friend Ogden
and say
Candy is dandy
but liquor is quicker.

August 19, 2004
Presented to Ray Barron

All 2010 SUBSCRIBERS as of July 27, 2010

Ahoy, Nahanters! This is the last subscription drive for 2010. The first was in February. I am most grateful and thank those who renewed and added a little extra. Thanks, also, for the notes of encouragement and the stories about how an article in the Harbor Review had impacted your life. It is very gratifying to know that people read and need the information contained within these few pages. So, once again, “Many thanks!,” to everyone who took the time to send a check to renew their subscription for 2010.

The Subscribers List has been updated, as of July 27th, 2010. The date after the name is the subscription renewal date. Now is a really good time to renew. Please use the 2010 subscription envelope that was enclosed in the previous issue, or use your own envelope. You can mail your subscription to the Nahant Harbor Review, PO Box 88, OR save a stamp and drop the envelope in the Harbor Review box, on the Teller’s counter, inside the Nahant Equitable Cooperative Bank.

Everyone, please check for your name and if I have made an error, or omission, please let me know by email to: donna@nahant.com and it will be corrected. Thanks for continuing to support your community newspaper. And now, the SUBSCRIBERS...

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Thank you, Thank you!

By Jen McCarthy

The Fourth of July weekend has come and gone and I believe that all had a fabulous time. So many people helped out and donated money, time, or product, to make it such a successful weekend. Let's start with the Horribles Parade.

Thank you to Terry Maguire for organizing the parade. Thank you to Sue Rosa, for helping me organize the picnic after the parade. It was the first time we had the picnic and it turned out to be a huge success. We listened to great music, danced, ate, laughed and sang. It was so nice to see so many families just having fun. So many people stepped up to donate the food for this event. Brett Henry donated the bags of chips. Ralph Colsen generously gave us 250 hotdogs and Mike O'Callahan gave us the hotdog buns. Captain's supplied the pizza. So a great big thank you is due to them. The Fire Department let us invade their kitchen and fill their freezer with ice cream and hotdogs, as well as let us use their gas grill.

Thank you to my husband Scott and father-in-law Frank for cooking all of the hotdogs and to Mike Szczawinski for putting all of the hotdogs in the buns.

The next morning brought the annual Fourth of July races. Once again a big thank you to Sue Rosa for helping me coordinate this event. We had to buy the prizes, order the medals and ribbons, line the field and get some more volunteers to help be the judges. We need to thank all of our judges as well, because it is such a hard job. We all had butterflies in our stomachs before the races began. So thank you to Bill Edwards, Reni Hamernick, Christine Titus, Lainey Titus and Heather Goodwin. We also need to thank Fabby La Grasse and Regina McArdle for helping with the prize table. Kellie Frary returned this year as the race recorder. Thank you! Thank you!

And finally, my "baby" The fireworks! Just 8 days before the show was to go on, we were not even half way to our goal of \$15,000 for our show. We were at \$6,755. I hated to do it, but I had to put up the sign that saying that the show was in danger of being cancelled. I really didn't think we would make the goal. But once that sign went up, you all sprang into action. My phone rang off the hook, non-stop for the next 6 days. I was averaging 30 calls a day and I loved every one of them.

First of all, I need to thank my husband for not answering the phone and letting you all leave messages, so I could call you back. Next, I need to thank the rest of my family, Sue Edwards, Colleen Edwards, Susan Rosa and Ray Rosa, for holding signs on the causeway a couple of nights to let you know that I was in the bank parking lot accepting donations. Thank you to Equitable Bank for letting me do that. So thank you very much to all of you who did donate!

It was a great show and it wouldn't have happened with out you. Some of you even donated two or three times to make sure we were going to have a show. A couple of checks even came in from as far away as Pennsylvania and Hawaii.

Thank you to all the ladies at Town Hall, Katie, Susan, Joni and Kathy, for all of their help processing payments and recording money. Many thanks to the Police Department, Fire Department and the DPW. They all work so hard to keep us safe not only during the Fourth of July, but also all year long. They continue to give up their time with family and friends so that we can enjoy ours.

Also, a thank you needs to go to Mark Cullinan, Richie Lombard and Mike Manning who always support me with this big fundraiser. I can go to them with any idea I have, to help raise the funds for the show and they always say, "Go ahead Jen."

And finally, the biggest thank you needs to go to my husband, Scott, and daughter, Rachel, for allowing me to continue to raise the funds for the fireworks each year. It really is a big undertaking and I wouldn't be able to do it without their support.

Happy summer everyone.

(Editor's Note: We all owe Jen a hearty and huge "THANK YOU!" for her dedication and devotion to providing the Nahant community with a first rate Fireworks Display. Thank you, Jen. Good luck in all you do. DLH)

HOOMPA in Washington, DC



Jen McCarthy, daughter Rachel and, of course, HOOMPA, help to chaperone a Ford School class trip to Washington, DC. Here, Rachel poses with HOOMPA on the steps of the Lincoln Memorial, with the Washington Monument and Reflecting Pool, in the background.

Deer on Egg Rock

This deer has been spotted all around Town the past two weeks. Tuesday, while on our boat, he went by us from behind the Costin's house and the Motley's on the beach and swam out to Egg Rock. We had a little camera but managed to get these pictures. Guaranteed first deer on Egg Rock ever!

It was great to see. From what we hear as of July 23rd, he was seen at Northeastern. Se he must like Nahant! Submitted by Sue Edwards



In Memory

Marlene Harris, 80

Marlene “Maria” (Goebel) Harris, age 80, of Nahant, wife of the late Karl Harris. Marlene is survived by her niece, Marlene Hauck, of Germany. A graveside service was held in the Greenlawn Cemetery, Nahant.

Richard Locke, 82

Mr. Richard R. Locke, age 82, of Dennis and formerly of Nahant, died peacefully on Friday, July 9, 2010, in the Cape Cod Hospital after a brief illness. He was surrounded by his loving family and his partner of 26 years, Marjorie Meaden. Richard and Marge spent the summers in Dennis and the winters in Florida. Mr. Locke enjoyed dancing and classical music, he was an avid golfer and a gourmet cook.

Born in Revere, on May 18, 1928, Richard R. Locke was the son of Henry and Alice Locke. He was a 1946 graduate of Revere High. He received a degree in business administration from Boston University. Mr. Locke was a pioneer in the communication industry in Massachusetts. He founded Air-Call Northeast, a telecommunication company which held one of the first cellular telephone licenses in Massachusetts. He would later own communication companies in Lawrence, MA, Nashua, NH and Milledgeville, Georgia. Mr. Locke was a U.S. Army veteran, serving in Germany during WWII and was honorably discharged.

Mr. Locke is survived by his sister, Glorio and her husband, Thomas O’Shea of Nahant. Mr. Locke was predeceased by his sister, Patricia Ago and his brother, Herman “Sunny” Locke. In addition to his partner, Marjorie Meaden, Mr. Locke leaves his former spouse and mother of his children, Lorraine H. Locke of Nahant; three daughters, the Honorable Judith H. Lock and her husband David Chenail of Williamstown, MA, Deborah Locke and her husband Arthur Dalton of Lugoss, South Carolina, and Lori Kirby and her husband James of Swampscott.

Mr. Locke also leaves three sons, Michael Locke and his wife Deborah of North Truro, MA, Richard M. Locke and his wife Jodi Szczepaniak-Locke of Pittsfield, MA and Joseph M. Locke and his wife Kathy, of Nahant, MA. Mr. Locke was predeceased by one son, Christopher Locke, of Provincetown, MA. Mr. Locke had 12 grandchildren, Keenan, Katherine and Liam Chenail of Williamstown, MA, Michael and Andrew Locke of North Truro, MA, Gabriel Locke of Pittsfield, MA, Joseph Edward, Elizabeth and Matthew Locke of Nahant, Christopher, Benjamin and Jillian Kirby of Swampscott. Mr. Locke had two great-grandchildren, Sarah and Joseph Edward Jr., of Lynn, MA.

Mr. Locke was buried, with full military honors, at the Massachusetts National Cemetery, in Bourne, MA. In lieu of flowers, donations in Mr. Locke’s memory may be made to the charity of your choice.

Rene A. Michaud, 89

Mr. Rene A. Michaud, age 89, of Nahant, died peacefully in his home surrounded by his family following a lengthy illness. He was the beloved husband of Seta (Prigian), with whom he shared 65 years of marriage. Born in Salem, Rene was the son of the late Auguste and Eva (Jacques) Michaud. He attended Salem Schools and was a graduate of Salem High School. He later graduated from Northeastern University.

Rene enlisted in the United States Navy and proudly served his country as a pilot, during World War II and, as a reservist, was called back to Active Duty for the Cuban Missile Crisis. He was honorably discharged with the rank of Lieutenant Commander.

Prior to his retirement, Rene worked as a quality control engineer at G.E. He was a longtime volunteer for My Brother’s Table and the St. Vincent DePaul Society, and was the recipient of the New England Patriots Kraft Family Community MVP Award in 2006. He was a longtime member of the Nahant Dory Club and was an avid sailboat racer. He also greatly enjoyed gardening and skiing and was a communicant of St. Thomas Aquinas Church.

He was a devoted husband and father. Family get-togethers were very important to him. In addition to his wife, Rene leaves his children: Michael Michaud and his wife Carla, of San Antonio, TX, Susan Hendrickson and her husband Matthew, Diane Mason and her husband John, John Michaud and his partner Renee Wright and Laura Michaud and her husband Frank, all of Nahant. He was the brother of Jean Michaud and his wife Donna, of Florida and Lillian Lawler and her husband Walter of Wilmington. Rene was the loving grandfather of Kevin Kay, Suzanne Cox, Eric Michaud, Lenore Sassman, Diana, John Michael and Christopher Mason and Claire, Gus and Arthur Michaud. He is further survived by 7 great grandchildren and many nieces and nephews.

Rene’s Funeral Mass was held in Saint Thomas Aquinas Church. Interment was at Greenlawn Cemetery, Nahant. In lieu of flowers, gifts in Rene’s memory may be sent to My Brother’s Table, 98 Willow St. Lynn, MA 01901.

View from the Pier (Continued from page 13.)

Mt. Etna, in all its power and grandeur, has inspired art dating to the days of Greek mythology. It is the largest volcano in Europe, standing at almost 11,000 feet, and one of the most active in the world, almost constantly erupting. The name Etna is thought to have derived from the Greek word “aitho” meaning “to burn.” The Arabs called the mountain Gibel Utlatmat, or “mountain of fire.”

Mythologists sought to make sense of Etna’s eruptions. The god Aeolus was said to have imprisoned the winds in caves below Etna. According to the poet Aeschylus, the giant Typhon, confined within the volcano, was the cause of its eruptions. Vulcan, the god of fire, was said to have had his forge under Etna, while other myths said Cyclops maintained a smithy there, where he fashioned lightning bolts for Zeus to use as a weapon.

My wanderlust is propelled, in part, by a desire to behold dramatic scenery and breath-taking vistas, like Etna, and experience the awe and humility they evoke in me. Certainly a truth I took in, as I admired the volcano from afar, was the force and endurance of nature and the relative impermanence and powerlessness of man.

Meg, a Pearl Road resident, is a regular contributor to the Boston Globe’s travel section and creator of five photography/quotation books available locally. She is also proprietor of www.ViewfromthePier.com, a website that offers observations on life’s journey through images and words.

Musman Appointed to ARC (Continued from page 1.)

the law firm of Goldstein & Manello P.C. for almost twenty years and was President and Managing Partner of that firm from 1990 to 1995.

About The Northeast Arc: Incorporated in 1955, the Northeast Arc is a non-profit organization dedicated to providing services and support to people with developmental disabilities and their families. The Northeast Arc operates a broad range of programs that benefit children, youth, adults and the elderly. These programs include Community Residences, Day Habilitation programs, Vocational Services and Family Support Services, Early Intervention, and Autism Support Services. For more information, visit the Northeast Arc’s website, www.ne-arc.org. Submitted by Melanie L. Fleming

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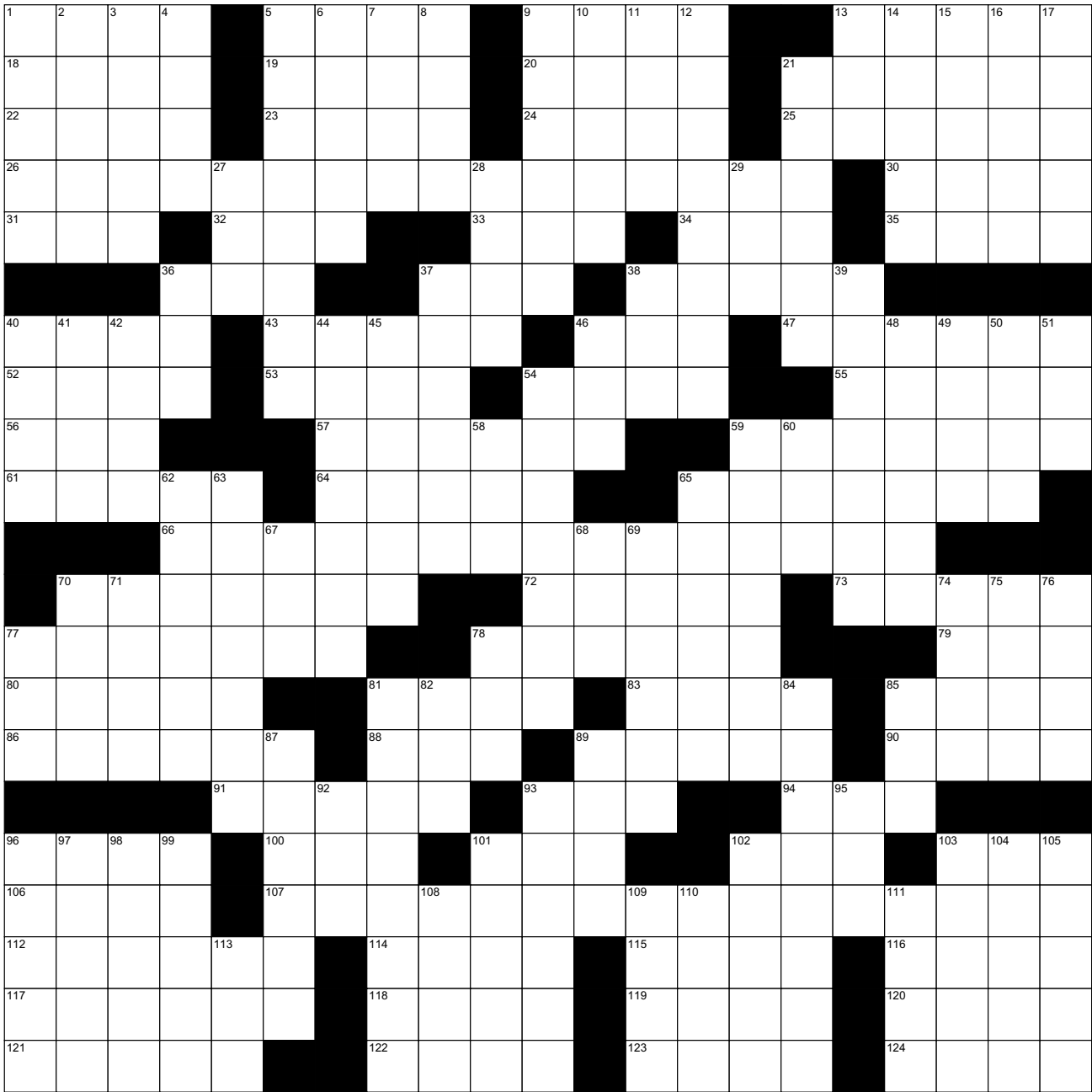
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NAHANT PUZZLE PAGE

"To Err is Human, To Forgive, Canine"
by Rick Kennedy

ACROSS

- 1 Citi Field predecessor
5 Sch. groups
9 Crown
13 Mosey along
18 Gluttons
19 Nautical leader?
20 Dash
21 Old-style call to arms
22 Meanie
23 Yards advanced
24 Doorbell sound
25 Devastate
26 *Start of an Andy Rooney quote*
30 Level
31 Concorde e.g.
32 Things used during crunch time?
33 One with a pole position?
34 Seize
35 Dorky sort
36 Popular card game
37 Bass, for one
38 Old photo color
40 Jefferson bills
43 Sale places
46 Chicago-to-Pittsburgh dir.
47 Trades
52 Brewer's need
53 Gulf war missile
54 Declare
55 Hibernation
56 Unrefined metal
57 French wine region
59 Deftly
61 Open, in a way
64 It may be wild
65 Nixon's Checkers, e.g.
66 *Part 2 of quote*
70 Organized massacres
72 Canadian ____
73 Parasite
77 Car rental info
78 Shape
79 Call from the field
80 Warn
81 Stylish
83 Not as much
85 Fats
86 Shuts
88 Atmosphere
89 Loop
90 Trendy



- sandwich
91 High-fives
93 72, at Augusta
94 Colorado tribe
96 Say no
100 Poisonous snake
101 Actress MacGraw
102 Holy Hindu's title
103 One signatory to NAFTA
106 Clod
107 *End of quote*
112 American songbird
114 Direct
115 List
116 Lock name
117 Trod
118 Yearn
119 Tails
120 Competition at the Greek games
121 Cold shower?

- 122 Stake
123 Capone's nemesis
124 Digs of twigs

DOWN
1 Commercials
2 Thrills
3 It may be snowy
4 On the main
5 Hairstyles popular in the 50s and 60s
6 Rips
7 Diva's delivery
8 Ditty
9 Hawk
10 Cool
11 Zest
12 Bechtel employee
13 ____ king
14 Expert
15 Courageous
16 German gun

- 17 Alter, as text
21 Like 10, but not X
27 It'll help you make your move
28 Snaky fish
29 Exhaust
36 Ship initials
37 Makes sense
38 Edinburgh-to-London dir.
39 Weapons stash
40 Grand
41 Frayed
42 Crude letters?
44 Professors' environs
45 Kings and queens
46 Christmas ____
48 Upland
49 Big bash
50 Narrate
51 Mole
54 Sour tasting
58 Genius

- 59 Suitability
60 Morse T
62 Brings to a boil
63 1979 World Series champs
65 Saws logs
67 Wheel tooth
68 Mattress problem
69 Eyepiece
70 Difficult sort
71 It's a butter alternative
74 Qatari ruler
75 Dark quaff
76 The "H" in "M*A*S*H": Abbr.
77 Buddy
78 Evergreen tree
81 A ____ (without instruments)
82 Possessive pronoun
84 Poor sport
85 See red?

- 87 Designated
89 Den
92 Pale wood
93 School recital
95 Fasten
96 Tractor blades
97 Hearing-related
98 "Say cheese!"
99 Part of a bicycle wheel
101 ____ -garde
102 Mails
103 Grammarian's concern
104 Flies alone
105 Concerning
108 Long time
109 Grace period?
110 DNA component
111 TV host Seacrest
113 Lease

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Council On Aging Calendar – August 2010

Mon	2	1:00P	Blood Pressure & Glucose Clinic – Tiffany Room
Tues	3	12:30P	Afternoon at Salem Willows
Thur	12	11:30A	Box Lunch Picnic, Marjoram Park, Reservations required
Thur	19	11:30A	RAIN DATE for picnic at Marjoram Park
Tues	24	10:00A	SHINE Representative – Medicare & Prescription Assistance*
Thur	26	12:30P	Mystery Ice Cream Ride
Tues	31	12:00P	August Birthdays–Birthday Cake by Roz, Tiffany Room

SEPTEMBER

Tues.	1	12:00P	Lunch Buffet and Racing at Suffolk Downs – Reservations req.
Wed.	2	12:00P	Foot Clinic – by appointment. *PLEASE CALL – appointments starting at 10:00 A.M

Summer Outdoor Concerts schedule to be announced. Please call for information.

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

Mondays	9:00A	Senior Yoga - Community Center
Mondays	10:15A	Senior Exercise – Community Center
Tuesdays	9:00A	Quilting – NO SUMMER CLASSES
Tuesdays	1:00P	Cribbage, cards, puzzles – Community Center
Wednesdays	12:30 P	Shopping Trip from Tiffany Room or call for pick-up
Thursdays	10:15 A	Senior Exercise – Community Center

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Join the Swampscott / Nahant Senior Citizens Triad Council

What is TRIAD? TRIAD consists of a partnership, which involves the Essex County Sheriff and District Attorneys offices, the town Police and Fire Chief and the Council on Aging and supportive services in each community and, of course, our seniors.

The Swampscott/Nahant TRIAD Council is a community safety imitative, that focuses on empowering, educating and improving the safety, security and peace of mind of the senior population of Swampscott and Nahant. Our goal is to reduce criminal activity, which often targets the senior community, alleviates seniors fears of victimization, builds confidence and improves their quality of life. TRIAD also enhances the delivery of law enforcement services to our senior population.

The council receives input from our police departments, when there is evidence of scams that are targeting our seniors in either community. The sheriff's office emails our council information on any potential companies who are trying to swindle our seniors on home improvement scams and other related wrong-doing. The Swampscott Fire Department established a house numbering program to identify homes that were not clearly numbered, making it safer and easier to identify houses by providing the required house numbers in both communities.

We are currently looking for seniors, who live in Swampscott and Nahant, who would be interested in joining the Swampscott/Nahant Council and would bring with them new ideas to help our seniors and communities. We will resume in September; and we will be meeting quarterly. Call the Swampscott Senior Center at 781-596-8866, or the Nahant Senior Center at 781-581-7557, to join, or to acquire additional information.

COA NEWS BRIEFS

By Diane Desmond

A Box Lunch Picnic will be held at Marjoram Park on Thursday. August 12th, at 11:30 a.m. In addition to the lunch, the afternoon will also include strawberry shortcake, courtesy of Elder Service Plan of the North Shore. Reservations are required.

A trip is planned for Tuesday, Sept 1st, to Suffolk Downs for a lunch buffet and racing at noon. The cost of the lunch is \$14.95 and reservations are also required. Please call the Senior Center at 781-581-7557, or e-mail: ddesmond@nahant.org, to reserve a place for these events.

The Council on Aging will be doing several outdoor concerts this summer at Salem Willows and Red Rock. The dates have yet to be scheduled. Please call the Center for more information.

Attention Seniors

When it's hot, the Council on Aging room in the Nahant Community Center (formerly the Valley Road School) is COOL and available to seniors, for relief from the heat, noon until 7:00 p.m. Submitted by Sarah Risher, Nahant

Council On Aging Vacancy

The Board of the Nahant Council on Aging has a vacancy and is inviting Nahant residents to apply. Our mission is "to help people, sixty and over, live fuller and more independent lives, safely and with dignity."

The Nahant COA provides a wide range of activities which include daily luncheon meals, information, transportation, social events, educational and exercise programs, and more.

The Board meets regularly on the fourth Wednesday of every month at 7:30 p.m. If you would like more information, please email Sarah Risher at sarahrisher@mac.com.

If you would like to apply, please call the Town Administrator, Mark Cullinan.

Submitted by Sarah Risher

Community Calendar • AUGUST 2010

Go Green at Nahant Public Library during June 23rd to August 20th, 2010
Fall Book Sale Begins Saturday, August 21st and Ends Sunday, August 29th.

SUN	1	9:30A	Summer Worship Service at Nahant Village Church. Donna Hanlon, soloist. All welcome.
WED	4	10:30A	Mad Science Workshop at Nahant Public Library
FRI	6	8:00A	NVC Free Breakfast: Beth Walls Madagascar Adventure
FRI	6	6:00P	Short Beach Shorebird migration. 781-581-1114
FRI	6	8:00P	Summer Dance Concert. 40 Steps Dance 978-546-3611
SAT	7	8:00P	Summer Dance Concert. 40 Steps Dance 978-546-3611
SUN	8	8:00A	Worship in the Park. Marjorian Park / Dory Club
SUN	8	9:30A	Summer Worship Service at Nahant Village Church. Old Fashioned Hymn Sing. All welcome.
SUN	8	8:00P	Summer Dance Concert. 40 Steps Dance 978-546-3611
THU	12	7:00P	MBT Garden Party. Nahant Country Club 781-595-3224
THU	12	3:00P	Mad Science Workshop at Nahant Public Library
THU	12		Seniors Box Lunch in Marjoram Park
SAT	14	11:00A	Blessing of the Animals Service at Marjoram Park.
SAT	14	5:00P	Fiesta on the Wharf! To benefit Sailing Program.
SUN	15		DEADLINE FOR SEPTEMBER HARBOR REVIEW
SUN	15	9:30A	Summer Worship Service at Nahant Village Church. Donald Wilkinson, soloist. All welcome.
FRI	20	Noon	Library Kung Fu at Nahant Public Library
SAT	21		Start of Library Book Sale
SUN	22	9:30A	Summer Worship Service at Nahant Village Church. Schuyler Livingston, organist. All welcome.
FRI	27	6:00P	LynnArts BBQ with RedBones FMI 781-598-5244
SAT	25		SEPTEMBER HARBOR REVIEW DELIVERED
SUN	29	9:30A	Summer Worship Service at Nahant Village Church. Harriet Steeves & Cal Hastings. All welcome.
SUN	29		End of Library Book Sale
TUE	31	6:30P	Marine Science Center, “The End of the Line”

SEPTEMBER

SUN	5	9:30A	Summer Worship Service at Nahant Village Church. Rozi Theohari, soloist. All welcome.
SUN	5	7:00P	Mitchell Cahnah Block Party till 11:00 p.m.
sat	11		PATRIOT DAY
SUN	12	9:00A	Choir Rehearsal, Nahant Village Church
		10:30A	Sunday Worship Service at Nahant Village Church
MON	6		LABOR DAY
SAT	11	10:00A	Porches, Patios and Peaceful Views with Plants. Garden Club fundraiser. Till 4:00 p.m.
SUN	12	TBA	A Reason to Ride Fundraiser. FMI 781-581-0010
MON	13	7:00P	SWIM meeting.Northeastern University Marine Science Center
SAT	18	10:00A	Marine Science Center Open House. till 3:00 p.m.
TUE	28	6:45P	CPR Certification Clinic at Nahant Therapeutic Massage

The Nahant Harbor Review is the only newspaper dedicated to
building the spirit of community in the Town of Nahant, MA, USA.
Please support our efforts by subscribing, or advertising. Thank you.

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. • Town Hall

School Council Meetings • 3rd Tuesday • 6:30 p.m. •
Johnson School.

PTO • first Tuesday • 6:00 p.m. • Johnson School

Nahant Village Church
27 Cliff Street, Nahant



All Faiths Welcome!

Summer Worship Service
begins at 9:30 a.m. Social Hour: 10:30 a.m.

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

EMERGENCY MANAGEMENT

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

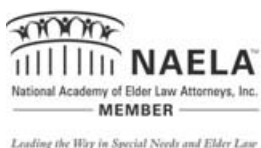
FREE Nahant Dory Club Decal
for your Cars.
Call Rob Scanlan, 781-595-6225.

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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borhood and has a
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*Call for, or come in for, the other nine rules.

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