



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 18 Issue 7

Summer In Nahant, Some Aren't!

JULY 2011

Bob Steeves Retires from the Nahant Council on Aging Board



After many years of service, Robert W. Steeves has retired from the Nahant Council on Aging Board. Bob became a board member in 1994 and has served with commitment and distinction. The board thanked him at its June meeting. In the photo above: Michael Manning, Town Selectman, Peggy Barile, Town Clerk, Bob, and Town Administrator, Michael Cullinan, attended the meeting and presented him with a plaque acknowledging his service.

Village Church Breakfast July 8th Features Rev. Patricia Long

See story on page 2.



Don't forget to vote!
Special Election, Saturday,
June 25th, to Revisit
Prop 2-1/2 Override

Dennis Forbush Memorial Road Race Kicks off Nahant's July 4th Celebration

The 32nd Annual Dennis Forbush Memorial Road Race will begin promptly at 8:00 a.m., on Monday, July 4th. Registration opens at 7:15 a.m. There is no entry fee. The three mile race begins in front of the Nahant Fire Station, at 67 Flash Rd. and proceeds past the golf course on Emerald Rd., past the wharf, up the hill on Willow St., past the Village Church, around Forty Steps, then returns down Wharf St. and back to the fire station along Valley Rd. There will also be a one mile race for those ages 16 and under. Walkers will begin the course at 7:30 a.m. Prizes will be awarded to the top finishers in each category.

Dennis Forbush was a Nahant native who was killed in a car accident on October 1, 1976. He was active in the organization of Nahant's 4th of July events and many other community activities. His friends organized the first Dennis Forbush Memorial Road Race on July 4, 1980. This unofficial race is sponsored by the town and all runners are welcome. We hope you will wake up early and join in this fun and healthy way to start the holiday!

And what greater way to culminate the celebration than with the Nahant Fireworks Show 2011, which begins at 9:15 p.m. The show is held at Bailey's Hill Park, at the corner of Trimountain and Bass Point Roads. BUT...Be sure to get your donations for the fireworks in to Jen and Robyn, the two hard-working individuals who raise the funds each year. See the enclosed flyer for more information. Happy 4th to you and yours. Be safe.

Nahant Police Urge Safe Driving

Alternative forms of transportation provide Nahant residents with fun and healthy ways to commute to work, get to the store, or simply go on a recreational ride. Unfortunately, alternative forms of transportation such as walking, cycling, scooters, or motorcycles can be deadly, especially when sharing the road with larger, heavier vehicles. Last year, the Nahant Police responded to 5 bicycle, 4 motorcycle and 2 pedestrian accidents, involving automobiles. Fortunately, none of these incidents were fatal.

A large number of residents in Nahant drive big SUV's, which take a little longer to come to a complete stop. SUV's also have greater blind spots. These blind spots don't always allow operators to see small children, who may be walking, or riding their bicycles. School is out and the children are, too. Remember, pedestrians have the right of way and traffic must stop for pedestrians in the crosswalk. Failure to do so can incur a \$100 ticket.

NPD also advises that the 25 mph speed limit in the causeway work zone will be strictly enforced. A car traveling 35 mph could expect a \$200 ticket. Lt. Hutton says, "It's not a money-making thing, it's for public safety."

During the warmer months, construction activity will be increased, causing changes in traffic patterns, add to that, the large number of beach-goers and the decreased number of parking spaces, are creating difficult and very hazardous traffic conditions. Hutton also reminds residents to pick up their beach parking stickers, which allow residents to park in the designated beach parking lots without penalty, at the Town Hall, during business hours.

Please slow down, use caution and have a safe and happy summer.



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Mad Science® at the Nahant Library

By Rita Stepanova, Children's Librarian

The Summer Reading Program 2011 "One World, Many Stories" continues at the Nahant Public Library. The Library presents Mad Science® of Greater Boston's three amazing interactive workshops: "Life in the Sea," "Fun-damental Forces" and "Walloping Weather," on Thursdays, June 30th, July 14th and July 21st, at 10:30 a.m. These topic-based workshops, recommended for ages 5-12, encourage children to investigate ocean habitats, the planet's rotation, weather prediction and explore other curious matters, through hands-on activities and exciting demonstrations. The Nahant Public Library is grateful to the Friends of the Library for funding the workshops. To register for the Summer Program, please call 781-581-0306, or visit the library, located at 15 Pleasant Street, in Nahant.

Art Showcase and Historic Tour

On Saturday, July 23rd, the Nahant Village Church will be transformed into a gallery, displaying art in media from painting, photography, wood carving and sculpture. Don't miss this great opportunity to see and purchase works of art, while supporting the community outreach work of this church. Hours are 3:00 p.m. to 6:00 p.m., with a wine and cheese reception from 4:30 to 6:00 p.m. Hours on Sunday are from 11:00 to 1:00 p.m.

At 3:30 p.m., Nahant Historical Society Curator, Calantha Sears, will give a tour of our historic church. Its rich history began in 1820. The granite and wood main sanctuary on 27 Cliff Street, was built in 1868. The church was expanded in 1959, following the merger of the Nahant Church and the Village Church, now known as "the Nahant Village Church."

A DVD of the church's history will be on sale for \$15.00 each. Admission is free. Call 781-581-1202, or 781-581-5691, for more information.

July Village Church Breakfast About Ghana, W. Africa

The monthly breakfast of the Nahant Village Church will be held on Friday, July 8th (not the 1st). The Reverend Patricia Long will give a presentation about her experiences in Ghana, West Africa and why she feels the call to return.

The Rev. Patricia Long is the Sabbatical Pastor at the Village Church until July 31st, when she will return to Ghana. She worked closely with the Evangelical Presbyterian Church, in Ghana, teaching in the Seminary, as well as preaching in many churches, in the Volta Region of Ghana. Rev. Patricia traveled to Ghana to live among its people and learn their ways. She spent the end of 2009, through the latter part of 2010, in a little village called Keptoe and built a bungalow to live among the Ewe Tribe (shown in the picture). The call to missionary work came later.

The free breakfast is served at 8:00 a.m., with the presentation occurring from 8:30 to about 9:00 a.m. All are welcome. So please, plan to come and bring one, or more, friends for a hearty breakfast, great camaraderie and an informative presentation.

Arrangements for transportation for elders to and from the breakfast may be made by calling the Council on Aging, a few days in advance, at 781-581-7557.

Submitted by Marrit Hastings

Why we love Nahant!

Join the Open Space Committee to witness the awesome shorebird migration at Short Beach. We will meet on the beach at the Life-Saving Station, at 6:00 p.m., on Friday, August 5th. Please bring binoculars, if possible. FMI, or possible weather cancellation, call the trip leader, Linda Pivacek, at 781-581-1114, or click on "What's New" on the Nahant website, at www.nahant.org.

Nahant Village Church Summer Worship Time Change

During the summer months, the Nahant Village Church will change the hour of worship from 10:30 a.m., to 9:30 a.m., beginning Sunday, July 3rd through Sunday, September 4th.

During July and August, special music will be provided. Our soloists for July are: July 3rd: Allison O'Neill, contralto; July 10th: Rich Stevens, guitar; July 17th: Donna Hanlon, alto; July 24th: Jackie Meuse, alto and July 31st: Amy Dow, soprano

The Rev. Patricia Long will also offer Services in Marjoram Park, beginning at 8:00 a.m.

Please note: If you have to use your windshield wipers, this service will be held at the Nahant Village Church instead.

Come join us! Submitted by Maria Welsh

You’re Invited to the Library For Opening Day!

After more than 80 years hidden in obscurity and languishing largely label-less, the Otis Collection of stone tools, given to the Nahant Public Library in 1895, is ready to be seen by the public once again in a new light. Please come to the Nahant Public Library on Sunday, July 10, at 3:00 p.m. to step into Nahant’s past in a new way. Learn about the Native Americans who lived here from the ending of the last Great Ice Age until nearly the present day.

Librarian Dan deStefano, who acted as curator and illustrator for this exhibit, will give a brief talk about the Otis Collection and the artifacts themselves at 3:00 p.m.

Refreshments will be served.

Submitted by Daniel deStefano, Director, Nahant Public Library

Barefoot Black Tie

Nahant Life Saving Station and Short Beach, July 30, 2011 (rain date: July 31, 2011), from 6:30 p.m. to Midnight.

Barefoot on the warm sand sipping cold Champagne from a silver fountain that is surrounded by fresh strawberries all the while being captivated by the beautiful sunset.

If you have never attended the Barefoot Black Tie, it’s certain you have heard about the event- a magical night beyond words. Come celebrate this beautiful town we live in with friends and neighbors while enjoying lobster and prime rib (amongst many other delicious foods) and dancing to the sounds of the ACME Blues Band.

Tickets are \$85 pp and can be purchased by calling Joanna O’Neil, at 781-632-5779, or Cathy Bartholomew, at 781-502-8899, or online at www.nahantpreservationtrust.org

Nahant Historical Society’s Summer Garden Party

Now a much anticipated summer tradition, this year’s afternoon revelry celebrates Nahant poets both past and present, plus North Shore Community College’s unique local website, Poetry of Places. NSCC Professor Carlsen is organizing poetic entertainment for your pleasure.

Please join us for this special celebration, scheduled for Sunday, August 14th and enjoy a panoramic, magnificent view of Nahant Bay, as well as light fare by talented, local chefs. Members, please watch your mail for your invitation. The general public is welcome as well. See next month’s (August) issue of the Harbor Review for details.

Submitted by Bonnie Ayers D’Orlando

Support for the Override Proposal

Several years ago I completed a term on the School Committee and received a quick education regarding inadequate state funding for education in Massachusetts, particularly for Nahant. I spent much of my term focusing on the budget and gained an appreciation for a school driving for improvement, particularly in MCAS results, while operating with a declining budget, certainly no minor challenge. The proposed 2012 budget with a successful override is \$91,916 less than the actual expenses incurred during 2008, when the library was being constructed by volunteers, textbook purchases were reduced and Technology Services was eliminated.

The following is a listing of the seven budgetary line items that will be reduced by \$10,000 or more if the override is unsuccessful along with the actual costs for each of these line items over the past five years:

Line item	2006	2007	2008	2009	2010	W/ OVRD	No OVRD
Teachers-Reg Ed	\$798	\$678	\$746	\$750	\$771	\$745	\$652
Teachers-SPED	\$76	\$78	\$41	\$40	\$34	\$55	\$22
Tech Services	\$40	\$44	\$0	\$0	\$12	\$22	\$0
Reg Ed textbooks	\$9	\$65	\$6	\$15	\$10	\$10	\$0
Library salary	\$0	\$1	\$0	\$16	\$17	\$19	\$0
Maint. supplies	\$20	\$12	\$22	\$19	\$13	\$10	\$0
SPED Admin.	\$17	\$15	\$15	\$16	\$16	\$17	\$0

All figures rounded and in \$1,000’s

The proposed budget for each of these line items, with a successful override vote, is consistent with past spending levels despite a commitment to replacing outdated textbooks, the opening of the library, and more smart-board utilization and related technology improvements in the classrooms.

I am voting for the override and hope you will do likewise. Thank you.


Jim Devereaux, Nahant

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Dancing by the Shore

It is time once again to celebrate Nahant's summers past. For the twentieth consecutive year, we will be recalling Nahant's heyday as a summer resort with the Nahant Victorian Day Ball. This year's Ball will be held on Saturday, July 16th, from 7:00 to 10:30 p.m., at the Town Hall. Everyone is welcome to come and dance the evening away, or watch the elegant dancers from the balcony. In honor of the 150th anniversary of the Civil War, this Ball will be set in the Civil War Era, with music, dances and costumes of the period.

The music for the evening will be provided by Spare Parts, an ensemble experienced in "vintage" music appropriate for the evening. They will feature several Nahant-related, 19th Century tunes such as the Nahant Waltz and the Sea Serpent Polka. Our caller will be Ben Bishop. In preparation for the ball there will be a dance workshop from 3:00 to 5:00 p.m., on the day of the Ball. The workshop will cover many of the actual dances for that evening, including The Nahant Qua-

drilles, a figured dance that was written during the early 19th Century. Give it a try and be ahead of the so-called "experienced" dancers at the Ball itself. The dance workshop is free and open to everyone, whether you are able to attend the Ball, or not.

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

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

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

Admission is \$30 per adult and \$15 per student (pre-registration discount: \$25 adult / \$10 student). Victorian dress is not required (but is encouraged!) for this event. Plans for Sunday's Tea will be available on our website. For more information, visit www.vintagevictorian.com/nahant.html, or call Katy Bishop at (781) 593-3038, or email katy@vintagevictorian.com — We look forward to seeing you on the 16th!



"Adopt a Beach" Program is Growing

June 11th marked the third beach monitoring event for this year. Participation is high and we now have a solid start to long-term monitoring of our eight beaches. We plan to monitor through September and start the new season in April of 2012. Staff members at Northeastern University are entering the data onto spreadsheets which will be provided to SWIM (Safer Waters in Massachusetts), Salem Sound Coastwatch and any other entities who are interested.

Besides the physical benefits of beach monitoring, there are social benefits, too. People bond together while monitoring and cleaning the beaches, increasing their love of the outdoors and their sense of being custodians for the natural world. Children will be our future custodians, so please bring them along! (Please remember that children must be accompanied by an adult at all times).

The next beach monitoring day is Saturday, July 9th, at 11:30 a.m. Low tide will be at 12:23 p.m. Please mark your calendars - all are welcome to participate! Just stop by 172 Willow Road, Nahant, to join an existing team.

The Nahant Adopt a Beach Program, which is the offspring of Salem Sound Coastwatch, is co-sponsored by the Northeastern University Marine Science Center and Safer Waters in Massachusetts (SWIM). FMI, email: swimnahant@verizon.net, or call 781-598-1060.

Submitted by Vi Patek

We welcome applicants for membership. Come to our next meeting and get to know us! Please check the Nahant Town website for the time and date. For more information, please email Sherry V. Smith, at sherrysmith90@comcast.net.

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 in the evening. If you would like more information, please email Sarah Risher at sarahrisher@mac.com. If you would like to apply, please contact the Town Administrator, Mark Cullinan.

Nahant Garden Club

The Annual Meeting at the Knights of Columbus on June 9, 2011, was a very festive occasion. Our hostess chairman, Jeannie Delaney, and her helpers, organized a delicious lunch and a very successful raffle of gift certificates and local art. Lovely pink blush geraniums with bows and baubles were at each table, designed by Marie Ford.

Edie Hunnewell, our outgoing president, summed up a successful year and extended accolades to many ladies. A beautiful long-stemmed rose was awarded to the nine past presidents who were present at the lunch.

Rev. Patricia Long, the interim minister at the Nahant Village Church and our honored guest, said grace before lunch. Our fabulous well-known speaker, Tony Todesco from Stow, MA, did eight, over-the-top arrangements.

It was thoroughly enjoyable! When the designs were all finished, our own marvelous auctioneer, Maria Welsh, took over the show and sold every arrangement...going once, going twice, SOLD!

Our new president, Suzanne Hamill, finished up the meeting and is looking forward to working with her supportive Board and reaching out to all the ladies of the NGC. A festive lunch was planned for the new and old Board members at the Dory Club.

Submitted by Edie Hunnewell, President

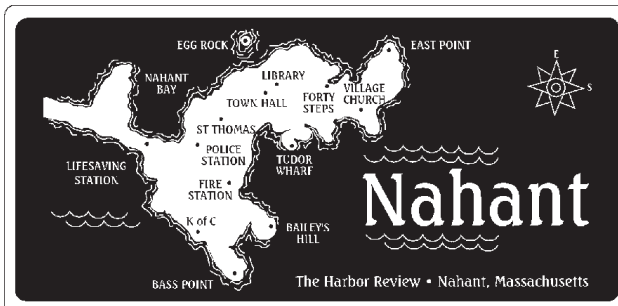
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News From the Johnson School

By Diane Mulcahy, Principal

The school year is quickly coming to a close. The students are enjoying the end of the year activities. Field Day was held Wednesday, June 8th. It was a beautiful day. A small army of parent volunteers worked very hard to make the day successful. Lori Nugent, Roxanne Schena and Antonella Raffaele coordinated this year's Field Day. Mrs. Mary Lowe and Mrs. Sandy Warren organized the food. We are very pleased that former parent, Shawn Cummings, returned to MC the event. The sixth graders particularly enjoyed the traditional water balloon fight with the fifth graders, also following tradition and picking up the field. We're grateful for the community support for Field Day. The Tides Restaurant supplied the food for lunch, the Knights of Columbus donated water and juice and the DPW supported us with the logistics of the day. Thank you for the continuing support to our school.

The Johnson School received a very nice thank you note from Mrs. Molly Conlin complimenting the Sixth Graders for their participation in the Memorial Day Parade and their exemplary behavior. We were all very proud of Harrison Hosker and his recitation of the Gettysburg Address.

The Sixth Grade Moving On Ceremony was held on Thursday, June 16th, at the Johnson School. Family and friends joined the School Committee to celebrate this milestone for the thirty-six sixth grade students. Harrison Hosker, as class president, made remarks, which opened the ceremony. Several Johnson School students won awards including the Citizenship Award presented by the American Legion to Sarah Ryan and Ryan Connolly. Maggie DiGrande and Rebecca Caggiano won the Lowland Math Award. Harrison Hosker was presented with a commendation from the State House for his recitation of the Gettysburg Address. Rebecca Caggiano, Michelle Connor, Charles Ross, Ryan Frauenholz, David Peterson, Nick Kersten, Ryan Connolly, Jackie Kostenko and Ariella Nardizzi were presented with Presidential Academic Excellence Awards.

We are pleased to have received \$4,675.00 from the Hardscrabble Education Fund, a fund of the Essex County Community Foundation. This grant will fund new science kits for grades 2-4. We are most appreciative of the funds, which will allow us to broaden our technology base. The Hardscrabble Education Fund promotes and supports academic achievement in pre-collegiate, public schools in Beverly, Lynn, Marblehead, Salem, Swampscott and Nahant by issuing grants to teachers, schools, or districts, primarily in the fields of Mathematics, Science and English.

ECCF was established in January of 1999 to increase local philanthropy and provide support to non-profit organizations located in and serving Essex County. The Foundation offers all the philanthropic, grant making, financial and tax expertise needed to engage in effective, inspired charitable giving. ECCF stewards over 80 charitable funds and has awarded over \$8 million in grants to local organizations. To learn more about ECCF, please visit www.eccf.org.

The School Council held elections for the upcoming year; Mrs. Molly Cohen and Mrs. Linda McCarthy were elected to two-year terms. I would like to thank Ms. Kathi Kougas for her service of six years on the Council and Mrs. Gene Hollenbach for her two-year term. We are very grateful to both of these parents for dedicated service to the Johnson School. The School Improvement Plan will be submitted in August.

The students are winding down for the year and several classes have had curriculum events so that parents could review the students' work and the progress made over the year. This week the Kindergarten hosted their parents, First Grade had their Authors' Tea, Second Grade had their Museum of Marvelous Work, Third Grade had their Nahant Project presentation and Fourth Grade invited parents to see their simple machine inventions.

Mr. Ty Anderson spent the day on Tuesday, June 14th, at the Johnson School, at the invitation of Mrs. Diane Dunfee, long-term substitute for Phys. Ed. Mr. Anderson taught the students the fundamentals of golf. Students had the opportunity to work on their golf swings with special plastic golf clubs and tennis balls supplied by Mr. Anderson. He has traveled along the East coast with his program and all our students enjoyed it.

The last day of school was Friday, June 17th, students and staff will hopefully enjoy a happy safe and restful summer!

Swampscott MS Q3 Honor Roll 2011

High Honors : Lydia Antrim, Olivia Aswad, Emma Bartholomew, Olivia Cooke and Sarah Martin.

Honors : Jackson Allard, Corey Bleau, Ryan Cole, Jason Dignan, Peter Doyle, Matthew Gooding, Kristian Hosker, Simon Klee, Victoria Laurano, Shea Nugent, Ratchanon Rittiboon, Anne Toomajian and Casey Walton.

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.

Have a safe 4th of July!

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Congratulations to the Graduates of the Class of 2011

As you move onto the next stage of your life, relax, look forward and enjoy!!! The time moves quickly and you will be moving on to your careers before you know it. Good luck, make good choices and enjoy the ride!!

Best wishes to this year’s recipients of the Christmas parade Scholarship:

Patrick Gavin:	Providence College
Kelsey Anne Barrasso:	Emmanuel College
Casey Shanahan:	Colby-Sawyer
Bridget Donovan:	Rollins College
Jessica Simons:	Worcester State University
Alexander Billias:	Worcester State University
Nicole McDermott:	Salve Regina University
Leah Towe:	Fordham University
Zak Peters:	Salem State University
Maggie Osbahr:	Northeastern University
Taylor Maccario:	College at Charleston
Submitted by Roz Puleo	

Ruth Carter Graduates Earlham College

Ruth Carter, the daughter of David and Katharine Carter of Nahant, was awarded a Bachelor of Arts degree from Earlham College during commencement ceremonies on Saturday, May 7, 2011. Carter majored in Biology.

Molly Kasper Graduates Wellesley College

Congratulations to Molly Kasper. She graduated from Wellesley College, with a degree in elementary education, on May 27, 2011.

Michael Gillis Achieves Dean’s List

Congratulations to Michael Gillis, son of Jill and Lee Trentsch, for making Deans List during the Spring Semester at Westfield State College. Michael has been accepted to the work study program at Disney World this Fall.

Brandon Poulin Receives Academic Honors

Northeastern University is pleased to recognize those students who distinguish themselves academically during the course of the school year. Nahant resident, Brandon Poulin, a Northeastern University student majoring in Mechanical Engineering, was recently named to the University’s Dean’s List for the spring semester, which ended in May 2011.

In addition, Poulin is a member of the University Honors Program, which offers high caliber students the chance to further hone their studies and interests, live in special interest on-campus housing and participate in one or two honors courses each term.

Kerrian K. Dill Receives Bachelor’s Degree

Kerrian K. Dill, the daughter of Dan and Mary Dill of Nahant, was awarded a Bachelor of Arts degree from the University of Connecticut, during commencement ceremonies recently. Congratulations, Kerrian!

Victoria Fortino Achieves Dean’s List

Wentworth Institute of Technology is pleased to announce Victoria Fortino of Nahant, has achieved Dean’s List recognition for Spring 2011. Congratulations, Victoria!

Congratulations to Nahant Garden Club Scholarship Winner Maggie Osbahr

The Nahant Garden Club is pleased to announce that this year’s Nahant Garden Club Scholarship of \$2,000.00, is being awarded to Maggie Osbahr, a 2011 Graduate of Swampscott High School. Maggie is a scholar, as is demonstrated by her election into the National Honor Society and by graduating 10th in her class. Maggie has been accepted to Northeastern University in the School of Arts and Sciences, where she plans on studying Engineering.

Maggie has demonstrated leadership qualities by being elected Vice President of the Class of 2011, for 4 years and was also the only student representative selected for the Principal Search Committee, during the interview and hiring process. Maggie was an officer in the International Relations Club, Peer Leaders Club and Mentors in Violence Prevention. She was the head delegate for the Ivy League Model UN Conference and a representative for the Harvard Model Congress.

In Athletics, Maggie participated in 3 sports at Swampscott High School and was elected Captain of each of these sports. She was a member of the Varsity Swim Team for 4 years, Girl’s Varsity Lacrosse for 4 years and Girl’s Cross Country for 3 years. Maggie’s is also a championship Irish Step Dancer, performing since she was in pre-kindergarten.

Maggie’s academic awards include being named a recipient of the Harvard Book Award in her junior year of high school. Her dedication to Community Service is exemplified by her volunteering as a teacher’s assistant and at her Irish Step Dancing School, dancing at local nursing homes and at many other community events, Santa’s Helping Hands for 4 years, Nahant Beach Clean-up for 3 years and this year the Walk for Hunger.

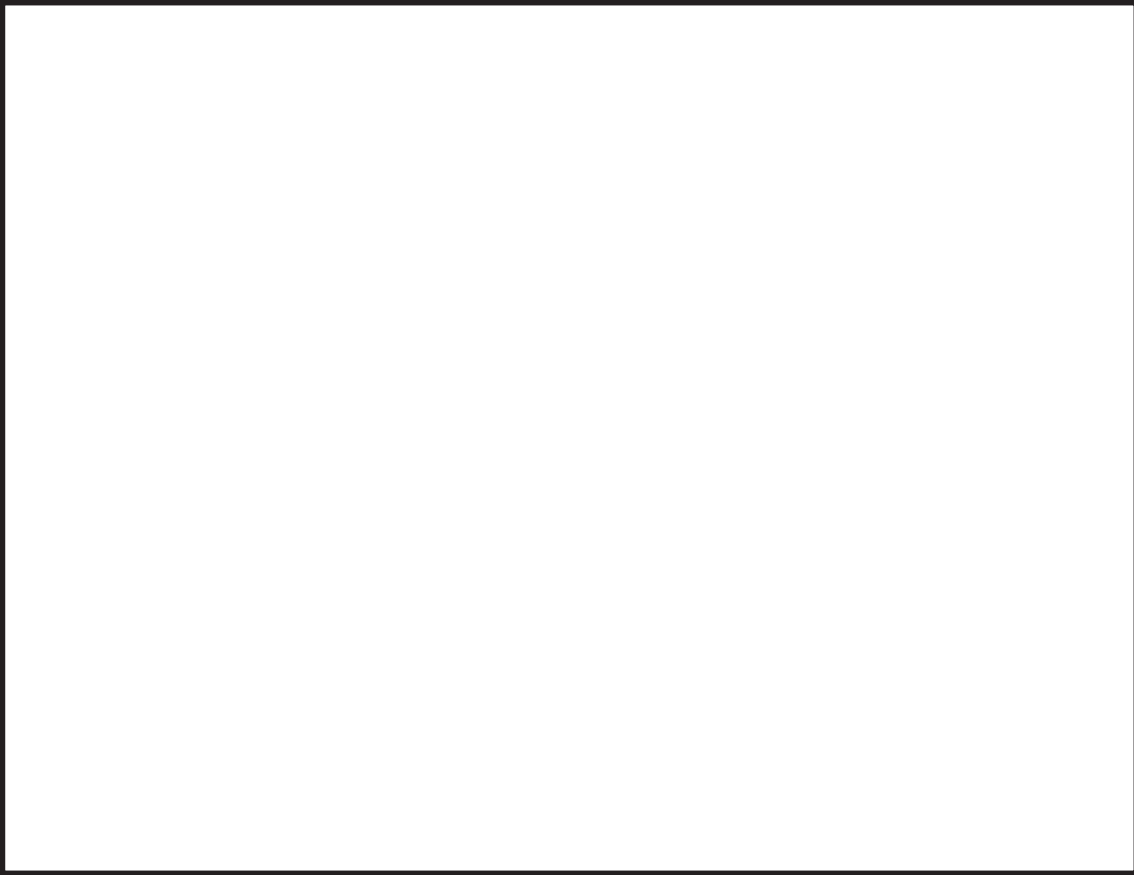
Congratulations, Maggie!

Swampscott HS Q3 Honor Roll 2011

High Honors : Daniel Barbacoff, Jesse Barbacoff, Alexander Billias, Arianna Billias, Kaitlyn Dantona, Anna Greene, Kenneth Li, Caitlin Ludke, Lindsey Marini, Christi Mazaraes, Alexandra Moccia, Rosalie Moleti, Charisse Nocera, Maggie Osbahr, Kyle Rogers, William Ross, Aristana Scourtas, Alexa Steriti, Trachita Wheeler and Melinda Wilson.

Honors : Ian Antrim, Meredith Ball, Zdenek Bazant, Matty Byron, Corey Carmody, Alexandra Chasse, Justin Chasse, Shiloh Clark, Kristen Connor, Jennifer Desmond, Heather Doyle, Desiree Dufor-Carey, Taylor Eaton, Dayna Fernald, Joseph Fernald, Melissa Gavin, Stefano Hernandez, Peter Klee, Thomas Lamando, Taylor Maccario, Christopher Mason, Nicole McDermott, Hayle McDevitt, Madeline McKie, Colleen Meagher, Dara Mosher, Holly Noonan, Casey Shanahan, Anthony Silva, Joseph Silva, Leah Towe, Rita Tsokanis, Emily Walls, Melanie Wilson and Gabriella Wootten.

Commended : Marco Bauder, Dimitri Christoforidis, Elijah Clark, Emily Fiore, Patrick Gavin, Eric Greene, Daniel Lamothe, James Lowe, Victoria Malatesta,, Ian Munnelly, Tyler Peterson, Kristen Rigol, Nicholas Sarcia, Jessica Simons and Albert Wallach Submitted by Sheri April



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Summer can help keep or get you fit!

By Sallee Slagle, Director, Dance Dimensions

At least, we all hope so. Our diets change with the seasons. How can the summer help us have a healthier eating lifestyle? The heat may make you feel less hungry but don't skip breakfast. This starts your engines for the day to burn more fuel, more calories. Try a light breakfast like a fresh fruit smoothie, slice of melon, fruit salad or yogurt with granola and fruit. Fresh summer fruits are high in water content and help replenish the bodies nutrient needs quickly. Fruit also digests quickly so you may feel hungry again sooner but just have more or have something else satisfying later like whole grain toast or a small bowl of cereal. Studies show that active adults who eat small amounts several times a day have leaner bodies, lower body fat percentages.

If your trying to lose weight watch out for calories in what you drink. Sodas and other sugary drinks add calories. Iced coffee coolers and others contain sugar syrups, cream and often topped by whipped cream are high calorie thirst coolers. Plain iced tea or coffee is a better choice even if you add sugar. Alcohol in drinks also adds calories so limit these and steer away from those summer frozen drinks filled with extra calories. Try dry white or red wine or wine spritzers are one of the low-cal options. Also, be sure to quench your thirst with enough water.

Have a glass of water before every meal. Thirst is often mistaken for hunger. Quench your thirst first and you may feel satisfied sooner at your next meal.

Increase your fiber intake. A U.S.D.A. study found that increasing fiber in your diet reduces the calories your body absorbs from the other foods you eat. This study showed women who doubled their fiber from 12g to 24g daily absorbed 90 calories fewer. It all adds up.

Pack your own lunch or picnic more often and choose wisely when eating out. Eating out can add up hundreds of extra calories a day. When eating out avoid fried foods and cream sauces. Always order salads and vegetables. Watch out for portions. Portion size is often two meals and that's twice the calories!

Fresh summer vegetables are also filled with vitamin and minerals as well as being high water content. Some have higher fat content (like avacados) or higher carbohydrate content (like peas and corn) but your diet should be a balance of all three protien, fat and carbohydrates. Indulge in all of them even avacado. Natural fat sources have greater nutrient value and many are rich in essential Omega's.

The heat can make you feel tired but summer activities can lighten your mood, reduce stress and give your metabolism a boost to burn more calories while having fun! Don't go to the gym, get outdoors! Walking, swimming, cycling, burns approximately 250-450 calories per hour. Summer is a great time to try some new challenges or just have fun with a new activity. Jogging is a very high energy activity burning 450-600 calories per hour. For additional summer challenge, run or walk the beach! It will shape your legs up in no time. Try kayaking. It not only works your upper body but also works your abs, back and chest while burning about 300 calories an hour.

Roller blading can burn up to 600 calories per hour and gives your legs and buttocks a great workout. Rowing your boat uses the whole body and can burn 600 calories an hour. Play tennis for a full body workout that burns almost 450 calories per hour. Volleyball is fun on the beach and burns about the same calories. Playng frisbee or running through the sprinkler also burns about 300+ calories an hour. Don't worry if you don't last an hour, short workouts add up quickly. In fact it is often the best way to get fit in short periods 2 or 3 times a day!

Summer fun can be active and healthy along with summer food and festivities. Think fun, choose wisely and get double benefits this summer!

Q&A with North Shore Physical Therapy

Q. My doctor says I have spinal stenosis and that I may eventually need to have surgery. What is it, what causes it, and is there anything preventative I can do?

A. Spinal stenosis is a condition where the spinal canal narrows, causing pressure on the spinal cord and nerves. This leads to pain in the back and legs, and sometimes weakness and sensory changes in the legs and feet. It is caused by a combination of factors, including aging, heredity, and circulatory changes. As we age, bone spurs, deterioration of the discs and facet joints, and thickening of the ligaments can all contribute to narrowing of the spinal canal. The most common symptom of spinal stenosis is pain while walking or standing. Some people experience a sense of fatigue or heaviness in the legs, numbness or tingling in the legs and feet, or difficulty keeping the foot up while walking (drop foot).

Because standing upright further decreases the space available for the spinal cord and nerve roots exiting the spine, many people with spinal stenosis find relief walking slightly flexed forward. Using a walker or a shopping cart to lean forward while walking can help diminish

Continued on page 9.

Health and Glory

By Susan Cadigan, LMT, CNMT/MM, NCTMB, Nahant Therapeutic Massage

You may have noticed the odd couple around town. Mountain man and inner city youth united in restoring health and glory. Mountain man, also known as Stuart Randall, has been training martial arts and boxing since youth. He and his best buddy even ran away from home, when they were young teens, to train with Chuck Norris who he says is the "real deal" and a good man.

If you can't place the face, a few years back, Stuart would "walk" the town on crutches and work out across from Seaside Pizza. The focus was his right leg which he hung, swung, lifted and mimicked walking without putting pressure on it. He had fractured his acetabulum, which is part of the pelvis, in an altercation with a red oak. The red oak won, Stuart and car lost. The injury was so severe, he was designated trauma level one and needed med flight to transport him to Mass. General. Due to the weather Stuart was transported by ambulance ("with four square wheels"). With his excellent physical conditioning, daily rehabilitation and frequent therapeutic/clinical massage, he was able to retain the use of his leg and hip and regained full range of motion.

Stuart excels in conditioning and has taken Khiry Todd under his wing to regain his wind and strength. Both Stuart and Khiry train of the Rivera Brothers Boxing Gym. While the Rivera Brothers Gym relocates, they have been working out at Bobby Tomasello Memorial Boxing Gym. Khiry is the undefeated 2009 New England Golden Gloves champ and also the Outstanding Fighter trophy winner. During a sparring session last year, both boxers threw punches at the same time with the opponent's landing on top of Khiry's arm. This resulted in a stinging nerve pull, as well as tearing around the shoulder. Following the gym rat tradition, he sucked it up and dealt with the pain when training.

Eventually the pain became chronic and his body began compensating to work through the pain. The compensation created more problems and eventually the imbalance started to nag night and day. The pain affected his sparring and he was not doing well in the ring. Wisely, Khiry went to his doctor. When the MRI his doctor ordered did not reveal significant findings, he thought he was free of problems. But, trouble lurked.

Unfortunately, waiting for eight months to regain sporting use of the arm, resulted in de-conditioning and dysfunction. This was first addressed within a session at my office. Knots and trigger points held the shoulder together, yet also threw the shoulder out of balance. As tight as the unit was, it was weak and more possible injury could result from misuse. Because we wanted to remedy the situation for the long run and not simply make it feel better, I encouraged him to revisit his doctor and see if he agrees with physical therapy, along with the clinical/focus massage work. Besides freeing up the tissue, Khiry needed to stop the dysfunction, re-educate and strengthen the areas that had been held captive.

With his visits to Steve Sheridan at North Shore Physical Therapy nearly finished, the pace has begun to pick up. You may see Khiry being led by Stuart in his conditioning and strengthening program, around town. They run the hills, do calisthenics and the Battle Ropes. The Battle Ropes have caught the curiosity of a number of people especially the kids. Recently, while working out, a wonderful game of tug of war with the children at the park occurred.

Khiry anticipates being a world champion one day. These little steps in the right direction may one day lead him there. Stuart and Khiry would like to thank you all for your support.

Susan Cadigan is the therapist/owner of Nahant Therapeutic Massage. She is licensed and nationally certified in Therapeutic Massage & Bodywork. Ms. Cadigan holds a diploma in advanced massage therapy and is certified in advanced deep tissue technique: Neuromuscular Therapy and Myofascial Mobilization. Nahant Therapeutic Massage is located with the Nahant Community Center; 41 Valley Road. Please call Susan at 617-240-4252 for immediate attention, or email, susan@nahantmassage.com, or leave a message on the office phone: 781-780-3733. For more information please visit www.nahantmassage.com

Q&A (Continued from page 8.)

symptoms. Finding a place to sit down during your walk may allow you to walk further. Doing a pelvic tilt in standing can also decrease leg and back pain. A pelvic tilt is performed by rounding the lower back and drawing the abdominal muscles in toward the spine. Mat exercises which help to round the spine can be helpful, including a pelvic tilt done on your back with your knees bent, drawing one knee (or both knees) into the chest, or the cat stretch on hands and knees. Because walking is often a painful activity for those with spinal stenosis, alternative means of cardiovascular exercise such as stationary biking may be appropriate. You can work with a physical therapist to learn these and other helpful exercises, as well for manual treatment and modalities to aid in decompressing the area and decreasing pain.

Physicians often recommend nonsteroidal anti-inflammatory medications to help relieve the inflammatory swelling associated with the pressure on the nerves. Epidural injections can also help to relieve pain. Because pain relief with the above conservative measures is sometimes temporary, decompressive surgery may be recommended by your physician.

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"N A H A N T" Live on the Extremities: Be Extreme

In 1826, while explaining to Town Meeting why he keeps planting exotic trees (fandangos) all over Nahant, our dad, Frederic Tudor stated, "one who lives on the extremities tends to be extreme." Evidently, that quote was never more accurate than when our residents were informed of the humane care and support given to our new town "ambassador," the Nahant Coyote.

Back on April 23rd, at the Coyote Informational Meeting held at Town Hall, our crack reporter, Mae I. Barjen got the real skinny. Coyotes are our friends. They will not harm us as long as we don't feed them, or tease them. If they become regular guests like some relatives, just clang the A.S.P.C.A. approved pots and pans together and shoo them into your neighbor's yard. When banged together, the "approved" cookware strikes a coyote-friendly tone. This tone works like THAT song you hear when you temporarily lose your mind and start dancing with yourself. (Oh c'mon, you know you've done it.) Anyways, the coyote gets euphoric, leaves your yard and probably ends up next door where your neighbor will repeat the symphony. Who needs Christmas bells? Maybe we can do a Christmas Concert featuring some star residents on their A.S.P.C.A. approved cookware?

LOCATION UPDATE: PRESENTLY OUR FURRY FRIEND HAS TAKEN UP RESIDENCY AT THE REAR OF GREENLAWN CEMETERY.

To help NAHANT COYOTE SENSITIVITY AND AWARENESS, the Tudor family will have an INFORMATION STATION set up on weekends at Short or Tudor Beach. ALL YOUR QUESTIONS WILL BE ANSWERED, TRUST THE TUDORS.

AND, OF COURSE, WE HAVE TEE SHIRTS TO SELL WITH THAT CUTE LITTLE SUCKER EMBLAZONED WHERE ELSE, OVER YOUR HEART !!!

To give some additional history behind the coyote's arrival, Nahant has always had their own brand of wildlife. The Tudors recall up to the late 1960's, a resident could see literally scores of gorgeous pheasant families traipsing about the town at any given time. Then (OOPS) a few little unwanted kitties turned into hundreds of feral cats roaming the bulrushes (BYE-BYE PHEASANTS). Then along came the dumpsters brought from God knows where,



transporting new little gems like raccoons, muskrats, badgers and a few foxes. They, along with some human help, wiped out the feral cats. Then (OOPS) the coyotes came across the causeway feeding off those tender dumpster offerings.

The Tudors see where this creature escalation is going. The next step can only be Bengal Tigers and African Lions coming across that causeway to (OOPS) wipe out those coyotes. And a wonderful business opportunity for the town: TOWN OF NAHANT SAFARI TOUR COMPANY. COM. ~ stay tuned ~

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No Mortgage Interest Deduction?

By Lisa Scourtas, Nahant

It's nothing new. Once again, politicians are talking about doing away with – or at least limiting – the mortgage interest deduction. Yanking the deduction away suddenly would be disastrous for people who bought houses figuring the interest deduction as part of the equation. Many middle class families would suddenly owe \$5,000 or more per year in additional taxes. A small section of a sweeping budget plan has the potential to become a major impediment to a recovery in real estate markets across the nation, including Massachusetts. The State and National Associations of REALTORS® are 100% opposed to the provision that modifies the Mortgage Interest Deduction and are prepared to aggressively oppose its enactment. Not to worry though, about a sudden elimination of the deduction altogether. It's not going to happen – it would be political suicide. However, that won't keep the government from tinkering with the rules.

Proposed Changes to the Mortgage Interest Deduction

The safest place for politicians to raise taxes is by limiting deductions for the “rich.” The mortgage deduction is already limited to interest on the first \$1,000,000 of mortgage indebtedness. A current proposal is to bring that limit down to \$500,000. In some parts of the country, where a new house still sells for less than \$200,000, that would affect almost no one. In other areas, for example in San Francisco, a median-priced home costs over \$600,000. An arbitrary \$500,000 nation-wide limit would hit many decidedly “non-rich” families hard.

Another proposal is to give lower income taxpayers a credit in lieu of a deduction. If you qualify, you may actually benefit more from a credit than for a deduction. Deductions only decrease your taxable income; credits directly reduce your income tax bill, usually by a percentage of the expense.

What Should I Do?

According to Sally Herigstad, a certified public accountant and the author of *Help! I Can't Pay My Bills: Surviving a Financial Crisis...* you don't need to do anything. Your deduction is not likely to change, or if it does, it will be replaced by some kind of credit. She offers the following advice:

If you're considering buying a home with a mortgage of more than \$500,000, be aware that you may not always be able to deduct all the interest. You may want to start paying down your mortgage as soon as possible.

It's never been a great idea to buy a larger home than you can comfortably afford or keep a large mortgage balance just to get the mortgage interest deduction. Talk of reducing the deduction may help convince more homebuyers to stay within their means.

Remember that even if your mortgage is over the limit, you can still deduct the interest on the amount up to the limit. For example, currently you can deduct interest on the first \$1,000,000 of mortgage indebtedness (plus interest on \$100,000 in home equity loans). If your first mortgage has a balance of \$1,000,001, you deduct all but the interest on the \$1, which is insignificant.

What if I'm a Renter?

There's also talk of implementing a renter's credit. Renters already benefit from the mortgage tax deduction taken by their landlords, however. If investment property owners couldn't deduct mortgage interest, they would have to charge renters significantly more. A renter's credit is likely to be a symbolic gesture, if it is passed at all. Other than a possible small renter's credit, changes in the mortgage interest deduction laws shouldn't affect you directly. If the deduction for homeowners is limited or taken away, the change would almost certainly not apply to investment property owners.

Please know that a return to stability in the Massachusetts housing market remains a top priority for this neighborhood realtor and the REALTOR® Association - Massachusetts and National. We have already begun the process of appraising the administration and key elected officials of our serious concerns. We sincerely believe that reducing the current mortgage interest deduction for thousands of hardworking families in Massachusetts is a step in the wrong direction for our country and our Commonwealth. As always, I will keep you informed.

Your Neighbor and Realtor, Lisa Scourtas, 617-538-2400, lscourtas@jackconway.com

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The Nahant Dory Club News

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The Dory Club's sailing season is fast approaching, foreshadowed by the annual boat launching held in early May. Paul English, the Ring Master, oversaw the two-day circus, which, unlike last fall's haul-out went pretty much without incident. This year's launch unlike past ones had all the inboard engines start with little or no problems, but several of the outboards were not as lucky. Thanks to John Michaud and Rob Tibbo, all non-starters were able to get to their respective mooring. Peter Davis



unveiled a new camouflage paint scheme below the water-line. In several places, Peter had different colored bottom paint in the shape of squares. The "Rail Birds" overseeing the launching made a couple of comments which prompted Peter to explain that they were there so if Bob Cusack could see them while they were sailing, Cusack was on notice that it was too windy for him to be out sailing. So far, that is the best zinger of 2011.

Kudos to Dave & Christine Liscio on the launching of their boat this year. They worked all winter on their outboard and it ran perfectly in reverse. In fact it worked so well, their launch was almost as spectacular as launching a fighter off an aircraft carrier. Last fall's haul-out landing was just as spectacular as Dave came in at full throttle and placed his boat perfectly in the cradle. An analogy would be catching the three wire when landing on a carrier.

The Social and Racing Committees have completed the 2011 calendar, which is now posted on the Club's web site. For the 65 plus family members, this will be the 118

summer of racing at the Dory Club. The major sailing event of 2011 will be the Town Class Championships to be held over the weekend of August 13-14. Nick Strange, Townie Fleet Captain expects upwards of 20 boats to participate commencing Friday August 12 with the Walsh Cup team races between fleets from Nahant, Marblehead, Touisset Point, RI and Spofford Lake, NH. On Saturday and Sunday, the racing will be for the National Championship, which incidentally has been won many times by Nahant's own Rex Antrim.

As has been the custom over the years, the Dory Club will be open on Memorial Day with coffee, water and use of the facilities for parade participants and any Nahanters who want to drop in. Early in June the Nahant Lions Club will hold their annual summer cook out, as has been the tradition over the years. The Nahant Sailing Program will also be receiving support for their fund raising efforts including use of the building during the Sail Nahant event at the wharf. The Club's opening party is scheduled for June 11, and The Frost Bite



Race for the cruising (PHRF) boats on June 18. Check the calendar for additional June events.

The Council and members would like to welcome several new members. Welcome to Carol and Mark Jacober, Linda and Carl Jenkins, Charles Schepens, Sheila and Tom Hambleton, and Jennifer Wyse and Kristy Lee and Jim Huston.

During June a series of seminars were held on such topics as proper use of the marine radio, the "rules of the road" AKA the navigation rules, racing rules for sailboats and a session on sails by Gregg Marie of Doyle Sails.

The PHRF Fleet held its first race in The Summer Series. The results will be posted in next month's article. A new race in August, the Sadie Hawkins, will pit the wives against each other with husbands banned from touching the helm.

On June 4, the Cottage Park Yacht Club joined the Dory Club in celebrating the 100 birthday of the founding of the Star Class. In 1911 the Dory Club started racing a fleet of boats which developed into the International Star Class which has been the Olympic two man keel boats for decades. Plans are being worked out to have the Cottage Park Yacht Club host a party for the Dory Clubbers later this summer.

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Free Stand Up Paddle Board Demo at Tudor Beach July 16th

Come one, Come all! New Nahant resident and renown waterman, Josh Angulo, who has recently moved to Nahant, will be offering a free demonstration and test of Stand Up Paddleboarding, or SUP, on Saturday, July 16th, at 10:00 a.m., on Tudor Beach.

One of the fastest growing sports in the world has hit New England and Josh is excited to be able to share one of his passions with his new neighbors. Josh, who is a 2X Windsurfing World Champion and highly accomplished SUP surfer has this to say about SUP.

"I fell in love with SUP mainly due to the tranquility combined with fun and the fact that its so easy and accessible to many people which really makes it a family and community activity. SUP has such a broad range of uses, you can just go for a cruise on the ocean, use it to go on lakes, rivers, or any body of water, ride waves, get to your boat, race, exercise, do yoga on em'. I always get a kick just standing on the ocean and being in nature. It has a really easy learning curve. You'll be able to get a good feel and progress on your very first time. Theres no age or gender limitations, so I always get stoked on the wide demographic of people that now have access to waterports through SUP.

"Growing up in Hawaii and living many years with my wife, Claudia, in Cape Verde, West Africa, I am 100% an island boy. So I am very grateful to be living on this beautiful island of Nahant and grateful for the warm reception I've had so far and as a small gesture, would like to offer a fun, family morning to try out the SUP's.

"I really want to encourage moms, grandmoms, daughters, brothers, dads, cousins, uncles, friends and whoever else, to come down and give it a try. It's really quite easy. Just bring any type of bathing suit, or wetsuit, so that you will be comfortable climbing up on a board and getting wet. Look forward to SUPing with you."

Submitted by Linda Jenkins

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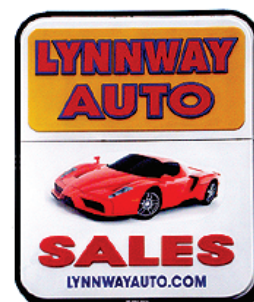
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Mass Audubon Birdathon 2011

By Linda Pivacek

Our North Shore Team found 121 bird species during the 2011 Birdathon! The Birdathon is a “friendly” competition between Mass Audubon sanctuaries to raise money for conservation and education. Teams from each sanctuary compete to find the most bird species during a 24-hour period, from 6:00 p.m., Friday, until 6:00 p.m., Saturday, May 13th and 14th. The North Shore Team represented the Ipswich River Wildlife Sanctuary, which manages the Nahant Thicket and Marblehead Neck Sanctuaries. My teammates were Jim McCoy of Medford and Jan Smith, Karen Haley and June Kalman of Marblehead. Here are some of the highlights from our feather quest.

Birders pay a lot of attention to weather patterns as part of their planning and the predicted conditions for the Birdathon appeared to be ideal. A blocking cold front was just to our north and warm air was moving in from the south, with fog expected along the coast on Friday night and Saturday morning. Most songbirds migrate at night along the coast and, in this situation, the birds reach the fog bank and cold front and what is known as “fallout” can occur. This doesn’t mean that the birds actually fall from the sky, which would be very unpleasant, but the low clouds and fog force them to land in coastal “migrant traps” like Nahant and Marblehead. That’s where our team concentrates their efforts. Added to this, was the news that radar was picking up huge numbers of birds to our south and they were moving north along the coast. The North Shore Team was poised and ready.

Our plan for the start of the Birdathon, on Friday, at 6:00 p.m., was to be actually looking at, and thus checking off, a major target bird: Manx Shearwater. This is an unusual seabird to find close to shore and they had been seen recently, at Revere Beach. We were on the road early, at 5:00 p.m., to pin down the shearwaters, when Jim came up with an intriguing alternate plan. He suggested that we try to be “in place” at 6:00 p.m., for another extreme rarity, Monk Parakeet, which was nesting in East Boston, of all places, and then scoot north to check off the Manx Shearwaters. Good idea. So we were off to East



Boston where the Monk Parakeets were at the nest at 5:40 p.m.! All we had to do was watch the clock and at 6:00 p.m., check them off with a pat on our collective back and on to the next target. Perfect! Then suddenly, the parakeets seemed to have an alternate plan, too. They flew off just before 6:00 p.m.! Oops! After a reasonable wait we gave up and headed to Revere Beach, without Monk Parakeet on our list. As compensation for the miss, we figured that on our way north, we could efficiently dash to Winthrop to scan Snake Island for American Oystercatchers, a known breeding bird there. But, Oops! again, the oystercatchers did not make an appearance on the side of the island in our view. Time was flying and our spirits were dropping.

We were a bit quiet on the way to Revere Beach, thinking the unthinkable: would we miss yet another important bird? At last we reached the beach. Scrambling out of the car and grabbing telescopes out of the trunk, we noted the brisk east wind. Yikes, finding the shearwaters on the water in the east wind chop was going to be a challenge. Valuable time was passing with only some common birds for our list. We scoped the waters for some time and then found a flock of Common Terns a fair distance offshore diving on a school of fish. This is a nice bird for our list. Then we noticed that other

birds were in the mix, and the black back and white front of the Manx Shearwaters came into view. Our target bird! Success at last! Then a short time later, we found lovely Piping Plovers in the dunes. Some of the pressure was off and before light was gone, we found Common Eider and other sea ducks, Horned Grebe, Double-crested Cormorants, several gull species and swallows.

At daybreak on Saturday morning, we arrived at Nahant Thicket in the best of conditions – fog. The birds had put down during the night, unwilling to continue north in the fog. It was the fallout we had dreamed about. We were surrounded by bird song. We identified the species by song and sight. It was overwhelming and wonderful. We had great looks at Magnolia, Chestnut-sided, Yellow, Black-throated Blue, Black-throated Green, Black & White and Blackpoll Warblers and Lincoln’s Sparrow. A rare Cape May Warbler sang in the background. There were so many birds in full song that they inspired each other to sing more – in competition. Raging hormones took over (for the birds that is) as several Northern Waterthrushes and Ovenbirds, which are normally secretive birds, were at eye level seemingly oblivious to us and singing their hearts out. Two Ruby-throated Hummingbirds chased and landed - killer looks at these charming little gems. Then a third buzzed by close to my head to join them. It was magic. Oh yes, we remembered that this was Birdathon and we had to move on to Marblehead Neck. Good news, Marblehead was also hopping with vireos, tanagers and thrushes and wrens. We were pumped and so was our list.

A change of habitat brings new species, so at midday we were off to the marshes and farms of Essex and Ipswich. We used the time in the car to eat lunch, strategize and tally the list. Among our key birds were Tri-colored Heron, Little Blue Heron and Cattle Egret, all difficult to find. After tucking our pants into our socks to contend with the ticks, we were off. The marshes were stunning and fun and we quickly found Great Egrets, Least Sandpipers and Osprey, along with more common marsh birds. We searched with telescopes through the shimmering heat waves of the marsh and finally Jan called out “Little Blue Heron.” The bird was visible for a brief time before it disappeared into a low spot in the marsh – one of the challenges of birding this habitat. This was a fabulous target species for our team. Next, we stopped at a horse farm in Ipswich, with lush fields dotted with wildflowers. Bobolinks and Meadowlarks sang from the fields. We began to relax as we hiked and took in the scenery, the birds and the songs of spring.

Another decision point – should we venture to Plum Island, or return to the fabulous fallout in Nahant?

We chose Nahant, where we were rewarded with even more new birds before the 6:00 p.m. bell, including a gorgeous male Blackburnian Warbler, one of the most colorful of the warblers with orange, white and black plumage.

The Birdathon, with its hits and misses, took us from ocean to marshes and farmland fields, beautiful places with stunning birds. Our North Shore Team found 121 bird species during this Birdathon. Of the 24 teams, we missed second place by one species. The Ipswich River Sanctuary, which is responsible for the management of the Nahant and Marblehead properties, will reach its goal in donations again this year.

We extend many thanks to those who contributed to this event, in support of the Nahant and Marblehead Mass Audubon Wildlife Sanctuaries.

Photos: American Oystercatcher (top left), Monk Parakeet (bottom right), Manx-Shearwaters (center left).





Have a Happy Independence Day!
Celebrate well and stay safe.

Summer Cinema by the Sea

Please join us for this second annual, summer film series. Events last for 1 to 1.5 hours, including Q&A with the film's producer, or expert, on the topic. Lectures are held in the Murphy Bunker at the MSC (430 Nahant Road, Nahant, MA), which is ADA accessible.

Light refreshments are served half-an-hour before the program begins. No RSVP is required.

Tues., July 12th, 7:00 p.m.; Swim for the River

Braving whitewater, sewage, snapping turtles, hydroelectric dams and homeland security patrols, Christopher Swain became the first person to swim the entire length of the Hudson River from the Adirondacks to New York City, highlighting how ordinary citizens can and do make a difference, with regard to their environment.

Coastal Ocean Science Academy

Registration is now open for the Marine Science Center's, Coastal Ocean Science Academy (COSA), for students entering 9th through 12th grade. This year's program will be held from August 8th to 20th. Nahant residents receive 50% off the tuition for MSC programs.

For more information about program logistics, please visit www.northeastern.edu/marinescience/outreach/summer.html

<<http://www.northeastern.edu/marinescience/outreach/summer.html>>.

Mass Theatrica Presents Steamy Show Stoppers

The ever-popular Summer Concert Series is BACK at LynnArts, The Neal Rantoul Vault Theater, 25 Exchange Street, in Lynn, MA!!

Get down with your bad self and heat up the summer with a walk on the STEAMIER, SEAMIER side of Broadway. "Let Us Entertain You" on Thursday, July 14th, at 7:00 p.m., with risqué hits from GYPSY, CHICAGO, MAME, 110 IN THE SHADE, NINE, GREASE, CANDIDE and more!

Featuring the vocals and antics of Mary Clark, Meredith Lavine, Karen Lennox, Christine Petkus, Angeliki Theoharis, Jacque Eileen Wilson and the wickedly talented, Jim Hay, at the piano.

This show is appropriate for audiences ages 13+.

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For directions to LynnArts, visit www.lynnarts.org. Wheelchair accessible and plenty of parking!

Coming soon: Young Artist Showcase, featuring scenes from Broadway, Opera and Operetta. Thursday, August 18th, at 7:00 p.m., at LynnArts, The Neal Rantoul Vault Theater, 25 Exchange Street, Lynn, MA.

Seaside Pizza Reaches A Score

Doesn't time fly when you're enjoying pizza? Twenty years ago, on July 4th, 1991, George Mastoras opened his restaurant on Nahant Road. Whether you call it "Captain's" as many original customers do, or Seaside Pizza, as the sign indicates, everyone agrees that Nahant's very own pizza place is already an institution. A year after the restaurant opened, the menu expanded when Chef Chris Black began offering breakfast "as you like it" from 7:00 a.m. until 11:00 a.m., daily.

With characteristic modesty, both George and Chris insist the only celebration they wish for is this opportunity to thank their loyal customers, whose continued patronage has made the business a success. Speaking of success, their donations to town organization fundraisers have contributed to the success of multiple raffles held through the years.

Supported by a competent staff, who turn out food of consistent high quality, Seaside Pizza offers a variety of food choices in pizza, subs, sandwiches and side orders. When you come for breakfast, Chef Chris will accommodate orders for traditional breakfast items, as well as specialties devised by customers.

Given Seaside's location right across from Short Beach, summer customers consider a stop for lunch an essential part of a day at the seashore. While George insists on no special celebration beyond a sincere thank you to his customers, a chorus of Nahanter insist that a special thank you to George for providing this local eating place, is in order. The kids who came in as toddlers, who are now adults, have made Seaside Pizza a part of their lifestyle (and memories), over the past twenty years. I know that this Nahanter looks forward to another score of enjoyable years of fine service and good food at this beloved establishment.

Submitted by Maureen Edison

Natural Medicine Tips from a Practitioner

By Kellie Kirkpatrick

There are a number useful time tested natural therapies to have at home for acute conditions. I will list several of the top ones here.

1) Rescue remedy. This is a Bach Flower Essence combination of 5 flowers. The 38 Bach flower essences come the water of flower blossoms that are exposed to bright sun. Rescue remedy is for any type of shock, anxiety or extreme emotional state. (Acutely that is). It can just take the edge off or bring someone from a 10 down to a 5. It is not only useful for people, but for animals and plants as well. If a plant has just been moved or repotted, a little rescue remedy diluted in water could help it to adjust to its' new abode. One of my patients has found it useful in more long term use to take the edge off anxiety. Another patient used Rescue remedy to bring back a plant that had belonged to his mother and was very dear to him. Rescue Remedy is now also available in mouth spray form for people.

2) Arnica, which comes from the mountain daisy, is often the first remedy that one learns in homeopathy. In homeopathy high dilutions of substances are given, a process which distinguishes it from herbal medicine. Homeopathic remedies are FDA approved and sold over the counter. Arnica is used to absorb blood and reduce swelling, so is often the first remedy used after an injury. It can often be helpful for hematomas and bruises. It would be good to take 3 doses of a 30c potency (1 dose – 2 pills) four hours apart. Do not apply it on open wounds. It is very often a helpful remedy in head injuries and can be given immediately (on the way to the doctor's office). It can also be helpful acutely for the shock of an accident. A primary teacher of mine uses arnica for jet lag.

3) "Sting stop" is an ointment that can be purchased at most natural health food stores and is very helpful for the itching, heat and swelling of insect bites. What a relief to have for a nasty mosquito or spider bites! One of the active ingredients, is homeopathic ledum, a major remedy for bites of insects; it neutralizes the poison of the venom. Ledum can also be used for black eyes and puncture wounds. For the latter, however, it might be best take the ledum on the way to your doctor. If you have any questions, feel free to email: [kelliesan\(at\)gmail.com](mailto:kelliesan(at)gmail.com)

Kellie Kirkpatrick is a Nahant resident who practices on Beacon Hill in Boston.



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Ahoy, Nahanters! Many thanks, to those of you who took the time to send in a subscription to the Nahant Harbor Review. I am very thankful.

It is good to see the sun and warmer weather. Please remember, while running about during the good weather, to patronize our advertisers and support our local businesses, crafters and trades-people. By doing so, you help keep our community strong.

The list has been updated as of June 15th, so if your name isn't here and you want to subscribe, please renew, or become a new subscriber, to the Nahant Harbor Review. Complete the 2011 subscription form on the back page, cut or tear it out and enclose it in an envelope. You can mail your envelope to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908, OR save a stamp and drop the envelope in the Harbor Review's community box, on the Teller's counter, inside the Nahant Equitable Cooperative Bank. Thanks!

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Useless Information...By Ray Barron

Nahant's JULY Birthday Babies

June 1: June Carmody, Debora Deberardinis and Meghann Toomajian.

June 2: Gennaro Angiulo, Sean Dignan, Janet Flaherty, Elizabeth Fortucci, Kate Hall, Stephen Kasper, David Lazzaro, Matthew Luti, Joel Marie, Kathleen Martin, David Quinn, Anthony Scali, Joan Scaglioni, Sallee Slagle, Craig Thomas, Karol Wabno, Alexandria Wilson and Jackson Wrenn.

June 3: Youngae Benson, Joseph Brugman, Arthur Byron, Marjorie Cenci, Jayne Dantona, Thomas Dibenedetto, Sharon Dobbyn, Adam Hatfield, Ryan Henry, John Livoti, Kelly O'Keefe, Samuel Reenstierna and Joshua Russell.

June 4: Peggy Ackerman, Pam Bynum, Priscilla Culver, Felicia Defeo, Mary Donahue, Christine Fulchino, Gretchen Henry, Cecelia Hill, Justin Mahoney, Michael McGrath, Kathy O'Connor, William Robinson, Ramon Rosa, Judith Shanahan, Kevin Shanahan, Michael Vecchia and James Walton.

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

June 6: My beloved

wife Marilyn's birthday, Robert Cass, Martha Chepeleff, Claire Flebbe, Henry Hanagan, Stephen O'Malley, Claudia Orleans, Thomas Parrott, Connor Tidd, Cecilia Ustaszewski, Mary Valeri and Luke Wachtel.

June 7: Happy birthday to Ariana Clements, Laurence Mason, Craig Mosher, Robert Tarason,

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

June 9: Madyson Bardgett, Jeanne Bufalino, Kevin Carmody, Henry Ferrara, Ryan Frauenholz, Katherine Jenkins, Barbara Mackey, James Mehigan and Svetlana Parisi.

June 10: True Blaisdell, Jr., Sean Coffey, Kevin Howard, Michael Kairevich IV, Molly Kasper, James McCullough, Robert McIlveen, Samantha Schneiderman, Shantell Smith and Sharare Soleymani.

June 11: Larry Bradley, Bob Cronin, Charles Dick, Richard Fox, Melissa Hanson, Mary LeBlanc, Ryann McKee, Theresa Moore, Gretchen Sterenberg and Carmel Trentsch.

June 12: Nora Bishop, James Callahan, Anne Cote, Shaun Driscoll, Elisabeth Foukal, Josie Lafalce, Judy

Larkin, Matthew Lazzaro, Gerald Mills and Katherine Moleti.

June 13: Patricia Aldrich, Chris Black, David Hussey, Mary Lou McGinn, Christine O'Donnell, Benjamin Quigley, Shirley Sarpi-Brahm and Dorothy Vitale.

June 14: Kelsey Barrasso, John Bozarjian, Meaghan Canty, Andrea Gaulzetti, Jason Goodwin, Marie Hosker, Suzanna Karatzas, Janet Lass, Joseph Marino, James Moleti, Sean Osbahr, Mia Schena, Mark Schiffenhaus, Darlene Terminello, Marian Taylor, Jannette White and Vanessa Whiteside.

June 15: Bernard Bruneau, Christopher Jordan Dent, Daniel Droukis, Kenneth Ford, Mary Kavanagh, Jennifer McGaffigan, Lynne Spencer and Conrad Squires.

June 16: Rosemary Brown, Kellie Connolly, William English Jr., John Hooper, Amy Magher, Pauline Marra, Talia Petrucci, Kevin Solimine and Ellen Steeves. June 16th is also known as Bloomsday, originated by James Joyce.

June 17: Dan Bennett, Bill Caldwell, Kristina Etter, Elisabeth Hemminger, Shelby Hill, Arthur Kautz, Divya Menon Kohn, Elizabeth Landry, Thomas Loftus, Cora Long, William Ludke, Lana Mogan, Charles Mogavero, Eric Pasinski, Anthony Rizzo, Peter Scapicchio, Dr. Sheldon Savinor, Barbara

Stamos, John Stevenson, Janina Wabno and Adam Wilson.

June 18: Kathleen Cooke, Ryan Desmarais, Sarah Kaplan, Mary Magner, Sara Martin, Thomas Nielson, Richard Snyder and Eugene Swanson.

June 19: Jennie Alexander, Colin Carpenter, Martha Chepeleff, James Clements, Katherine deStefano, Edward Sun Goodrich, Amir Lagasse, Ed Locke, Edward Morrissey, Alfred Santosuosso, Anne Spirm, Marcelle Valentin and Alice Volk-Roy.

June 20: Wilfred Cote, Mary Dill, Susan DePaulo, Joseph Dowling, Lisa Doyle, Farzad Haghayeghi, Dick Senk and Bill McDonald.

June 21: Jane Lombard, Julian Scovell and Brian Thurston.

June 22: Ethan Angerbach, Donna Damico, Stephanie Doucette, Steven Hyde, Kazuo Mori, James Ward, Frederick Wilson III and Edmund Zamejftis.

June 23: Bob Baldwin, John Cohen, Janice Gomperts, M. Dean Hendrick, Christin Morse, Patrick O'Reilly, Gregory Poth, Helen Taylor and Janice Thorton.

June 24: Anastasia Beaulieu, Louis Brunelle and Paul Wilson.

June 25: Lori Ballantine, Margaret Hinrichs, Elizabeth Kelley, Samantha McGilloway, Dorothy

Maguire, Nora Lorraine O'Reilly, Roger Peladeau, Linda Powers, Irene Purdy, Julie Sands and Halley Smith.

June 26: Douglas Babin, John Ballantine, Conor Caccivio, Cory Carmody, Brendan Coffey, Michele Beauchine Collins, Gerald Cote, Jordan Cummings, Patricia Davis, Robert Guiney, John R. Fulghum III, Janet Malatesta, Jean Mullen, Shea Nugent, Helen O'Hare, Nickolas Papagelis, Alec Roy, Marylyn Taylor, Robert Tibbo and Maisie Vasquez.

June 27: Margaret Antrim, Marc Carbone, Jennifer Dignan, Paul Gilday, Eric Leja, William Mahoney, Patricia McCallum, William O'Connor, Michael O'Malley, Arturo Saavedra-Lauzon, Kenneth Taylor, Arlene Troiani, Thomas Worth and Michael Zhuykov.

June 28: Laurie Allard, Nathaniel Cail, Joseph Hojlo, Jr., Joseph McDonough, Tyler Middleton, Teresa Newell, Frank Pesco, Eileen Simons and Anita Smith.

June 29: Igor Babuskin, Cari Bamberg, Francis "Enzo" Barile, Richard Debenedetto, Gary Deines, Laurel Laliberte, Katherine Locke, Dolores Merlino and Christie Stamos.

June 30: Maria Brooks, Timothy Dempsey, Richard Hagoort, Julia Kautz, Tristan Reenstierna, Andre Sigourney and Helen Staffier.

Happy Birthday!

Nahant Harbor Review Subscribers (con'd.)

Joanna Reardon (6/12), Gailanne & Bruce Reeh (4/12), Ms Rebekah Richardson (3/12), Sara F. Riley (7/11), Sarah W. Risher (9/11), Chris & Nina Rogers (2/12), John & Alice Roy (4/12), Charles Sanphy (1/12), James & Karen Savino (2/12), Sheryl Savino (9/11), William Savino & Pauline Holwart (2/12), Dolores

Scanlan (1/12), Effie Taylor Schmidt (7/11), Bill & Mary Ellen Schumann (1/20), Paul & Nancy Sciaba (5/12), Robert Scigliano (2/12), Calantha Sears (2/12), Andy & Flo Sigourney (2/12), Jean Sigourney (1/12), Bob & Peggy Silva (2/12), Anita V. Smith (2/12), Tom & Eleanor Smith (5/11), Maggie Smith (7/11), Synder Family (2/12),

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Szczechowicz (4/12), Ed & Suzanne Tarlov (7/12), Loreen Tirrell & Lou Wallach (1/12), Doris C. Tompkins (6/12), Tiffany Tran (7/11), Edward A. Ustaszewski (1/12), Mary E. Valeri (1/12), John VanMaanen (11/11), Rev George D. Vartzelis (5/12), Isabell Van Merlin (4/12),

William & Victoria Waite (8/11), Muriel Webster (4/12), Janice Weiskel (7/11), John & Maria Welsh (6/12), Pauline White (8/11), Nancy Reid Whitman (5/11), Woman & Wishes, Inc. (12/11).

Thank you all for supporting your community newspaper.



Women & Wishes Sweet Repeats July 20th at Nahant Country Club

On Wednesday, July 20th, from 6:00 to 9:00 p.m., come to the Nahant Country Club and enjoy cocktails and delicious tidbits while browsing through racks and tables filled with new and slightly used clothing, accessories, hats, shoes, home goods, kid's stuff and other goodies for sale. Also, great raffle items and door prizes will be part of the fun!

All proceeds will go to grant wishes to women and their families in local communities. As of now, we have granted thirteen wishes. If you would like to volunteer or donate items before July 13th, please call Beverley Dawson, at 781-581-0515.

"One woman can change anything. Many women can change everything."

Photo: From left to right, Karen Sullivan, Beverley Dawson, Steve Shea, Susan Perry, Linda Jenkins, all of Women & Wishes.

Nahant Garden Club Past Presidents Annual Meeting 2011



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. Donna Lee Hanlon, Editor



Still Small Song

The Voice of the Presence is soft and strong –
Listen! Listen! to the still small song.

Like sweet smell of salt air after inland days,
Like vision of mountains after prairie maize,
Like embracing a loved one returned from war,
The Lord comes in when we open the door.

Welcome to the Presence where we belong!
Listen! Listen! to the still small song.

Presence of the Father, Presence of the Son
Presence of the Spirit, all in one,
Paradox of sin, disease and death
Paradise of God's Heavenly breath.

The Music of the Presence is loving and long –
Listen! Listen! to the still small song.

Through triumph and disaster, through hope and worries,
Through faith and doubt, through sunshine and flurries,
The Lord is present through sorrows and joys
With His quiet, supporting joyful noise.

The Voice of the Presence is soft and strong –
Listen! Listen! to the still small song.

Polly Bradley
music © 2011 Joseph W. Stoddard Jr.
lyrics © 2011 Polly Bradley
angel wing drawing © 2011 Jackie Diehl Singer

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Saint Mary's Bread

A poem by ROZI THEOHARI

I'm sitting here—counting
The number of people waiting in a long line,
To receive the church's bread.
“Good morning”—says the welcoming smile which
Radiates from Saint Mary's merciful face.

For every person, I mark a small cross
In my note book
The same way—a holy cross
Grows bigger in my heart.
(Our Father... Give us this day our daily bread!)

Immigrants pass by
Poor Americans, men, women, children,
Old folks... I no longer read their lips.
The prayer of poverty
Has one face, one mouth—
One language.

Their eyes—white, blue, green, black, almond-shaped
Are living prayers of courage, hopes and dreams.
I learn about today's society:

Poor and rich
So I wish—my hands to reach farther
To embrace all the globe
Where nobody dies of hunger.

.....
The same way
Hope grows bigger in my heart.

Leaving Town

To all the wonderful people of Nahant

Words cannot express how much we have enjoyed
the last 10 years of our lives in Nahant, it is such a special
place. Each of us have made so many wonderful friends
and it is with sadness that we leave you all for our new life
in Marblehead.

So, to all the Kathys (Famulari, Hosker, Ryan),
Cristines (Kendall, Liscio, Titus), Marias (Peterson,
Welsh), Betty, Bob, Steve, Dennis, Sophie and Dana, the
Bermuda sailing crew and their wives, Roz (who in
Nahant is greater than Roz Puleo????!!) Ruthie, Lainie,
Roger, Anya, Christian, all the kids (and adults) who surf
at Short Beach, Erin and Chuck, Mary and Jim, Tracy
and Brett, Mary Magna, Nancy and Bob, The God-
desses of Nahant, all of the lovely people of Little Nahant
Road, Peg of Harmony Court, all the MCCPS kids, Ryan
Gooding, Tommy Fam, the Blanks, Dave Liscio, Irvine
and Nico, Lisa Scourtas, Deb Baldwin, Corinna, Lolo,
Nicky, Captain Philip, Walker (RIP), Doug F, Sherry,
Lisa Rizzo, Joyce H, Sue and Mark P, The Anrims, Carol
and Mike S, The Munnelly's, Coco Puff, Lisa and
Charlie, Mike

Manning, the babysitters (Amy, Alexa S, Anna, and
of course...Carly), all of the Devereaux's, the staff at
Captains, the Nahant Police, the Johnson School class of
2011, and last but not least, Mammy and Pappy. You
have all touched our lives in ways we will never forget.
Thank you for sharing your wonderful little town with us.

We love you!!! Dan, Patty, Mia Forster and Zeus!



Joe, Jay, and Joseph

Joe Moccia, Jay Leno and Joseph Moccia, of Nahant, at the American Wind Energy Association Convention in Anaheim California.

Joe and Joseph were part of the team that produced the Wind Energy convention. Jay Leno (originally from Andover) was guest speaker, at a private American Wind Energy Foundation dinner, held at the Anaheim Hilton.

Jay is a strong supporter of wind energy and actually has wind turbines that produce electricity on the building that houses his extensive automobile and motorcycle collection.

Cascade

You can easily walk
near the cascade, feeling its
slight mist,

It dampens your
clothes, still unknowingly you
have missed,

You've missed a feeling,
and the powerful encompass-
ing flow,

Although seemingly
moistened, its force you still
can not know.

Let the cascade of a
love, surround you, com-
pletely take you in,

Let it fall upon you, that
is where you should com-
merce or begin,

From there you move
on, completely, joyfully,
totally immersed,

Then and there, you
could never feel your life or
course reversed.

From then, and only
then on, seeing the strength of
the waterfall,

Not slightly wet, but
totally in its flow, thus every-
thing and all,

This cascade resembles
a love, how it takes you in a
new course,

By getting in completely,
you will know a spiritual,
divine force

~ Capt. John F. Nicoll



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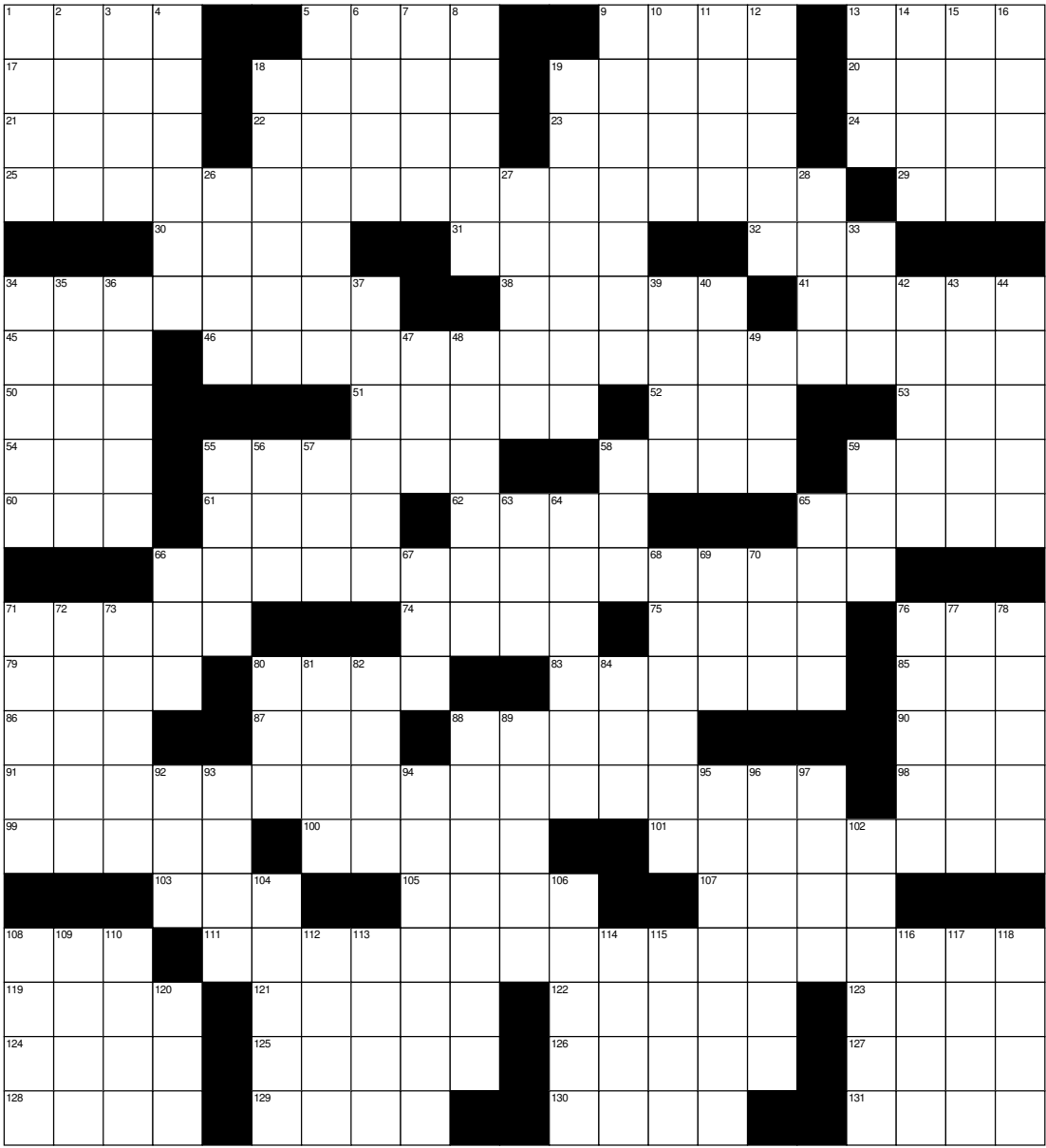
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NAHANT PUZZLE PAGE

Wise Guy
by Rick Kennedy

ACROSS

- 1 One way to go to a party
5 Legal scholar Guinier
9 Giant-screen movie format
13 Barbecue fare
17 Blacken
18 Headscratcher
19 U.S. bond market purchase
20 Fox's "American ____"
21 Prefix with dynamic
22 Argentina-based musical
23 Is wearing
24 Heredity unit
25 *See 59 Down*
29 Toss in
30 Part of R.S.V.P.
31 Ruler division
32 "Ready or ____ ..."
34 Stripper, notably
38 Leg up
41 Jigsaw puzzle element
45 1 or 11, in blackjack
46 *See 59 Down*
50 "S.N.L." announcer Pardo
51 Oscar or Tony
52 Try to win the hand of
53 Awaiting scheduling, initially
54 "I'll take that as ____"
55 Breakfast dish
58 It may be upped
59 "The Way We ____"
60 CD-____
61 Margarita glass rim coating
62 New London-based org.
65 Out in front
66 *A US holiday that when taken literally is a hint to this puzzle's theme*
71 Completely puzzled or bewildered
74 Actress Ward
75 Suffix with million
76 Air Force ____
79 False god
80 Swiss peaks
83 Violent ____, 80's alternative rock band
85 Gun, as an engine
86 Coffee server
87 iPod control: Abbr.
88 Joe Cocker's "You ____ Beautiful"
90 Tuna at a sushi bar
91 *See 59 Down*
98 Big D.C. lobby
99 Washington, for one
100 Dog-____
101 Shark shooter
103 Thus far
105 Pastoral poem
107 Hungarian patriot Nagy
108 Cheer at a bullfight
111 *See 59 Down*
119 Sword handle



- 121 Lend ____ (listen)
122 Railroad station
123 Vicinity
124 Any of the Bahamas
125 Nonreactive chemically, like 12 Down
126 Feudal lord
127 Bringing up the rear
128 Word with French or U.S.
129 Part of N.B.
130 What circles lack
131 "If all ____ fails ..."
- 11 Yours, in Paris
12 Gas used in flash lamps and strobe lights
13 Tractor-trailer or horse-and-buggy
14 Notion
15 007
16 Iditarod vehicle
18 "Downtown" singer Clark
19 "Come in out of ____ (2 wds)"
26 Safari sound
27 Open, as a gate
28 "Ain't gonna happen"
33 Mexican aunt
34 "M*A*S*H" clerk
35 ____-Lodge (motel chain)
36 43 Down product
37 Commercial center in Venice
39 Scattered, as seed
40 Horse's gait
42 ____ Lauder cosmetics
43 Hooded snake
44 Terminated
47 Be in debt
48 Word with human or Mother
49 ____ v. Wade
55 Job conditions agcy.
- 56 Fannie ____
57 73 Down helper
58 In the past
59 *Homophone of 66 Across and the clue for 25, 46, 91, and 111 Across*
63 Cardinals' home: Abbr.
64 Rubbed
65 Sam Adams products
66 ____ Aviv
67 Battleship inits.
68 Universally known
69 Halpert of "The Office"
70 Suffix with press
71 Borders on
72 Fortuneteller's card
73 Clement Moore's "right jolly old elf"
76 Long-armed ape, for short
77 India's first P.M.
78 Aquafina rival
80 D.C.'s Pennsylvania, e.g.
81 Easy gait
82 "Not guilty," e.g.
84 Abbr. after a lawyer's name
88 Groveled (2 wds)
- 89 Go back to brunette, say
92 Pig's pad
93 Shipwreck site
94 Great Plains tribe of the Dakotas
95 Concluding sections of some literary works that wrap up loose ends (var)
96 Channel surfer's need
97 Tall tale
102 Used car transaction
104 Wabash Cannonball, e.g.
106 Soup server
108 One of the Three Rivers
109 Daffy Duck has one
110 Women's magazine
112 The "A" of A.D.
113 Classic hair removal brand
114 Blood carrier
115 Mimicked
116 Spoken
117 Loch ____
118 Fence opening
120 Q's point value in Scrabble

“D” Day
By Rick Kennedy

June’s puzzle winner was Thom Donahue, of Sea Breeze Lane. Congratulations! You have won a free “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside’s Restaurant, on Nahant Road, then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.

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

About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. The Nahant Harbor Review, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148.

Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher. The Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

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

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

The views and opinions expressed in this publication do not necessarily reflect those of the management and staff of the Nahant Harbor Review, or Seaside Business Services.

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.



Nahant Harbor Review

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DEADLINE INFORMATION
AUGUST 2011

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.

FRIDAY, July 15th • midnight

Home Delivery: SATURDAY, JULY 30th.

Staff, Volunteers & Contributors

Owner/Editor/Sales		
& Publisher:	Donna Lee Hanlon	781-592-4148
Sales Manager	Clinton Norton	781-592-4148
A/R Manager:	Barbara Thistle	781-592-4148
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Donna Lee Hanlon	781-592-4148

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Route 8: Bass Point Apts	

Harbor Review Distribution

Papers for Home Delivery):	1,724
Papers OOT Subscribers & Advertisers:	212
Papers to Nahant stores & public places:	364*
Total Papers Distributed:	2,300*

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

Harbor Review Subscription Information

Help support Nahant’s ONLY independent, community newspaper. Become a Home Delivery Subscriber to have the news delivered right to your door!

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

Nahant Harbor Review, PO Box 88, Nahant, MA 01908.

Thank you for your support!

Got something to share...

with your neighbors and friends?

Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the

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

Council on Aging • JULY 2011

NAHANT CoA JULY - 2011

TIFFANY ROOM ACTIVITIES

Lunch served every day at 11:30

Tuesday	10:45 a.m.	Chair Exercise
Wednesday	12:30 p.m.	Shopping from the Tiffany Room, call for pick-up
Thursday	12:30 p.m.	BINGO
Friday	10:45 a.m.	Walking club

TIFFANY ROOM SPECIAL EVENTS

Friday 1st	9:30 a.m.	Manicurist (sign up required)
Wednesday 6th	1:00 p.m.	Stoneham Theater, "Sisters of Swing" (sign up required)
Thursday 7th	0:30 a.m.	Belton – FREE Hearing Screening (sign up required)
Monday 11th	12:00 p.m.	Blood Pressure & Glucose reading
Monday 11th	12:30 p.m.	Mall shopping (call for pick-up)
Tuesday 12th	9:30 a.m.	Manicurist (sign up required)
Tuesday 12th	12:30 p.m.	Transportation discussion (Mobility Links Program)
Thursday 14th	10:30 a.m.	Essex River Boat Cruise with lunch (sign up required)
Tuesday 19th	11:00 a.m.	Picnic at the Town Wharf with PACE
Thursday 21st	12:30 p.m.	Mystery Ride (sign up required)
Friday 22nd	12:30 p.m.	Peabody Essex Museum (sign up required)
Monday 25th	12:30 p.m.	Mall shopping (call for pick-up)
Tuesday 26th	9:30 a.m.	Manicurist (sign up required)
Thursday 28th	12:30 p.m.	July Birthday Celebration with a Guest Chef

COMMUNITY CENTER ACTIVITIES

Monday	9:00 a.m.	Yoga
Monday	10:15 a.m.	Total Body Exercise
Tuesday	9:00 a.m.	Quilting
Tuesday	1:00 p.m.	Cribbage, cards, puzzles
Tuesday	5:00 p.m.	Total Body Exercise
Wednesday	9:00 a.m.	Total Body Exercise
Thursday	9:00 a.m.	Yoga
Thursday	5:00 p.m.	Total Body Exercise

Van transportation is available for CoA activities and trips, call 781 581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website, or email me at: lpeterson@nahant.org for updates on other programs, trips and events.

COACHATTER

By Linda Peterson, Executive Director

SUMMER IS FINALLY HERE. In July we will celebrate summer with a river boat cruise, a picnic at the Wharf, a mystery ride and other fun and informative activities. Due to popular demand, we are going back to the Stoneham Theater, on July 6th, to see "Sisters of Swing," the music of the Andrew Sisters. This time our trip will include an early dinner. In May, we had a full house to see 42nd Street, so sign up early to reserve your seat.

This month we welcome Beltone Hearing Care Center to the Council, to perform free hearing screenings on Thursday, July 7th, starting at 10:00 a.m. This will be by appointment so call the Tiffany Room to sign up. Also in July, we will again welcome GLSS. This month the topic will be transportation. The Mobility Links program is a new program co-sponsored by GLSS that all should know about. Please join us on Tuesday, July 12th, at 12:30 p.m., for a discussion about transportation. This will be right after lunch at the Tiffany Room.

The Council will introduce a new exercise program this summer; Tai Chi. Did you know that the National Institute of Health has data to support the claim that Tai Chi helps with balance, especially with seniors. With improved balance, seniors of all ages should be able to prevent falls in their homes and elsewhere. A small donation is requested to attend, \$5.00. Please call the Tiffany Room, if you are interested in joining this program.

In May we celebrated the May birthdays with a cookout at the Tiffany Room. Our master grillers, Joe Desmond and Joe Sherber, grilled up burgers and ribs which were served with pasta salad and baked beans. All this was topped off with cake and ice cream. Thanks Joe and Joe.

The Monday shopping trips that began in May have been a success. We have hit the malls and will continue this for as long as we have people who want to shop. Everyone wants to shop, right? The trips are every other Monday. In July, the shopping bus will go out on the following Mondays, July 11th and July 25th. Please call the Tiffany Room on the morning of the trip, to sign up.

Our new manicurist, Chris Corson, started in June. Her first day at the Center was very successful. Chris will be here three days in July, Friday, July 1st and Tuesdays, July 12th and 26th. Please call the Tiffany Room for an appointment.

Previews of events to come: In August look for a trip to Suffolk Downs. Come join us in the Topsider Room as we cheer on our horse and dine on a special luncheon buffet. Coming in September, we will travel to Bourne on the Cape for the annual Scallop Festival. Look for these and other fun activities on the Nahant Calendar at www.nahant.org.

Have a great 4th of July everyone.

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.

This month we continue with Home Delivery Subscription Renewal time. Please help keep the Harbor Review coming to your door! Don't forget your Harbor Review Delivery Crew member this holiday season. Your subscriptions help pay for their service. Become a Home Delivery Subscriber today! Only \$20 to be "in the know!" Thank you...

Community Calendar • JULY 2011

JUNE 2011

SAT	25	7:00A	Special Election, Nahant Town Hall, till 8:00 p.m.
SUN	26	8:00A	Summer Worship at Marjoram Park.
SUN	26	9:00A	Choir Rehearsal. Nahant Village Church. All are welcome.
		10:30A	Sunday Worship Service. Village Church. All are welcome!
		11:30A	Sunday After Service Social. Village Church. All are welcome!
THU	30	10:30A	Mad Science at the Library. Call to register. 781-581-0306.

JULY 2010

FRI	1		CANADA DAY
SUN	3	8:00A	Summer Worship at Marjoram Park.
SUN	3	9:30A	Sunday Worship service, Nahant Village Church. Soloist: Allison O'Neill, contralto. All are welcome.
SUN	3	4:30P	Gather and Register for Horribles Parade, Spring Road.
		5:00P	Horribles Parade begins.
MON	4		INDEPENDENCE DAY
MON	4	7:15A	Dennis Forbush Memorial Road Race Registration at Fire Station on Flash Road.
MON	4	8:00A	Dennis Forbush Memorial Road Race begins.
MON	4	9:30A	Family Races & Games. Behind the Fire Station on Flash Rd.
MON	4	9:15P	Nahant Fireworks Show 2011 begins. Bailey's Hill Park. Corner Trimountain and Bass Point Roads.
WED	6	9:00A	Summer Park Program begin. FMI call Jen at 781-592-5272
FRI	8	8:00A	NVC Monthly Breakfast. Guest Speaker: Rev. Patricia Long. Topic: Ghana, West Africa. For a ride, call 781-581-7557.
SAT	9	11:30A	Beach Monitoring Day. FMI call 781-598-1060.
SUN	10	8:00A	Summer Worship at Marjoram Park.
SUN	10	9:30A	Sunday Worship service, Nahant Village Church. Soloist: Rich Stevens, guitar. All are welcome.
SUN	10	3:00P	Opening Day for Otis Collection at Nahant Public Library.
TUE	12	7:00P	Swim For the River. Summer Cinema by the Sea, Murphy Bunker, Marine Science Center
THU	14	10:30A	Mad Science at the Library. Call to register. 781-581-0306.
SAT	16	10:00A	Josh Angulo demonstrates Stand-Up Paddleboarding, Tudor Beach. All invited.
SAT	16	3:00P	Victorian Ball workshop. Nahant Town Hall. Till 5:00 p.m.
SAT	16	7:00P	Victorian Ball. Nahant Town Hall. Till 10:30 p.m.
SUN	17	8:00A	Summer Worship at Marjoram Park.
SUN	17	9:30A	Sunday Worship service, Nahant Village Church. Soloist: Donna Hanlon, alto. All are welcome.
WED	20	6:00P	Women & Wishes Sweet Repeats. Nahant Country Club. Till 9:00 p.m.
THU	21	10:30A	Mad Science at the Library. Call to register. 781-581-0306.
SAT	23	3:00P	Art Showcase & Historic Tour. Nahant Village Church.
		3:30P	Historic Tour of NVC Church with Calantha Sears.
		4:30P	Wine & Cheese Reception. Till 6:00 p.m.
SUN	24	8:00A	Summer Worship at Marjoram Park.
SUN	24	9:30A	Sunday Worship service, Nahant Village Church. Soloist: Jackie Meuse, alto. All are welcome.
SUN	24	11:00A	Art Showcase & Historic Tour. Nahant Village Church. Till 1:00 p.m.
SAT	30	6:30P	Barefoot Black Tie, Short Beach.
SUN	31	8:00A	Summer Worship at Marjoram Park.
SUN	31	9:30A	Sunday Worship service, Nahant Village Church. Soloist: Amy Dow, soprano. All are welcome.

Nahant Village Church
 27 Cliff Street, Nahant

Sunday Worship Service
 at 10:30 a.m.
 Social Hour at 11:30 a.m.



All Faiths Welcome!

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.

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

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

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

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