



Nahant Harbor Review

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

Volume 14 Issue 8

AUGUST 2007

Nahanter Rachel Tarmy Competes for Miss Teen Boston

Rachel Tarmy of Nahant, daughter of Les and Julie Tarmy, was recently selected, to participate in Nationals' 2007 Miss Teen Boston pageant competition, that will take place on July 29th, 2007. Rachel learned of her acceptance into this year's competition,



as Nationals, Inc. announced their selections on Monday, July 2nd. Rachel submitted an application and took part in an interview session, that was conducted by Patty Niedert, this year's Boston Pageant Coordinator.

Rachel will be competing for her share of over \$20,000.00 in prizes and specialty gifts, that will be distributed to contestants.

Rachel will be competing in the Miss Teen division, one of three divisions, that will feature young ladies, between the ages of 10 and 19, competing in modeling routines, which include casual wear and formal wear. Most important, Rachel will display her personality and interviewing skills, while interviewing with this year's Boston judging panel. Personality is the number one aspect, that each contestant is judged on, during all phases of the competition.

Continued on page 17.



Come have some summer fun at the Meet Me Downtown Art Festival in Central Square, Lynn, on Saturday, August 4th, from 11:00 a.m. to 4:00 p.m.

Celebrate 25 Years with My Brother's Table at Summer Garden Party Aug. 9th

The Summer Garden Party, a critical fund-raiser to benefit the North Shore's largest soup kitchen, My Brother's Table, in Lynn, will take place on August 9th, at Marian Court College, Little's Point Road, in Swampscott, beginning at 7:00 p.m.

Tickets start at \$65. This vital event includes the auction of an Italian Villa Vacation, from the Parker Company, as well as a catered event for 50, from Tiger Lily Caterers of Beverly. Please RSVP Mary at 781-595-3224.

This year, My Brother's Table is celebrating 25 years of operation; it has served over two million meals to the hungry, since 1982. Last year, over 80,000 meals were served to those in need.

My Brother's Table now provides lunch and supplies breakfast for some guests. "This 25th Anniversary celebration is a great evening and a great value, for a great cause," said My Brother's Table Executive Director, Ilia Stacy.

"Thanks to the generous support and volunteer efforts of thousands of North Shore residents, My Brother's Table has reached "A Quarter Century of Big Meals and Small Miracles." It is a reason to celebrate and more importantly, to raise funds to allow anyone needing food and assistance to find it at My Brother's Table," said Nahant resident, Patty Forster, member of My Brother's Table's Board of Directors.

"In honor of our Silver Anniversary, Parker Villas has donated a week-long stay at one of their fabulous properties in Italy. You'll have a chance to bid on this \$3,500 value, at the Garden Party," said Foster.

Continued on page 3.



Allison Twiss-O'Neill Appointed Director of Village Church Hand Bell Choir

The Nahant Village Church warmly welcomes Allison Twiss-O'Neill, as director of the hand bell choir. Allison is a musician by profession and has earned both Bachelor and Master Degrees in Voice, from the Boston Conservatory of Music. She has an impressive resume that includes teaching music to a wide range of age groups, singing as a soloist in many places of worship and local choral groups, directing church choirs and a number of musicals, or music medleys. She composes music as a hobby.

Allison became involved with hand bells at the Rockport Congregational Church, in the mid 90s, and rehearsed the choir when the choirmaster was absent. She joined the Nahant Village Church bell choir when it was founded in the fall of 2005.

Learn to Play the Bells: Join our hand bell choir and learn to play hand bells and read music. The choir typically rehearses once a week and performs in one church service per month, and on special occasions such as Christmas, Easter and Memorial Day.

Membership in the bell choir spans the ages, from 4th graders to ringers in their mid and late seventies. We extend a special invitation to elementary school students (grades 4 and up). Membership is open to anyone who loves music and wants to be part of a great choir and is not limited to members and friends of the Nahant Village Church. We now have a three-octave set of bells. While there is no fee to join, we ask members for voluntary contributions to defray costs associated with the hand bell choir.

Anyone interested in learning more about the hand bell choir, what a ringer does, the rehearsal schedule, or wants to join, is asked to contact Judie Zissulis, Administrative Assistant, at the Nahant Village Church. She can be reached at 781-581-1202, or email aa@nahantvillagechurch.org.

Breakfast with Judge Livingston

On Friday, August 3rd, for the third year in a row, the Nahant Breakfast Group is honored to feature Nahanter Judge Dunbar Livingston, who will provide further insight into being a District Court Judge.

Please join us for a great and free breakfast (the eggs are the freshest and best), an interesting talk and wonderful fellowship. Breakfast is served at 8:00 a.m.

The breakfast will be held on Friday, August 3rd, in Swansburg Hall, of the Nahant Village Church, at 27 Cliff Street. Please come and bring one or more friends.

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First Annual Charles Kelley Scholarship Golf Tournament

Save the Date! On Saturday, October 6th, 2007, Nahant will hold the First Annual Charles Kelley Scholarship Golf Tournament, at Kelley Greens. Proceeds will help increase the funding for scholarships given to current and future Nahant college students! Come enjoy a cool afternoon on the links with friends and neighbors, or join us at dinnertime, for a post-game social gathering, to celebrate our own golf course and community. Check next month's issue for additional details.

Children's Summer Reading Program at the Nahant Public Library

By Rita Stepanova, Children's Librarian

Dear young ladies and gentlemen! You are invited to the Summer Reading Program, "Catch the Beat," at the Nahant Public Library. The celebration of the Summer Program continues from June 21st to August 15th. To participate, please call or walk in to register and pick up your Reading Record form. Borrow books to read, fill out your Reading Record (which is short and simple), bring it to the library and collect your prizes, such as bookmarks, special pencils and coupons for discounted admission to museums, zoos and other educational and entertaining places. Ask for the membership card. Certificates will be awarded to active participants, who read 20 or more books. A winner obtains a grand surprise.

Please remember the dates of the Special Events of the Children's Summer Program, "Catch the Beat," at the Nahant Public Library: June 21st, 3:30 p.m.: Greg McAdams' Magic Show "Catch the Beat;" July 11th, 11:00 a.m., Mad Science® of Greater Boston workshop, "Space...The Final Frontier;" July 12th, 3:00 p.m., Children's art workshop, "Creativity" with Yetti Frenkel; July 18th, 11:00 a.m., Mad Science® of Greater Boston interactive workshops, "Dinosaurs;" July 25th, 11:00 a.m., "Mineral Mania" and August 15th, 10:00 a.m., "Rhythms of the World," with Davis Bates & Roger Tincknell. Please note that the time for "Rhythms of the World," has been changed by performers to 10:00 a.m. Welcome! Welcome! Welcome!

Guitarist Robert Squires to Play at Nahant Public Library

Versatile virtuoso guitarist, Robert Squires, will present a concert, entitled: "Invention and Convergence," in the Reading Room of the Nahant Public Library, at 3:00 p.m., Sunday, August 5th. This program presents a varied stylistic approach, combining traditional, classical and modern works in the popular genre.

Squires is well-known in the Boston area, as the former lead guitarist of the popular Boston-based Beatles tribute band, Beatle Juice. Squires, an adjunct member of the faculty at Phillips Exeter Academy since 1979, performed with Beatle Juice, for ten years. Squires has also played solo classical concerts in South America, Canada and throughout the United States. He is the founder of the Exeter Association of Rockers and the faculty advisor to Exeter Recorded.

A diverse concert repertoire has earned Squires international medals at the prestigious Toronto International Competition, at Guitar '81 and at the Carmel Classic Guitar Festival, in California. Squires has recorded with the Slovak Radio Symphony, the North Shore Philharmonic and the Cape Ann chamber Ensemble, among others. He has also recorded at the famous EMI Abbey Road Recording Studio, in London.

In concert, Squires has performed, as lead guitarist, for such notables as Brad Delp (Boston), Ben Orr (The Cars) and Tony Sheridan, of Beatles fame.

The concert program will include works by J.S. Bach, Isaac Albeniz, Augustin Barrios, Lennon and McCartney and others. This concert is sponsored by the Friends of the Nahant Public Library and is free and open to the public.

New SWIM Leadership

SWIM election results: Julie Arnold was elected President, at the last SWIM meeting; Sal Genovese, Vice-President; Anita Reiner, Treasurer; Nancy Hodgson Smith, Recording Secretary and Polly Bradley, Corresponding Secretary.

The next SWIM meeting will be Thursday, August 16th, at 7:00 p.m., at Marine Science Center, at Northeastern.

Please patronize the advertisers of the Nahant Harbor Review. Thank you.

COA Notebook

By Diane Desmond

July was A-OK at the COA. Plans included a Foxwoods trip, Broadway Revue at Mass Theatrica, the soon-to-be-famous, mystery, ice cream ride and shopping trip to the North Shore and Liberty Tree Malls.

August looks good, too. Coming August 9th, the Annual free outdoor band concert and refreshments in the North End, Boston, sponsored by Ray Barisano.

Plans are being made for the Red Rock Outdoor Concert by the Sea, Swampscott (Curraghs Irish Music and Sea Chanty's) and the annual barbecue with Swampscott COA. The BBQ will be held in their new facility, located in the new high school, on August 20th. Birthday cake and ice cream will be served on August 15th, to celebrate August birthdays. Please join us. August 31st ends the month, with the third mystery ice cream ride.

Just a reminder about the Blood Pressure Clinic, the luncheon program Monday through Friday, Meals on Wheels for the homebound and the weekly Wednesday shopping trip, 12:30 p.m., from the Tiffany Room. Pick-up at your home can be arranged.

We welcome ideas, volunteers and new friends to our programs. Questions? Information? Call Diane at the Council on Aging Center/Tiffany Room, 781-581-7557. Please see the Harbor Review Calendar.

School Committee Needs Your Feedback

Over the past several years, there has been discussion regarding why children attend elementary schools, other than the Johnson School. Rather than guessing what these factors may be, I am asking those parents who have taken this action, or are considering this alternative for next year, to pass along the factors involved with making this important decision. I offer whatever level of confidentiality you desire and propose the option of submitting these to me at 54 Valley Road, to other school committee members, or directly to the Johnson School at 290 Castle Road. As we prepare for the upcoming year, such indicators could help us to focus our efforts to foster a better educational environment at the Johnson School. Thank you.

Submitted by Jim Devereaux, Nahant School Committee

Thanks for the Fireworks!

The Town of Nahant would like to give a BIG thanks to Jen McCarthy and Robyn Howard, for all their hard work getting enough money together for the wonderful fireworks display. This was one of the best years yet. Thanks for all the time you put in. We need more people like you in Nahant.

Submitted by Susan Rosa.

Summer Garden Party

Continued from page 1.

Cheryl Conte, of Swampscott, is the Chair of this year's Summer Garden Party. Joining Cheryl on this year's Summer Garden Party Committee are: Joe Desmond, Kellie and Skip Frary, Cathy Bartholomew, Susan Maguire, Esther Johnson, Marie Ford, Patty Forster and Margaret Dragon, residents of Nahant; Anne Gugino Carrigan and David Andre, residents of Lynn; Chuck McGrath, resident of Danvers; Fiona Minney and Lisa Palmer, residents of Marblehead; Mary Sweeney, resident of Wakefield and Bernie Sacco, resident of Salem.

As always, My Brother's Table's Summer Garden Party will feature a fabulous appetizer menu, with shrimp and beef tenderloin, catered and donated by the best restaurants around. Local restaurants contributing to the menu include The Porthole Restaurant of Lynn, Lyceum Bar and Grill in Salem, Mt. Vernon at the Wharf in Revere, Mittaheap Restaurant of Lynn, Sodexho Food Services and Nahanter Betty Gooding's Dream Dinners, in Danvers.

In addition, those attending this crucial fundraiser can expect beautiful flowers, arrangements designed by the Nahant Garden Club, beverages and music by the Blue Ribbon Jazz Ensemble. Marian Court College, the former summer White House of Calvin Coolidge, donated its facility for this event and St. Thomas Aquinas Church, in Nahant, in a joint effort with St. Vincent de Paul and the Sodality, donated the desserts.

"Topping it all off, is the breathtaking ocean view, from the sloping lawns of Marian Court," added Foster.

To purchase tickets, or to learn more about this event, visit My Brother's Table's website at <http://www.mybrotherstable.org/funding/gardenparty.shtml>. My Brother's Table is located at 98 Willow Street, Lynn, MA 01901. Telephone: 781/595-3224.

Photo on page 1: Nahant's own Roz Puleo at last summer's Garden Party to benefit My Brother's Table.

Save the Date for Soap Box Derby

This year's Nahant Soap Box Derby will be held on Sunday, October 7th, at the top of Little Nahant Road. For entry information, call co-chairs Bumper Gooding, or Suzanne Hamill. It promises to be another spectacular day of fun and fast cars!

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Meet Me Downtown Festival of the Arts in Central Square, Lynn, August 4th

Submitted by Susan Halter, LynnArts

Celebrate summer in the city, at Lynn's Annual Festival of the Arts in Central Square from 11:00 a.m. to 4:00 p.m.. Over 40 arts and crafts vendors, live music theatre and dance performances, with special activities for kids. Sample Vietnamese, Latin, or European Café cuisine, at one of Lynn's local restaurants; all within walking distance of the festivities. There's something for everyone! All performances are free. Please join us for this annual event and for what promises to be a wonderful day!

The Meet Me Downtown Festival is produced by LynnArts, Inc., the Lynn Office of Economic and Community Development and the Office of Mayor Edward J. "Chip" Clancy Jr. This year's Festival is sponsored by The Eastern Bank Charitable Foundation and the Daily Item of Lynn. Our main stage sponsors are Dunkin' Donuts, The Central Square Collaborative, The Massachusetts Cultural Council and the Lynn Cultural Council. Individual band sponsors include All Care VNA of Greater Lynn and Salem 5 Charitable Foundation. The Dance Stage at the Lynn Museum is sponsored by The Lynn Housing Authority. The Unitarian Universalist Church of Greater Lynn is sponsoring this year's non-profit participation.

Performing on the Main Stage, by the clock in Central Square, throughout the day will be Crystal Steel Panjammers (steel drums), Lois Lane and the Daily Planets (contemporary, blues), Grupo Fantasia (Latin) and Rhumbafrica (African dance and music).

In the Neal Rantoul Vault Theatre (LynnArts, 25 Exchange St.), the Iron Rail Stage Company, will be presenting selections from "Animal Tails" and in the Auditorium at

the Lynn Museum and Historical Society, dance performances will be held throughout the day, including the Senior Moments Tap Dance Group, SUZAN, Middle Eastern Belly Dancer and the Shekinah Dance Ministry.

Children's activities include, In the Park, Putt Putt Golf and Moon bounce and in the Vendor area: The New England Aquarium, Face Painting (in two locations), Balloon Creations with Ron

Comeau, Craft Projects with RAW ArtWorks, Kite Making with Kites Over New England (while kits last) and Sand-Art & Spin-Art Creations (fee charged). The Lynn Fire Department will review "Smoke House" fire safety for kids.

Over 40 vendors, including Nahanters Donna Hanlon of Donna's Treasures and Allison Twiss-O'Neil of Whitecap Creations, with a wide-range of hand-crafted items including scrimshaw, jewelry, crystals, mineral specimens, ceramics, handmade soaps, paintings, floral wreaths, sand art, edible sand art, t-shirts, candles, clothing, hair products, portraits, hand made cards, hand-fabricated silver and gold jewelry, frames, keepsakes, polymer clay, chair massage, natural body products, pottery, ballet items, drawings, tote bags, pillows, baby quilts, fabric gifts, books, crafts from Peru, purses, stone jewelry, photography, seasonings, dips, cake mixes, children's books, nametags, personalized pet pedigrees, watercolors, wood decorations, beads, children's accessories and jewelry, stoneware pottery, tea cozies, painted clay pots, note cards and much, much more.

Yikes! With all that, who needs the mall, or the beach. Come visit the Festival in support of the Greater Lynn community! Stay for the day. Your visit can be an inexpensive day of fun for the whole family, or a pre-Christmas shopping spree. Help support the Arts & Crafts community and meet some of members and supporters of the Greater Lynn community.





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Nahant Woman's Club News

By Polly Bradley

The Nahant Woman's Club is looking for a large boulder. A bronze plaque is being made, as a permanent commemoration for the Sears Pavilion, at Bailey's Hill, which was constructed under the Woman's Club leadership and we need a rock to attach it to. A boulder of at least 3 x 5 feet in size, preferably bigger, will do. A glacial erratic, a stone carried down from the north, by the glacier that covered New England, some 12,000 years ago, would be perfect. There are pink granite boulders, white granite, wonderful shapes...a chunk of Nahant gabbro would also be outstanding. One of our members found a perfect rock down at Tudor Beach, but alas, we can't just carry it off. Does anyone have a huge stone, on high ground, not on a beach, that they are willing to donate to this excellent cause?

Autumn is starting with a party, although the Nahant Woman's Club is a service organization, officially dedicated to "civic betterment." Fun and lending a helping hand can be intertwined, as every woman knows. All women in Nahant, not just Woman's Club members, are invited to join the merriment on Thursday, September 6th, from 6:00 to 8:00 p.m., for a wine and cheese party, at the newly-restored Nahant Dory Club, at the Town Wharf. Spouses and significant others are also welcome. We did promise some fun, right?

On Thursday, September 20th, the Nahant Woman's Club and the Nahant Garden Club will meet together, at 10:00 a.m., at the Sears Pavilion at Bailey's Hill. We'll have a good time putting in plants to beautify the town (fun and service again). Nahanter John Benson will give us a talk and tour of the new nature trail, created under the leadership of the Nahant Open Space Committee. We'll also dedicate the bronze plaque, we hope attached to a mighty boulder. Do you have a rock you can give us? Call Linda Jenkins at 781-581-0660, or email nahantenterprises@hotmail.com.

Nahant Woman's Club members will venture into the Boston Center for the Arts, on Sunday, September 23rd, to a film matinee of "Simon Says," a play about love transcending through the decades, produced by PSFilms. PSFilms is owned and operated by Nahanter Wendy Payne, a Woman's Club member. The cost is \$10, plus a share of carpooling cost. Matinee is at 3:00 p.m., so we'll meet at 2:00 p.m. sharp, at the St. Thomas Aquinas parking lot. Reservations for "Simon Says" must be made by August 31st. To reserve a spot, please send a check to the Nahant Woman's Club, c/o Marrit Hastings, at 42 Nahant Road.

More entertainment, more activities in our future! In October, a potluck supper and talk on diabetes causes, prevention and treatment, by Joan Sampson, Diabetes Nurse Educator. In November, the annual chowder luncheon and a celebration of American Home Day, with a presentation by John David, Director of Therapeutic Recreation and Volunteer Services, at the Chelsea Soldiers' Home. In December, a holiday party and luncheon, with entertainment by the students of Nahant's Johnson Elementary School. More fun and friendship, work and play are planned for 2008, culminating with the annual Beach CleanUp next spring. Look for details in future issues of the Nahant Harbor Review.

Beach CleanUp/EarthFestT-Shirts, 2006 and 2007, can be purchased from Robert's Cleaners, or Seaside Variety, on Nahant Road. T-Shirts available: 2006 Hooked on Clean Beaches (S/L sizes only), \$3 and 2007 Find a Solution to Nahant Beach Pollution (mostly adult sizes), \$12.

The Nahant Woman's Club hopes you'll come to the wine and cheese party on Thursday, September 6th and we hope you'll decide to become a member and enjoy the rest of the 2007-2008 season with us.



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Thanks for your consideration!

Take it with you...

By Sallee Slagle, Director, Dance Dimensions

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

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

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

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

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

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

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

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

Mass Theatrica News

Mass Theatrica presents Opera Scenes and Arias, the third concert in their 2007 Summer Series, on Thursday, August 16th, 7:30 p.m., at LynnArts, in The Neal Rantoul Vault Theatre, 25 Exchange Street, Lynn.

Come and enjoy some wonderful classics! The concert will feature scenes and arias from such favorite operas as Idomeneo, Le Nozze di Figaro, Rigoletto, Roméo et Juliette, La Bohème, Suor Angelica, Hansel and Gretel and La Traviata. The selections will be performed by a talented cast of artists, which includes singers, Michael Belle, Laurel Dantas, Kelly Graeber, Nancy Leinonen Howells, Elizabeth Johnson, Allison Leaheey, Meredith Lavine, Thea Lobo, Sanjay Merchant, Jacque Wilson and Elaine Smith Purcell, on the piano.

General admission is \$15 and \$13 for seniors and students. There is free on-street parking and a parking lot behind LynnArts. The theatre is wheel-chair accessible. For more information, please call Mass Theatrica at 508-757-8515, or email: masstheatrica@yahoo.com, or visit our website: www.masstheatrica.org

Comfort Through Touch and Understanding

By Susan Cadigan, LMT, NCTMB

I believe kindness heals. I believe energy can be transferred from one person to another. When one is ill, he might not have the energy to remain positive and strong. A confident, healing touch can provide the energy and comfort needed, to face the difficult road ahead.

Unfortunately, a diagnosis of a life-threatening illness, such as cancer, can leave one feeling isolated and very frightened. People that were once a part of the everyday life, might not come around as often. Perhaps they are trying to be thoughtful, by not intruding at a time of need, maybe not knowing what to say, how to say it or what to do in such a crisis.

Not only is the soul of the one who is given a diagnosis of cancer, or other life threatening illness, suffering, but the heart may be broken and disappointed. Dealing with treatment and tests, being poked and attached to machines, can be a very cold and painful experience.

Caretakers and loved ones of the patient are affected as well. Simple warmth from kind words can make a big difference. It is sharing positive energy. "Hey! How are you?" sincerely said, goes a long way.

Even if one is not feeling well, or doing fine...it is a moment of caring, a moment of feeling cared about. The simple gesture of a hand on the shoulder, eye to eye contact, or simply holding a hand, can be comforting. A moment can really make a difference. A hug is so healing.

A confident, calm touch is medicine for the soul. This touch, this communication, is important, not only for the sick, or those battling life threatening illnesses, but also for our elders, people in the later stages of life.

Often our elders are isolated. Isolation and loneliness can be quite negative on the quality of life. Many hospitals understand the importance of human touch and expression. Massage, Therapeutic Touch and other therapies to relieve stress and anxiety during treatment for illnesses, are incorporated, along with traditional treatments. Memorial Sloan-Kettering Cancer Center in New York, The Dana Farber Cancer Institute and Mass. General Hospital in Boston, all offer integrative and complementary services to support the patient, during and after treatment. These world-class hospitals recognize the importance of medicine for the soul.

The North Shore Medical Center, in Peabody, NSMC Women's Center, in Danvers, NSMC - Union Hospital, in Lynn and the North Shore Cancer Center in Danvers, all offer massage and other stress-relieving therapies. These therapies are not just for patients. Employees, or any person wanting to "relax, breathe, feel better," can make an appointment for massage at the hospitals here on the North Shore. Some benefits of massage are an overall feeling of well-being, better moods, more productivity and getting sick less often, due to the immune system working with a happy body.

It is important to have massage provided by a formally trained and experienced massage therapist. Massage can help, but it must be appropriate to the situation. There are situations when one should not have massage, or bodywork. Adjustments need to be made. In place of massage, when bodywork could be detrimental, are energy work, guided imagery, visualization and positive thinking.

There is no substitute for human touch. A knowledgeable and experienced massage therapist is important, but anyone can provide healing touch and positive energy. Just sitting calmly with the presence of needing to be no place, but the moment, pressing a warm hand to the feet, or holding a hand, can be very comforting. We all have the simple ability to give kindness and warmth. We all have the ability to heal through our touch. When we don't know what else to do, or what to do, offer a friend, or loved one, in the time of need or health crisis, a moment.

I would like to thank Maria Welsh for her many healing hugs - they really worked.

Special thanks to my cousins Diane Cadigan and family, Julie (Robinson) Tarmy and family, for welcoming my children into their homes and lives when I was in treatment. Thank you to my best friend, Natalie Zall Fuechsel, who gave me comfort by just being "there" when I was in the hospital, all those times.

Big thanks to Enzo Barile, who reminded me, that his bone marrow was available, if I should need it. Thank you for being on the BMT donor list!

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She is the proprietor of Nahant Therapeutic Massage, at Dr. Deborah Feinbloom's Chiropractic office, at Nahant Natural Healing, 41 Valley Road (The Community Center). Ms. Cadigan is also employed with Partners and provides therapeutic massage at the North Shore Medical Center/Union Hospital. She is a two-time cancer survivor.

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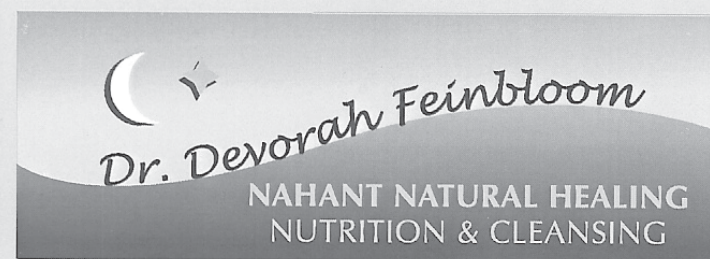


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Nahant SWIMmers offer Hull Turbine Expedition

By Julie Arnold

On Thursday, July 12th, Nahant SWIM assembled at Northeastern University Marine Science Center, to elect new officers, establish our focus for the upcoming months and share ideas with Swampscott's HealthLink president, Lynn Nadeau and United States Coast Guard, Aurea Vazquez. With a seemingly endless pile of pressing issues at hand, all present seemed to agree on two inextricably linked priorities: protecting our coastline and supporting and pursuing clean, renewable energy.

With temperatures steadily rising worldwide and the frightening predictions of scientists around the globe: swelling sea levels, increased storms, widespread drought and the proliferation of disease; an unbreakable push for change has begun to sweep the nation. And as a result, energy production has become a battlefield in the United States. Coal, oil, natural gas, wind and solar: all sources of energy, some abhorrently polluting, all arguably controversial, produce electricity. The lines have been drawn in the sand. On one side, lie fossil fuels: coal, oil and natural gas; all controlled by the wealthy and powerful, all with depleting reserves, all destroying our planet. On the opposing team, we have the clean energy underdog: wind and sun; both exponentially growing in popularity and implementation, both scientifically available, both non-polluting. It is difficult to say who will prevail.

As a small step toward supporting and understanding wind energy, Nahant SWIM is organizing an expedition to Hull, Mass., to tour the two existing wind turbines and meet the townspeople who pioneered this impressive move forward, to help free ourselves from foreign oil dependence and reduce carbon dioxide emissions. Please call Julie Arnold at 781-592-4514, or email: juliefarnold@gmail.com, to receive more information.

Recommended reading: "Cape Wind," by Wendy Williams and Robert Whitcomb. "Collapse," by Jared Diamond (Pulitzer prize winner).

Got something to share...

with your neighbors and friends? Jot it down, put it in an envelope and drop it in the Harbor Review Drop Box at the Equitable Cooperative Bank, on Nahant Road. As space allows, items will be published. If you want photos back, please send a SASE with them.

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The Continuing Saga of the Horrible Stench on Nahant and Lynn Beaches

Submitted by Robert F. Tucker, Friends of Lynn and Nahant Beach

I attended a meeting at Northeastern University Marine Science Center in Nahant, on July 11th, 2007, to discuss the algae that causes the beach stench in Nahant and Lynn. In attendance were a number of interested parties, including our state representatives, Sen. McGee's office and members of the Metropolitan Beaches Commission. I was surprised that the Massachusetts Department of Conservation and Recreation (DCR) did not have a representative at the meeting, because the DCR is responsible for the removal of the algae.

I listened intently to the background and history of the algae problem from Professor Don Cheney. We all know by now, that this problem is unique to Nahant Bay and Lynn, because the *Pilayella* (the plant causing the algae) does not have an escape route from Nahant Bay. *Pilayella* does occur in other areas of the country, but it is only here in Nahant Bay that it remains on the beach, because it does not have a natural way to be washed out to the ocean, before it creates the offensive odor.

Frankly, I thought the meeting was going to be more about solutions than a detailed history of the algae problem and the chemical components of the plant *Pilayella*. This problem has been studied to death and the time has come when we can no longer accept the failures of the past to be repeated. Clifford Goudey produced a Progress Report on the algae in 1992, working on an MIT Sea Grant College Program and the old MDC, now the DCR, had an Algae Task Force years ago, when Governor Weld was in office. The state has spent approximately \$300,000 over the years, not only to study the scope of the problem, but to identify ways to address it. Unfortunately, it hasn't been successful.

What has been done since 1992? In my opinion, not much at all, because year after year the *Pilayella* returns, along with the horrific stench, because the DCR does not properly remove it, before the sun bakes it, causing the odor. There is no magical solution except the immediate removal of the *Pilayella*. It is a damn shame that Nahant Bay and the beautiful waterfront in Lynn, used by thousands of beachgoers and home to hundreds of residents, have to suffer every June, July and August, because of the failure of the DCR to fulfill their obligation to properly provide the necessary equipment and staff to remove the algae.

The Friends of Lynn and Nahant Beach have identified this issue as a top priority and will no longer accept lame duck issues of why we have to live with this odor, year in and year out. The time for history lessons is over and the time is now upon us for action.

Representatives of the Friends met in the winter months, with the DCR and were promised that an extensive, aggressive effort would be made this year, to remove the *Pilayella* to prevent and/or reduce the odor. In my opinion, this has not been done. Currently, the DCR is removing the algae once or twice per week, which is insufficient. Here we are in mid July having meetings on algae and the stench, because the promises made in the winter months by the DCR have not been implemented.

Thanks to the efforts of our state delegation, Senator McGee, Representatives Walsh, Petersen and Fennell, this year's state budget now includes an extra \$50,000 for removal of the algae for Kings and Long Beaches and \$35,000 for Nahant Beach. Our state delegation has closely worked with the Friends of Lynn and Nahant Beach on this issue. They have done an outstanding job by getting an extra \$85,000 for the algae removal.

The Metropolitan Beaches Commission highlighted the algae issue in their final report. We need a commitment, from the DCR, to remove the algae more than once or twice per week and a report on how they are going to spend the \$85,000 allocated for algae removal. I am proposing that the DCR establish a new Algae Task Force to address this issue. Members should include all affected stakeholders. Hopefully, the new DCR Commissioner will recognize that Lynn and Nahant have suffered long enough with this horrific stench and will join with us in solving this unique problem.

Robert F. Tucker is President of Friends of Lynn and Nahant Beach. He can be reached by email at www.lynn-nahantbeach.org. Pilayella drawing. Source: DeCew's Guide, Center For Phycological Documentation, University Herbarium, UC Berkeley.



Dan's Library School: The Library Reflects Life

By Daniel A. deStefano

The largest part of every man's education is that which he gives himself. —John Cotton Dana, A Library Primer, 1899.

I do not love meetings. Years ago, when a boss suggested that I hold staff meetings, I wrung the concept to create Dan's Library School. I wanted to share with my colleagues what I had learned in library school.

The returns from the survey conducted in May, impel me to try something similar, with the readers of the Harbor Review. Those returned forms indicated, to me, that I should try to clarify the mission and methods of the public library.

So why do we have public libraries?

The free public library, as we know it today, serves four roles within a community: It supplies the public with recreative reading. It supplements educational curricula, by adding to the books available at the schools. It makes available books, so that people may educate themselves. It serves social functions, as a place to meet and as a deliverer of entertaining and educational programs.

At the heart of this institution is the concept that the free public library exists to enlighten the electorate of a democratic society.

The bones of the public library are the books. A book organizes knowledge to the depth needed to understand a subject thoroughly.

Let's explore that. Philosopher Mortimer Adler distinguishes what he calls "the four goods of the mind." They form a hierarchy of information, knowledge, understanding and wisdom.

Information (as a newspaper article), may be defined as data that has been processed and rendered useful. Knowledge (as a book), is information that has been processed to have meaning. Understanding exists only within the

human mind and represents knowledge that has been absorbed into an individual's perspective of the world. Wisdom is understanding that has been shaped into a unified world view and allows a mind to appreciate old ideas, while creating new ones.

Libraries are about the dissemination of 5,000 years of recorded knowledge, intended to help people achieve understanding and even (with luck!) wisdom.

Like the skeleton of a living organism, the books that make up most libraries are continually added to and replaced. Books become obsolete, as times change. The most used books simply disintegrate, losing covers and pages to the acidic erosion of fingers, light and air. Old books are replaced by new. Ironically, unused books persist longer than those which people actually read.

That's enough philosophy. How does all this apply to Nahant?

Key to the mission is accessibility. People must be able to use the resources. In Nahant, we accomplish this, by opening the library seven days each week, 43 hours each week, four evenings each week. State regulations, in a town the size of Nahant, call for the library to be open fifteen hours a week, with some evening hours.

The library building was built in 1895, to house 28,000 books. Standards put forth by the American Library Association call for four to five books per head, or 18,500 books. We hold 70,000. The builders could not provide for such items as CDs, audio tapes, video tapes, DVDs and computers, trusting that future generations would revise the building as needed. Yet the library maintains small collections of all of those forms.

The library also supplements its collections by participating in the state-run Northeast Massachusetts Regional Library System, which employs North of Boston Library Exchange (NOBLE), to provide interlibrary loan and other services. The Nahant Public Library has supplied interlibrary loan since the 1970s.

Nowadays, most people still request books, by coming to the circulation desk, but a few send requests by email. We try to fulfill all requests.

Some flatter the Nahant Public Library by comparing us with Swampscott or Marblehead. Those libraries belong to larger categories. Swampscott's population is roughly four times that of Nahant, while that of Marblehead is five times greater. Massachusetts classes public libraries on the basis of population. Required minimum operating hours, for example, increase with greater populations.

Larger libraries have the resources to supply more programs than smaller ones. Some larger libraries offer courses, competing with universities.

Over the years, Nahant Public Library has been asked to supply nearly everything for everyone, including courses in foreign languages, computer classes, accounting, cooking, gardening, clubs for playing card and board games and reading groups.

I reply "ars longa, vita brevis"! and explain that the library is glad to give space to such groups (as we have done many times in the past), and that the suggester might also be the organizer. Regarding clubs and courses, I usually leave the arrangement of meetings, instructors and refreshments to those whose

talents make them better cruise directors than myself. Many people give ideas, few give the labor and time.

Computers provide library users with another tool. That's not a bad thing. Computers require space and environmental control, both of which the Nahant Public Library must find.

In the end, I believe that understanding comes through knowledge, that is represented by the amount of material that is required to organize a book. (Wisdom is another matter.) The material found in a magazine, or journal, article, or a Google search, is mere information, a shard that is not integrated into a window through which one may see a larger picture. The library's mission demands books.

Public libraries, funded by taxes and free to all, reflect the living system that is the town they live in, and therefore are diverse in their habits, which is another way of saying that libraries are idiosyncratic.

The people in each municipality decide what stocks the library building, making each library and its collections unique.

It is not enough to say that a library should do something because other libraries do it. While a shopping mall in California may have the same stores as one in Massachusetts, the collections in libraries in both places will be quite different. That's as it should be, evolution occurs on the fringes, in isolated environments, both in living organisms and in libraries. Needs differ from place to place.

Libraries reflect life because they are a creation of living organisms. The library in Nahant provides insight into the character of the the town's people. Many titles in books and magazine collections are common to most libraries, but each library has a few books that are located almost nowhere else.

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Nahant's own, Tudor Cocktail Ice Company, has donated its spiffy company emblazoned shirts, along with colorful 24 oz. commemorative cups to hold this year's magical libation, "The COCK-A-DOODLE-DOO," in honor of our Dad, Frederic Tudor's champion rooster, "Fandango." As many of you avid Ice Shaving readers recall, Dad cross-bred Fandango with the company mule and that gave birth to the "Mulooster," the first multitask animal, that could lay 2 lb. eggs and pull our delivery wagon. Our company logo proudly honors the mulooster.

Believe us, we are also getting support from other town greats. Mike O'Callahan is bringing the pizzas, Brett Henry is getting the beer trailer and barbeques, JC Connolly is bringing enough generators and lighting, to illuminate Fenway Park, Dave Doyle is going to power up Joe Dowling's house, in the heart of Mitchell's Cahnah, for the band, while Wayne Wilson is setting up the stage on Joe's front yard. (Joe, don't ever get married, the first thing she'll do is plant a lawn with flowers and shrubs and we'll kiss the bandstand goodbye, unless you may want to state a Mitchell's Cahnah clause in your pre-nup!).

Remember, this event has a purpose, BUY A BEER – GET A BOAT. All the proceeds for the event go to the Nahant Rescue Squad, to purchase an emergency response boat. So come on down for some live, good ol' rock & roll, admission is FREE, Sunday, September 2nd, from 7:00 to 11:00 p.m. (Rain date: Labor Day, Monday, September 3rd, 1:00 to 5:00 p.m.).

Get in on those 30-to-1 raffle tickets, only 150 to be sold and they're going fast! A \$100 donation gets you a ticket to win 5 cash prizes, totaling \$7,500. A \$5,000 1st prize, a \$1,000 2nd prize, and three \$500 3rd prizes. Get your tickets down at the fire station, or call Ed Steriti, 781-581-9025, Frank Cardile, 781-581-1559, or Mike Billias, 781-581-1338.

Hey Nahanters, how 'bout dat new Causeway Halfway House? Over 3,000,000 man-hours to research and erect, sporting enough underground pilings to hold up the Prudential Center, the facility is now open for business. If you're an early morning causeway commuter, you noticed, just prior to the grand opening, a detailed paid state trooper was sitting overnight, in his cruiser, in front of the newly-constructed "john," with his blue security lights flashing. Evidently enforcing the one flush rule.

The state awarded the design contract to the renowned architectural firm of Dewey, Cheatum and Howe, and they came through big time. The design seemed to be going for a cross between a public rest facility and an International House of Pancakes. As the Tudor family entered the center entrance "Grande Promenade," we didn't know whether to relieve ourselves, or put an order in for 3 piggies in a blanket. Holy crap! I guess it's definitely better than the string of Port-O Potties, that previously enhanced the causeway.

Speaking of controversial houses, don't ever think of altering the stone house at the corner of High St. Ext. and Spring Road. Remember, that house came as a gift, along with Fandango, to our Dad, from the Crown Prince of Martinique and his voodoo high priest, Iatolduso. They were given as a thank you to Dad, for bringing ice to their island. As you all remember, that stone house originally was Fandango's home in Martinique, disassembled, stone-numbered, loaded on a Tudor Cocktail Ice Co. cargo schooner, along with Iatolduso, and shipped to Nahant. Iatolduso supervised the numbered stone-by-stone reconstruction of the home on the present sight. At the completion ceremony, he delivered a 20-minute voodoo chant, blessing the home and it's mystical rooster occupant. Any disruption would bring bad luck to our town, similar to the lava removal on the big island of Hawaii.

For those of you who have visited the big island, you know not to take pieces of the lava back home as a souvenir, because if you do, it will bring you bad luck. There are true stories, in which people experienced the curse and literally mailed the piece of lava back to Hawaii. "Scouts honor"!

A town voodoo curse we don't need. The Nahant Preservation Trust is working to save the structure. Removal of this piece of Nahant history may turn out not be our only problem.

Submitted by: Duddie Tudor, Tudor Cocktail Ice Co., Nahant, MA

Editors Note: The information about the BUY A BEER - GET A BOAT fundraiser is all true. I am not so sure about the rest of it...

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Nahant LL All-Stars by Joseph Marini

Our Nahant LL all-star squad recently completed their most successful District 16 tournament appearance in seven years, compiling a record of two wins and two losses (the victories were our first since 2000). After defeating Pine Hill in the first game and



losing to Saugus Nationals in Game 2, our boys prevailed over a talented West Lynn American squad, 8-3, in their third game of the tourney. This win set up an exciting confrontation with our regular season rivals from Swampscott.

After leading 2-0, we fell behind, after Swampscott was able to plate three runs in their half of the 4th inning. Despite our attempts to mount a come back, Swampscott was able to hold on for a hard-fought 3-2 win. The heartbreaking loss eliminated Nahant from the tournament, but not before the players earned the respect of all of their opponents. With only two graduating 12-year olds on this year's team, our returning nucleus of eight 11-year olds, hope to build on their recent success, in next year's tourney.

The team's coaches and players wish to thank all of our fans for their support. Players on the team were: Matt Bonazzoli, Corey Carmody, Lincoln Collins, Jesse Haynes-Lewis, Thanasi Kourkoulis, Danny Marini, Tyler Peterson, Matt Ryan, Steven Scaglione, and Tyler Scaglione.

The team was managed by Eric Peterson and coached by Joe Marini.

Girl Gators End a Fun Season Submitted by N. Caggiano



Ruthie Carter, one of the recipients of the Elizabeth Peterson Palmer Scholarship, awarded last month.

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A collage of four photographs: a man and a child walking on a beach, a family of five standing together, a family of four walking on a path, and a group of four people sitting on a beach.

2007 Minor League Champions The Nahant Spinners

Front Row (L to R): Ryan Desmarais, Liam Devereaux, Seth Harrell, Peter Doyle, Anthony Rizzo, Jackson Allard, Corey Bleau, Shea Nugent, Ray Ray Rosa. Back Row (L to R): Jason Dignan, P.J. Tsokanis, Joey Fernald, Brian Fitzpatrick, Charlie Arena. Coaches: Peter Fitzpatrick, David Doyle, Charlie Arena, Jimmy Devereaux, Kevin Nugent, Sean Dignan, Ray Desmarais (missing). They won the Championship, by winning all three playoff games, including the final, in which they beat the Swampscott Sidewinders, 6-0.

Submitted by Luke Tsokanis.

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Nahant Country Club News



Tennis is the summer focus of the members of the Nahant Country Club, which hosted its season-opening tournament on Saturday, June 23rd. The member/guest round robin format attracted 22 participants and the winning team was a pair of seasoned Nahant players, John Gere and Edie Hunnewell.

The tennis committee, consisting of Maureen DeCenzo, John and Karen Falat, Bob Kershaw, Mary Livingston, Amy Tsokanis and co-chaired by Coleen Caster and Elisabeth Foukal, was pleased that several young players from the Swampscott High School tennis team joined in the tournament. Colin Toner, Brandon Poulin, Scott Mauceri and Micalla Hootstein were the standouts and made it a multi-generational event. Colin, the boys #1 singles player, was paired with none other than Frannie Hall, whose granddaughters, Mackenzie and Kate Hall, play number 1 singles and 2 doubles, respectively, on the girls’ team. In addition, Sam Livingston, a Varsity player at St. George’s, and Piers MacNaughton, who attends Groton, both of whom are students of NCC Pro, David Altshuler, teamed up with adult players, bringing the total number of juniors participating in the tournament to six.

The NCC Invitational Open Junior Tournament followed (June 24th – 26th), with 75 participants from the North Shore. It is fitting

that Nahant kicks off this series of Jr. Invitational Tournaments, which are played throughout the summer, at clubs in Swampscott, Marblehead, Manchester and Wenham, since Nahant is the location of the first tennis played in the United States. In its 8th year, Amy Tsokanis took over the reins, as director, this year from tournament founders, Mary and Dunbar Livingston.

This three-day event was a huge success, with some home-grown talent winning in various categories. Rosemary Scalise took home the Girls Ten and Under singles trophy. Older brother Matt, won the Boys 14 and Under doubles trophy with partner, Cam Howe, from Marblehead. Matt teamed up with Olivia Raisner, to win the Mixed 14 and Under, as well. The finalists were Nahanter, Abby Hooper and her partner Cam Howe. Two other local standouts were Grace Murray and Jordan Harrell, who won the Girls 12 and Under doubles event. Grace was also the finalist in the Girls 12 and Under singles category, and the winner with Marbleheader Chase Davis of the Mixed 12 and Under doubles. The finalists in that event, were Jordan Harrell and Matt Rickards. Devon Harrell was the finalist in the Girls 14 and Under. In spite of the grueling heat, these great athletes provided the audience with some impressive shot making and excellent sportsmanship all around. The committee is grateful to James Hooper and Hayes Richardson, who have aged out of this tournament, but who nevertheless volunteered all three days, to help officiate the matches for the younger players.

The Nahant Country Club has four well-maintained clay courts, lit till 10 PM. To join a group of your level, please call Karen Falat, at 581-0131. To find out more about joining the Nahant Country Club, call Maureen DeCenzo, at 599-3259, or email her, at MDecenzo@comcast.net.

Photo above: Left to right, Matthew Scalise, Cam Howe, Olivia Raisner and Abby Hooper.
Submitted by Elisabeth Foukal.

Email to the Editor

Good Afternoon Donna,

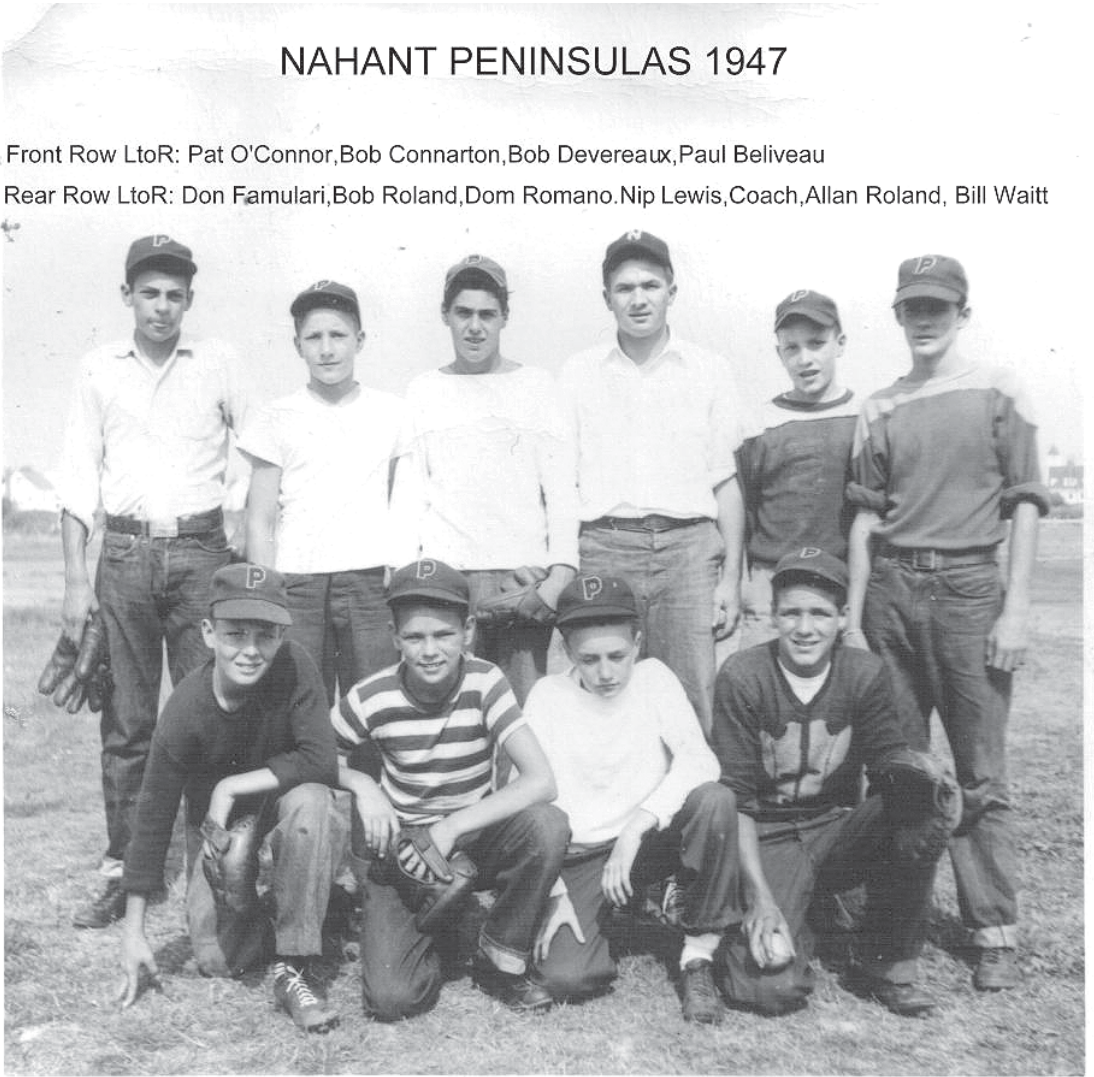
I received an e-mail where you asked for some photos and a brief story. In the photo at right: This is a young boy’s team that grew out of the playground program, at the Lowland Playground, started right after WWII. It was a fun job for me as I had to return to college for a couple of years, after getting out of the service. These kids then, were a lot of fun; they earned funds to buy caps so they looked a little like a team. They played teams from other towns such as Saugus, Lynnfield, Swampscott and Lynn and won their share of the games. I found this photo in my files and when you asked for some interest of the past in your paper, I thought I would send it along with a brief memory of 60 years ago.

Submitted by Nip Lewis.

Please attend the Summer Garden Party
a Critical Fundraiser to Benefit My Brother’s Table
on August 9th, 2007

My Brother’s Table is Celebrating a Quarter of a Century
of Big Meals and Small Miracles. Your support is needed.

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Complimentary Beverages
Marian Court College, Swampscott, MA



Front Row LtoR: Pat O'Connor,Bob Connarton,Bob Devereaux,Paul Beliveau
Rear Row LtoR: Don Famulari,Bob Roland,Dom Romano.Nip Lewis,Coach,Allan Roland, Bill Waitt

Summer Exhibit on Extended Hours Through September 2nd
By Bonnie Ayers D’Orlando, Nahant Historical Society

Don’t miss the rare chance to step back into the Nahant of 1860s past, by seeing “Sacrifice of Self: Nahant and the Civil War,” now on view at the Nahant Community Center at 41 Valley Road on Saturday, Sunday, Wednesday and Thursday from 1:00 p.m. to 4:00 p.m. Admission is free.

The Nahant Historical Society gratefully acknowledges the generous help and support of all who made this exhibition possible.

Special Assistance: Pauline Anderson, the late Phillip Applin, Richard Arzillo, Christopher Billias, Ben Bishop, the late Austin W. Brewin, Anne Coté, Kosta Daras of Daras Framing, the late Elsie S. Davis, Daniel deStefano, director of the Nahant Public Library, Robin deStefano, Dr. John D’Orlando, Steven C. Eames, PhD, Linda Eveleigh, Bumper Gooding, Lucy Grimm, Suzanne Hamill, the estate of Flora Roland Hodges, Don and Barbara Hodges, Rodney L. Hood, Edie Hunnewell, Anita Israel of the National Park Service, Longfellow National Historic Site in Cambridge, MA, Susan E. Keats of Fidelity Archives, Boston, Joseph M. Klink, Amanda Lazarus, Linda Lehman, the late Joseph P. Lermond, Mary Ann Lermond, Peggy Levangia, the Library of Congress, Rhonda Massie, conservator, Robert Mathias of the Grand Army of the Republic Museum, Lynn, MA, the late Stanley C. Paterson, Nancee Peters, Judy Robidoux, Cynthia Robinson, Steven Schier of the Grand Army of the Republic Museum, Lynn, MA, the late Carl G. Seaburg, Diane Shephard of the Lynn Museum and Historical Society, Lynn MA, André B. Sobocinski of US Navy Office of the Historian and Navy Medicine Magazine, Lynne Spencer, Gretchen R. Sterenberg, Kenneth C. Turino, Les, Julie and Evan Tarmy, the late William M. Twiss, the Naval Historical Center, Washington, DC and Robert Wilson of Collage Works.

Patrons: Bay State Historical League, the Equitable Cooperative Bank, Winthrop Donnison Hodges, Jr., Massachusetts Foundation of the Humanities and the Paterson Historical Fund.

Sponsors: Jeffrey L. Musman, Menders, Torrey and Spencer, Richard Fox of Fox Restoration & Cleaning, Robert C. Gaudet, the Nahant Preservation Trust and Solimine, Landergan and Rhodes.

Gala Support: Brother’s Deli, Thomas J. Costin, Dr. Devorah Feinbloom, Henrietta’s Table, the Jesmond Nursing and Rehab Facility, the Mount Vernon at the Wharf, the Nahant Country Club, Periwinkles Food Shoppe, Porthole Pub & Restaurant, Richland Store and Tides Restaurant & Pub.

Exhibition Team: Calantha Sears, curator, Bonnie Ayers D’Orlando, assistant curator and project director; Katy Bishop, costume and textile specialist; Will Twombly of Spokeshave Design, exhibit designer and his assistants: Chris Aldrich, Michael Altamari, Juliet Cocca and Alex Twombly; Christine Reynolds of Reynolds Design & Management, graphic designer; Kathryn Myatt Carey, paper conservator; Elizabeth Caterino, frame conservator; William MacMillan, arms conservator; Christopher R. Mathias, paper conservator and North East Document Conservation Center.

Exhibition Volunteer Hosts: Margaret Antrim, Bob and Sue Branga, Nancy Carey, Anne Coté, Maddy Davis, Patti Demit, Diane Desmond, Maureen Edison, Cal and Marrit Hastings, Barbara Hodges, Edie Hunnewell, Mary Ann Lermond, Emily Potts, Judy Robidoux, Edie Roland, Nancy Hodgson Smith and Bernie Yadoff.



Nahant Memories

My grandfather, Henry P. Dunn, bought a lot at 49 Castle Road and built a two-story summer cottage, one of the first to have a full basement with a full-sized bathtub, he loved his comfort. He had porches on three sides of the cottage, he loved to follow the sun. A side note: When he bought the property, he had to use a Strawman since town people did not like to sell to the Irish. (Times have changed.)

My father, Henry F. Dunn, my mother, Ellena and my sister, Barbara and I, spent many a summer going to the beach behind the Coast Guard Station. I remember one Sunday when Ollie the Cop (a real Keystone look-a-like) walked by, making sure young couples were not sitting too close to each other, stopped by our family blanket and said, “The young man will have to put a top on.” I was only 12 and did not have a hairy chest.

My father would tell us he was “going to see a man about a horse,” going to get a beer behind the curtain at a store, a little way from Tony’s, where we often had spaghetti. We kids thought he really was going to see a horse, naive as we were.

A big treat for my sister and me (me is correct) was when our grandmother would fix us a Sandwich Spread sandwich on Wonder bread and give us some cool milk, only ice boxes at that time.

Many a happy summer day were spent skipping rocks behind 49 Castle Road and listening to our Uncle Eddie spin yarns and sing a few Irish ditties. Eddie was our cousin Michael Dunn’s dad.

Submitted by Henry F. Dunn, Long Beach, California, a summer resident on Maple Avenue, for 50 + years.

Nahant Dory Club

The Nahant Dory Club will host the National Town Class Association Annual Regatta, on August 4th and 5th. The racing will take place in Broad Sound and can be viewed from Tudor Wharf and The Dory Club. In addition to the Town Class Nationals, The Dory Club will host the Walsh Cup team-racing on Friday, August 3rd. The fleet from Touissett Point, R.I. won that competition in 2003. Sailors are expected from Nahant, Marblehead, Rhode Island and New Hampshire.

Town Class sailboats are 16 1/2' lap-strake dories, constructed in either wood, or fiberglass, and were first built in the early 1930’s by Marcus Lowell, in Amesbury, Massachusetts and later, by his son Pert Lowell in Newbury, Mass. The boats are still being constructed by Pert Lowell Company, which is now operated by Pert’s son-in-law, Ralph Johnson. Town Class sailboats have been racing since 1936, in Marblehead and since 1939, in Nahant. They are admired for their classic beauty and forgiving sailing ability, while still being an exciting and competitive one-design racing class.

The National Town Class Association was formed in 1962, and the Town Class Nationals have been held each year since, with venues in Nahant, Marblehead, Rhode Island, Lake Quannapowitt in Wakefield, Lake Massapoag in Sharon, Spoffard Lake in New Hampshire, and also in Newburyport, Mass. The first ever Town Class National Regatta was in Nahant in 1962, and was won by Bart Snow, of Marblehead, in his boat Annie B. 2, which is now owned by Rex Antrim of Nahant.

The Nahant Dory Club has been well represented in the past, with former champions including Rex Antrim, Ed Younie of Dublin, N.H., and Robert “Pete” Dickenson, who are all still racing here, as well as John Cort, Wilson Tibbo, Ed Tarlov, Dan Perepelitza and Herb Bruce, Jr.

Co-chairs for the event are Nick Strange and Wendy Payne of Nahant, who can be emailed at townieNationals2007@comcast.net.

Submitted by Rex Antrim



Useless Information

by Ray Barron

A Few Thoughts of Summer

Cal Hastings, says, “Summer is a season divided into three parts: anticipation, vacation, recuperation.”

Cal’s wife Marrit, says, ”Summer is the season when the air pollution is much warmer.”

Nahant’s popular Police Officer, Armand Conti, says, “Summer is the season when you ride bumper-to-bumper to get to the beach, where you sit the same way.”

Update! Nahant Dominated By Women With College Degrees

Women now earn the majority of college degrees in several fields long dominated by men, a new federal report found. Female graduates outnumber men in business, biological sciences, social sciences, and history. Nahant is proof of the new federal study.

Partial listing of Nahant women with college degrees. I repeat! This is partial list! Peggy Silva, Harriet Steeves, Mary Dill, Nancy Smith, Anita Goodman, Audrey Morency, Barbra D’Amico, Lisa Scourtas, Michel Morency, Yvonne Donovan, Karen Lospennato, Margaret Bolthrunis, Anne Gaul, Barbara Lonergan, Sherry Smith, Estelle Goodell, Susan Kerr, Maryanne O’Callaghan, Anna Ortiz, Susan Maguire, Pamela Strong, Teri Motley, Suzanne Tarlov, Marcy Furlong, Tina Marie Beaulieu, Kathleen Kalukiewicz, Carol Munnelly, Susan James, Katherine Carter, Nicole Passanisi, Christine O’Donnell, Patricia Lev, Gertrud Joyce, Christine Titus, Angela Lowell, Anna Manzano, Jeanne Fiore, Susan Bonner, Karen O’Callaghan, Catherine Letourneau, Cynthia Manning, Catherine Silva, Susan DePaulo, Deborah Quinn, Meredith Tibbo, Alice Houlihan, Nancy Elia, Margaret Brown, Paulette Marie, Sheila Hambleton, Christine Blaski, Elaine White, Gayle Poulin, Linda Landry, Karen Kautz, Anne Spirn, Kathleen Forbush, Maureen Edison, Gretchen Benkert, Janice Brathwaite, Ann McNulty, Cynthia Costin, Jennifer Gaudio, Marilyn Snyder, Cynthia Mazareas, Janet Dolan, Joyce Maroney, Emily Potts, Joan Kavanagh, Teresa Hill, Denise DiCarlo, Sharlene Queenan, Barbara Lambl, Diana Brandi, Shirley Hoffman, Joanne Hunter, Beth Davis, Linda Salmon, Sandra Cavallaro, Elizabeth Desmond, Jeanne Baranek, Polly Bradley, Jane Kirkman, Julie Stoller, Lynne Spencer, Alice Cort, Maura Devereaux, Margaret Musmon, Betsy Taylor, Ellen Keefe, Louise McBryde, Margaret Hinrichs, Karen Callanan, Ann Haskell, Renee Wright, Colleen Collins, Barbara Beatty, and Paula Devereaux. Add to this, countless women, who are educators, nurses, etc.

Henry Hanagan, of Little Nahant Road, reminds us, Abraham Lincoln had great difficulty getting an education - but what can you expect from a guy who didn’t play football or basketball?

Henry’s wife Margaret, says, “As an education device, TV rates above everything else. No nation in history, has ever known as much as we do, about detergents and deodorants.”

AUGUST BIRTHDAYS

Time to bore you with some names of your friends and spying neighbors, who have birthdays in August.

August 1: The Nahant native, handsome and brilliant, Stephen Collins, popular Swampscott Little League Coach. The perfect hostess Meg Pier, Betty Walton, Nikki Kennedy, Jill Savage, Alana DeCastro and Deb Clark. Also born on August 1st Francis Scott Key, US lawyer who wrote “The Star-Spangled Banner.”

August 2: Emily Deines, Tim Abbott and Irish actor, Peter O’Toole.

August 3: Wish a happy birthday to the dedicated public servants Marguerite Haig-Rizzo and Janet Dolan. Also celebrating a birthday on that day, lovely Lydia Cort, Alex Kathryn Reeh and Maryanne Asselin. It was on August 3, 1492, that Christopher Columbus left Spain on his first voyage of discovery.

August 4: The radiant Brenda D’Orazio-Cook, Ellen Wilson, Mariah Deberardinis, Steve Landry, Perry Barrasso, Bob Kershaw and Queen Elizabeth, the Queen Mother.

August 5: Melissa Ostler, Sue Jarmulowicz, Raemary Ferguson, Estelle Goodell, Chad Doucette, Jim Logan, Lindsay MacDonald and Neil Armstrong, U.S. astronaut.

August 6: The radiant Deirdre Przybycien, the sweet and lovely Rosalie Elias, Marianne Moore, George Eaton, Jr., Stephen Opacki and actor, Robert Mitchum.

August 7: The gracious Patricia Magner, Bill White, Ron Petrucci, Amanda Ward, Jonathan Robeson, Dick O’Connor and lovely Penny Petrucci.

August 8: Educator and inspirer, Father Terence Curley, lovely Marcia Gaudet, Anita Kumari, Jill Capobianco, Janet Jokela, Susan Moleti, Claire Crane, Marcy Furlong, Colleen McElligot, John Falat, nice guy Gerry Titus, Cassie Priftakis and singer, Connie Stevens. Also celebrating a birthday on August 9th, is the personable Margaret Piccola, of Harmony Court.

August 10: Julie Johnson, Lisa Pirella, Diane Driscoll, Marybeth Mahoney, Chris Ryder, Aimee Sheppard, Dick Peters and singer, Eddie Fisher.

August 11: Maureen Viviano, Carolyn Dolan, Kim St. Ives, Kathy Mellen, Tracy Simpson, Karen Jones, Anne Arnold, the charitable Dick Adamo, Alan McSweeney and actress, Arlene Dahl.

August 12: Martena Fallon, Dr. Nancy Lee Cantelmo, Larry Heidebrecht and lovely Nancy O’Brien.

August 13: Today is Fidel Castro’s birthday, as well as Anna Funicella, Barbara Mellen and the creative Mario Spinucci, Jr.

August 14: Carl Easton and on this day in 1945, Japan accepted Allied terms of surrender, ending World War II.

August 15: Personable Wendy Munro, Anita Kumari, Liana Bryanos, Mary Opacki, Esther Johnson, Julie Silva, Patricia Demit, Max Kasper, Dean Palumbo, Paul Laubner and Princess Anne.

August 16: Sylvia Hickey, Susan Dolhun, Elana Anderson, Dan Locke, Marty Lucantonio, Jimmy Clark and Madonna (Ciccone), rock singer.

August 17: The gracious Ginny Livingston, charming Cheryl Kostel, Martha Lederer, David Brahm, John Kennedy, Johnny Connolly, Jr., actors Robert DeNiro and Sean Penn.

August 18: Fran DeCastro, Niyom Lue, Lee Regnante, Carol Leesha, Claudia Mannix, Stevie McCoy, Gregory Haywood, big Mike Rauworth, actors Robert Redford and Patrick Swayze.

August 19: Lisa Croft, Lori Tucker, Diane O’Connor, Mary Frances Rowe, Pete Devens, Val Chepeleff, Emily and Erika Crawford and Bill Clinton, 42nd U.S. President.

August 20: Captivating Bonnie Blydell, the wondrous Harriet Steeves, Mike Billias, Fred Murphy, good guy, Rick Scourtas and lovely Susan James.

August 21: the alluring Donna Morrison, sweet Sue Branga, Bob Savage, Mike Connor, Ken Koehler and Princess Margaret.

August 22: Mary Donovan, Susan Morley, Brenda Conley, Allen Herman, the patriotic Ernie Messina and Norman Schwarzkopf, U.S. general.

August 23: Paula Taylor, Dorothy Ryckman, Tony Dedominicis, the handsome, young-at-heart Tom Costin, and Gene Kelly, dancer and singer. Also on this date, screen actor Rudolph Valentino stated, “I suppose they like me because I bring romance into their lives for a few moments.”

The August 24: Peggy Bolthrunis, the brilliant professor, Maureen Lynch, Dr. Roger Pasinski and one of my favorite writers, Max Beerbohm.

August 25: Joe Casey, Mike Devereaux, Johnny Connor, sweet Sarah Elizabeth Cook, Brendan Mahoney and actor Sean Connery.

August 26: Nicole Alessi, Dr. Patricia Walsh, Karen Hansell, dearest Pam Motley and Macaulay Culkin, child actor.

Continued on next page.

Birthdays (Continued from previous page.)

August 27: Lovely Cecile Rouleau, Sandra Walker, Vitaly Shub and Lyndon B. Johnson, 36th U.S. President.

August 28: The brilliant Sheila Goode-Hambleton, personable Jan DeLuca, Bob Price, Paul Morse, John Casey, Rebecca Pillsbury and Donald O’Connor, actor, singer and dancer. Also on August 28th, Martin Luther King delivered his famous, “I have a dream” speech in Washington, DC.

August 29: Lovely Helen Cort, Valerie Corcoran, vivacious Ruth Brownell, Ginny Meuse, Erin Meagher, Kathy Lundberg, Dave Aldrich and Steve Benson.

August 30: Handsome John Lombard, Carlos Colon, Marlon Gillard, Maura Graul, educator, David Hunt and Mary Wollstonecraft Shelley, English writer who created Frankenstein.

August 31: Stephen Viviano, Janet Benkert, Jonathon Pelly, Derek Taylor, Mark Nocera and our swinging Town Moderator, Dave Conlin, husband of the personable and captivating Molly.

Worth Repeating

Included in Nahant’s 1956 annual report was the following poem, author unknown.

LITTLE TOWN

I like to live in a Little Town,
Where the trees meet across the street.
Where you wave your hand and say “Hello”
To every one you meet.

I like to stand for a moment
Outside the grocery store
And listen to the friendly gossip
Of the folks that live next door.

For life is interwoven
With the friends we learn to know;
And we hear their joys and sorrows
As we daily come and go.

So I like to live in a Little Town,
I care no more to roam,
For every house in a Little Town
Is more than a house; It’s a Home!

Nature of Nahant Field Trips

On AUGUST 8th, join the Open Space Committee to witness the shorebird migration at Short Beach. Meet on the beach, at the Life-Saving Station, at 6:00 p.m. FMI call Linda Pivacek at 781-581-1114, or click on “What’s New” on the Nahant website, at www.nahant.org.

On AUGUST 20th, once again, join the Open Space Committee to witness the shorebird migration at Short Beach. Meet on the beach at the Life-Saving Station, at 6:00 p.m. FMI call Linda Pivacek at 781-581-1114, or click on “What’s New” on the Nahant website at www.nahant.org.

Cancellations, due to weather, will be posted on the Nahant website, above.

Coming! Tuesday, September 18th!

Nahant’s Gennaro “Jerry” Angiulo is back in the news again! The U.S. Parole Commission granted Angiulo’s request for parole from the federal prison hospital in Devens. And so, on Tuesday, September 18, after 21 years in prison, Jerry Angiulo will be returning to his fabulous ocean-front home on Nahant’s Vernon Street. The 88-year-old Angiulo was serving a 45-year prison term for racketeering. He was slated for release in May 2010. We heard Jerry has been going through medical treatments at Devens. For the record, the family-owned Nahant estate is the fourth-highest-valued home in Nahant. The home and land are assessed for \$2,389,900.

It has been said, if Gennaro “Jerry” Angiulo’s last name were Murphy, he would not have received the 45-year prison term for racketeering. True, he deserved to be sentenced to prison, but the sentence was too harsh.

Gennaro Angiulo, a native of Boston’s North End, is a World War II veteran, who served in the U.S. Navy. His first home in Nahant was on Willow Road. His next home-to-be was in March, 1961, on Spouting Horn Road. Well, Jerry had intended to remodel the unoccupied old mansion, but a fire destroyed it. This was the second home in the neighborhood, within a week, destroyed by fire! The fires made front page news in the Boston American, “Firebug Hits Nahant.” The front page was dominated by almost a full-page photo, showing me and my family leaving our home. Enough said. Angiulo sold his gutted Spouting Horn Road home and eventually wound up on Vernon Street. I was asked once, by a Nahant weekend police officer, if I were related to Angiulo. “When you lived on Willow Road, Angiulo also lived there. And when you moved here to Pleasant Street, he bought the house next to you on Spouting Horn Road.” I calmly told him we were not related, but we are paesane.” And that’s the way it was!

An Update of Nahant’s Millionaires!

Last count, we have 122 millionaires in Nahant. And we do have a billionaire who owns property here in Nahant. So, where do the millionaires live? They reside on Swallow Cave Road, Nahant Road, Vernon Street, Maolis Road, Pleasant Street, Spouting Horn Road, Winter Street, Cliff Street, Willow Road, Howe Road, Cary Street, Summer Street, Rosemary Road, Greystone Road, Bass Point Road, Southwick Avenue, Little Nahant Road, Prospect Street, Phillips Road and Nectar Place.

We also have in Nahant 92 affluent multi-millionaires!

The electrifying Ed Poulin, of Irving Way,”Many a woman doesn’t care whether the man she dates is rich or poor-as long as he is a millionaire.” Ed’s sweet wife, Gayle, a native of New Orleans, says, “A millionaire is a man with the most relatives.”

The alluring Sheila Hambleton, Nahant’s Assistant Town Assessor, says, “Some men don’t marry until they find the one girl in a million; others won’t until they find the one girl with a million.”

Boston University’s Nahant Graduates

Boston University awarded academic degrees to 5,358 students in May 2007. Nahanters receiving degrees were Andrew S. Murphy, B.A. in Political Science and Janice E. Taylor, M.A. in Mental Health and Behavioral Medicine. Congratulations!

Boston University is the fourth largest independent university in the United States, with an enrollment of more than 29,000 students in its 17 schools and colleges. The university offers an exceptional grounding in the liberal arts, a broad range of programs in the arts, sciences, engineering and professional areas, and state-of-the-art facilities for teaching and research.

Nahanter Tarmy Competes for Teen Title

Continued from page 1.

If Rachel were to win the title of Miss Teen Boston, she would represent Boston and the surrounding communities in the Cities of America National Competition, which will take place in Orlando, Florida. Over \$60,000 in prizes and awards will be presented at the National Competition, while each winner enjoys this expense-paid trip of five nights and six days in Orlando, Florida.

There is no cost to Rachel for participating in the pageant. Harmony Tile Company, of Nahant, will assist Rachel in participating in this year’s competition, by becoming her official sponsor. Through sponsorship, each contestant receives all the necessary training, rehearsals and financial support, which will allow Rachel to become a very confident and well-prepared contestant in this year’s Boston Pageant.

Any business, organization, or private individual, who may be interested in becoming a sponsor to Nahanter Rachel Tarmy, may call her pageant coordinator, Patty Niedert, at 1-800-569-2487.

Gardens and Time-1
by Jim Walsh

The garden at 33 High Street was not really a tabula rasa. Elwood and Mary had lived there and, though they spent much of their time out of the country, they did create an environment, in the rear of their house, that seemed to take into account the fact that they were away a lot. But, while they were “in residence” and in their prime, I’m told that the Richardsons’ home was a place where neighbors gathered happily, most of whom, but not all of whom, are memories now. This is not to denigrate memories, as we shall later see.

When Judy and I took up this plot of land and put our imprint on it, we did so, knowing that we were occupying space where others had made a wonderful home. We needed slightly more space and, while adding an extra room and bath, David Torrey and Lynne Spencer helped us design the successor home to Elwood’s and Mary’s, on the foundation they had built.

The Garden was mine and with some help from a hundred yards of fill, I began to redesign it from the beginning. But where would the ideas come from? Not from training or expertise, certainly, but where?

In 1974, I had lived in Nahant for a year ,or so and in the course of a walk on an autumn Sunday, met a busy lady on Valley Road. We chatted. She raked leaves as we chatted and over the years I noticed that she had a way of getting others to rake leaves (or pull weeds, or carry things from here to there), whenever they interrupted her task of the moment. But that’s another story, the one where Helen Goddard and her garden supplants Tom Sawyer and his fence painting.

She immediately compared Nahant with a well-known literary community, but at that time, my intimate knowledge of Nahant was still sketchy and my full participation in the community some years away. I had no way of knowing if it were true and still do not.

She showed me, once, a picture of a small, isolated cottage, virtually barren of scenic detail or beauty. While the cottage itself had classic proportions, it was not the picturesque, inviting, head-turning home it became, over the years, as Helen built and moved her gardens, designed and redesigned them, nurtured the best and dug out the rest, all of it finished with a dab of painterly purple on the cottage door; the color of lilacs, she informed me.

Over the next ten years, I came to know Helen and Carl Goddard and, as good fortune would have it, ended up living directly across the street from them. I weeded and cultivated in her garden, from time to time and sat on the brick patio, or the screened piazza, talking with Carl, a remarkable conversationalist. On Sundays, he would buy the New York Times early and, around 10:00 a.m., trot across the street and drop it off for me to read. But not only that. In it I would find handwritten notes attached to articles, commenting on them and wanting to know my opinions, or to share his outrage. We were both great believers in “opinion,” without much truck with “truth.” Truth has a way of stopping conversations. A well-formed opinion, on the other hand, can lead to another and another.

But all these things took place in the context of Helen’s gardens and it is the memories of those gardens that animate the imagination still. In a pared down way, with my own idiosyncrasies, while moving the soil, or thinking about moving the soil at 33 High Street, Helen lives on as an active, participatory companion, collaborator and judge, not quite sure that this student has learned his lessons. And I am thankful for it.

The persistence of memory and its loss are topics of great interest, especially in these days, where life lasts longer than it once did. Like water, memory is taken for granted, when it is fresh and plentiful, and painfully missed when absent, scattered, or beyond grasp. Also, like water, memory can slip through the vessel that contains it and disappear. Lack of both creates a desert. As long as we have the smell of a fresh French pastry, or a pert and flirtacious woman of a certain age, raking leaves on an autumn day, we are still, in the words of John Berryman, in our green time.

What’s Up Wth All This Fog
By Rob Scanlan, U.S. Master Marine Surveyor

Fog is the dread of all seamen. Even with radar and satellite navigation electronics, fog leaves mariners groping. Without radar, you are blind, making navigation a nightmare and collision at sea a constant risk. Even the weather forecasters do not like fog, because it is hard to predict accurately. There are two main types of fog encountered at sea; radiation fog and advection, or sea fog. If you know which type you are dealing with, you are in a much better position to know what to expect and where to look for clearing conditions.

Radiation fog forms over land, when the land cools at night, causing warmer, moist air to condense its water vapor. Although it forms over land, radiation fog will in fact drift out over the water but it will seldom travel more than eight to ten miles from shore.

Sea fog forms when warm, moist air flows over cooler water and the water vapor condenses. It is particularly found here in the Northeast, where a warmer wind, blowing up from the south, meets the cold waters of the Labrador current, flowing south.

Sea fog needs wind to bring in the moist air and you can, in fact, experience this fog, even when the wind is quite strong. Radiation fog, on the other hand, needs still air and you will rarely find it in winds over five knots (6 MPH). You are particularly apt to find radiation fog in anti-cyclone conditions and it generally forms before dawn, when the ground has cooled, usually reaching its thickest just after dawn and often clearing my mid-morning.

If you identify radiation fog, then simply wait for the fog to burn off, as the sun rises. If you can see the sun shining through the fog, then you know it will clear before long, but fog may return again overnight. You can often get a good day at sea, however, so do not abandon your plans, just because you wake up to radiation fog. If you are already at sea, then heading away from the coast should bring the clearing you are looking for.

Sea fog is harder to deal with, unless you know the limits of the cold water. A water-temperature chart may help, but in general, the sea fog is less likely to be found near the coast in summer. So heading inshore may be the best way to improve visibility. Sea fog can last for days, if the weather conditions are settled, but clearing can come with a change in wind direction and sea fog is very unlikely with a wind coming from anywhere in the north.

Summing up; if there are calm conditions with fog, then it is almost certainly radiation fog and will hopefully clear as the day warms up. If there is wind from a southerly direction with fog, then it is sea fog, which will clear close to a warmer shore, or when the wind changes direction.

Boat safe, boat smart and have a wonderful time on the water this season.

Become a home delivery subscriber.

Help defray the cost of the door-to-door delivery of the Nahant newspaper to your home in Nahant for the rest of 2007. Send \$20 today to: Nahant Harbor Review, POB 88, Nahant, MA 01908.

Help keep the Harbor Review coming to your door! Thank you.

THE PLACE WHERE I LIVE

A Poem by Rozi Theohari

It is a building to be praised!
Named by the modern words:
“Ocean Shores Apartments”—eight floors
 Indeed
Resembles—an old brick castle with fort parapets
Arriving from centuries past—as a guest
And setting to rest
At the beginning of the causeway to Nahant
As a reminder of the old-fashioned cow pasture beach
As a reminder of the old Lynn-Nahant, Mass-friendship...

It is a building for praise!
Surrounded forever by the white ocean foam and the green grass
Framed by the clear blue of the Atlantic sky
Saying every day: “Good morning!” to the sun
When it just bounds from the deep ocean.
At nighttime the red bricks murmur—a silent lullaby to Egg Rock
Shaking in slumber between the waves.

It is a building for praise!
Becoming an extension of the people itself
Surviving the severe winter, the snow, the frigid, the whirlwind,
But on a spring day—the ocean, a breeze, a breath
Even a sparrow song – can heal...
In every season something happens:
In February 2004 on the iced coast appeared a little seal
Directing its melancholy black bulging eyes
To the eight-story building’s windows
If she just knew that many grandparents watched with compassion.
In mid-January, 2007, a western yellow bird- Wilson’s Warbler
Flying coast to coast—winging at the garden’s trees
Of the “Ocean Shores...”— like a good omen!
Brought Lisa Daly as a new Property Manager
Who rules and enhances this magnificent fortress with a new face.

It is a building for praise!
This tower where old people grow older and slip away
Petite great-grandmothers and grandfathers
Live with the memories—remembering jobs, wars, hurricanes,
The old dear houses, verandas—the milkman...
Proud men and women who raised children, danced and sang,
People who are thankful, rejoice and pray and cry “Alleluia!”
Nature works for all...in those apartments:
Healing, comforts, wheelchairs, walkers, oxygen, fire-alarms, encouragement,
Parties—“God Bless America” –singing group and dancing, bingo, voting,
enthusiasm,
Walking, swimming, fishing, tennis, yoga, cat & doggie ladies,
Gardening & flower women, “The Red Hat,” Flea markets,
Movies, computer games, cards, entertainment, photographers, trips,
The community room’s breakfast & coffee
With a caring, talented & sweetheart, Service Coordinator—Janet Dembkoski.

It is a building for praise!
Different ethnic, cultures, and races
Mostly Americans—some
Irish, Jewish, Russian, Italian, Greek, Chinese, Polish, Armenian and Albanian,
A place to share love, care, compassion, anecdotes, choices & company,
Old fashion of clocks ticking, the grandmother ‘s pictures, antiques and jewelry...
...At night—the moon slides at windows
To test the cooking from the ladies’ kitchens,
At every moment the visitors:
Doctors, nurses, homemakers, children, friends, nursing home and death.
Veneration for all old women and men ever slipping
Remembering the death of Gloria McDonald, the advisor of
The Ocean Shores Club—she flashed away like an angel!

It is a building for praise!
As a spirit castle that can breathe
Through the inhabitants ‘ feelings, desires and artistry.
At Apt. # 808, Ms. Sima Chernyak, all day long from her window
Paints the picturesque views of blue-red-orange-pink-white:
The changing colors -light and shadows- the scenes of the clouds & the sky
From sunrise to sunset behind outlines of Boston’s skyscrapers.
At Apt. # 210, Ms. Sheila Scholl composes music
And sings songs with her piano...Drawing—her second hobby...
Many other singers...At Apt. # 706 a gentleman plays Beethoven on the piano...
...Seated at a small table, near my open balcony—in # 718
I write verse by verse...adoring the panorama
That appears before me...
...The white sailing yachts—sliding off in a summer silent sea...
...The bronzed moon—pouring gold in the fall evening ocean...
...The indistinct sleepy blur of Nahant in the winter...
...The spring pink horizon’s line that divides
 The blue-red sea from the blue-black sky
 Penetrated by the seagulls’ scream
 That take away my dream
 In a green-blue morning air...

I thank the building owner
And Ms. Emma Sacco—the Assistant Property Manager,
That admitted me to be a resident.
Here I became a poet!...

ROZI THEOHARI, 2007.

Trans-Atlantic Wishes
From Boston to London

To Selina and Zosima we say, “Hello!”
And, “Thank you,” for coming to bring us joy.
A set of twins sent from above,
Are here to bless us with their love.

With double the dose of well-known thrills,
And a double dose of all the frills,
We double the dose of Heavenly bliss,
When they both reach out to give us their kiss.

As we now welcome them in two thousand seven,
We wish them every good thing we get from heaven.

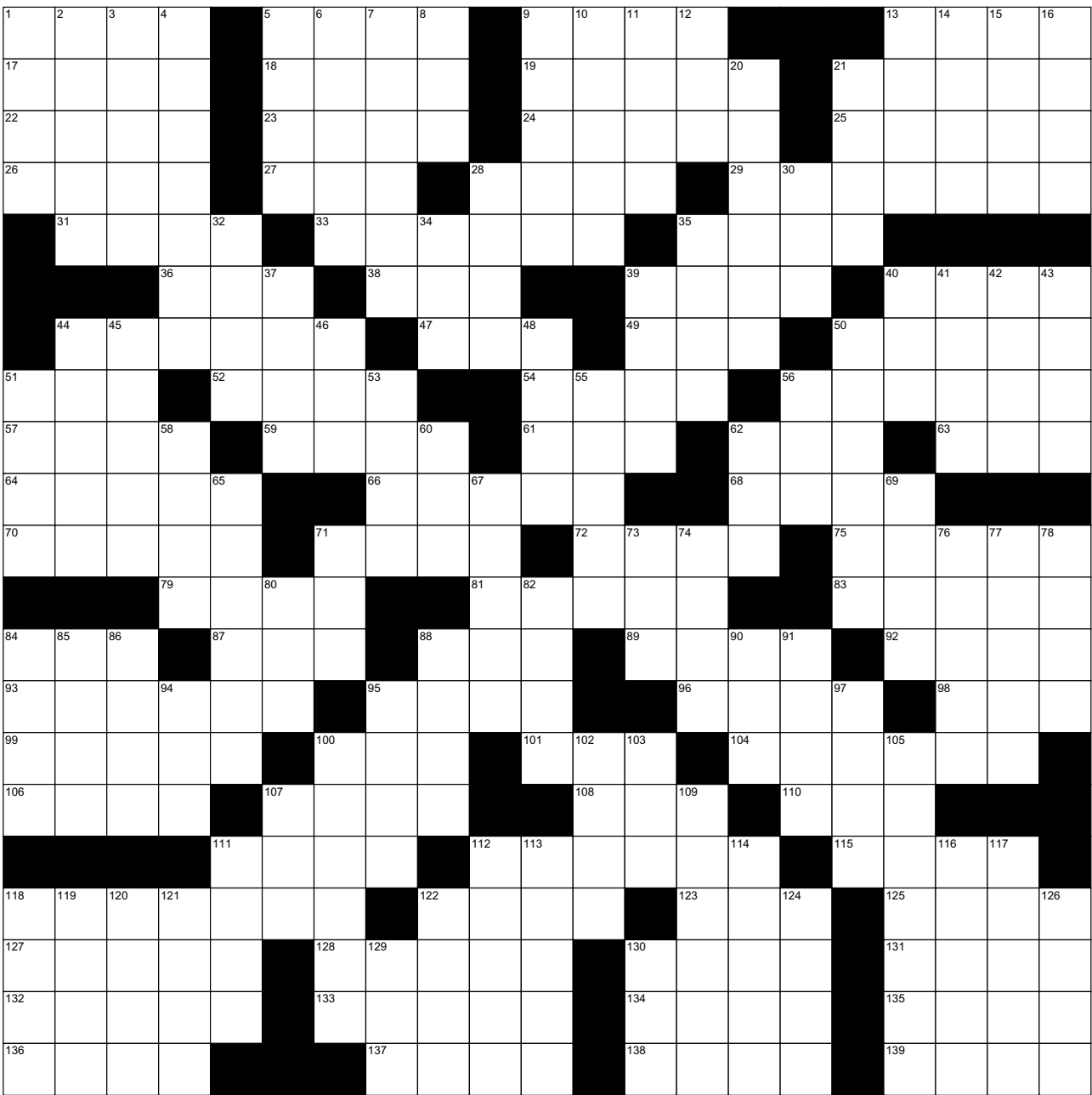
By Meral Gunduz
For the Briones Twins
Born in London on June 5, 2007

The Harbor Review needs YOU!
Join the Harbor Review Delivery Crew!
Call Donna, 781-592-4148.

Designs by Donna Lee
Heirloom Quality Jewelry
To view in the privacy of your own home,
please call for an appointment:
781-592-4148

NAHANT PUZZLE PAGE

Gone Fishin'
by Rick Kennedy



- 41 Stare
42 Stare
43 Writer Bombeck
44 **Hip waders**
45 Oneness
46 Brazilian attraction
48 **Freshwater minnow**
50 Unicellular creature
51 Applaud
53 Skirt
55 ___ longlegs
56 Dawn goddess
58 Unwell
60 **Fishing pole**
62 Zig's partner
65 Gruyere or Colby
67 Hick
69 Bridge support
71 **Fishing lure**
73 Knock
74 Similar
76 **Cod milieu**
77 Twist
78 Not any
80 Rock group
82 Particle
84 Remain
85 Sandwich cookie
86 Small town
88 **"Garden hackle"**
90 Sportage maker
91 **Salmon** ____, **bait**
94 Caesar's three
95 **Bass** ___
97 Command to Fido
100 **Fish** ___
(instrument)
102 Dull sound
103 Animal doc.
105 Frostiness
107 Sun's name
109 European country
111 Grade
112 Taunt
113 Poker fees
114 Mount (2 wds.)
116 Present time
117 Empower
118 ___-a-sketch
119 Extra
120 Pitcher
121 Marsh grass
122 ___**fish**,
voracious
saltwater species
124 Incline
126 Sports channel
129 Male swan
130 Spiritedness

ACROSS

- 1 Melting clocks painter
5 High times in London?
9 Iraqi missile
13 Hacks
17 Oil cartel
18 Evils
19 Chocolate substitute
21 "Beatle ___"
22 Weekly news magazine
23 ___ **trout**
24 **Fish with a hook**
25 Singing parts
26 Ignore
27 Terminal abbr.
28 Double-reed instrument
29 **Bullhead**
31 Cultivated
33 Pass by
35 **Present a lure**
36 Steal from
38 ___ **fishing**
39 Frolic
40 **Needed for 38 Across**
44 Reveille player
47 Terminate
49 Bard's before
50 **Needed for 40 Across**
51 Inmate
52 ___ accompli
54 City in Yemen
56 Totem
57 Hi's mate
59 Gloomy
61 Baseball's Ripken
62 Menagerie
63 Time period
64 Garret
66 Played
68 On the briny
70 College course (abbr.)
71 Martial art
72 **Reel setting**
75 ___ **trout**
79 Lotion brand
81 **Fishing craft**
83 Capital of Ghana
84 Bawl
87 Brain function exam.
88 ___ **fly**, e.g. **Blue Dun**
89 **Northern** ___
92 Successor
93 Axiom
95 Tie or knife
96 At hand
98 Some
99 Eagle's nest
100 Pro
101 "I want my ___"
104 Getting older (var.)
106 Bear or Berra
107 Thailand once
108 Skirt edge
110 Part of a min.
111 ___ Blanc
112 **Atlantic food fish**

- 115 **Monofilament**, e.g.
118 "___ Isle"
122 Flex
123 **Seine**
125 Not any
127 Bell ___
128 Acclaim
130 Spreadable paste
131 Ceases
132 **Brook**
133 Wake up
134 College course (abbr.)
135 **Porgy**
136 Large group
137 Apiary dwellers
138 **Walden** ___
139 Witnessed
4 Titanic sinker
5 Floor covering
6 Gladden
7 Basic compound
8 Yellowknife to Winnipeg dir.
9 Strike workers
10 **Fishing craft**
11 Goad
12 U.S. currency
13 Dogie
14 Opposed
15 Life histories
16 Waistband
20 Developed into
21 Marshal Dillon
28 Start
30 Viper
32 ___**fish**, **toothy**
Atlantic species
34 Whiz
35 Maize
37 Ornament
39 **115 Across holder**
40 Boston, familiarly

From the Editor

For the past three months, the general mailing of the Nahant Harbor Review, has been replaced by hand-delivery to all Nahant households. I want to thank all for their patience and understanding during this transitional period. The benefits to the community are already proving to be many, including much faster delivery time from deadline to Nahant households. Those who subscribe from out-of-town addresses, now report that they get their papers before the month begins! An amazing two to three week improvement in delivery. Plus, Nahanters and friends of Nahant, have stepped forward to help with the delivery of the little community paper to their neighborhoods. Thank you!

Once the home delivery and the mailing to out-of-town subscribers are complete, the remaining copies are left at Nahant Library, Nahant Post Office, Town Hall, Richland, Nahant Associates, Robert’s Cleaners, Captain Seaside, Seaside Variety, Nahant Market, Equitable Cooperative Bank and Christie’s on the Lynnway. If you need additional copies, please check there. There are rarely any copies left by the 1st.

PLEASE NOTE: If you do not receive your monthly copy of the paper on or before the first day of the month, please give Suzanne a call at 781-592-1263. She will get one to you and make sure that you are on the list for future deliveries.

Speaking of delivery, the Nahant Harbor Review needs the use of a motorized golf cart, in good running condition, for the monthly delivery of the newspaper. If you have one you can loan, sell, or donate, please call Donna, 781-592-4148. Many, many thanks!

This is truly the one and only, independent community newspaper that is dedicated to the Nahant community. Help us stay that way! Help defray the cost of to-your-door delivery, I ask that each Nahant household, that has not already subscribed, become a home-delivery subscriber for the remainder of 2007, by sending \$20 to help keep the “Review” coming to your door. A new subscription drive for 2008, will begin in the fall.

In 2008, Out-of-Town Subscriptions will increase to \$30 per year, due the the recent postal rate increase. The Harbor Review will be sent to those who subscribe and live out-of-town, by first-class mail, to ensure that subscribers receive their copy quickly.

JULY 2007 PUZZLE WINNER

Dan and Robin deStefano, of James Ave., were the winners of last month’s puzzle contest. They have won a “breakfast for two” at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible, complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. One winner will be selected each month. See Chris, before 11:00 a.m., for more details.

Keep Our Beaches Clean

by Rick Kennedy

C	L	E	F		H	E	T	H			D	U	E	L		A	B	C	S		
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Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION
SEPTEMBER 2007

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

WEDNESDAY, AUGUST 15th • 5:00 P.M.

Home Delivery: SATURDAY, AUGUST 25th

Staff, Volunteers & Contributors

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Proofreader:	Harriet Steeves	781-581-0715
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
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Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher.

The Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

Anonymously submitted articles and / or letters, 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 descretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop box** at the **Equitable Cooperative Bank** on Nahant Road. For ad rates and dates, call Suzanne Hamill, Sales Director, 781-592-1263.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation.

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.

Help support Nahant’s ONLY independent, community newspaper. Become a **Home Delivery subscriber** to help defray the cost of getting community news at your door! Send \$20 for home delivery, or \$30 for OOT Subscription, with mailing address, to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.
Thank you.

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. As space allows, items will be published. If you want photos back, please send a SASE with them.



Join the Harbor Review Delivery Crew

Calling all community-minded early risers, walkers, runners, joggers, dog walkers, bike riders, male, female, youth or senior, etc... JOIN the Harbor Review Delivery Crew. HELP deliver the Nahant Harbor Review to YOUR neighborhood.

The Nahant Harbor Review is seeking those who love to be outdoors early in the morning, for about two hours, no matter what the weather, on one Saturday morning of the month, to deliver this newspaper in Nahant. The pay is minimal, but the walk in the early morning in Nahant, is, in itself, a great reward.

This is truly the one and only independent newspaper that is committed to the Nahant Community. Help us stay that way! Join the Harbor Review Delivery Crew today. Call Donna at 781-592-4148 to sign up today! Thanks for your consideration!



Nahant Harbor Review Subscription Form

YES! I want to HELP defray the rising cost of producing and delivering our community newspaper! Here's my subscription to the Nahant Harbor Review!

- _____ Here's \$20 for my Nahant Home Delivery
- _____ Here's \$30 per Out-Of-Town Subscription
- _____ I can help a bit more...Here's a gift from a friend of the Harbor Review.

NAME: _____
STREET: _____
CITY: _____
STATE: _____ ZIP: _____
TELEPHONE: _____
EMAIL: _____

Thank you!

Nahant Harbor Review, POB 88, Nahant, MA 01908
* Please attach a list for additional or gift subscriptions.

NOTE FROM THE EDITOR

During this transitional period, if you do not receive your Harbor Review by the first day of the month, please call us immediately so we can get one to you. Usually by the 1st of the month, there are no more extra copies. After home delivery and the subscription mailing, the remaining copies are left in local shops and businesses including Nahant Town Hall, Nahant Public Library, Richdale Convenience, Nahant Equitable Cooperative Bank, Nahant Associates, Robert's Cleaners, Captain Seaside, Seaside Variety, Nahant Market and Christies on the Lynnway.

The papers are generally delivered on the last Saturday and Sunday of the month, before the first of the month, through home delivery, first class mail and the above public outlets. We keep a few on hand, but they are usually all gone by the first day of the month. So when you hear from your neighbors that they received their paper, and you have waited until Sunday evening and still have not received your paper, call us on the Monday morning and we will get one to you right away and make sure your home, or apartment, is on the delivery list.

Below is a list of Harbor Review subscribers and supporters for the 2007 subscription year. If you have not subscribed for 2007, it is not too late! I have enclosed an envelope for you to use. Just fill in the form below, tear off and send it in the envelope by mail or bring it to the Equitable Bank on Nahant Road and drop it in the paper's black drop box on the Teller's counter. In the fall, another subscription drive will begin for the 2008 subscription year.

Many, many thanks to all who take the time to write a check to help keep the Nahant Harbor Review an independent, community newspaper.
Have a fun and safe summer!

Thank you to Harbor Review Subscribers for 2007

NOVEMBER 2006: Carmella Cormier, Nancy Forsell, Gail Landry, John Lowell, Ruth Maurer, Marianne Putnam, The Olson Family and The Sigourney Family.
DECEMBER 2006: Cal & Marrit Hastings, Lea Lewis, Dana Lewis, Jeffrey Lewis, Alan Lewis, Jean & James Hosker, Joan & Ralph Lowell, John & Muriel Webster, Marion Lester, John Landry.
JANUARY 2007: Doris Bongiorno, Pat & Bob Del Castillo, Julia Elassaad, Mary Evos, Betsy Hickey, Pauline Howarth, H. Hollis Hunnewell, Robert Lewis, Shaun McCormack, Donald McCormack, Faith Peterson, Joanna Reardon and Linda Tanfani.
FEBRUARY 2007: Doris Bongiorno, Larry and Polly Bradley and for their children, Randolph, Scott, Cynthia. Judith Bryant, Carmella Cormier, Bill and Carol Crawford, Pat & Bob Del Castillo, Julia Elassaad, Mary Evos, Karl Forsell, Lucy Grimm and subscriptions for two friends, Betsy Hickey, Pauline Howarth, H. Hollis Hunnewell, Gail and John Landry, Mayland P. Lewis, Jr., Robert Lewis, Joyce Loguercio, John and Eleanor Lowell, Kevin and Terri Maguire, Ruth Maurer, Shaun McCormack, Donald McCormack, Pamela Motley, John and Elizabeth Olsen, Faith Peterson, Joanna Reardon, Jean Sigourney, Linda Tanfani and Dave and Jane Wilson.
MARCH 2007: Margaret Antrim, Doris Barrett, John Benson, Joanne Bryanos, Maureen Edison, Shirley Fessenden, John and Nora Gergely, Maral Gunduz, Cathleen A. Hartmann, Patricia Johnson, Jim & Laura Konowitz, Melissa Kasper (gift of the Konowitz), Nahant Knights of Columbus, Mary K. O'Connor, Margaret M. Piccola, Dolores Scanlan, Bob & Harriet Steeves, Robert A. Steeves, Donald Steeves, Donald Huston, Penny Billias, Bill & Nancy Kinley, (gifts from the Steeves), James and Emlen Wheeler, Art Wilson (gift from Gretchen Szczechowicz).
APRIL 2007: Frances Casey, Tim & Sam Culver, Aubrey Cyr, Helen Cort, Liam Doyle, Linda & Doug Eveleigh (NJ), The Eveleighs (IA), Carolyn Fowle, Mac Goodchild, Lillie Johnson, Lola Latis, Jay Marden, Leah & Colin Piepgras, Barbara Powers, John & Joy Pratt, Joseph Stoddard, Patricia Sullivan, Gretchen Szczechowicz, Dr. Nick Tarlov, Suzanne Tarlov, Maria & John Welsh, Nancy Wilson.
MAY 2007: Joseph Balsama, Robert Del Castillo, The Hastings, Leslie Holmes, Michael Kairevich, Stojan Maksimovic, Ernie Messina, BD Gift for Sage Urban.
JUNE 2007: Sue & Bob Branga, Rachael & Ted Brown, Ed Coakley (gift from Gwen Lightsey) Carmella & Bob Cormier, Jean DeSilvestri, Dan & Robin deStefano, Bonnie Ayers D'Orlando, Marie Donovan, Jacob & Laura Erlich, Virginia & John Kerr, Susan Kerr, Michelle & Paul Lenzi, Claire & Tom Loftus, Margaret Makris, Debra & David Morin, Barbara & John Mulkern, Margaret Pelley, Effie Taylor Smith, Edward Ustaszewski.
JULY 2007: Anonymous, Patty Aswad, Marsha Billias, Joe and Fran Casey, Barbara Fischer, Nancy Forsell, Cecelia Hill, Robert Irvine, Joyce Loguercio, Madeline Long, Isabelle Maddock, Edwin & Anna Marie Manzano, Dennis Maroney, Ruth Maurer, Michael Murray, Thomas O'Toole, Calantha Sears, Joseph Stoddard.

Community Calendar • AUGUST 2007

To have your event listed on the Nahant Community Calendar, please mail note, letter or postcard to: Community Calendar, Nahant Harbor Review, PO Box 88, Nahant, MA 01908 or email: donna@nahant.com

FRI	3	8:00A	Breakfast with Judge Livingston. Village Church.
SAT	4	11:00A	Meet Me Downtown Arts & Crafts Festival. Till 4:00P
SAT	4		ANNUAL TOWN CLASS REGATTA RACE, Dory Club
SUN	5	9:30A	SUMMER Worship Service, Nahant Village Church
SUN	5		ANNUAL TOWN CLASS REGATTA RACE, Dory Club
SUN	5	3:00P	Guitarist Robert Squires at Nahant Public Library
WED	8	6:00P	Shorebird migration at Short Beach. FMI 781-581-1114
THU	9	7:00P	Garden Party, MBT, Marian Court College
SUN	12	9:30A	SUMMER Worship Service, Nahant Village Church
WED	15	5:00P	DEADLINE SEPTEMBER HARBOR REVIEW
THU	16	7:00P	SWIM Mtg, Marine Science Lab at Northeastern
THU	16	7:30P	Mass Theatrica at Lynn Arts
SUN	19	9:30A	SUMMER Worship Service, Nahant Village Church
MON	20	6:00P	Shorebird migration at Short Beach. FMI 781-581-1114
FRI	24	TBA	Captain Wolf’s Voyage into History. Call to confirm.
SAT	25		HARBOR REVIEW DELIVERED TO HOMES
SUN	26	9:30A	SUMMER Worship Service, Nahant Village Church
MON	27		HARBOR REVIEW MAILED TO OOT SUBSCRIBERS
TUE	28		HARBOR REVIEW IN STORES

SEPTEMBER

SUN	2	7:00P	Buy a Beer - Get a Boat Party at Mitchell’s Corner
MON	3		LABOR DAY
THU	6	6:00P	Wine & Cheese Party, Woman’s Club, at Dory Club
THU	20	10:00A	Woman’s and Garden Club planting at Bailey’s Hill
SUN	23	2:00P	Woman’s Club go to Boston Center of the Arts

OCTOBER

SAT	6	TBA	Charles Kelley Scholarship Golf Tourney, Kelley Greens
SUN	7	TBA	Nahant Soap Box Derby. Call Suzanne FMI 592-1263.

Nahant Historical Society Exhibit

Don’t miss the rare chance to step back into the Nahant of 1860s past, by seeing “Sacrifice of Self: Nahant and the Civil War,” now on view at the Nahant Community Center at 41 Valley Road on Saturday, Sunday, Wednesday and Thursday from 1:00 p.m. to 4:00 p.m., through September 2nd. Admission is free.

Special Events of the Children’s Library Summer Program

August 15th, 10:00 a.m., “Rhythms of the World,” with Davis Bates & Roger Tincknell.

COA CALENDAR

8/13	COA Blood Pressure Clinic 12:00 noon
8/15	COA Birthday Cake and Ice Cream 12:00 noon
8/16	COA Red Rock Outdoor Concert by the Sea
8/20	COA Annual BBQ, Swampscott
8/31	COA Mystery Ice Cream Ride

Public Library Hours

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.
781-581-0306

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 Monday • 7:00 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).

The American Legion meets on the first Tuesday of every month, at 7:00 p.m., at the American Legion Hall, 5 Coolidge Road, in Nahant.

Nahant Village Church

Join us for Summer
Sunday Worship
Service at 9:30 a.m.



EMERGENCY MANAGEMENT

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



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