



# 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 6

JUNE 2007



*Happy Campers from Troop 24, enjoy their Camp-In at the Museum of Science. Photo submitted by Erin DiGrande*



All 13 members of 6th-grade Nahant Girl Scout Troop #57, received the Girl Scout Bronze Award, at the Annual Recognition Night, held May 2nd, at the Johnson School. The Bronze Award is the highest award that can be earned at the Junior Girl Scout level. This was the first time an entire troop in the Ocean Bay Neighborhood (Nahant-Swampscott) earned the award. After earning several prerequisite badges and awards, each girl was required to identify a need in the community, develop a project plan and complete at least 15 hours of community service. The entire troop decided to focus on the needs of animals in local shelters. They held two drives and donated the goods collected to the Animal Rescue League of Boston and the Northeast Animal Shelter. Many thanks to all members of the Nahant community who donated to this worthy cause. Submitted by Mary Jo Ludke.

## Art School To Hold Closing Party by Carol Hanson

Carol Hanson of The School of Refrigerator Door Art is holding a closing party for all former students, young and old, on Saturday, June 2, from 2:00 to 4:00 p.m., in the multi purpose room, lower level at the Nahant Community Center, 41 Valley Road. There will be an art activity, stories, and music as well as light refreshments. No drop-offs for this event. Please RSVP by May 31st, at [refrigdoorart@aol.com](mailto:refrigdoorart@aol.com), as space is limited.

## Come One, Come All to the Nahant Beach CleanUp & EarthFest 2007 on June 9th

by Julie Arnold and Marrit Hastings

Find A Solution To Nahant Beach Pollution. Congratulations to Rick Kennedy, the official Beach CleanUp - EarthFest slogan contest winner! You can look forward to seeing his creative design on the collectible T-shirts, which is free to Beach CleanUp volunteers. They will also be for sale on June 9th, at the Nahant Life-Saving Station.

The Nahant Woman's Club, Nahant SWIM and the Town of Nahant invite you to join us, to work hard and play hard on June 9th, for this two-part event: The Beach CleanUp and EarthFest '07.

The Beach CleanUp, June 9th, begins at 8:00 a.m. to 4:00 p.m. (ongoing throughout the day); rain date June 10th. Everyone will meet at the Lowlands to take a shuttle bus to your favorite beach: Bass Point, Black Rock (a.k.a. Doggie), Canoe, Long, Short, Tudor & Wharf and the Heritage Trail! Please wear your sturdy boots, rugged pants, gloves, hats and sunscreen. Bring your rakes, picks, shovels and diving gear, for those joining the dive team, because we need your help!

Everyone with a pulse is asked to participate. Why: Because the seagulls have been writing complaint letters to Town Manager Mark Cullinan!

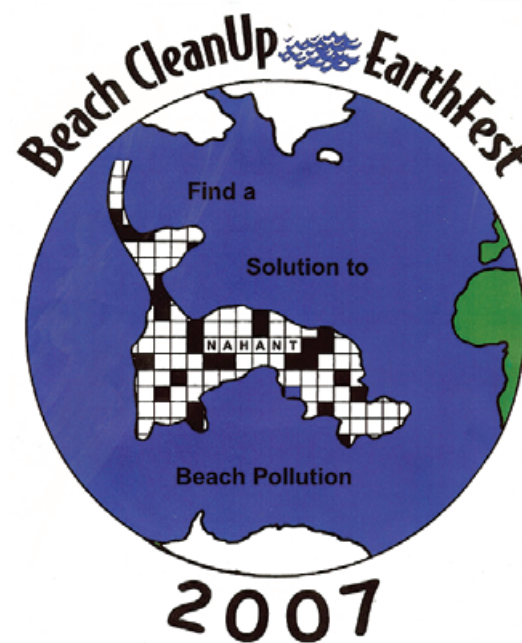
EarthFest 2007, June 9th, begins at 11:00 a.m. and continues until 4:00 p.m. Join us at the Nahant Life-Saving Station on Short Beach for a day of fun and festivities to celebrate summer and learn about ways to protect our planet! Three live local bands; The Gears, The Captain Wolf Band and The Porch Rockers, will be playing throughout the day. A children's art show, kid activities (from 11:00 a.m. to 2:00 p.m.), a beach barbecue, plus local environmental businesses, community groups and much more, are also planned. Adults and children of all ages and stages are welcome.

There are a few important things to remember. Bring a soil sample! Soil testing will be provided by a local scientist, so please bring a sample if you're interested.

Come hungry! Captain's Seaside will provide tasty snacks, to go along with the Fenway hot dogs, (compliments of G/J Towing) and the burgers we will be grilling. All for sale at a low price! Free hot dogs will be given to all Cleanup volunteers!

Ride your bike! Help the environment by riding your bicycle, or help yourself too, by walking to the beach! Bring cash! You may want to purchase a souvenir, or make a donation. For more information, to volunteer as a team leader, or to contribute financially, call Linda Jenkins (Beach CleanUp), 781-581-0660, or Julie Arnold (EarthFest), 781-592-4514, or just show up on June 9th! Rain date: June 10.

Come! Let's celebrate the earth! (More information on page 22. See Thanks...)



## Here's your copy of the . . . Nahant Harbor Review

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To advertise in this publication, call Suzanne Hamill, 781-592-1263.



## Town Administrator to Speak at Breakfast Group

Town Administrator Mark Cullinan will be the featured speaker at the Friday, June 1st breakfast at the Nahant Village Church. This has become an annual tradition. Mark will be discussing the on-going plans for the Coast Guard Housing. He will update everyone on the Committee's progress on putting together design and development guidelines for the reuse of this property.

The free breakfast is served at 8:00 a.m., with the presentation to follow at 8:30 a.m.

Please bring one or more friends. Also, mark your calendar for the July 13th breakfast that will feature a presentation on life in Singapore by Bill Hanagan.

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## Landmark Civil War Exhibition Opens with Gala on June 23rd

The Nahant Historical Society has created an unusual exhibition, *Sacrifice of Self: Nahant and the Civil War*, which brings this fascinating era in our town and our country to life. Rare images and artifacts will be on display, many never on public view before, as well as poetry and music. These treasures will come from the Society's and private collections, as well as the archives of the Grand Army of the Republic Museum in Lynn, the Library of Congress, the Lynn Museum and Historical Society, the Nahant Public Library, the National Park Service Longfellow National Historic Site in Cambridge, the National Archives and Records Administration and the Navy Historical Center, both in Washington D. C.

Many years ago, Austin Brewin and William Twiss, late members of the Nahant Historical Society, gave life to this extraordinary venture. They researched the Civil War era extensively, which helped author the complementary book by Dr. Steven Eames. *Sacrifice of Self* is a lively retrospective that demonstrates how ordinary people both winter folk and summer residents coped with the far-ranging effects of America's greatest conflict. Not only does this exhibition chronicle soldiers' experiences, but also illuminates the support from those left at home and how Nahant took care of its own after the war. The integral part played by returning veterans, in the development of the town, is highlighted. Notable, were Mortimer L. Johnson and Sophia Dennis Hood, images courtesy of Nahant Public Library.

Save the date! The opening gala is on Saturday evening, June 23rd, from 5:00 to 7:00 p.m., at the Nahant Community Center's Serenity Room, at 41 Valley Road, Nahant. Dr. Steven C. Eames, author of the companion book, will be present to sign copies. Reenactors, in authentic period clothing, are expected. Members will receive advance notice. Tickets are \$35 per person in advance. Due to more than local interest, tickets will not be sold at the door. Please send your check, with names of your party, to Nahant Historical Society, 41 Valley Road, Nahant, MA 01908, to arrive by Wednesday June 20th.

Special exhibit hours start after the June 23rd gala opening on Wednesdays, Thursdays, Saturdays and Sundays, from 1:00 to 4:00 p.m., through the end of August, except holidays. Exhibit hosts are needed. To volunteer, please call Judy Robidoux, or Bonnie D'Orlando, at 781-581-2727.

## Garden Club News

**By Carmella L. Cormier, Publicity Chairman**

Nahant Garden Club Members will have their Annual Meeting and Luncheon, June 21, 11:30 a.m., at the Knights of Columbus Hall. The program will be by Bill Graham, owner of "Beautiful Things" in Salem, a floral designer and a National Convention presenter, as well as a friend to all garden clubs. His presentation will surprise all, with his innovative program. This is a wonderful way to end our year.

Our scholarship will be presented on June 13th, at the Johnson School. It is not too late for students to take out an application. Look for the Scholarship Chairman's article in another column.

Plans are in progress by our committee for a September Garden Tour. The Nahant Garden Club presents "AUTUMN BY THE SEA." Any resident or member who is interested in having their flower, or vegetable garden, included in this tour, please call Jeannie at 581-0833, or Nancy at 595-7442, or Marie at 581-0736, for details. The dates are Saturday, September 15, 11:00 a.m. to 4:00 p.m. and Sunday, September 16, 1:00 to 4:00 p.m., rain or shine.

## Garden Club Scholarship

**by Edith Hunnewell**

The Nahant Garden Club is offering a \$1,000 academic scholarship to a 2007 high school graduate, who has been accepted to an accredited institution of higher learning. This is the Garden Club's third reminder. Please note that we have extended the deadline for submitting all the requirements to June 7, 2007.

The applicant must be a current resident of Nahant and have been a resident for at least three years. We are looking for students who are academically accomplished and who have made significant contributions to civic and community organizations.

Applicants must include: a transcript of grades; an autobiographical letter describing the applicant's accomplishments; a letter of acceptance to an accredited institution of higher learning and a letter of recommendation from a teacher, or community leader.

Please submit all requirements to Edith E. Hunnewell, 174 Willow Road, Nahant, MA 01908. For more information, please call 781-581-0559



## Fireworks Donations Still Needed

By Robyn Howard and Jennifer McCarthy

As we enter the month of June, we are about a third of the way to our goal of \$15,000 for the fireworks display. Your donation can help us reach our goal. If you haven't donated yet, it is not too late. Please send your donation to Robyn Howard, 4 Flash Road, Nahant or Jennifer McCarthy, 19 Range Road, Nahant. To purchase firework tee shirts call Robyn at 781-581-1373, or Jen at 781-592-5272. Every donation gets us closer to our goal. Please donate today. Thank you to everyone who has already supported the fireworks fund, either through a donation, or by purchasing a tee shirt.

## Summer Tot-Lot program

This year, the Nahant Recreation Commission will sponsor two park programs. One will be at the Library Playground, on Pleasant Street and the other one will be at the Fire Station Playground, on Flash Road. Both parks will have free arts and crafts and sports activities daily. The Tot-Lot program will be held on Mondays through Fridays from 9:00 a.m. to noon. The program runs for six-weeks, beginning on Monday, July 9th. Children of all ages are welcome to attend. Children 5 and under must be accompanied by a parent, or caregiver. For more information, call Jen McCarthy at 781-592-5272.

We will also offer children's tennis lessons for a small fee. To register your child, please call Jen at the above number.

## Great Father's Day Gift

Nahant Recreation has Nahant Sweatshirts for sale. We have all different styles; crew, hooded pullover and hooded with a zipper. Call Jen McCarthy for more information, 781-592-5272. Monies raised help fund the summer Tot-Lot programs.

## Nahant 2007 Junior Invitational Tennis Tournament

The annual Junior Invitational Tennis tournament will be held at the Nahant Country Club, on Monday, Tuesday and Wednesday, June 25, 26 and 27. The Tournament is sponsored by the Tennis Committee of the Nahant Country Club and is open to all Nahant residents and junior members of North Shore Tennis Clubs. This is the first tournament of the summer season, of all the North Shore Clubs, so it is a great opportunity for juniors to tune up their game!

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

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

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

The entry fee is \$12 per event. The singles draw is limited to a maximum of 32 players and the doubles draw to a maximum of 16 teams. Tennis whites and tennis shoes suitable for clay courts are required.

For an application and tournament rules, check the Nahant Country Club bulletin board or contact Amy Tsokanis, Tournament Director, One Nautical Lane, Nahant, MA 01908 (781-593-2143). The deadline for signing up is 5:00 p.m., Wednesday, June 20th.

## Nahant Residents at the 39th Annual Walk for Hunger

Submitted by Dina Piran, Project Bread

Nahant resident, Jennifer, with her children Max and Julie, recently participated in Project Bread's 39th annual Walk for Hunger. 43,000 Walkers took part in the event that raised a record-breaking \$3.3 million. The funds are used to feed hungry people at food pantries, soup kitchens, food banks and food salvage programs across Massachusetts. Your gift is still important and it's not too late to donate; please pledge online at

www.projectbread.org. Money raised will fund more than 400 emergency food programs in 135 communities statewide.

For more information, visit www.projectbread.org



## Troop Tidies Trail Transports a Ton of Trash

by Sam Rauworth

Thanks to everyone who helped us with the cleanup of the Lowlands section of the Nahant Heritage Trail, on Sunday, May 6th, as part of my Boy Scout Eagle project. We had a lot of enthusiastic help, making it possible to clean up a large amount of trash and put up posts, to help guide the way through the trail.

We appreciate the contributions of the Nahant DPW, Home Depot of Salem and Captain's Seaside. Special thanks to Linda Pivacek, of the Open Space Committee, for being my project advisor. We hope this will help to create recognition of the trail and more attention to trash around the town.

Please take some time on a nice day to walk the Heritage Trail and also to participate in the Beach Cleanup on Saturday, June 9th.

**SAVE THE DATE!**  
**Beach Cleanup/Earth Day**  
**Saturday, June 9th**

On Saturday, June 2, 2007  
at 10:30 a.m.

there will be a celebration of the life of  
**Wilma Nichols-Maddocks**  
at the Nahant Village Church.  
All are welcome.

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## Get Healthy! By Coming to the Library

The Friends of the Nahant Public Library are happy to sponsor Dr. Devorah Feinbloom, the Director of Nahant Natural Healing and her presentation of Menopause, Fatigue and Stress: a Holistic Approach, at 3:00 p.m., on Sunday, June 10th, in the Library.

Dr. Feinbloom, a graduate summa cum laude from New York Chiropractic College, was voted the Best Female Chiropractor in Boston, by SELF Magazine, and has led many workshops in holistic healing in Greater Boston.

Nahant Natural Healing is located at the Nahant Community Center, 41 Valley Road. Devorah Feinbloom has also practiced in Brookline.

Dr. Feinbloom will discuss the connection between symptoms, organ health and nutrition, as they relate to menopause and fatigue. She will explain how stress magnifies the effects of this situation and what can be done about it, contrasting the holistic approach to menopause with the Western.

All are welcome to hear an entertaining speaker present an educational program. Admission is free.

## Apollo Club Men's Chorus to Sing in Nahant

The Friends of the Nahant Public Library are proud to sponsor a concert by the famed Apollo Club men's chorus, at 3:00 p.m., on Sunday, June 3rd, in the Town Hall auditorium.

The Apollo Club is the nation's oldest such group and is composed of graduates from Harvard College. Many residents of Nahant sing with the Apollo Club now, or have done so in the past.

The program usually consists of well-known favorites and each program has a theme. Last year's concert was very well attended and thoroughly enjoyed.

All are welcome. Admission is free and the Friends will serve refreshments.

## The Mysterious Embrace of James Joyce

Come to the Nahant Public Library, for Nahant's Fourth Annual Bloomsday Celebration, to hear local voices intone the sonorous and fun-filled Chapter Thirteen, titled Nausicaa, from James Joyce's masterwork, "Ulysses."

Set on a beach near Dublin, this chapter contains a description of a fireworks display. Nausicaa begins: "The summer evening had begun to fold the world into its mysterious embrace."

All are invited to the Nahant Public Library at 2:30 p.m., Saturday, June 16th. Admission is, as usual, free and all who want to participate by reading, or listening, are welcome.

## Historical Society Seeks Summer Help

Part-time museum assistant position available, starting approximately mid-June and ending in late August 2007, approximately 9 hours per week, primarily Saturday and Sunday afternoons, plus a short mid-week consultation with the Curators, for a stipend \$800 inclusive. This will be an outside contractor position and a 1099 will be issued at year's end. No taxes will be withheld. EOE. Additional hours are available on a volunteer basis. This position may also be used as part of a more extensive internship in a degreed program for museum studies, history or library science, etc. Additional hours and more detailed work to complete your institution's credit requirement are on a volunteer basis.

Qualifications: Adult or student, minimum age requirement is 18 years, must be high school graduate, some college may be helpful, but is not required. Must be reliable and punctual. Able to work independently. Enjoy interacting and visiting with the public. Willing to learn more about local history and work in a museum environment.

Job Description: Open and close up the Society. Assist visitors and exhibit volunteers. Staff small museum shop. Take research requests for the Curators. Do simple tasks to assist the Curators.

A Resume is required. For more information, please call the Assistant Curator, Bonnie D'Orlando, at 781-581-2727, or email [info@nahanthistory.org](mailto:info@nahanthistory.org), or mail Nahant Historical Society, 41 Valley Road, Nahant, MA 01908

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



## Nahant Associates Teams with Knitting For Angels

Nahant Associates, Inc. has volunteered to be a drop off center for the Nahant-based non-profit Knitting For Angels. Founded by Susan caccivio, Knitting For Angels "provides handmade treasures for children in need, worldwide."

Many Nahant residents are instrumental in the success of Knitting For Angels, by providing donated yarn, giving financial support, or by spending countless hours, creating knitted items which are sent to needy children in USA, Afghanistan, Belarus, China, Colombia, Guatemala, Korea, Russia and Ukraine.

With this new alliance, Nahant residents and Knitting For Angels members may drop off completed projects and pick up more yarn, at Nahant Associates, 169 Nahant Road, on their way in, or out, of town.

Any questions, call Betty Macarelli, or Niamh Callahan, at Nahant Associates, 781-581-3644, or Knitting For Angels, 781-592-2868.

Thank you for all your support.

Submitted by Niamh Callahan.

## Mass Theatrica Concert

Mass Theatrica presents Operetta Scenes and Arias, the first concert in their 2007 Summer Series, on Thursday, June 21st, 7:30 p.m., at LynnArts, in The Neal Rantoul Vault Theatre, 25 Exchange Street, Lynn, MA.

Come and enjoy some wonderful classics! The first half of the program will feature selections from Gilbert and Sullivan operettas, such as HMS Pinafore, The Mikado, Pirates of Penzance, Yeoman of the Guard and The Sorcerer. The second half of the program will feature German and American Operetta, by such composers as Strauss, Lehar, Herbert and Romberg. The selections will be performed by a talented cast of artists, which includes singers, Michael Belle, Kaori Emery, Karen Fanale, Meredith Lavine, Stephanie Mann, Sanjay Merchant, Angeliki Theoharis, Stanley Wilson, Stephannie Workman and Karla Kelley, piano.

Admission is \$15 and \$13 seniors and students. There is free on-street parking and a parking lot behind LynnArts. The theater is wheel-chair accessible. For more information, please call Mass Theatrica: 508-757-8515, or email: [masstheatrica@yahoo.com](mailto:masstheatrica@yahoo.com), or visit our website: [www.masstheatrica.org](http://www.masstheatrica.org)

## Paint: Call for Entries

Submitted by Susan Halter, LynnArts

Sponsored by LynnArts, Inc., a Juried Show, open to any artist 17 and older, will be held June 20th through July 27th. The Opening Reception will be held on Saturday, June 23rd, from 2:00 to 4:00 p.m. The Entry Fee is \$12 per entry, or 3 for \$30, with a limit of 3 entries. If no work is accepted, half of the entry fee will be refunded. There is a cash prize for the Best of Show.

The guidelines are: Media: any paint medium on any surface, Size limitation: max. width 60" by max. height 6'.

Jurying will be done from actual work. All work must be delivered and picked up. All work must be original, ready for hanging and have been completed in the past three years. No wall anchors. Heavy work and work requiring special installation must be installed by the artist. Work previously shown in this gallery will not be accepted. Entries are invited from all artists over age 17.

Drop-off is scheduled for Saturday, June 9th, from 10:00 a.m. to 4:00 p.m. and Tuesday, June 12th, from 9:00 a.m. to 5:00 p.m., at 25 Exchange Street, in Lynn. Please fill out the following information for each piece and attach to the back of your work: number of pieces submitted, artists name, address, daytime phone number, email address, title of piece, medium and price. In addition, please fill out an Artist Inventory List. Juror will be Alexis Dunfee, Howard Yezerski Gallery.

For more information and registration forms, visit the LynnArts website: [www.lynnarts.org](http://www.lynnarts.org).

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## SAVE THE DATE!

**Beach Cleanup/Earth Day**

**Saturday, June 9th**

**Clean a beach, then come to Short  
Beach and join the festivities!**

## Fighting the Obesity Trend

By Sallee Slagle, Director, Dance Dimensions

Have you noticed the world is getting fatter? Certainly, Americans are.

It is estimated, by the FDA, that 64% of all Americans are overweight, with more than 30% considered obese. That means that a majority of us are overweight. Our children are also overweight, with an estimated 15% of children ages 6-19 overweight, which is about DOUBLE what it was 20 years ago! Overweight as a child, makes it even more difficult not to be an overweight adult. Many worldwide health and fitness organizations are taking steps to combat this trend.

With approval from 53 health ministers in Europe, the World Health Organization (WHO) also adopted the world's first anti-obesity charter. The goal of this charter is to place obesity high on the public health and political agendas. It is a worldwide issue, which needs addressing on a nation-by-nation basis. This charter hopes to slow the rising obesity trend in the next 5 years and reverse the trend by 2015.

Although this trend has many contributing factors, our more sedentary lifestyles and food choices are the two most controllable. A new study, from the Center for Disease Control and Prevention, shows that our poor diet and inactivity are becoming the leading preventable cause of death among Americans. Preventable means that you and I have to do what it takes to create an environment individually, socially and nationally, to create the change for this preventable unhealthy condition.

Smoking, still the number one preventable cause of death, has slowly declined since 1996. There is currently "No Smoking" in public buildings, at work, restaurants and bars. We have created an environment in which smoking is not convenient and quitting is encouraged and supported in our social environment.

We need to create a healthier food environment, so that poor diet is discouraged. I have seen the food industry start to offer more healthy alternatives and we have to continue. Our processed foods are also being newly labelled by the FDA, to help consumers make wiser choices.

So we need to make those wiser choices and understand how we can help others make healthy choices, as well.

Food is very social and we need to find ways to be social that include healthy food choices. The FDA is also looking at the possibility of restaurants including nutritional facts, along with their menus, to allow the consumer a better understanding of the choices. After all, we are eating out more and more. We should also all include healthy options for our guests, when you plan a function. It is a "good host" who provides abundant food, but does not encourage over-eating, or seconds. Why not abundant choice and greater health-conscious menu planning?

Did you hear that New York City banned trans fats in restaurants? The NYC Board of Health adopted a municipal ban, to eliminate the use of any trans fat in restaurants, as of July 1st. Trans fats are an artificial ingredient, added in place of saturated fats, to many prepared, fried or processed foods. Trans fats have been found to raise cholesterol levels and contribute to heart disease. All fast-food restaurants in NYC now also have to display a calorie count for all menu items. Good idea!

Okay, now we need to get more active. I have told you about the 10,000 Steps program in the past. Google it. There is lots of data and support if you want to get started. Programs, like this one, are set up to help combat the the other side of our obesity trend, inactivity. This coincides with the Surgeon General's recommendation to be active 30 minutes everyday. There are lots of tools available, to help you get motivated and to be more active. Check out the President's Challenge. It has ways for children, family, inactive and even athletic individuals, to participate.

Get out and enjoy the wonderful outdoors and all the activities. Create a new, MORE active lifestyle for yourself and others around you. Teach your children the importance of good nutrition and an active lifestyle. And be a good example for all. If we are to change this trend, it is going to be done by each of us individually influencing those we can, to help turn this trend around and make America a leader in health and fitness, with statistics showing we are getting fitter, not fatter.

## International Festival on Thursday, June 21st

Samurai Taiko Japanese Drumming is the featured performer on Thursday, June 21 at the next 3rd Thursdays in Lynn's Central Square. Celebrate the diversity in our community at 3rd Thursdays' 2nd Annual International Festival from 5:00 to 8:00 p.m. In addition, view the Annual Juried Painting Show at LynnArts and The Art of Lynn Folk at the Lynn Museum. Raw Art Works will host film screenings and offer an artmaking activity for the entire family. Wherever you're from, be in the Square tonight for a taste of home or some place new. Events are free and open to the public. For more information see [www.thirdthursdayslynn.com](http://www.thirdthursdayslynn.com) or call 781.598.5244. This event and all 3rd Thursdays are made possible with support from the Massachusetts Cultural Council and the City of Lynn. Submitted by Steve Negrón.

## Chiropractic Adjustments at Nahant Natural Healing

By Dr. Devorah Feinbloom

As a chiropractor for 23 years, I know what it feels like, when a spine is both out of alignment and when it is aligned. When I am perfectly aligned, I have a sense of feeling light, both physically and mentally. Did you know that when the spine is perfectly aligned there is no effort in the muscles; they are relaxed? With perfect alignment, the weight of the body is transmitted around the curves of the spine, down through the sacrum, the femur heads and down the legs, into the heels. Here is a little experiment you could do to sense how your alignment is.

If you have a long 3-way mirror, like the kind in a clothing store, notice where the center of your ear is in relationship to the middle of the shoulder. If your ear is forward of the shoulder, or if you feel like it takes effort to hold your head up, your spine is not aligned. If, while you are standing straight, you notice all the weight falls into the balls of your feet, instead of the heels, your hip muscles are holding you up, not your bones. This creates muscle contractions and a feeling of fatigue.

One of the few reasons that women have osteoporosis, is that they do not stand in their bones. We all know people who, after wearing a cast, had to rehabilitate the weakened body part. When there is less weight in the bones, the wisdom in the body drives the calcium out and moves it to a place where it does experience weight-bearing. Poor hip and pelvic alignment, over time, will contribute to demineralized hips. Everyone knows someone who has fallen and fractured his, or her, hip. Spinal adjustments will help your body shift the weight back onto the bones, support the body in laying-down calcium and free-up energy.

Speaking of energy, Nahant Natural Healing is getting some new energy. There are some wonderful additions to the office. Susan Cadigan, Licensed Massage Therapist, will be joining the office. On-going classes are available on Monday nights. "Love Your Liver, Live Your Life," a purification program, will be offered, starting June 17th. Please go to our website, [www.drdevorahfeinbloom.com](http://www.drdevorahfeinbloom.com) to check our event calendar.

### Check Out Historical Prints

When you're in the Town Clerk's office at Nahant Town Hall, be sure to check out the framed historical prints, donated by Judi and Joe Moccia.

Submitted by Joe Moccia.

### The Nahant Village Church Sponsors the Nahant Village Running Group

As part of the "community outreach" programs, initiated by the Nahant Village Church, the new "Village Running Group" is open to anyone in the community who is interested in joining a free running group, meeting new people, learning training tips and stretches, while enjoying the beautiful community of Nahant. The plan is to start out with three to five mile runs, depending on the groups' overall fitness level. The runners will head out at 8:30 a.m. and return to the church by 9:30 a.m. At that time, feel free to hang around, have a cup of coffee and chat, and if you wish, attend the morning worship service at 10:30 am. There is no obligation to stay after the run.

The Nahant Village Running Group will be lead by Donna Nielsen, Certified Personal Trainer, and originator of Lynn Woods Boot Camp.

In addition to the Sunday morning runs, Donna will be leading the Village Boot Camp, right here in Nahant, on Monday and Wednesday evenings, at 6:30 p.m. The Village Boot Camp will also meet at the Nahant Village Church. There is a \$65 fee for the 4-week Boot Camp program, but the Village Running Group is completely free and open to all.

To register for the Boot Camp, or for more info, call Donna Nielsen at 978-257-3891, or email: [Donnaroo2@juno.com](mailto:Donnaroo2@juno.com).

To participate as a Sunday morning runner, just show up, or give Donna a call for more information.

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## News and Views from the School Department

By Dr. Denise Littlefield, Nahant School Superintendent and Principal

June is busting out all over! Driving over the causeway every morning at this time of year, reminds me of how fortunate I am to be able to come to work in Nahant. As with most towns in Massachusetts, Nahant experienced a slight increase in state aid to schools. Add this to the support of the School Committee, Finance Committee and the voters at Town Meeting, we are able to modestly increase our physical education, music and art programs at the Johnson School. The increase in the Swampscott tuition costs were not as high as the two previous years, but we do expect another major increase in that tuition, in FY '09. To that end, we have already begun to collect data, work as a team and articulate a 5-year plan based on an actual number of students, both here at the Johnson School and in Swampscott.

We also continue to analyze how we can best deliver the curriculum to our students. We have made significant progress with our writing and math curriculum and have just finished assessing our language arts curriculum. The School Committee, the Finance Committee and the Town of Nahant have been totally supportive of the instructional work we are doing. Thank you for that support.

The Student Council has been very busy over this past school year conducting a number of events. They voted to raise money for technology at the Johnson School and have held raffles, movie nights and even a Penny War. So far they have raised over \$1,300 for the school.

In addition to all these activities, the Student Council raised \$475 for the Jimmy Fund; they collected over 350 food items for My Brother's Table and 150 toys for Toys for Local Children (TLC). They also collected used eyeglasses for the Lion's Club. The 14 member Student Council consists of Derek Osbahr, President; Anna Greene, Vice President; Tyler Peterson, Secretary; and Aristana Scourtas, Treasurer. The sixth grade representatives include Anna Rusk and Corey Carmody. The fifth grade representatives are Joey Silva, Ian Munnely, Haley McDevitt and Danny Marini. The fourth grade representatives are Emma Bartholomew, Ryan McDermott, Olivia Aswad and Shea Nugent. We would like to thank them for all their hard work and their commitment, not only to the Johnson School, but to the community, as a whole.

Kindergarten registration for the 2006-2007 school year has been ongoing and an information night for families was held on Thursday, May 10, 2007. If there is any one who missed this process, you can call the school and register now. Children must be 5-years-old by September 1, 2007, in order to be eligible.

For accountability and bookkeeping purposes, we have established our own database of Nahant children, who attend either Swampscott Middle School, or High School. We are still waiting for about 15 families to respond to our request and follow-up letters will be mailed shortly. If anyone has not completed this registration process, it is urgent that you comply. If the forms are not on file with the Nahant Superintendent's office, students will not receive their final report cards from Swampscott Middle/High School.

The Johnson School Council is made up of two teachers, Ms. Tibbo and Ms. Haskell, three parents, Steve Toomajian, Mickey Long and Kathi Kougiyas, community rep, Joann Dunn and the principal, Denise Littlefield. Elections for two of the parent positions will be held at the beginning of June. Anyone interested should call the school office. One of our goals in the School Improvement Plan for the '07 school year, was to foster community involvement at the Johnson School. It is a shared belief that the community of Nahant has a wealth of talent and energy, that if channeled into the Johnson School, would certainly increase opportunities and possibilities for our students. The position of Community Volunteer Coordinator was established by the School Committee, it is filled by Stacie Nardizzi and "volunteerism" at the Johnson School greatly increased. Guest speakers, the Woman's Club, the Historical Society, Junior Achievement, all added value to our academic program. We look forward to expanding these activities in the next school year.

As the school year comes to an end, the following dates are important: Sixth grade graduation is scheduled for Monday, June 18, at 6:30 p.m., at the Johnson School. Swampscott Middle School final recognition assembly is Tuesday, June 19, at 7:00 p.m. and Swampscott High School Graduation is on June 3, 2007.

On a final note, 4th grade teacher, Jude Shanahan, has submitted something that is very newsworthy. She writes:

"Two of the Johnson School's most beloved teachers are saying good-bye at the end of this school year. On Friday, June 8, 2007, Diana Hennessey and Peggy Silva will be given a party, in their honor, at the Nahant Country Club. The cost of the evening is \$50 per person, which includes food, fun and gifts. This evening is open to the public. If you can't come for the entire event, please stop by to say hello and help us celebrate their legacy to the Nahant Schools. They would love to see the students, families and friends that have meant so much to them, throughout their illustrious careers. For tickets, or more information, please call Jude Shanahan, at 781 581-0533. Hope to see you there."

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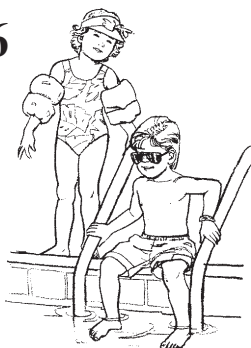
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## GLSS Offers \$25,000 in Grants to Local COAs

Submitted by Margaret Gilligan

Greater Lynn Senior Services (GLSS), the Area Agency on Aging serving Lynn, Lynnfield, Nahant, Saugus and Swampscott, is offering funding of up to \$25,000 in grants to the local Councils on Aging, in those communities. The grants are being offered in the form of a \$15,000 competitive discretionary grant, targeted at meeting the goals outlined in GLSS' Area Plan on Aging 2006–2009 and a \$2,000 capacity building grant, available to each of the five Councils on Aging. The grants are being offered for fiscal year 2007–2008 only.

"The Councils are one of the best ways we can reach out to the communities we serve and directly affect the lives of seniors in our area," said Valerie Parker Callahan, a Planner at GLSS. "We want to help them help us work toward meeting the goals set out in our Area Plan." Every four years, GLSS publishes an Area Plan on Aging, which serves as a blueprint for the Agency's federally-funded programs and outlines key elements of its overall future direction. Specifically, the Area Plan's goals relate to housing affordability, mental health needs of seniors, and minority outreach. Funding could be used for a range of programs; for example, providing low-cost home repair services to seniors struggling to remain living independently at home, offering support groups around depression or loss, or organizing a multicultural event that celebrates and promotes diversity. Applications should be submitted, in conjunction with a community partner, or organization. Interested groups, or businesses, are invited to call the Nahant Council on Aging, at 781-581-7557, to discuss ideas for partnerships. A bidders' conference, open to all interested parties, will be held on Tuesday, June 5, at 10:30 a.m., at the Lynn Area Chamber of Commerce, 100 Oxford Street in Lynn.

This year, GLSS is also offering a capacity building grant of up to \$2,000 to each of the five Councils, to be used for anything that enhances their ability to better serve local seniors, including providing staff education and training, purchasing equipment, increasing revenues through grants, or fund-raising, or defining consumer needs.

"We are committed to supporting and working in partnership with the Councils on Aging," said GLSS' Executive Director, Roland Airey.

GLSS is a non-profit human service agency, created in 1976, as a federally designated regional Area Agency on Aging. It is also state certified as an Aging Services Access Point, a designation that authorizes GLSS to provide a broad range of programs to those 60 and older in Lynn, Lynnfield, Nahant, Saugus and Swampscott.

## LynnArts announces summer programs for kids!

Submitted by Steve Negrón, LynnArts, Director of Programs

This summer, LynnArts offers programs to inspire young artists and actors, ages 7 to 11. Our 3-week Visual Arts Kids' Camps, offer experiences in painting, drawing, sculpture, printmaking, creative play and more! Session One is July 9 to July 27 and Session Two is July 30 to August 17. The day starts at 9:30 a.m. and continues until 2:30 p.m.

Each week introduces you to different creative experiences. A one-hour lunch break between the morning and afternoon sessions, will include outdoor games, weather permitting. Students must bring their own lunch! Week 1, we will explore Sculpture and Drawing. Week 2 will introduce students to Painting and Mixed-Media, including participation in the Lynn Youth Parade, on the Thursday, July 19, at 5:00 p.m., for students in Session One and presentation in the Meet Me Downtown Festival of the Arts on Saturday, August 4th. In Week 3, students will participate in a special joint project with e-inc, the Environment Learning and Action Center, to explore and create an artistic installation of a rain forest. You can choose to participate for one week, or all three weeks of a session.

The cost for one week is \$125 and the cost for all three weeks is \$300. A Family Discount of 10% is taken off the total for each additional family member. Scholarships are available!

Our one-week Performing Arts Kids' Camps offer a fun-filled, 5-day workshop that will free the creative-thinking skills of participants and open young actors to a wider world of play. Through specially designed theatre games and exercises, students will gain skills in movement and improvisation, as they learn to use the body and voice as an instrument for performance. Session One runs Monday, July 16 to Friday, July 20 and Session Two begins Monday, July 31 and ends Friday, August 3. Both sessions are from 9:30 a.m. to 2:30 p.m. Thanks to grant funding, there is NO CHARGE for each five-day session.

To register, call 781-598-5244, or visit [www.lynnarts.org](http://www.lynnarts.org). Scholarship applications are available upon request. Reserve your space today! LynnArts is located at 25 Exchange Street, in Lynn's Central Square Arts District.

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## Buy a Beer Get a Boat



Submitted By Duddie & Ponsie Tudor "The Ice King Twins"

### Ophelia Payne, The Girl Can't Help It!

Soon after the return of her brothers, twins Duddie and myself, following our near-death encounter with infamous 21st century Caribbean pirate, "The Nando," (yes Virginia, still today there are pirates in the Caribbean robbing and pillaging unsuspecting couples, who island hop on rented sailboats) Ophelia Payne Tudor was incensed. Did I say incensed, how about possibly aroused? Our sister, "La Contessa," as we all know, has had a documented history of getting involved with bad boys and losers. How can we forget "Lucky Pierre," the French chef, who fathered her son, Jon Bleu, giving Dad an heir to leave his ice fortune to, along with the memory of the worst Thanksgiving dinner known to mankind.

Although she refused to pay the ransom for the release of her two brothers to the nefarious 'Nando, she had no idea that Fernando Sanchez (aka the 'Nando) had also begun to cut into the profits of the family business, by pirating the ice shipped from the icy North Shore to the balmy waters of Martinique.

Receiving a missive from long-time family friend, the great voodoo priest, Iatolduso, Ophelia Payne boarded the next Tudor Cocktail Ice Company schooner, bound for the Caribbean, ready to defend her family business against the piracy of the 'Nando. Armed with a jug of Dad's famous hard cider and a vile of arsenic, Ophelia, clad in her most enticing frock, was intent on luring the "Nando" with her feminine wiles

After the ice cargo was unloaded from the schooner, in the port of Martinique, frock, hard cider and arsenic in hand, ruthless Ophelia Payne single-handedly sailed out in search of "the Nando." Our sister took sailing lessons as a child, from the summer program at Nahant's Tudor Wharf. Yes folks, your wharf is named after our family. You also will be interested to know that there was no time for Duddie and myself to learn to sail. Evidently, Dad thought it was more important for the twins to hand cut 1" cocktail ice cubes, during the summer months. Thanks Dad!

With our company mulooster logo flag flying high on the main mast, she navigated that schooner in and out of island narrows, making her presence more than obvious, until she spotted the jolly roger of Fernando Sanchez on a 50-ft., cigarette-style, race boat, armed with two 50millimeter machine guns on its deck. How did she know it was "the Nando"? Oh, I don't know, maybe the name of the boat was a dead giveaway? You guessed it, "THE NANDO!"

He spotted the schooner at the same time and hit full throttle, with thoughts of seizing more cocktail ice for the black market. The Nando was about to meet his match.

The moon was full, the ocean calm, Ophelia Paine, in her enticing frock and armed with Dad's hard cider in hand, got her first look at this legend. He had the hair, face and body of Adonis and the teeth of a jack-o-lantern.

"Ahoy, stand down me heartys, your cargo or your life", the Nando screeched! "Oh calm down sweetie, your gonna hurt yourself", Ophelia replied in her best Mae West. The arsenic wasn't needed. He was putty in her hands. They partied together for two weeks and Ophelia Payne convinced him to donate his 50-ft., cigarette racer (he has 9 in his armada) to the Town of Nahant Ocean Rescue Squad, but Director Bob Ward graciously declined, noting that a 50-ft racer, armed with dual, deck-mounted machine guns, didn't seem to quite fit the Commonwealth's criteria for ocean rescue water craft.

So people, as we announced in last months column, we are kicking off a fundraiser, to purchase a rescue ocean craft for the Nahant Ocean Rescue Squad. All of this year's proceeds from the Labor Day Mitchell's Cahnah Block Party, will go toward that purchase. "Buy a beer, get a boat".

Speaking of machine guns, was it my imagination, a few weeks back, on the front page of the Lynn Item, that there was a machine gun being auctioned off by our library?

Now let me get this straight, other towns and cities have amnesty programs for turning in guns and we're auctioning off machine guns. "My Gawd, is the Nando already here!"

Submitted by Ponzie Tudor

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## Local Designer Brings Down the (Show)House!

The JCC 2007 Designer Showhouse is underway in Swampscott, at the Beachhurst Summer Cottage. Several hundred designers were invited to create a design board, for one of the 30 spaces to be redesigned in the home. One of the handful of designers selected for the Showhouse was Liz Carlson, Nahant resident and owner of Joie de Vie Interiors. Liz was awarded two spaces from her bid submissions, the Boy's Bedroom and Bathroom. Her contributions to the Showhouse offer a wonderfully unique, spirited and most creative design element to the mix. Her Boys' Bedroom concept is absolutely ingenious, highlighting a boat bed that is literally at sail in the room. Strung from the ceiling, the custom-built boat bed invites a smile to one's face and beckons a young boy to dream away at his content. Lots of unique nautical elements complete the design, to make it fresh, fun and charming.

"I had an image in my head of the room design, the moment I entered it," Liz says. "I thought, how magical would this be for a young child?! But the most rewarding comments I've received on this project was when one of the other designer's 8-year-old son walked in my room and gasped, 'Mom, it's like a dream come true!' Then I knew that I had achieved what I had set out to do." We agree. This room is a must see!

Liz has been decorating the homes of clients, since 1998. Through word-of-mouth referrals, her skills have landed jobs across the United States. She was chosen as the lead designer for the set creation of the nationally released video project, Just Like You. Liz was set designer for Becky's Body Basics, a weekly segment on CBS Channel 4 News, with Liz Walker. Her experience includes both residential and commercial properties. One of her complete-home redecorating projects was highlighted on the Historical Society's Swampscott Home Tour in 2000.

Clients marvel at Liz's ability to portray the owner's personality, through her designs and frequently comment that her most valuable skill is uniting creativity, marketing and listening. "She spends time really listening to what it is you want, combining her design ideas with your lifestyle and your sense of being. You find yourself in beautiful surroundings that are home - not a space you feel you can't touch, relax in, or enjoy. It's quite a remarkable talent. She also possesses a rare ability in a designer—working within a budget. This woman can create beauty on a shoestring!"

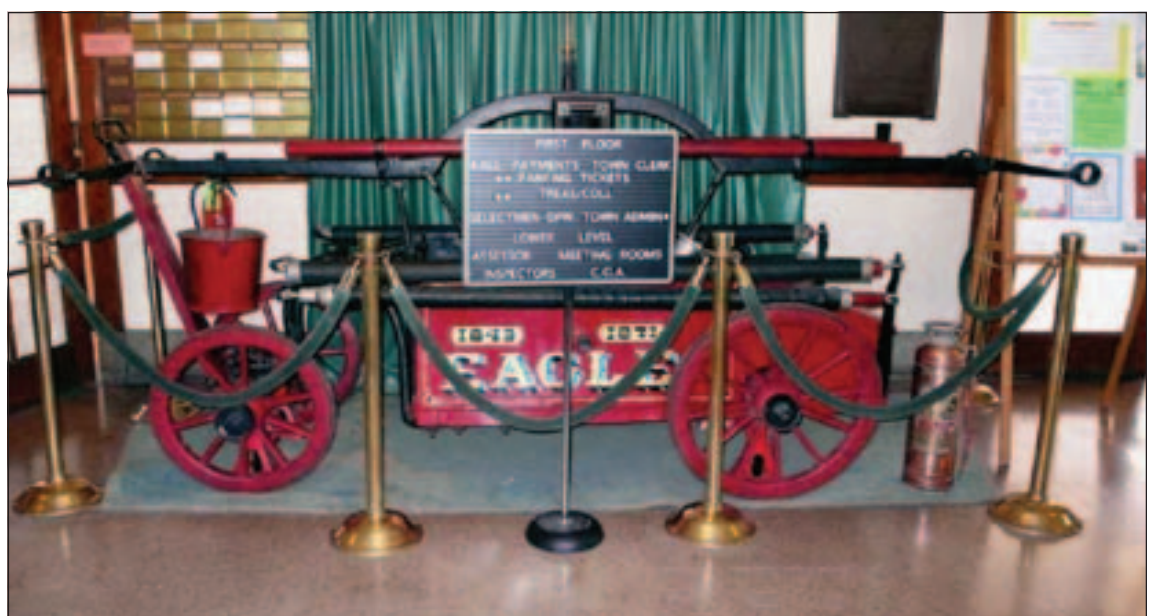
In conjunction with interior decorating, Liz has undertaken multiple home restoration jobs, from start to finish. Acting as general contractor and design team rolled into one, her desire to learn every aspect and function of the building process was met. Her sheer love for real estate also includes practice in sales. As a licensed realtor, she assists clients through every aspect of the real estate process: Invaluable as a buyers agent, assisting buyer clients envision the potential of a marketed property as their potential home. Using her knowledge of the market and design techniques for clients wishing to sell, she tweaks their homes for ultimate presentation, function and comfort, called "staging," to reap top dollar in the market.

Whether you are interested in buying, selling, redecorating, or just freshening your home, Liz is the person to help you. Decorating consultations are available at a \$50 discount for all Nahant residents for appointments booked prior to July 1, 2007.



Congratulations to Matthew Lazzaro, of Willow Road, Nahant. He will be graduating from AIB at Lesley University, with honors and a BA in Fine Arts. Inspired by his junior year spent in Ireland, he's decided to travel for a year, before he pursues his Master's Degree. Matt's an avid skier and was considering settling in a ski area and teaching skiing for the winter.

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The next time you visit the Town Hall, take a look at the Eagle, Nahant's first Fire Engine. Since 1990, Fire Chief John Quinn, Fire Chief Ray Robidoux, Calantha Sears and Morris Poulin, have polished the engine, cleaned the Brass Fire Extinguisher and the stanchions, before every Town meeting and other important Town Hall events. The "Eagle" is a 100-plus-years-old, wood-framed, wagon-wheeled engine, that was brought to Nahant in 1847. The engine worked by a tank filled with water, drawn from it by a "walking beam" pump, that forced the water from the tank through the hose. In the 1950s, the engine was repainted red and relettered in gold, to its present, nearly spotless condition. The Eagle was moved to the Town Hall for public display, for generations to view. So, the next time you're up to the Town Hall, take a look at this treasure of Nahant and its shine. Submitted Paul A. Wilson



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## HOOMPA Goes WEIGHTLESS

HOOMPA traveled with Jen McCarthy to NASA's Johnson Space Center in Houston, Texas. HOOMPA and Jen flew on NASA's C-9 airplane, to experience reduced gravity. Jen was representing the students at the Robert L. Ford School in Lynn. Her eighth-grade students designed a water droplet collision experiment, that NASA accepted to fly on the C-9. The students wanted to see what would happen to two water droplets that collided into each other in reduced gravity. HOOMPA flew 42 parabolas. During each parabola, the C-9 plane would fall towards earth at a 45 degree angle, which would cause the weightlessness. After falling for 30 seconds, the plane would then go up at a 45 degree

angle. While going up, HOOMPA and Jen experienced 2G, double gravity. HOOMPA and Jen had a blast!



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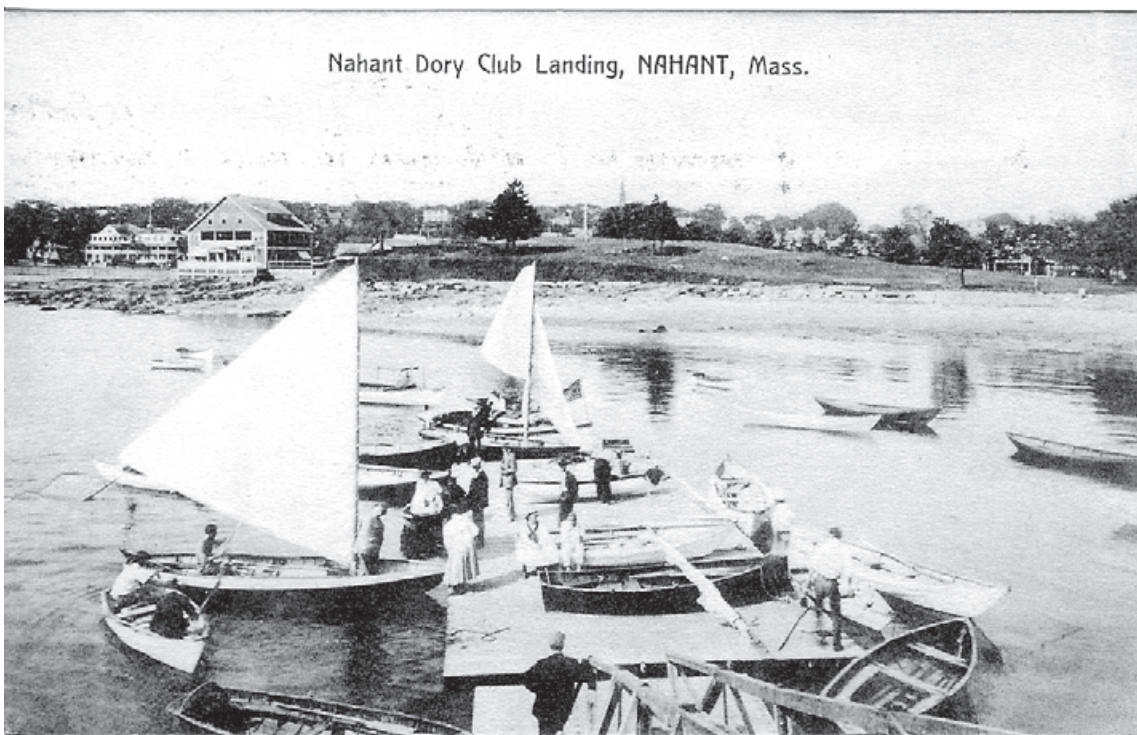


# Summer In Nahant

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



Boat Landing, Nahant, Mass.



Nahant Dory Club Landing, NAHANT, Mass.



Hotel Tudor, Nahant, Mass.

## Surrounded by Willows Beach

The earliest landing place used extensively on Nahant was around the present steamboat wharf at the end of Wharf Street, near Marjoram Hill, now often known as Tudor Wharf. This rocky point was called Nipper Stage, apparently from the “nippers,” or perch, that were around it. It broke the undertow, as well as the force of the sea, from its full effect on the two sand beaches to the northward.

The farther one, in front of Hotel Tudor, is now called Willow Beach. Willow Road skirts it, and both were named from a fine row of old willows, long since gone, along the water side of the road. Newer trees have been planted, but are not yet of the size of the good old row of willows that old Nahanters remember. A steep bank, loose and shelving, was between the road and the beach. Gradually this was eroded by the sea and in 1900, the town built the concrete sea wall from abreast of where Valley Road enters Willow Road, eastward along by Hotel Tudor.

In 1905, the wall was extended westward as far as cottages now standing on the water side of the road and in 1911, another section continued the wall to the eastward. The selectmen’s report to the town, in the 1900 Town Report, says that all necessary relinquishments of private rights to the beach, or to the strip of land between the road and this sea wall, should be obtained before construction is started. The hotel Tudor always had a bathhouse structure on the bank and this privilege was continued. Later a claim was set up to another part of this newly made strip of land, but apparently it was not effective.

This Willows Beach was originally known as Dorothy’s Cove, named for Dorothy Mills, daughter of James Mills, early Nahanter. Old maps of the town carry this name and it is a little unfortunate that old names with historic meaning cannot be kept.

Recently a new road was named South Field Road, a dignified title recalling Tudor and old Nahant. A little later the name was changed and the street now bears a pleasant name, Intervale Road, but with less meaning, either in appropriateness, or historic value. It runs next above Willow Road between Winter and Ocean Streets. Perhaps it is as good as Nahant, as those of Summer and Winter Streets.



If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at [sumnerkimball@aol.com](mailto:sumnerkimball@aol.com)



# Dorothy's Cove

*Named for Dorothy Mills in 1670*

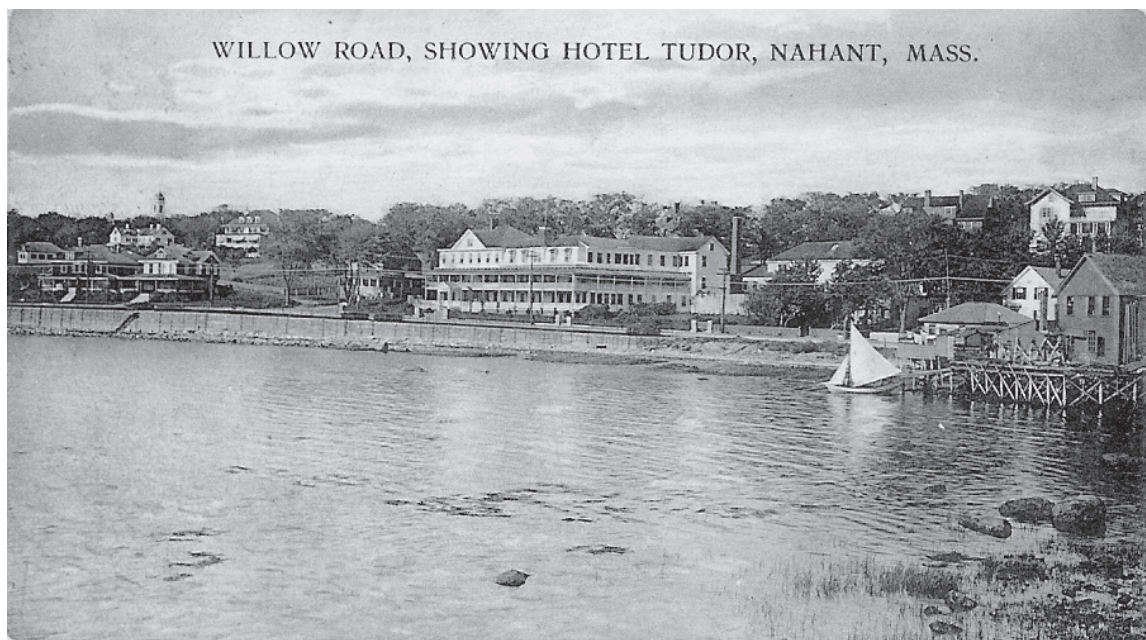
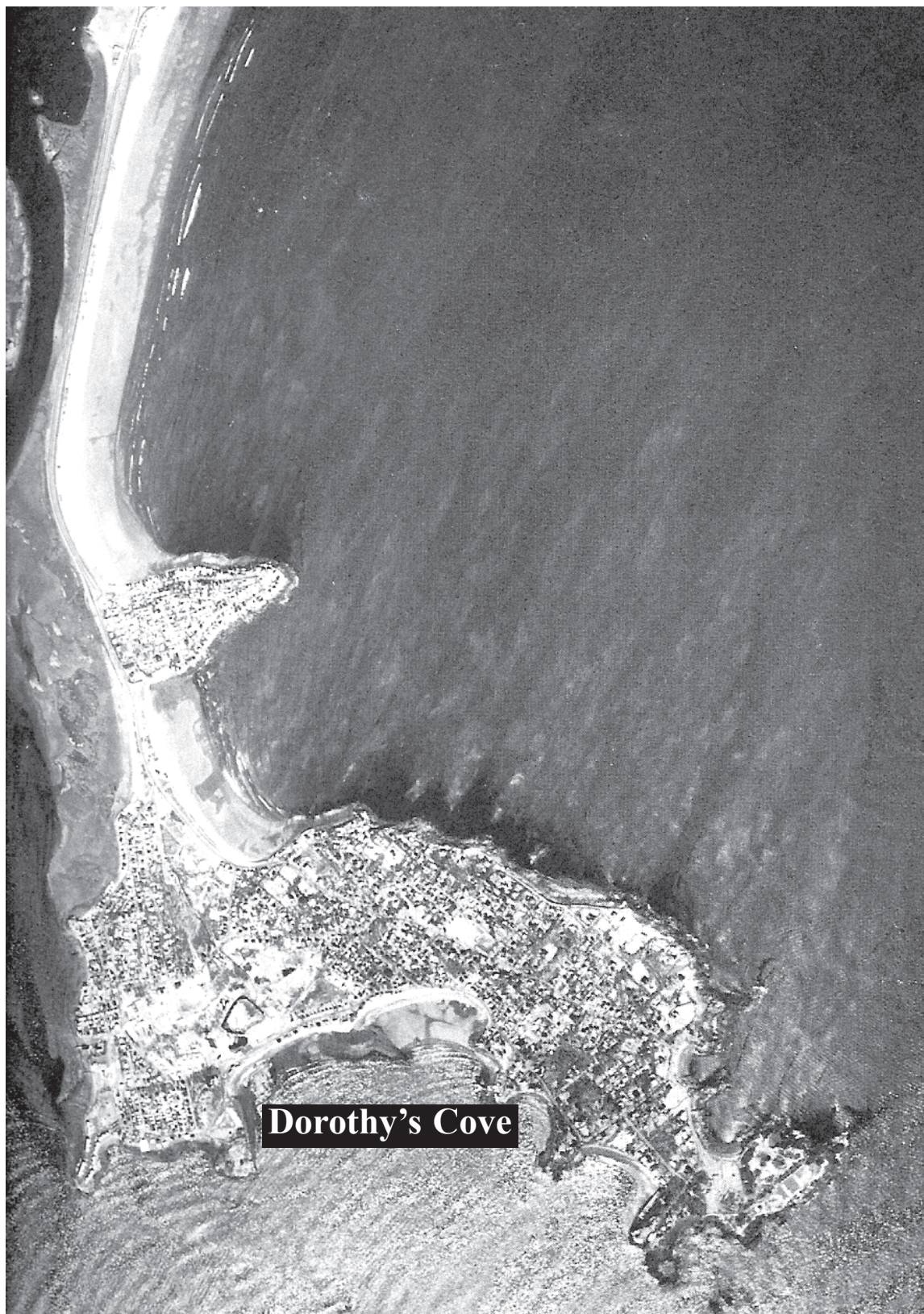
## Nahant's First Swimming Hole

Cow herders and shepherds were the first to live on Nahant. Christopher Lindsey, one of Farmer Dexter's employees, is thought to be the first inhabitant and his dwelling would have been some rough shelter. The next inhabitant of record was the shepherd, Hugh Alley. In 1635, at age twenty-seven, he had embarked from England for Boston. By 1640, he had found his way north to Lynn. Later, he married, sired eight children and had a farm at the south end of Market Street, in Lynn. Upon his death, he left his numerous heirs a flock of sheep and eight acres in Nahant, land he claimed had been granted to him, by the town, for his services in the Pequot War of 1637. This land had been fenced off by him, even though the town of Lynn had ordered that all of Nahant was common pasturage.

It was on this land, thought to have been located a short distance back from present day Cliff Street, that Hugh's son, Hugh and his wife, Rebecca Hood, built a home. They had been married in 1681. It was considered a prime place for a farm, having some of the best soil on the peninsula, good springs, abundant woods and a fine pasture. With fish at the front door and land and sea birds in great profusion, it would have seemed a northern paradise to the dwellers. Soon there were seven little Alleys living on the farm.

In 1670, the town had voted that an acre and a half of land, which had been given to Hugh Alley on Nahant, should be laid out to James Mills. This included a house and barn with the first right of refusal, should it be sold, being retained by Lynn. James Mills had lived at Nahant with the Alleys and had married the younger Hugh Alley's sister, Martha. He built a small cottage in a field southeast of where Whitney's Tavern would later stand. Mills lived there for twenty-six years with his wife and his three children: Sarah, James and Dorothy. Dorothy left her mark on Nahant topography. A bay on the south side of Nahant, tradition said, was her favorite bathing place and to this day people still swim in "Dorothy's Cove."

In 1906, the town purchased Marjoram Hill, near Tudor Wharf, for a park and in 1905, the low land behind Short Beach for a public playground. Both of these purchases were urged during several years by George Abbot James, who served as town forester from 1881-1908, who added much beauty to Nahant by numerous plantings of trees and shrubs.



*SOURCES: Nahant Historical Society.  
Nahant on the Rocks, Stanley Paterson, 1991.  
Annals of Nahant, Fred Wilson, 1928.*





## Useless Information

by Ray Barron

### Nahant Tops Them All!

Once again, Boston Magazine announced topping the list of towns with the greatest appreciation in home values over the last five years. Yes, Nahant was first, with Median Home Price of \$544,750.

Boston Magazine selected Little Nahant Road as one of the best streets to live on, stating, "A postage stamp of a community, between Lynn and Nahant proper, Little Nahant has ocean vistas and homes from \$500,000 to \$1,4 million—cheaper than those across the sound."

Nahant, with a land area of 1.06 square miles, is populated by 3,675 individuals, whose median resident age is 44.6 years. Nahant's median household income in the year 2000 was \$64,052. It's much higher today!

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

### Nahanters Thoughts About Neighbors

The electrifying Ed Poulin, of Irving Way, says, "Love thy neighbor, but do not make love to her."

Ed's sweet wife Gayle, a native of New Orleans, says, "Love is blind, but the neighbors aren't."

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

I believe it was the brilliant, attractive educator, Mary Dill, of Cary Street, who said, "A good memory test is to recall all the kind things you have said about your neighbor."

Mary's husband Dan, says, "People who live in glass houses make the most interesting neighbors."

### Questions People Ask

How many residents are there over 16 years-of-age in Nahant? Last count, 3,087.

Next question! How many births were there in Nahant in 2006? We had 23 births, 10 males and 13 females. Deaths recorded in Nahant in 2006, sixty, 26 males and 34 females. How many marriages were recorded in 2006? We had a total of 22. How many miles to Boston from Nahant? We are but 14 miles from Boston.

Robyn Howard, Jen McCarthy and Sue Rosa ask, how come we never mention their names? We just did!

Who is one of Nahant's most notable hunks? James Devereaux! Sorry ladies! The "hunk" is married to beautiful Maura.

Is it true Gennaro Angiulo, 88, has settled in as a convict? Last heard, Angiulo, who is serving 45 years imprisonment, thinks he would never have lived so long if he wasn't imprisoned.

## JUNE BIRTHDAYS

June 1st birthdays: Mike DePaolo, charming Angela Munro, Sarah Lique, Cynthia Gunnoe, Deb Beberardinis, Gina Elias, Angela Munro, June Carmody and Myron Polnicki hits 51. And my "Gaelic & Garlic" grandson, Kyle Waters.

June 2 candle-blowers, Gennaro Angiulo, Sallee Slagle, Claire Julien, Thomas Craig, Betty Fortucci, Peggy Taylor, Janet Flaherty, David Quinn, Bill Hodgson, Stephen Kasper, Dave Lazzaro and Joel Marie.

June 3: Kelly O'Keefe, Jayne Dantona, handsome Charlie Arena, John Livoti, Joe McGrath, Jim Walton, Bill Fliegel and actor, Tony Curtis.

June 4, the gracious Kathy O'Connor, lovely Priscilla Culver, sweet Jude Shanahan, Kevin Shanahan, personable Travis Switzer, Pam Bynum, Mary Geary, the charming Cecelia Hill, Mary Donahue, Christine Fulchino, big Bill Robinson, the talented Gretchen Henry, Peggy Ackerman, "Admiral" Bob Scanlan and Stephen Foster, songwriter.

June 5 birthdays, the charming Lorraine Sanphy, lovely Elaine White, Colleen Sheppard, Beverly Warner, Kathy DiVittorio, Dale Warren, Owen Kane and Mike Moran.

June 6: My beloved wife Marilyn's birthday, Martha Chepeleff, Karol Jernigan, Claudia Orleans, Cecilia Ustaszewski, Doug Hartwell, Steve O'Malley, Doug Hartwell, Claire Flebbe, Tom Parrott and the great Henry Hanagan.

June 7: Happy birthday Kay Re! Kay is now 32,931 days old! And of course, happy birthday to Craig Mosher, Andrea Zamejtis, Tom McKay, Bob Tarason and Tom Jones, Welsh pop singer.

June 8: Kathy Jenkins, Susan Hooper, Melanie Marino, Ray Desmarais, Jim Cardello, the distin-

guished David Wilson and lovely Jessica Porcaro.

June 9: Lovely Barbara Mackey, A.J. Markham, Diane Sirard, Kevin Carmody, Brian Abboud and actor, Michael J. Fox.

June 10: Joe Caloggero, Dick McDonald, Kevin Howard, Todd Glasson, Kevin O'Leary and nice guy, Bob McIlveen.

June 11: Fascinating Janine Galanti, Mary LeBlanc, Janine Freen, Jill Gillis, Mary Jazakawiz, Stan Slonka, Charlie Dick, Bob Cronin, rug cleaner Dick Fox and Polly Bradley's loving husband, Larry Bradley.

June 12: Judy Larkin, Anne Cote, Elizabeth Welsh, Josie LaFalce, Mary Weeden, Kathy Moleti, Elisabeth Foukal, Chris Koch, Jim Daley and Anne Frank, Jewish Dutch diarist.

June 13: Shirley Sarpi Brahm, William Rogers, Patricia Aldrich, Shirley Brahm, Lloyd Green, Dave Hussey, the former firefighter Lou Crifo, Brian Hamill, Benjamin Quigley and the captivating, Dorothy Vitale.

June 14: Lovely Andrea Gaulzetti, Darlene Terminello, Suzy Karatzas, Frank Spinelli, sweet Jeannette White, Velia Chiaverini, Janet Rogalski, Marian Taylor, Scott Golden, Chris John, Alexis Schena and Joe Buckley.

June 15: Kathy Hall, dedicated public servant Lynne Spencer, Jonah Bois, Tom Hall, Conrad Squires, Christopher Dent and Ken Ford.

June 16: Kellie Connolly, Tali Petrucci, Lisa Wardsworth, Denise Johnson, Ellen Steeves, Kevin Solimine and Bill English. June 16 is also known as Bloomsday, originated by James Joyce.

June 17: Elizabeth Landry, Noah Musman, Monica Chamberlain, Kristina Etter, Barbara Stamos, Diane Winters,

Lana Morgan, Bill Caldwell, Dan Bennett, Pete Furlong, Sean Munnelly and the highly-acclaimed, plastic surgeon, Dr. Sheldon Sevinor.

June 18: Sarah Kaplan, Ella Larocque, Mary Magner, Dorothy Modell, Tom Nielson, Dick Snyder and Paul McCartney, pop singer and member of the Beatles.

June 19: Sweet Kathy DeStefano, Alice Roy, Betty Palumbo, Susan Scaglione, Kristiane Laliberte, Dick Hymoff, Ed Locke, Finlay McQuade, Jason Pivacek and Kathleen Turner, film actress.

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

June 21: Lovely Jane Lombard, Julian Scovell, Hope Vitale, Dmitriy Shub and film actress, Jane Russell.

June 22: Personable Steve Hyde, Martina Branga, Stephanie Brown, Jim Ward, Ed Zamejtis, Luke Conlin, Bill Melnik and actress, Meryl Streep.

June 23: Helen Taylor, Lindsey Baker, Geraldine Hynes, Janice Thorton, Greg Poth, Bill Hartigan, Bob Baldwin, Bruce Tarney and Chris Peterson.

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

June 25: Elizabeth Kelley, Kathy Glasson, Irene Pudy, Julie Sands, Peggy Hinrichs and Mike Cypher.

Also born on June 25, singer Carly Simon, who recorded my former big band theme song, "When Your Lover Has Gone." We first met Carly on Martha's Vineyard, at the Judy Belushi and Victor Pisano wedding.

June 26: Phyllis White, John Fulghum, handsome Gaetano Barletta, Gerry Cote and Jim Summers.

Continued on next page.



## Birthdays, Continued

June 27: Lovely Margaret Antrim, Patty McCallum, Ken Taylor, Bill O'Connor, Bill Mahoney, Jason Goodell and Marc Carbone.

June 28: Adorable Joan Mostone, Anita Smith, David Hegarty, Joe

McDonough and Eileen Simons.

June 29: The alluring Laurel LaLiberte, Lauri Allard, Chris Stamos, Gary Deines, the popular Francis "Enzo" Barile, Jenna Schumann, the captivating Dolores Merlino and Judge

Richard DeBenedetto.

June 30: The person-able Dick Hagoort, Maria Brooks, John Powers, the wondrous Andre Sigourney. Also born on June 30, two old friends, singer, Lena Horne and drummer, Buddy Rich.

## Some of Nahant's Beach Beauties!

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

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

## Nahant Deadbeats!

For Nahant's deadbeats who haven't paid their taxes, we should do what they do in a province in southern India. The officials hire drummers to play round-the-clock outside the homes of people who hadn't paid their taxes. After a week, 18 percent of the delinquents rushed to government offices with their full payments. Great idea!

As of 12/31/06, owed to Nahant's Treasurer/Collector's Office, a grand total of \$52,831.05! This total figure covers Real Estate, Personal Property, Boat Excise Fees, Motor Vehicle Excise Taxes, Water/Sewage Fees and Rubbish Fees. Last year, the amount owed to the Town was \$108,101.27. Warning to you deadbeats, we will be drumming for you! I am confident, Nahant's noted drummer, Jim Clements, can make himself available.

## Come Dance With Me!

Ballroom dancing just might be better than using a gym. In an Italian study, folks with chronic heart failure, who waltzed for 21 minutes, three times a week, increased their cardiocirculatory fitness more than those in a group that used cycles and treadmills. The charming Dorothy Vitale of Highland Avenue, who always enjoys ballroom dancing, says, "The only thing about the new dances, is that nobody knows when you make a mistake."

Cal Hastings, of Nahant Road, thinks when some men are on a dance floor, they never know what to do with their minds. Cal's alluring wife, Marrit, says the latest dance craze is called, "The Politician." It's two steps forward and one step backward—and then a sidestep."

## For Sun Lovers

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

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

Milton Goode, says, "Make your own sunshine—it may not tan the skin, but it will warm the heart."

## In Memory of Commander Joseph M. Fiore of Nahant



Joseph (Joe) M. Fiore, lost his courageous battle with cancer, at his home in Nahant, overlooking the ocean, with relatives & friends close by, on Saturday, May 5, 2007.

Joe leaves his fiancé, Mary T. Albano, of Lynn and Nahant. He also leaves his two sons, Nick and Joe, Jr. of Nahant, a daughter Robyn Bartram, of Marblehead, and his two grandsons, David and Bodie. He also leaves two brothers, Richard of Hawthorne, MA and J.J. Regan, of Tennessee, his aunt Pauline Peterson Fiore, of Swampscott, as well as his niece Michelle, her children and his sister-in-law Judy Morris of Tennessee. He was the uncle of the late Scott Regan.

Joe was the son of the late Joseph "Pip" Fiore and Josephine (Powers) Fiore. Born and raised in Lynn, he attended Lynn schools and lived most of his adult life in Nahant.

Joe graduated from Suffolk University School of Law, with his Masters in education. He worked in the mental health field as a psychologist for many years, until his retirement.

He was a United States Navy veteran, of the Vietnam war, receiving an honorable discharge in June 1975. He was the Commander of the Mortimer G. Robbins American Legion Post #215, in Nahant. According to a letter from William J. Cullen, Adjutant, for the Nahant Post 215, "Commander Fiore was the backbone and heart of the Mortimer G. Robbins Post 215 of the American Legion and The Nahant Veterans Association, for many years and his passing is not without great sadness for the Post. His continuous inspiration and kindnesses will be missed. Memorial Day will be of profound import to us this year, for while we march to honor those who have given the ultimate sacrifice in defense of our nation; we will also mourn the passing of our comrade and commander. We are greatly diminished by his loss."

He was also as a member of the Nahant Knights of Columbus.

Joe loved his life, friends and family unconditionally and he will be deeply missed. Joe's request was "for everyone to say goodbye" and "to know he is now resting in peace and watching over them."

He will be deeply missed. Rest in peace.

SAGE is Her Name!

The exquisite shade of the color Sage,  
The God-given wisdom we all crave to have,  
The aroma among herbs which I think is the rage,  
Are all spelled-out in one word on this page.

Now that we see which name steals the show,  
For the hues and vitures we so well know,  
SAGE surely stands out to be Flower of the Flock,  
And we therefore name her Cream of the Crop.

By Meral Gunduz for Sage Urban, born April 26, 2004.

Tree Stumps and Stump Removal  
by Kevin Howard

Removing a tree, for whatever reason, is only half the job. The other half, which completes the job, is removing the stump from the ground. This can be an extremely difficult and arduous task.

Stumps left in the ground not only look unsightly, but can take away from the look and symmetry of your yard. Left in the ground, they can spread disease to nearby plants and lawn. Also, there is always the chance the stump may begin to grow again, if not removed.

These problems can be eliminated with the use of special equipment which can grind down any stump to ground level, or to 10 inches below the ground, so that when the stump is removed, you can fill the hole level with topsoil and create a new plant bed, or lawn.

A stump cutter, or grinder, can, when used by a professional stump remover, literally make your stump disappear. The cuttings, or chips, created by the grinder, can readily be used as mulch.

A caution for those planning to plant another tree where your stump formerly stood, is to never plant a new tree within five feet of it. This will ensure proper root development. As a rule of thumb, spring and fall are recommended times to plant new trees and shrubs.

Why not make this the year you get rid of that unsightly stump. For more information, or a free appraisal, please call 781-581-1373.

The Atlantic Avenue Shore

On one side

The ocean

Moves, murmurs, whispers, sighs

In its language.

On the other side

The people

Walk, murmur, whisper, sigh

In different languages.

But

The ocean and the people

Understand each other.

— ROZI THEOHARI

The Nature of Nahant

The article below, by Ron Buckley, is a follow-up to The Nature of Nahant Column last month entitled “A Visitor from the West.” It was about a small wild bird, a Wilson’s Warbler. This tiny warbler strayed all the way from the west coast and was caught in a struggle to survive our frigid winter. A group of us cared for this bird by feeding him mealworms, the only food suitable for an insect-eating bird. Henry Hall brought meal worms each morning and Carol Crawford, Nancy Carey, Ana Martin, Dawn Savino and I covered the rest of the feedings. This bright yellow, black and green bird brightened the drab winter landscape and won the hearts of many with his disarming tameness. He taught us about nature, migration, what birds eat and made us ponder about how birds survive winter’s cold and where they slept. Ron’s article expresses beautifully how this little bird touched our hearts. — Linda Pivacek

The story of Tong Ren  
by Ron Buckley

In the Chinese vernacular, Tong Ren can be translated as meaning community. One of the meanings for the word Tong means unite and Ren can stand for people, so Tong Ren can also mean uniting people in a common cause. Tong Ren is the name I have chosen for a small bird, the subject of this article. Read on and you will see why.

Most of us in New England have never seen a Wilson’s warbler, and for good reason. The Wilson’s warbler breeds from Alaska, eastward to Newfoundland and south to Southern California, New Mexico, central Ontario and Nova Scotia. This small yellow bird, about 4-¼ inches tall, migrates to the tropics during the winter. A few must make their way through Massachusetts, on their way south and one, in particular, must have got a bit confused and decided to winter over in the small community of Nahant, Mass.

Nahant is a small peninsula that sticks out on the ocean to the North of Boston Harbor and is a known stop-over for birds migrating south. Most will continue on their long journey south, but this Wilson’s warbler decided to hang around, in a small wooded lot in Nahant. Who can say why? Could it have been the unusually warm December and January we have had? Does global warming come to mind here?

I first heard about Tong Ren in early January, while on one of my morning walks. There is a small, wooded lot a block from my house, next to an Audubon bird sanctuary. I occasionally will see a birder, with binoculars, or camera, in the area. On this particular morning, there was an old acquaintance coming out of the wooded lot and I asked what she was looking for. She mentioned that a Wilson’s Warbler was there and she was documenting it’s plumage, since this particular subspecies had originated in California and had never been recorded in New England. She stated that, “this subspecies, documented by notes and photographs, is a western subspecies of Wilson’s Warbler, which traveled here from California, instead of migrating south. Sometimes, this happens and we are not sure why.” She was a member of the Massachusetts Audubon Society and had posted her discovery on the internet and now, a few of the other members, and local people had banded together, to help the little bird survive the winter. She had a small plastic container with worms, that she had purchased at a bird supply store and was putting the worms in a feeder, which had been donated by one of the neighbors. I asked if she would show me where the bird was, so I could get some pictures of it later.

We followed a small, winding path a short way into the wooded lot, to a woodchip pile and sure enough, there was the feeder and on top of the wood chip pile was Tong Ren. Tong Ren is a male Wilson’s warbler, she explained to me, and that he should be in the tropics by now. Everyday after that, I would notice one or two cars parked next to the lot and I would know someone was in there, either feeding, photographing, or just enjoying the beauty of this very colorful and, might I add, very friendly little yellow bird.

I started visiting Tong Ren myself, at least twice a week and it is almost as if he got to know me. When I got to the woodchip pile, there would be no sign of him but within minutes, he would be hopping around the pile, going to the feeder, looking for the expected worms, or just posing for a picture or two. I never did bring him worms, and I felt bad about that, but there where so many people feeding him I felt it was ok to just be there and experience the wonder of this beautiful little creature. My house is only a block away and many times, while I was outside cutting wood for the wood stove, he would fly over for a visit, land in a tree and watch me for a while. I will say, for some strange reason, he made me feel special.

The last time I saw Tong Ren was Monday, Feb 12. I had not been over to visit him for a while and we had a couple of really bad cold spells, but no snow, no bad storms as of yet, during this unusual winter. Many times, when I went for a visit, there would be someone else, either feeding, photographing, or just checking up on him and during

(Continued on next page.)



Tong Ren's brief presence in the wooded lot, I met many fellow birders, photographers and nature enthusiasts. All were there to see, help or just experience this remarkable bird. This time, however, I was alone. It was a sunny day and he was there on the wood chip pile. I think someone had been in recently and left some worms in the feeder. He was very active on this day and would come to within a foot of me. I sat on the ground and as I snapped away with my camera, he would hop up almost to my knee. I stood up and he flew very close to my face, as if he were trying to tell me something, like where are my worms? Out of impulse I held my hand out and extended one finger. He unexpectedly landed on my finger and pecked at my fingernail. To feel the feather lightness of this creature and his small feet clutching my finger, was quite an experience for me. I felt so close to this crazy little bird. I stood there for about twenty minutes and he landed on my finger 7 or 8 times. Each time the feeling of wonderment and beauty of this little creature engulfed me. I left the wood chip pile that day, feeling that I had truly been touched by nature.

On Wednesday of that week, Feb 14th, we had the Valentines Day storm. In Nahant, we had snow at first, about in inch, and then it turned to frozen rain and finally just pouring rain, till late evening. Then, in a matter of an hour or so, it all froze up again. Before the storm, I would see a car or two parked next to the lot every day. For the next few days after the storm, I saw fewer cars parked beside the wooded lot and by Saturday the cars disappeared. I had a bad feeling in my heart. I went over on Sunday and there was no sign of him. It also appeared the feeder had not been touched for a few days.

In the Sunday paper, there is a small column called Bird Sightings and this is what it said. "The weather being what it was last week, bird reports have been few. The over-wintering Wilson's warbler in Nahant has not been seen since the day of the storm last Wednesday." On Monday I finally saw a car in the wooded lot and it was the lady that first introduced me to Tong Ren. I asked her if he she had seen, or had any word on Tong Ren. She told me that he was last seen at around 4:00 p.m. the day of the storm, it had been pouring rain and he looked soaked. The sudden turn to below freezing was too much for him. Many of the birders were broken-hearted. She said that Tong Ren was being hand-fed by some of the people visiting him. This may explain his landing on my finger and his tameness. She told me that he would come out on the path that led to the woodchip pile and meet her, when she visited, and instead of making a bee-line to the feeder he would lead her down the path through the woods to the feeder. With tears in her eyes she said "he was a very special bird.

As for myself, he was a very special gift, a gift from nature. I have never had a wild bird land on my finger. He touched my heart and brought me closer to what really matters in life, taking care of each other. I will never forget the feel of his weight, or touch of his feet on my finger. It was a special moment for me. For this reason I named him Tong Ren, because you see, he brought a lot of people together, in a small community, to share in a beautiful experience. We were all united in a common cause to help him survive the winter. Sometimes in life, it's the small things that count, the day-to-day experiences we have, can take on a greater meaning, if we stop and take a minute to be in the present moment and to recognize the miracle of all living things, great and small.

Thank you Tong Ren. I will miss you.

## Nuclear Regulatory Commission Investigates Old Radioactive Wastes in Massachusetts Bay

by Polly Bradley

The United States Nuclear Regulatory Commission (NRC), responding to an inquiry by Safer Waters in Massachusetts (Nahant SWIM), has written that it "is making efforts to locate information that will be responsive to your questions."

SWIM wrote on May 7, 2007:

"I am requesting that you investigate the potential dangers of (1) radioactive wastes from the refining of uranium for the Hiroshima atomic bomb, in Beverly, Massachusetts in the 1940s, and (2) radioactive waste dumped in Massachusetts Bay in the 1950s and 1960s, in the light of plans to build two liquefied natural gas (LNG) terminals in Massachusetts, adjacent to Stellwagen Bank National Marine Sanctuary and two state ocean sanctuaries, and almost on top of the old radioactive waste dump. The entire area supports six species of endangered whales and four species of endangered sea turtles, plus an important fishing industry.

"This matter is urgent, because construction on one of the terminals may begin as early as this spring. We request that qualified experts, not affiliated with the LNG companies, evaluate the dangers, and if the dangers merit still further investigation, that the Nuclear Regulatory Commission find a way to delay and, if necessary, stop these LNG projects."

The complete text of SWIM's letter and the NRC response will be posted on SWIM's web page, <http://www.nahant.org/community/swim.shtml>.

On May 13th, SWIM heard from another source, that the Beverly company, Metal Hydrides, supplied almost all the uranium in the United States, during World War II. This report was forwarded to the Nuclear Regulatory Commission for their analysis.

The National Marine Fisheries Service (NMFS) does not plan to hold a hearing on LNG and whales, but it was NMFS that suggested that SWIM write to the Nuclear Regulatory Commission.

## The Yacht

by Rob Scanlan, U.S. Marine Surveyor

A yacht is indeed a boat, but a boat is not necessarily a yacht. I do not fully agree with the dictionary's definition: "a yacht is a boat used exclusively for pleasure." While this is true, it is much more than that: a boat is only a yacht, when she has dignity, polish and class. Size or cost has little to do with her stature as a yacht.

I have inspected numerous yachts, no larger than twenty-four feet, capable of outshining boats of much greater size. I have been amazed by examples set by yachts costing less than that of the sail covers on "gold platers" nearby.

A yacht may be a racer, or a cruiser, constructed of any material and built in any year. She needn't be profuse of well-varnished brightwork, or fancy state-of-the-art equipment. In fact, she may not have any brightwork at all, if it is the nature of her own character. She does not have to belong to the ritzy yacht club, a yacht club cannot create a yacht; nor can any builder, try as he may.

It is her owner who makes a yacht from a boat, or conversely, who makes a boat out of a yacht. What a boat and a yacht have in common, besides being able to float, is the unique ability to reflect their owner's attitudes and degree of fortitude, patience, attention to detail and the desire for beauty and respect for things produced through his efforts. A yacht is the mirror of the owner's self esteem.

A yacht announces to those who view her, that her owner is proud of her, caters to her appearance and attends to her overall health. She is never neglected, abused, or treated with disrespect.

A yacht stands out among boats, wherever she may be and sets an example for all those around her. She does not stick up her nose, nor is she ever pretentious in her ways. She is a lady.

A yacht, however large or small, old or new, tells who and what we are, caring owners and loving friends. She is the profound expression and extension of ourselves.

You will know her when you see her.

### NAHANTERS...

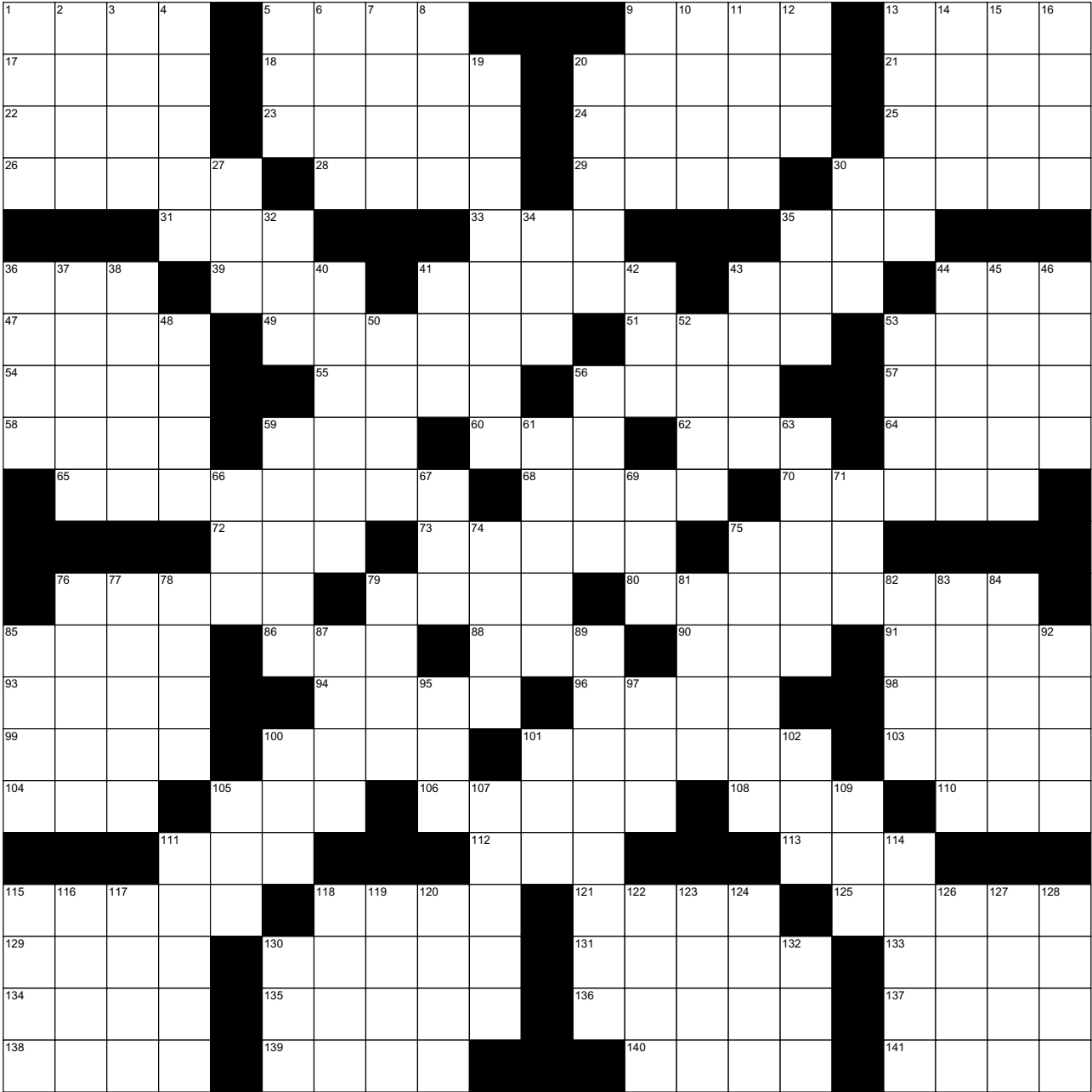
Send your lost or found information to us at "The Review."

See page 21 for submission information.

Lost & Found listings are available, free, to all Nahant residents.

NAHANT PUZZLE PAGE

Keep Our Beaches Clean!  
by Rick Kennedy



- 44 Blessing  
preceder?  
45 Stage set  
46 School grps.  
48 \_\_\_\_ **Cod**  
50 Taunt  
52 Make over  
53 Org.  
56 Needle case  
59 **Nantucket beach**  
61 Lava  
63 Looks over  
66 \_\_\_\_ **Gull Beach,**  
**Yarmouth**  
67 Old man  
69 Cooking meas.  
71 "Lost" ailer  
74 \_\_\_\_ **Road Beach,**  
**Harwich**  
75 **Nantucket beach**  
76 **Forty \_\_\_\_ Beach,**  
**Nahant**  
77 Unsuitable  
78 Early civilization  
79 Arabic letter  
81 Lease  
82 Tense  
83 Garage or yard  
activities  
84 Quarterback play  
85 Swiss-like cheese  
87 Teen hero  
89 Shinier  
92 Lotion brand  
95 Patriot's conf.  
97 Still  
100 Weimaraner, e.g.  
101 Criticize  
102 Hertz (abbr.)  
105 Failure  
107 Group of eight  
109 Congressional  
vote  
111 \_\_\_\_ **Point,**  
**Nantucket**  
114 \_\_\_\_ **Beach,**  
**Ipswich**  
115 \_\_\_\_ **Moon Beach,**  
**Gloucester**  
116 Off-Broadway  
award  
117 Victim of Cain  
118 Effortless  
119 Competent  
120 Iditarod vehicle  
122 Trim  
123 Otherwise  
124 "\_\_\_\_ Irae"  
126 Tight  
127 Upon  
128 Capone nemesis  
130 Ascot  
132 Fast plane

ACROSS

- 1 Treble \_\_\_\_  
5 Hebrew letter  
9 Prearranged fight  
13 The basics  
17 Arizona tribe  
18 "Green \_\_\_\_"  
20 \_\_\_\_ **Neck Beach,**  
**Barnstable**  
21 Howl  
22 Computer owner  
23 **Nahant beach**  
24 Conceit  
25 German "Mrs."  
26 Waterfowl  
28 Aroma  
29 Lawyer (abbr.)  
30 **Nahant beach**  
31 Peg  
33 \_\_\_\_ **Garden**  
**Beach, Rockport**  
35 2001's talking  
computer  
36 PC key  
39 U.S. economy  
figure

- 41 BB Player Abdul  
Olajuwon  
43 Guys  
44 Poisonous snake  
47 Group of nations  
49 **Nahant beach**  
51 Kid's cereal brand  
53 CPA part  
54 Torah table  
55 Appearance  
56 Like 2 or 144  
57 Mets stadium  
58 Ooze  
59 Jazz singer  
Calloway  
60 Mean solar time  
(abbr.)  
62 Dental deg.  
64 Male offspring  
65 Led  
68 Sedan or coupe  
70 **Nahant beach**  
72 GPS direction  
73 Auspices  
75 Small amount  
76 Staghorn \_\_\_\_  
79 Garden dweller

- 80 \_\_\_\_ **Beach,**  
**Dennis**  
85 Volcano  
86 Lubricate  
88 Tease  
90 Dawn goddess  
91 Wet  
93 Challenge  
94 Face  
96 **Kings Beach**  
**locale**  
98 Fun  
99 Samoan capital  
100 Take off your hat  
101 Type of justice  
103 Time period  
104 Denver hours  
105 U.S. currency  
106 \_\_\_\_ **Guard Beach,**  
**Eastham**  
108 Glimpse  
110 Schuss  
111 Wiretap  
112 Brain and sp. cord  
113 Dry, as wine  
115 Stash away  
118 \_\_\_\_ **Beach,**

- Edgartown**  
121 Chilled  
125 Malicious burning  
129 "Take a Chance  
on Me" group  
130 Postpone  
131 \_\_\_\_ **Landing,**  
**Brewster**  
133 Green Gables  
dweller  
134 Legal claim to  
property  
135 Key  
136 Gets up  
137 Filberts, e.g.  
138 Touched  
139 Leered  
140 Insect  
141 Self-esteem  
  
**DOWN**  
1 Guzzle  
2 Fail to keep  
3 Dueling sword  
4 \_\_\_\_ **Encounter**  
**Beach, Eastham**

- 5 Owns  
6 Resound  
7 Walked  
8 Big sandwich  
9 Pub missile  
10 Troop  
11 Whirlpool  
12 Caustic substance  
13 Nasty  
14 Shakespeare  
15 See ya!  
16 Speak indistinctly  
19 Petting  
20 Shovel  
27 Hosp. readout  
30 Change color  
32 Finale  
34 Downwind  
35 Amish barn sign  
36 Recedes  
37 Slumber  
38 Promising  
beginner  
40 Hair ointment  
41 Candle count  
42 "I want my \_\_\_\_"  
43 Look after



Now is the Time to Become a Voluntary Subscriber

Due to increasing costs in postage and mailing services, the general mailing of the Nahant Harbor Review, to every household in Nahant, can no longer continue. For now, the Harbor Review will be hand-delivered to all Nahant households. Cathy Letourneau has assumed the task of delivering of the newspapers to every household in Nahant. Also, additional copies will be left at Nahant Richland, Robert’s Cleaners, Captain Seaside, Seaside Variety, Nahant Market, Library, Post Office, Town Hall and Equitable Bank. If you do not receive your Harbor Review before June 1st, please give Cathy a call at 781-581-0083. She will get one to you and make sure that you are on the list.

Advertisers and out-of-town subscribers will receive their Harbor Review by first-class mail, instead of standard (bulk) mail, in order to improve delivery time.

Also, I would like to ask that each Nahant household become a voluntary subscriber for 2007 and send \$20 to help keep the Harbor Review coming to your door. Yes, I am asking for an increase in the voluntary subscription price of \$5. With everything else that is going up, it is becoming increasingly difficult to provide the same (and better) service with less money. So now is the time to help keep your community newspaper strong through the end of 2007. A new subscription drive for 2008 will begin in September.

Thank you for all the cards and letters of encouragement. I appreciate each and every thought. Many “Thanks!” are extended to these subscribers who sent in \$15 for an annual subscription, from April 16th through May 15th: Sue and Bob Branga, Rachael and Ted Brown, Carmella and Bob Cormier, Jean DeSilvestri, Dan and Robin deStefano, Bonnie Ayers D’Orlando, Marie Donovan, Jacob and Laura Erlich, Virginia and John Kerr, Susan Kerr, Michelle and Paul Lenzi, Claire and Tom Loftus, Margaret Makris, Debra and David Morin, Barbara and John Mulkern, Margaret Pelley, Effie Taylor Smith and Edward Ustaszewski.

MAY 2007 PUZZLE WINNER

Dick Nagle, of Castle Road, was the winner of last month’s puzzle contest. He has won “breakfast for two” at Seaside Breakfast on Nahant Road. You, too, can win breakfast for two at Seaside Breakfast. To be eligible, just 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.

A Good Walk Spoiled  
by Rick Kennedy

A	B	C	S		E	T	A		S	S	T		A	D	A	R					
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R	A	D	A	R			S	I	C	K		N	A	T	O		E	T	U	D	E
A	P	E	R	Y			A	C	H	E		G	R	I	P		E	A	G	L	E
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Nahant Harbor Review  
PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for  
JULY 2007

All Community Calendar items, personal ads,  
classifieds, business ads, articles and short stories.  
FRIDAY, JUNE 15th • 5:00 P.M.  
Home Delivery: Weekend, June 23rd, 24th.

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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 discretion 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-off box** at the **Equitable Cooperative Bank** on Nahant Road.

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.

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PO Box 88, Nahant, MA 01908.  
Thank you.

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



## New Downtown Bistro

In late summer of 2004, Nahant native, John Moore, opened the Navy Yard Bistro and Wine Bar, in his neighborhood of Charlestown. Almost three years later, he's ready to move closer to home.

This June, he will open the Downtown Bistro and Wine Bar, at the former Oxford Street Grill location, at 191 Oxford St., in Lynn. This is a perfect location for John, who previously tried twice to bring his Bistro to Nahant, but was turned down by selectmen.

"Downtown Lynn is in the midst of a revival and the city really enticed me to bring my restaurant concept here," said Moore.

"The EDIC of Lynn loaned me \$150,000, because they knew how important a flagship restaurant is to the city. The location is great because I can draw from surrounding towns, as well as Lynn."

John's goal is to build a few more eateries in the area, after Downtown Bistro has been well-received. He's excited to have his new business closer to his family in Nahant and having his nephews, Ryan and Matthew Connolly, "cause mischief" at his new Bistro, like they do at his Navy Yard Bistro.

**SAVE THE DATE!**  
**Beach Cleanup/Earth Day**  
**Saturday, June 9th**

### Clambakes! Catered or Pick-Up at Our Store

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Family Reunions • Holiday Parties



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## Email To the Editor

Jack Comfort's lovely memoir of his Nahant childhood (April 2007 issue) made me smile and remember my own halting lurch toward maturity, in the exquisite sunlight and snow and salt air that is Nahant; it was there, on Cliff Street and Vernon Street, in Swallow Cave and Joe Beach, in the voices of Shuermie Kettell and Ed Tarlov, in contemplating the dignity of cormorants and John Lowell, in the russet afternoon light of the library and wild storms on the cliffs, that I began, finally, to be a man, late in life. My wife said "Yes" to me, above the ocean in Nahant.

I first began to write essays there, an inky habit that has led to much joy, for me, at least. I stopped being so absorbed with myself and started listening to the wonder and grace of others—the secret of happiness, perhaps. I savored parades and fireworks and the startling speed with which Nahant police ticketed the automobiles of visitors. I marveled at the greed and violence of the Angiulo clan. I admired the goose who held traffic at bay one morning near the police station. I wandered in the cemetery, wondering at all the stories now vanished behind the stars. I grinned as Prescott Kettell walked his dog, by driving along slowly, behind the creature as big as a horse. I counted the pebbles at Forty Steps Beach and gave up after ten thousand. I counted shards of china washed up from shipwrecks. I found a green heron's nest near the Johnson School. I played thousands of hours of basketball under the sharp eyes of blackbirds. I walked the edge of the island a hundred times and never once saw the same place twice the same way.

It seems to me, now nearly twenty years removed from my years in Nahant, that there is a place for each of us, where we reach a little deeper into who we might actually be at our best, a place which has nothing necessarily to do with nativity or length of tenure, but everything to do with receptivity. For some, it is a city, for some a mountain village, for some a foreign land, for some the hometown they return to with new eyes, after miles and years. For me, it was Nahant.

For all the difficulty of access, the redolence of dank low tide, the hair-raising cost of living, and the mournful lack of an excellent pub with medicinal Guinness stout, I remember the town with a smile and a pang. I took up residence there in my twenties, a selfish boy and left in my thirties, far more awake to the zest and courage of other people, to their general grace under duress and to their general generosity. For that, for those years, I am grateful forever.

Submitted by Brian Doyle, Portland, Oregon

## Special Thanks to Nahant Beach CleanUp & EarthFest 2007

Thank you to the sponsors and supporters of the Nahant Beach CleanUp & EarthFest 2007: the Town of Nahant, Nahant Woman's Club, Safer Waters in Massachusetts (Nahant SWIM), Nahant Garden Club, Nahant Open Space Committee, Captain's Seaside, Tides Restaurant & Pub, Nahant Harbor Review, Bumper Gooding, Carol Hanson, Richard Lombard, Mark Cullinan, Maureen Edison, Equitable Co-operative Bank, Friends of Lynn and Nahant Beach, HealthLink, Atlantic Toyota, Whole Foods, Borders Express, Starburcks, Meleleucca, JM Peaches, G/J Towing, Carl Jenkins and his dive team and anonymous donors.

Thank you to the Johnson Elementary School, art teacher, Susan Beebe and her talented student artists, especially the seven whose works are featured in Cleanup-EarthFest posters and flyers:

Grade 1: Rose Callahan, Grade 2: Olivia Herman, Julia Kornerup and Jackie Kostenko, Grade 5: Haley McDevitt, Grade 6: Aristana Scourtas and Alexa Steriti.

Of the 120 entries in the T-shirt slogan contest, most came from Nahant students. We'll display all the entries, if space permits, adding if possible, student entries for the Environmental Protection Agency (EPA) New England's 35th annual Paul G. Keough Earth Artists 2007 Program. Be on the lookout for new, hand-painted signs, posted on the beaches, to remind us all to "keep our beaches clean!" The signs, donated by the Town of Nahant, were designed and painted as class projects at the Johnson School. Students working at the Beach CleanUp can earn up to 8 hours of community service credit, with a credit certificate.

Thank you to Rick Kennedy, winner of the slogan contest! Rick has lived in Nahant since 1988, when he became a Systems Analyst for the State Division of Fisheries and Wildlife. He met his wife, Erin, on Tudor Beach and they are celebrating their 10th wedding anniversary in June. Rick has been active as a member of the Open Space Committee and Conservation Commission. The Open Space Committee, that he chaired for four years, has sponsored many beach cleanups and nature walks. His puzzles are featured in the Nahant Harbor Review. By the way, Rick's crossword puzzle for this month's Nahant Harbor Review is Massachusetts Beaches. The title is "Keep Our Beaches Clean." You will find Team Leader Rick at Canoe Beach on Saturday, June 9th, so stop by to congratulate him.



Community Calendar • JUNE 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	1	8:00A	Breakfast with Mark Cullinan at Village Church.
SAT	2	2:00P	Golfing for Gary at Kelley Greens
SAT	2	2:00P	Art School Closing Party. Till 4:00 p.m.
SAT	2	10:30A	Memorial Service for Wilma Nichols-Maddocks at NVC
SUN	3	8:30A	Nahant Village Running Group to meet at Village Church.
SUN	3	10:30A	Worship Service & Sunday School, Nahant Village Church
SUN	3	3:00P	Apollo Concert at Town Hall sponsored by Library.
SUN	3	7:00P	Swampscott High School Graduation in Swampscott.
MON	4	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
WED	6	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
FRI	8	TBA	Party for Peggy Silva & Diana Hennessey, Country Club.
SAT	9	8:00A	Beach Clean-Up Begins. Till 4:00 p.m.
SAT	9	11:00A	Earth Day Fiesta. Till 4:00 p.m. Rain date June 10th
SUN	10	8:30A	Nahant Village Running Group to meet at Village Church.
SUN	10	10:30A	Worship Service & Sunday School, Nahant Village Church
SUN	10	3:00P	Menopause presentation by Dr. Feinbloom at Library.
MON	11	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
WED	13	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
THU	14		FLAG DAY
SAT	16	2:30P	Reading of James Joyce's, Ulysses, at the Library
SUN	17		FATHER'S DAY
SUN	17	8:30A	Nahant Village Running Group to meet at Village Church.
SUN	17	10:30A	Worship Service & Sunday School, Nahant Village Church
MON	18	6:30P	6th Grade Graduation at the Johnson School
MON	18	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
TUE	19	7:00P	Swampscott Middle School Graduation at Swampscott.
WED	20	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
THU	21	11:30A	Garden Club Luncheon at Knights of Columbus Hall.
THU	21	5:00P	International Festival in Lynn's Central Square. Till 5 p.m.
THU	21	7:30P	Mass Theatrica Concert. FMI, call 508-757-8515.
SAT	23	5:00P	Civil War Exhibit Opens at Community Center. Exciting exhibits and new book available. Till 7:00 p.m.
SUN	24	8:30A	Nahant Village Running Group to meet at Village Church.
SUN	24	10:30A	Worship Service & Sunday School, Nahant Village Church
MON	25	8:00A	Jr. Invitational Tennis Tourney begins. Till 5:30 p.m.
MON	25	6:30P	Village Boot Camp with Donna Nielsen at Village Church.
WED	27	6:30P	Village Boot Camp with Donna Nielsen at Village Church.

JULY 2007

FRI	13	8:00A	Breakfast with Bill Hanagan at the Village Church.
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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.  
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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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NHT and HOOMPA Stickers are available FREE by calling 781-595-6225. Compliments of Rob Scanlan.

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 Sunday  
Worship Service &  
Sunday School  
at 10:30 a.m.



EMERGENCY MANAGEMENT

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





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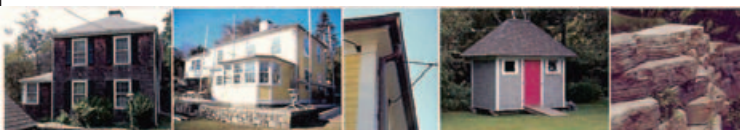
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