



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.

Donna Lee Hanlon, Editor • PO Box 88 • Nahant, MA 01908 • donna@nahant.com

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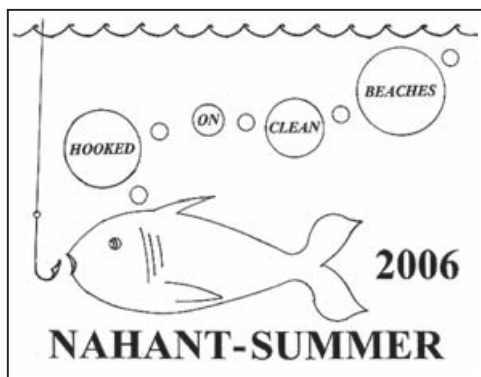
JUNE 2006

Nahant Citizen of the Year: Roz Puleo



Town Moderator Dave Conlin presents the Nahant Citizen of the Year Award to Roz Puleo at Town Meeting last month.
Photo by Robert A. Wilson

Calling all Volunteers!



*Prizewinning Design and Slogan
by Richard Nagle*

Nahant Beach Clean Up 2006

**Saturday, June 3rd
9:00 a.m. to 2:00 p.m.**

**Free T-Shirt to Wear While
You Work! Free Hot Dog Lunch at End!**

**Meet at Lowlands
Read all about it on page 6.**

Nahant Pack 50 Cub Scouts Fundraiser Successful

Fundraiser organizer, Bumper Gooding and Cubmaster Kevin Nugent, successfully led the Nahant Cub Scouts Pack 50, in the distribution of the May issue of this newspaper, to Nahant residents. Enclosed in the newspapers were a pink subscription form and envelope, upon which was written the name of the scout that delivered the paper. Over 100 subscriptions were received. Winner of the \$100 EB Games gift certificate was Charlie Arena. It was a very close race. The top three, Charlie Arena, Matt Gooding and Shea Nugent, were each separated by one subscription. All scouts who participated will receive an enameled metal USA Flag pin. This fundraiser not only raised over \$800 for the Nahant Cub Scouts, it also presented an opportunity for the boys to complete an Elective Achievement, which allows them to earn Gold Arrow Points.

Cub Scouts who participated in the fundraiser were: Charlie Arena, Corey Bleau, Eric Castetter, Ryan Desmarais, Matt Gooding, Harrison Hosker, Arthur Kautz, Thanasi and Thomas Kourkoulis, Gus Michaud, Aaron Morad, Ian Munnely, Shea Nugent, Christian Peterson, Anthony Rizzo, Cameron Rogers, Ray Ray Rosa and Shawn Rowe.

Since 1910, the Cub Scouts have been weaving lifetime values into fun and educational activities to help boys become self-reliant and dependable people, that feel good about themselves, with a genuine concern for the world and others.

Nahant Cub Scouts Pack 50, a non-profit entity, is active throughout the year and is open to all boys. The scouts

fundraising activities, allows the purchase and maintenance of the equipment necessary for our Pinewood Derby, Rain Gutter Regatta, camping, as well as purchases of children's beads, badges, pins, pizza parties and other activities.

Every year, Pack 50 not only teaches its' Scouts life-skills and citizenship values, it also "gives back" to the community in various ways. This year, the scouts raised funds for the victims of Hurricane Katrina, delivered meals to the elderly, helped children learn basic CPR skills and participated in both town and beach cleanups.

The scouts are able to offer the year-long program for only \$30 per child because of their fundraising activities. Pack 50 thanks the community for participating and supporting their Cub Scout Pack. Photo by Lisa Arena. Front: Bumper Gooding and Charlie Arena. Back: Donna Lee Hanlon and Cubmaster Kevin Nugent.



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Bloomsday in Nahant

The Nahant Public Library will be the host of "Bloomsday in Nahant 3," a reading of "The Sirens," Chapter 11 of James Joyce's monumental novel, ULYSSES, which will take place on Friday, June 16, at 2 p.m.

This is the Third Annual Nahant Bloomsday Celebration featuring the reading aloud of a chapter from Joyce's novel. This year's selection is especially suitable for a group recitation since the chapter takes place in the bar area of Dublin's Ormond Hotel, where singing and mid-afternoon conversations among Dubliners abound. The annual celebration of June 16, Bloomsday, by readings from Joyce's work has become an international tradition, one that has grown exponentially since the publication of the most controversial novel of the 20th century.

For info., call 781 592-0029, Maureen Edison. Everyone is welcome and copies will be available.

June Activities at the Nahant Public Library

by Dan deStefano, Director

The Apollo Club of Boston will perform Sunday, June 4, 2006, at 3:00 p.m., at the Town Hall. Celebrate the arrival of warm weather and lift your spirit with great music, well sung. All are welcome to this free performance. Refreshments will be served.

Want to write, but feel blocked? Move beyond your block, by attending a Writer's Block Workshop, on Sunday, June 11, from 2:15 to 4:30 p.m., at the Library. Facilitated by therapist Marcia Weiss, this workshop will help you to "break the block" and open the door to creative freedom. Please register for this workshop by stopping by, or calling the Library at 781-581-0306. There is no charge to attend this workshop.

The Friends of the Nahant Public Library will hold their next book sale, beginning on Saturday, June 17th, continuing through Sunday, June 25, at the Library. The sale includes all types of books: new, used, hardcover, and paperback. Prices are: hardcover for \$1.00, three for \$2.00 and paperback for 50 cents, three for \$1.00. Please help the Friends of the Library continue their good work and get some good reading for short money.

Breakfast with Library Director Dan deStefano

The Nahant Village Church will host its monthly breakfast meeting on Friday, June 2nd, at 8:00 a.m. The program will feature a presentation by Library Director, Dan deStefano about our historic library.

The breakfast is free and held at the church in Swansburg Hall. All are invited to attend. Please feel free to bring one or more friends.

Flea Market June 10th

submitted by Paul Morse

The St. Thomas Aquinas Society of St. Vincent DePaul will be having a Flea Market on June 10th, from 9:00 a.m. to 2:00 p.m., in the church parking lot. For information, call Richie Adamo at 781-593-1185, or Janet Kelly at 781-581-1330. All proceeds will go to continue the mission of St. Vincent DePaul to help those in need.

No Perambulation Day This Year

submitted by Carolyn Cummings-Saxton

According to a last minute telephone call from Carolyn, there will be no Perambulation Day this year. For more information, give her a call.

Nahant Knights Egg Hunt

In its ongoing effort to support Nahant's youth groups, the Nahant Knights of Columbus made donations to the Nahant Recreation Department, for their Easter Egg Hunt and to the Nahant Little League. The donations are from the "T-Boy LeBlanc" charity fund, that focuses on assisting Nahant's younger generations.

In addition, the Knights made donations, from its general charity fund, to the Nahant Fireworks, the American Cancer Society and the Nahant Police Union, for the Nahant Police Memorial.

Equitable Bank Celebrates 10 Years in Nahant

In his remarks to depositors, mid-year of 1996, Equitable Cooperative Bank President, Arthur M. Horgan, announced the opening of a branch office in Nahant, at 28 Nahant Road. He noted that this new office has been well received by the townspeople.



Mr. Horgan pointed out, the former bank that occupied the building, prior to Equitable Bank, had been closed for three months and Nahant was without a full service bank, during this period.

"This should never happen to a community," Mr. Horgan said. "Let me assure you that we intend to be here for the long haul—keep in mind that we have been serving the Lynn (area) community for over 120 years," he added.

Originally the building served as an office for Winthrop Savings Bank, which merged with the Atlantic Bank, then Pioneer Financial, a cooperative bank, which then became Bank Boston. Recognizing an opportunity for growth potential, Mr. Horgan seized this fine time and, after remodeling, on June 22, 1996, the Nahant office of Equitable Bank was opened.

Nahant Dory Club News: June 2006

Submitted by Commodore Joe Desmond

The Nahant Dory Club kicks off this special Anniversary season, with its Opening Party, starting at 7:00 pm. on Saturday, June 17, 2006. The members are excited about the plans for structural repairs and historic restorations to the 100-year-old Clubhouse built in 1906, and are also, enthusiastic about the events planned for the season ahead.

We are co-sponsoring and hosting, with the Town of Nahant, the return of the US Air Force, Band of Liberty! Bring your chairs and join us at Marjoram Park, at 7:00 p.m., on Flag Day, June 14th, for an early summer evening of fun, food and music! The Band of Liberty is one of ten Air Force bands nationwide. Stationed at Hanscom AFB, this group of 60 talented musicians has been entertaining audiences throughout the New England region and beyond, since 1978. Their program is wide-ranged and includes everything musical, from Broadway show tunes, to Classical, to Patriotic, to Big Band Swing!

Come down early, get a good spot and have a little dinner before the concert! Hamburgers, hot dogs, pizza, drinks and more will be available starting at 6:00 p.m.

The Dory Club organizes boating events of all kinds, including weekend racing of Town Class, one design, cruising and other sailboats, as well as day-sail flotillas, an overnight adventure and cookouts. In addition, the Club has supported the Town Sailing Program for many years, encouraging young people to have fun, while learning seamanship skills. The Dory Club offers social events for its members and their guests, throughout the season and recently hosted an Open House at the Town Wharf, after the Memorial Day Parade.

To find out more about the Dory Club, visit the web site at www.doryclub.org <<http://www.doryclub.org>>, or stop by and talk with any member and see what this summer 2006 has in store!

Nahant Garden Club

by Carmella Cormier

The Annual Meeting and Luncheon of The Nahant Garden Club will be held Thursday, June 22nd, at noon, at the Knights of Columbus, 17 Relay Yard, Nahant. (Members please note the change of location.) Hostess for the event is Carmella L. Cormier. Members may wear a decorated hat. Speakers will be John Benson and Linda Pivacek, representing the Open Space Committee. The new Nature Trail in Nahant will be their topic. What a nice way to start our summer.

Ocean Rescue Team needs windsurf board

submitted by David Liscio

The Nahant Ocean Rescue Team is seeking a donation of a windsurfing board, preferably an older, larger model, for use during surf rescue operations.

The team does not require the boom, or sails, only the board. If anybody has one taking up space in the garage, or basement and would like to donate it, call Ocean Rescue Team members Robert Tibbo at (978) 815-0838, or David Liscio at (339) 440-0157, to arrange for pickup.

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Nahant's Zachary Liscio Honored by North Shore Chamber of Commerce

Swampscott High School senior, Zachary Liscio, the only Nahant resident in his graduating class, to academically rank among the top five percent, was honored on May 9th, by the North Shore Chamber of Commerce.

The Chamber recognized 284 students from 27 North Shore public and private secondary schools, at its annual Honor Scholars Recognition Dinner, at the Danversport Yacht Club, in Danvers. Every student at the dinner was ranked in the top five percent of his/her class.

Rosalin Acosta-Sayre, Senior Vice-President and Director of Sovereign Bank's government banking division, was keynote speaker.

Liscio, the son of David and Christine Liscio of Fox Hill Road, was one of 10 Swampscott High seniors honored at the event. He has been accepted into the honors program, at the University of Delaware, to study physics, writing and computer science.



Nahant 2006 Junior Invitational Tennis Tournament submitted by Dunbar and Mary Livingston, Tournament Directors

The annual Junior Invitational Tennis tournament will be held at the Nahant Country Club, on Monday, Tuesday and Wednesday, June 26, 27 and 28. The Tournament is sponsored by the Tennis Committee of the Nahant Country Club and it is open to all Nahant residents and junior member 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 seventh 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 call Dunbar and Mary Livingston, Tournament Directors, at 781-599-5515.

The deadline for signing up is 5:00 p.m., Thursday, June 22nd.

Periwinkle Preschool's Spring Fling Success submitted by Christine Kendall

Periwinkle Preschool's 2006 "Spring Fling" was a huge success, raising \$4,800 for our preschool, thanks to everyone's generous donations! We did something different this year, in that we had a well-known comedian, Paul Nardizzi, perform, who everyone agreed was absolutely hysterical and we're sure will be back next year. This money will not only go towards operating expenses, but to help purchase much-needed new computers for the school, as well as making a sizable donation to Come Swing With Me, for the new Johnson School playgrounds.

I'd like to thank all the many silent-auction donors, who contributed to the success of the Spring Fling. As well as Piper Haggett, who decorated our tables with beautiful spring tulips, from Kabloom in Swampscott. Of course, this fundraiser could not have happened, if it weren't for the dedicated Periwinkle parents on the fundraising committee, who did so much: Christine Kendall, Kellie Frary, Beverly Quinn, Teresa Hill, Lisa Wrenn, Kitty Moleti, Angie Foss, Allison Russell, Christine Blaski, Niamh Callahan, Maureen Decenzo, Jennifer McCarthy and Tiffany Connolly. Thank you!!!

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News and Views from the School Department

by Dr. Denise Littlefield, Nahant Superintendent and Principal

The construction company, W.T. Rich, continues to do a fantastic job on our building project. Things are progressing quickly. It now appears that both the new addition and the renovation project will be complete enough to allow for all students to be in their new classrooms on the first day of school. To that end, the first day of school for students, for the new school year, will be Monday, September 11, 2006, a break with our traditional, before Labor Day school opening. The FY'07 school calendars have been sent home with students.

As with most towns in Massachusetts, the Nahant School Department experienced a very slight increase in state aid, less than needed for the expected increase in fixed costs and negotiated contracts. With the increase in the Swampscott tuition costs, the School Committee had very little choice in how to fund needs of the Johnson School. With fairly steady enrollment for the school in general, several grades have a fewer number of students than others. For the past few years, there have been 2 classroom teachers at each grade level. In building this year's budget, enrollment per-grade-level was considered. As a result, for the next school year, grades 1, 3 and 5, will each have 1 classroom teacher.

When I became principal in the fall of 2001, there were 24.7 teaching and administrative positions at the Johnson School, with 7 full time teaching assistant positions. In the fall of 2006, there will be 16.8 teaching and administrative positions, with 4.3 assistants. We continue to analyze how we can best deliver the curriculum to our students. We have made significant progress with our writing and language arts curriculum, and have just finished assessing our mathematics curriculum. The School Committee, the Finance Committee and the Town of Nahant have been totally supportive of the instructional work we are doing. We are in the process of implementing an updated math curriculum, complete with new and improved math textbooks and resources, because of that confidence. Thank you for that support.

John Walton and Tom Coffey did not run for a second term on the School Committee. This is my opportunity to thank them publicly for their fiscal ideas, administrative support and hard work. (I will miss those Friday evening and Sunday afternoon meetings, but I am sure their families won't). The School Committee has 2 new members, Jim Devereaux and Christine Kendall. I look forward to our work together, making responsible fiscal decisions, completing the building project and providing a state-of-the-art education for the children of Nahant.

As noted in a previous column, Misha Zhykov, a fifth grader in Mrs. Dunion's homeroom, was the winner of this year's Johnson School Spelling Bee. He represented our school at the regional spelling bee, sponsored by the Lynn Item, at the end of March and I am proud to report that he finished in 6th place. Misha competed with students in grades 6, 7, and 8 (in addition to grades 4 and 5), so some of his competitors were 3-4 years older. Congratulations!!!

A new Johnson School record was set during the annual math-a-thon. The students raised \$2,807.30 for St Jude's Cancer Research Hospital for children. Under the direction of Mrs. Hennessey, our 5th and 6th graders who participated are: Claire Michaud, Caitlin Ludke, Heather Doyle, Peter Klee, Taylor Eaton, Rita Tsokanis, Jimmy Lowe, Tony Silva, Derek Osbahr, Aristana Scourtas, Mariana Bell, Alexa Steriti, Kristen Connor, Lindsey Marini, Jacob Bartholomew, Merry Ball, Madeline McKie, Ashiwan Kumar, Mary Samson, Allie Chasse, Rosalie Moleti, Arianna Billias, Emily Samson, Holly Noonan, Nick Sarcia, Shannon Barrasso and Anna Greene.

Kindergarten registration, for the 2006-2007 school year, took place on Wednesday, May 17. 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, 2006, in order to be eligible.

For accountability and bookkeeping purposes, we are establishing our own database of Nahant children, who attend either Swampscott Middle School or High School. To that end, letters will be sent to Nahant families, requesting updated information about their children, our students in Swampscott. Accurate completion of the forms that are being sent home will be required, prior to the start of the next school year, in order for a student to begin classes.

The Johnson School Council is made up of 2 teachers, Ms. Salt and Ms. Dunion, 3 parents, Steve Toomajian, Josh Antrim and Kathi Kougias, community rep, Joanne Dunn and the principal, Denise Littlefield. One of our goals in the School Improvement Plan for the '07 school year is to increase parent and 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. We are seeking an individual(s) to become the Community Volunteer Coordinator, working with me this summer to set up the structure and conditions that will facilitate 'volunteerism' at the Johnson School. I am hoping that I can make a modest stipend available for that position. There will be additional and specific information in the next Harbor Review. In the meantime, if you are interested, or would like more information, please call the school at 781 581-1600.

As the school year comes to an end, the following are important dates: Sixth-grade graduation is schedule for Tuesday, June 13, at 6:30 p.m., at the Johnson School. Swampscott Middle School final recognition assembly is Thursday, June 15, at 7:00 p.m. and Swampscott High School Graduation is on June 4, 2006.

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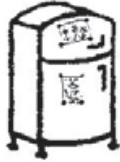
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Flooding Makes Beach Clean Up Urgent

Submitted by Polly Bradley

Debris from the record-breaking floods in May, is expected to make the June 3 Nahant Beach Clean-Up especially important. All citizens, young and old, are urged to turn out, to help pick up trash, litter and other junk that has washed down from overflowing rivers and storm drains on the North Shore. The Clean-Up will take place on Saturday, June 3rd, from 9 a.m. to 2 p.m. The rain date is Sunday, June 4th.

Meet at the Lowlands parking lot, off Ward Road, across from Nahant Life-Saving Station. Sign up there to get your free collectible T-Shirt (as long as the supply of 400 lasts.) Volunteers may walk to Short Beach, or Black Rock Beach (Doggie Beach), or a shuttle bus will transport them to Long Beach (the causeway), Canoe Beach, Tudor Beach, or Marjoram Park Beach and the Wharf. For those who put in a good morning's work, a free hot dog lunch awaits, back at the Lowlands. Students will earn up to 5 hours community service credit.

Wear sturdy clothing and boots, and bring gloves, rakes, and shovels. Anyone who has pick-up tongs on a long handle, or a boat hook, should bring it, to help get trash out of those beautiful, but pesky, beach roses. It is important not to disturb wildlife any more than necessary. In particular, people should watch for birds' nests in areas with grass and shrubs and should steer clear of those locations. There will be team leaders at each beach.

The Nahant Beach Clean-Up is sponsored by the Town of Nahant and coordinated by the Nahant Woman's Club, with participation from many other Nahant groups, including Girl Scouts, Boy Scouts, Cub Scouts, Girls Club, Open Space Committee, Recreation Commission, Nahant Garden Club, and Friends of Lynn and Nahant Beach. The Nahant Department of Public Works and the Nahant Harbormaster will be offering strong support, as well as the Massachusetts Department of Conservation and Recreation, on Long Beach.

It is hoped that this will turn out to be the First Annual Nahant Beach Clean-Up, and eventually Nahant may join in the CoastSweep project, sponsored by the Massachusetts Office of Coastal Zone Management (CZM). CoastSweep is part of an international campaign, organized by the Ocean Conservancy. According to CZM, "Participants all over the world collect marine debris and record the types of trash they collect. This information is then used to help reduce future marine debris problems."

For more info, call Linda Jenkins, 781-581-0660, or Marrit Hastings, 781-581-5691.

Hooked on Clean Beaches

"Hooked on Clean Beaches," is the winning slogan for the Nahant Beach Clean Up, to be held on Saturday, June 3. The slogan and design are the creation of Dick Nagle of Castle Road, a retired construction engineer.

Dick is a native of Somerville. His parents, Gene and Nell Nagle, bought their summer place in Nahant, in 1957, so Dick has a long history of Nahant summers. Dick and his wife Mary replaced the old summer cottage with a new home and moved here from Medford in 1996, when he retired.

During his career, Dick worked in land surveying and house construction, then for 30 years, he worked for Algonquin Gas Transmission Company, designing gas pipelines and solving such problems as relocating pipelines when malls or highways were built. He retired as Senior Design Engineer. Algonquin, now owned by Duke Energy, built the HubLine, the natural gas pipeline that goes from Beverly through Nahant waters south, to Weymouth.

Dick and Mary have been married for 43 years and have three children, Caroline, Richie and Camille, as well as three grandsons and a fourth grandchild due in July. Everyone enjoys coming to the beach in Nahant, so the Beach Clean-Up is a project enthusiastically supported by the family.

Hooked on Clean Water - a great slogan!

Dick says he doesn't know exactly where he got the idea for the logo, but says he just like fished it out of the air.

Coffeehouse at The Nahant Community Center

by Carol Hanson

On the last Friday of each month, a casual, open mic/coffeehouse is held at The School of Refrigerator Door Art. Looking back over our first year, it is wonderful to see the musical relationships that have formed, while stage fright lessened for newer performers and the kids viewing live performances in a user-friendly setting. The community enjoys having a chance to hang-out in a hip studio where some cool things are happening.

The coffeehouse takes place from 6:30 - 9 p.m. We set up the PA and folks sign up to perform live music, recite poetry, read short stories, perform stand-up comedy and hopefully, we can get some short films screened. The stage is your world! Admission is \$5 per person. There is no charge for performers and children under 12. Refreshments are available. Please call 781-599-2222 or on the web www.refrigdoorart.org for more info!

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Summer Fitness

by Sallee Slagle, Director, Dance Dimensions

Well, summer is finally on its way! The long winter and soggy spring may have you feeling like you're not ready to bare more of your body in the summer styles and beach wear we love. Well then, it's time to crank up your workout and cut down your calorie intake. You can see changes quickly, but lets do it wisely.

Remember, if you cut out too many calories, your body will slow your metabolism down and you won't burn calories as quickly. Eat more wisely. Cut down portion sizes at meals and definitely DON'T skip breakfast! Choose high water-content foods, like fruits and vegetables. Avoid added fats like mayonaise, whipped cream, most sauces, gravy, many cheeses, butter and so on. Replace them with low-fat alternatives, or cut them out all together. Also, cut back on processed foods as they have lower nutritional value and are often higher in fat and sugar, as well as chemical additives and preservatives. Cut out refined carbohydrates, or limit quantities of breads, bagels, muffins, cookies, cakes etc., or better still, cut them out. If you miss them, or crave them, add a portion 1 or 2x's a week. Buy fresh sandwich meats, or better yet cook your own sandwich ingredients. Cook lean proteins like fish and chicken breasts and make extra for sandwiches, or salads. Use wraps and pita breads for sandwiches. Find good healthy snacks like nuts, yogurt, fruits and baby carrots to satisfy your between meal cravings.

Drink plenty of water. If you don't like water, try adding a lemon or a dash of orange juice for flavor. Mix seltzer water and juice for a refreshing healthy "soda." Avoid other carbonated sodas and sugar laden sports drinks, fitness waters and iced teas. These can add a lot of calories so be sure to read labels. Oh, and stop any alcohol consumption for a month, if you can, or at least drastically reduce it to dry white wine, occasionally. Alcohol adds in many extra calories with no nutritional value.

Okay, now for fast results, you must crank up the calorie burn at the same time! Workout everyday but be sure to alternate your strength training with weights, with a day of other activity the next day, or alternate upper body days with lower body days. Try to add mini-workouts during the day, 10-20 mins in the morning, or over lunch. Walk the stairs, or the block. Do a 5-10 min abdominal routine with a 5-10 min back and buttocks routine, everyday. Stretch 10-15 mins at night to loosen stiff, or tight muscles and relax you to sleep well, too.

Be sure to include cardiovascular training 3xs a week. To supercharge your regular workout, add intensity. Try a short more intense workout, 1-2x a week. Run short sprints, or walk at a quick pace and then walk to recover. Repeat alternately. Add jumping (plyometrics), or bounding; jump rope, skip and leap to advance your workout. Try a new workout for added challenge. Never let your workout become too routine. If want to see changes, you need new challenges.

You can take 1 day to rest each week, or do a restoring and revitalizing yoga class on that day. Don't give up if you miss a day, or indulge in a calorie rich meal, just carry on the next day. Everyday counts for itself. One day will not sabotage your fitness plan unless you let it. Remember that this intensity is short term. A quick fix and then you can be more lenient as you maintain what you have gained.

Once you have achieved the boost in results you wanted, rethink and rework your fitness plan. Do you still need to lose more weight, or just want a more toned and sculpted look? If your size is where you want to be, you can choose to add back some of the foods you eliminated,

but if you go back to including those foods regularly, you will find the pounds creeping back on. To maintain a healthy weight, you must only eat what you burn in activity, everyday. If one day is not balanced you have to eat less and/or burn more the next day. Don't let it get away from you. Stay active and eat smart. Take time to enjoy food, friends and family, but keep up the healthy additions and you'll find a new lifestyle to go with your new summer look! Good luck and good health.

Blurred Vision: A Warning Sign of Diabetes

by Dr. Neil Gross, Ophthalmologist

"How sweet it isn't!" Perhaps this is something the late, great Jackie Gleason might have said about diabetes. Today, everyone seems to either have diabetes, or know someone who has it. Undiagnosed diabetics have a high blood-sugar and may experience thirst, sudden weight loss, or excessive urination. A less well-recognized, but equally important, symptom of diabetes is blurred vision.

Blurred vision may be due to many problems. However, the sudden onset of prolonged blurred vision is consistent with diabetes. A high blood-sugar induces nearsightedness. This occurs because chemical (osmotic) forces drive excess sugar from the bloodstream into the lens. A swollen lens changes the way light is focused. It shifts the normal focal point closer to the nose and forces one to hold an object more closely, in order to see it clearly. Usually, this shift is temporary. Once the blood-sugar is regulated, the lens shrinks and vision returns to baseline.

Blurred vision is a valuable warning sign—it informs us that something is wrong. So, if you are suddenly unable to see TV, without sitting closer to the screen, realize that the cause may be diabetes. If distant road signs suddenly seem to be more out of focus to you, an elevated blood-sugar could be the reason.

Unfortunately, not everyone with diabetes develops blurred vision. People who already have blurred vision from macular degeneration, or an old glasses prescription, may not notice a subtle change in their vision from high blood-sugar. Patients who have undergone lens removal, during cataract surgery, cannot be affected by fluctuations in blood-sugar since the artificial lens, that is placed in the eye after the natural lens is removed, does not swell under any circumstances.

Many medical studies have confirmed that early diagnosis and treatment of diabetes minimizes the risk of bleeding, swelling and other eye complications associated with diabetic eye disease. So, if you have blurry vision and think that you might have diabetes, make an appointment to see an ophthalmologist, at your earliest convenience. The doctor can help you determine whether or not you have diabetes. Remember, an early exam could help you to preserve your vision and prolong your life. Otherwise, if you already have diabetic eye disease, don't despair. In my next two articles, I will describe the remarkable lasers and medications, now available, that are being used to save the eyesight of diabetics.

Yoga and Arthritis

Submitted by Patricia McCallum, Pathways Yoga

It is estimated that seventeen million Americans suffer from some form of arthritis. Ranking second only to heart disease as the most widespread chronic disease in the U.S., arthritis effects one out of eleven Americans.

Arthritis means inflammation of a joint, especially the joint lining. The two main types of arthritis are rheumatoid arthritis and osteoarthritis. It is important to have guidance from a physician or therapist in order to avoid compounding the problem.

Rheumatoid arthritis is a chronic disease characterized by painful swelling, fatigue, stiff muscles and joint deformity. Early immobility comes from tense muscles rather than joint damage, in the patient's efforts to avoid pain.

Osteoarthritis is regarded as a process of aging. It is the result of prolonged wear and tear on the joints, repeated injury, or joint abuse from obesity. It usually develops slowly with stiffness and pain, almost never with swelling or redness.

Yoga with its emphasis on gentle movements, stretching and relaxation training a natural for the arthritic person. You may prevent deformity by maintaining joint movement and muscle strength.

Isometric exercises are valuable, with the student using prolonged contraction before relaxation, and not simply "wiggling" the part. The student should be aware that the flexor muscles are predominantly strong (i.e.: the muscles on the palm side of the hand) and should not be allowed to freeze in flexed positions. Opposite movements, such as stretching the hand open, are helpful.

Pathways Yoga Nahant holds classes Monday mornings at the Senior Center at the Nahant Community Center from 10:00 a.m. to 11:00 a.m. On Thursday evenings, we meet in the Serenity Room from 6:30 p.m. to 8:00 p.m., at the Nahant Community Center. Private and Semi-Private Sessions are available in your home. Call Patricia McCallum at 781-842-3862, or visit pathwaysyoganahant@comcast.net, for details.

Father's Day is June 18th. Don't forget to honor your Dad on his special day. Our advertisers have gift certificates for all kinds of services, classes, food and restaurants. Please patronize them and help our community. Thank you.

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Preparing Your Boat for Sale

by Rob Scanlan, Mastr Marine Surveyor

There is a strong financial incentive to prepare a boat for sale. Detailing a boat is the single most important investment of time, energy and money, a seller can make, because a clean and shiny boat sells faster and for a lot more money. I strongly recommend that a seller enlist professional assistance to do a quality job. Sellers that opt to do it themselves, should consider the following tips:

1. Wash and wax the exterior, polish any metal, refinish any woodwork, repair, or replace, canvas and cushions.
2. Clean the interior thoroughly, steam clean, or replace carpets, clean upholstery, or reupholster. Unwanted odors must be removed, especially from the head, so get some air fresheners and disinfectant. Any personal effects, or items that make a boat look cluttered, should be removed.
3. After the initial cleanup, schedule regular wash-downs, to keep a boat in top shape. Consider cleaning the exterior/interior every two weeks and the bottom should be clean of any marine growth and a new application of bottom paint applied.

In addition, a seller should consider having me conduct a marine survey, before launching a marketing campaign. Knowing the strengths and weaknesses of a boat will save time, energy and money later. I can determine if a boat needs repairs and furnish a list of items that need to be fixed, for the boat to be in top condition. Buyers are looking for a boat that has been well maintained, with receipts and maintenance log available; so uncovering any potential structural or mechanical problems early, gives you the opportunity to have them corrected and command your selling price.

Making any necessary mechanical repairs at the beginning of the sales process, will prevent costly delays during the negotiations and closing. Boat owners incur monthly expenses such as mortgage payments, insurance, slip and/or storage fees and maintenance. Also, non-use can be more costly than using a boat regularly, which increases the likelihood of additional repairs. Consider the following tips:

1. A boat must be in top mechanical condition, before launching a serious marketing campaign. Have the engine(s) and generator checked out by me and make all necessary repairs. Clean and paint the engine(s) and steam clean the bilge.
2. All equipment, wiring systems and electronics must be in good working order. Repair or replace items that are not. Also, ensure that all safety items, such as navigation lights, horns and bilge pumps are in good working order and all USCG safety gear is current.

Remember that all offers are subject to a marine survey, sea trial and mechanical survey. Buyers must be satisfied by a boat's condition, performance and eye-appeal, to complete the purchase.

Please call, or email me, if additional information is needed about preparing a boat for sale.

Rob Scanlan is a Master Marine Surveyor serving coastal New England, Cape Cod and the Islands. Accredited & Certified in England, Canada and Australia. Office: 781-595-6225, email: yacht1ship@aol.com, or www.mastermarinesurveyor.com

CVS Pharmacy Proposal at Nahant Rotary

by Polly Bradley

The Friends of Lynn and Nahant Beach held a special meeting on May 4, with representatives of Christy's, the restaurant on the Lynnway, at the entrance to the Nahant causeway, and CVS Pharmacy, which presented its proposal to replace Christy's with a pharmacy and parking area, at the Nahant Rotary.

Many questions were raised at the meeting, according to Bob Tucker, President of the "Friends." Is a pharmacy location, so close to the beach feasible, or desirable? What would the means of access and egress be on the Lynnway and side streets? Would this eventually become a 24-hour pharmacy? What would be the impact of traffic at the rotary? (No study has yet been done.)

After the representatives of Christy's and CVS left, there was a lively discussion. A vote of members of Friends of Lynn and Nahant Beach was taken, and members voted 3 to 1 in opposition to the CVS proposal.

The next step for the project is that proponents must file for a variance with the City of Lynn Board of Appeals.

For more information, contact Bob Tucker at 781-595-2119, or email RobertFTucker@aol.com.

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

Nahant Causeway 2006 Free Toll Pass Are in !

"Hey, Ponsie, did you know that for a \$5.00 donation to the Mitchell's Cahnah, ONE-FIVE- "3" Labor Day Block Party, you will get a "FREE" Nahant Causeway Toll Pass? Each one individually numbered for authenticity."

"We could of used that Free Toll Pass when we use to deliver those hand-cut, 1 inch ice cubes from "Big Daddy Freddie Tudor's Ice House," by horse-drawn wagon crossing that causeway to all of those summer house parties in Nahant."

"Yeah Duddie, you hit that causeway toll booth on a hot August afternoon at rush hour, you lose a lot of cubes!"

"Well Ponsie, there are only 250 Free Toll Passes available, so get on the ball and get yours."

"How do I get mine, Duddie?"

"You Gotta Know To Know, Bro..."

"Duddie, is it true Mitchell's Cahnah is again having that fabulous 50/50 raffle this year, with a \$5,000 first prize, \$1,000 second prize, and three \$500 third prizes?"

"Yeah, there are only 150 tickets printed up at \$100 each, guaranteeing 30 to 1 odds. They sell out quick. It is great odds for a great event, the Town of Nahant's 153rd birthday. The raffle drawing will be on the evening of the event, at 9:00 p.m., on Sunday, September 3rd."

"Oh, and by the way, if you haven't noticed, as of today, there is no toll booth on the Causeway. The 2006 Free Toll Pass is a "thank you" for your donation."

"Hey Duddie, one last thing, do me a favor, can you find out where the heck we're supposed to deliver the ice for the 4th of July fireworks celebration: Big Daddy Freddie Tudor Beach, or Short Beach?"

Some ART in Nahant

by Carol Hanson

The School of Refrigerator Door Art is now accepting registrations for the summer program "C.A.M.P. Camp," which means Creative Arts, Movement, and Play. Our program is geared towards the younger crowd, with classes generally filling up in the morning, from 9 - noon, for those who are aged 2 - 7 and the lunch-time groups, from 12:30 - 3:30 p.m., being in the 6 - 12 year range. These classes are 3 hours long and are offered Tues., Weds. and Thurs., from July 5 - Aug. 24.

For students looking for a more streamlined, finer art experience, we offer classes in Painting, Drawing, Collage, Mosaic, Jewelry, Puppetry, Sewing, Photography, Upholstery, Floral Design, Music, Scrapbooking, Stained Glass and Cooking. These programs are designed for teens and adults. Please call 781-599-2222, or check out our web site, at www.refigdoorart.org for more info.

The School of Refrigerator Door Art is a great place to have a birthday party, Girl's Night Out, family fun night, or gather a bunch of friends and have a group art class! We offer a great alternative to having a babysitter in your home...get a bunch of friends together, arrange a group art class for the kids and the big people can go out for dinner and a movie, or just hang out without the kids!

Space is available for "kitchen table artists," who would love the chance to work in a real studio, instead of at the kitchen table. Call to arrange a block of time, short- or long-term, get into your painting clothes and bring along your favorite CDs. Gentle guidance is available, or work on your own. Call for details.

Artist Studio Space Available

LynnArts currently has several artist studio spaces available for rent. Rental fees start at \$230 per month and include all utilities. For more information, or to set up an appointment to view available spaces, please call Susan at 781-598-5244.

Call for entries at LynnArts

LynnArts has issued a call for entries for PAINT, a juried show, open to any artist 17 and older, working with paint as their primary medium. The show will take place at LynnArts, from June 21 to July 28, with an opening reception Saturday, June 24, 2:00 to 4:00 p.m. The fee for entries is \$12.00 per piece, 3 for \$30, with a limit of 3 entries. If no work is accepted, half of the entry fee will be refunded. There will be a cash prize for Best of Show. Any painted work (watercolor, oil or acrylic) may be submitted. The drop off date for work is Tuesday June 13, 9:00 a.m. to 5:00 p.m. and Wednesday, June 14, 9:00 a.m. to 7:00 p.m., at 25 Exchange Street, Lynn, MA. The juror for the show is Robert Farris, Jr., a well-known artist on Boston's North and South Shores, who for eleven years, was a partner with the Salt Box Gallery, in Topsfield and currently shows with the Impulse Gallery, in Provincetown. For more information, guidelines and entry forms, please visit the LynnArts website, www.lynnarts.org, or call 781-598-5244.

Call to Artists and Craft Vendors

Only 3 weeks left to register for vendor tables, at the Meet Me Downtown Festival of the Arts. This year's Festival will be held Saturday, August 5, from 11 a.m. to 4 p.m., in Central Square Lynn and features live music, children's activities, arts and craft vendors and a food tent showcasing local restaurants. Registration forms can be downloaded from the LynnArts website: www.lynnarts.org. For more information, call Susan at LynnArts, 781-598-5244, or visit the LynnArts website, www.lynnarts.org.

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Nahant Sailing Program Launches 2006 Season

Ahoy, mates, it's time to set sail again in Nahant. Registration for the Nahant Sailing Program is under way, marking the start of the 23rd season of community boating in the commonwealth's smallest town. Wannabe sailors, who didn't make it to one of the May registrations, can do so on June 10th, at the Little League Field, from 8:30 to 11 a.m., or at the sailing room on the Town Wharf on June 22nd and 23rd from 9:00 to 11:00 a.m. Sailing Program Committee member, Dunbar Livingston, will be accepting registration forms and payment, at the Little League Field.

The season fee is \$195 per student, or \$155 for those parents, or guardians, who participate in the related Saturday-morning bottle-and-can drives. The racing program fee is \$235. Instructors arrive June 19th to prepare the fleet of Super Skunks, 420s and the cruising boats. Racers begin June 26th, and classes for everyone else start a week later, on July 5th. The program ends Aug. 18th.

Classes include Introduction to Sailing, which runs Monday, Tuesday and Friday from 9 a.m. to noon. It is designed for children who are at least eight years old by July 1, or entering the third grade, and who have little, or no boating experience.

Activities include safety procedures, around the dock and in the boats, how to rig, getting acquainted with the harbor waters and games related to understanding wind direction, what makes the boat go—and on hot days—a practice capsizing drill.

The Beginner/Novice Class is held Wednesday and Thursday, from 9 a.m. to noon and Tuesday, from 1-4 p.m. It is for children with boating experience, or who have been in the program for at least one year, are at least nine years old, or who feel they are ready for basic sailing instruction, using the Super Skunks. Activities include a review of introductory activities and skills necessary for skippering a Super Skunk.

The Intermediate/Advanced Class meets Monday, Wednesday and Thursday, from 1-4 p.m. It is designed for children who have been in the program for one or two years, perhaps longer, and who understand the basic principles of sailing. Some students will have more experience and ages will range from nine to 16. This class will practice boat-handling skills, with games and drills.

The 420 Boat Handling in Light Air Class is Tuesday, Wednesday and Thursday, from 9 a.m. to noon. It is for children who can competently sail a Super Skunk in moderate wind and who want to sail a 420 dinghy in light air. The class is also for those sailing 420s for the second year and who are ready to skipper in moderate wind.

The Cruising Class is Monday from 9 a.m. to noon, and Wednesday and Friday from 1-4 p.m. It is for more advanced students, seeking an alternative to the racing curriculum. These sailors will practice boat-handling in the larger daysailers, navigation and charting a course, to sail to various destinations in local waters. The Cruising Class is also an opportunity to sail on larger boats with qualified Nahant skippers.

The Racing Class is Monday, Thursday and Friday, from 1-4 p.m., as well as at scheduled regattas. It is for competitive children who want to race. Participants must have demonstrated the ability to sail a 420 dinghy, in moderate, to heavy air. There are three practice sessions per week and scheduled racing. Parents must be available to assist with transportation, when necessary, to and from regattas.

Adult Classes and Family Night Sailing is held Tuesdays, from 6-8 p.m. Due to the July 4th holiday, the first class will meet Thursday, July 6th. Depending on ability, participants may choose either instruction, or supervised free sail, using the boat of their choice. Adults may sail with other adult participants, or with their children who are enrolled in the program. Sailors in this class must arrive promptly at 6 p.m. to attend a briefing and obtain boat assignments. The cost is \$95 for Nahant resident adults, \$150 for Nahant families, including children enrolled in the program.

All participants must wear sneakers or boating shoes and a life vest (PFD). The program provides basic PFDs but sailors can bring their own, which should bear their names marked in permanent ink. All children should wear a bathing suit and bring a towel and T-shirt the first day, for the swim test. Children attempt the swim test in pairs. Although they wear a PFD, it must be removed while treading water. Instructors conduct all swim tests at the Town Wharf. Sailing rules and procedures will be discussed the first day and a copy sent home. Medical forms must be completed at registration, or turned in at the sailing room, in an envelope, on or before the start of the program.

Fledgling sailors will have plenty of opportunity for fun and games, while learning to sail, said Sailing Committee member Karen Falat. According to Falat, all parents are expected to either assist with one Saturday can-and-bottle drive, or pay the full class fee.

The Town budget funds 20 percent of the cost of running the non-profit sailing program. Since expenses for equipment maintenance and replacement continue to increase, the remainder of necessary funding is derived from fees, gifts and donations, volunteer labor and the monthly can drive. Representatives from 3-4 families are needed to work together at each can drive, from 8:45 to 11:45 a.m. on the third Saturday of each month. "Every can counts," said Falat. The program offers limited scholarship assistance. More information about the assistance can be obtained during one of the registration sessions, or by calling Livingston at (781) 599-5515 and leaving a message. The scholarships cover half the registration fee. Fees for non-residents: the Introduction, Beginner, Intermediate/Advanced, 420 Light Air, and Cruising classes are \$275; Racing Class, \$300; and Adult Evening Class, \$150 per person or \$250 for a family.

Where's HOOMPA Now?



Here is Bruce Tarney and HOOMPA, of Nahant, entering The Cabo Wabo Cantina, in Cabo San Lucas, Baja California Mexico for a Sammy Hagar (club owner and former Van Halen singer) concert, April 28th, 2006.

nahant dory club

The Nahant Dory Club is a non-profit organization with a long tradition of providing a place to learn, race, and enjoy sailing and other boating activities in Nahant.

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- Ever wanted to crew during a race?
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Email: sail@doryclub.org

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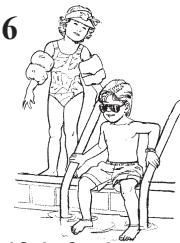
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Q&A by North Shore Physical Therapy

Q. Now that summer is here, there is lots of work to do in the garden. The weeding, pruning, and trimming almost seem endless. What can I do to protect myself from injury?

A. We all know that it is very easy to overdo it, while gardening. As was mentioned in this column last month, take plenty of breaks and drink lots of water, to avoid dehydration, especially in the heat of summer. You also might want to do most of the heavy work in the morning, when the temperature is cooler and you have more energy.

When weeding, as with planting, it is important to avoid bending your back for a prolonged period of time, so position yourself on the ground in kneeling, hands and knees, or sitting. You may find a gardening stool helpful while weeding. Avoid unnecessary reaching, or twisting, by getting close to the area you are weeding and turn your whole body to face it. Keep your elbows partially bent and your forearms positioned in neutral (thumbs facing up.) Avoid twisting your palm up and down repetitively, while weeding. Consider using a weeder, to minimize strain on your forearms and elbows. As with any tool, a lighter weight tool, with a larger handle, is easier to manage for arthritic joints. Grasp the tool gently, in order to decrease your muscular effort and minimize fatigue. Remember to change your gardening position and task, at least every half-hour.

When pruning or trimming, keep your elbows close to your body and work below shoulder level, whenever possible. If you must work overhead, do only a few minutes at a time and be sure to use both arms, whenever you can. Using a lightweight pruning tool, with a large handle, will help minimize the strain.

It is very easy to strain your back while gardening. Try moving your back in the direction opposite to what you have been doing. For instance, if you had been bending forward, straighten up and take a short walk. Be sure to ask for help, if there is something heavy to lift. Whenever you are lifting, keep the object as close to your body as possible, and keep your back in a comfortable neutral position (halfway between rounded and arched.) Tightening your stomach (abdominal muscles), by gently drawing your belly button in toward your spine, is helpful during any activity which challenges the back. Do not hold your breath while contracting your abdominal or while lifting. In general, it is better to push an object, than to lift it or pull it. Use a wheelbarrow whenever possible.

Stretching after gardening helps to loosen tight muscles; ice can help to decrease pain. If you find that your pain persists, consider coming for a physical therapy consultation, to broaden your knowledge about body mechanics while gardening.

Please feel free to submit questions about musculoskeletal problems to us in writing by sending them to: NSPT, 1Widger Road, Marblehead, MA 01945, c/o Nancy DeMuth.

Talent: Are You Born With It?

by Kelly Riley, Soundreams Music Lessons

As a private music teacher, I am continuously asked this question by students, friends and family alike. Somehow, many people have gotten the erroneous idea that you either "have it, or you don't". Musical talent, that is. My answer to them-at least my short one is, "I wouldn't be in the business of teaching, if people couldn't get better. It just wouldn't be right."

There is no question that some people display musical talent, leanings, abilities, etc., from an early age. And yes, it is true, that those people tend to progress well- especially if they learn the techniques of their instrument and practice. I've also met many students with "God-given talent", who weren't willing to learn, improve or practice. Frankly, they lacked self-discipline. And although they might have had big dreams, they never really went anywhere with them. I've also taught students who started from beginners, with less "natural talent," worked hard, kept up their practice, had a positive attitude and got incredible results from lessons. I've literally seen beginners blossom into professionals, right before my very eyes. After a substantial period of training, I've seen students who were meek, unsure of their talent and what they wanted to do with it, ultimately choosing a major in music at college, or a career as a performer.

I find that with the rise in popularity of shows like American Idol, there is much more of an emphasis on being a STAR, than on what it really takes to improve your abilities. Even if your goal is to sing a song at a birthday party, you need to spend time learning the song! If your goal is to eventually get a "gig" with a band and play clubs, parties, or weddings, you'll need to be able to sing and/or play for about four, 40 minute sets. That's a lot of singing and/or playing! Of course, if you're taking lessons just for fun and to add the fulfillment of a creativity activity to your life, the requirements and regiments are less. Still, it's the same principle as improving your tennis serve; just get out there and do it! A little commitment, repetition of the motion, consistency in the practice...these all produce results.

Kelly Riley has been teaching private Voice, Guitar and Piano lessons for ten years. She is also the owner of Soundreams Music Services, in Lynn, a Berklee College of Music Alum and an award-winner performer and songwriter. Find out more about her at her website: <http://www.kellyriley.net>, or email kelly-riley@usa.net, or call 617.699.6243.

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Life-Saving Station Project Thanks Nahant for CPA Vote submitted by Michael Rauworth

Nahant has stepped up to the plate once again, for the restoration of the Life-Saving Station. At this year's April Town Meeting, a floor vote approved funding of \$450,000, under the Community Preservation Act. The Town's strong vote is very important, because private fundraising has to generate even more than the \$450,000 CPA award—and attracting that level of donations depends on showing broad community support.

The members of the Nahant Life-Saving Station Management Advisory Committee—Esther Johnson, Paula Devereaux, Henry Clausen, Harold (Bumper) Gooding, Mary Magner, Roger Peterson and Roz Puleo—deserve special credit and thanks, for all they've done to bring the project so far. They get the credit for obtaining last year's CPA grant and they put in place the application for this year's one. Moreover, the MAC got a new roof installed, stopped the deterioration of the buildings and made the exterior appearance of the main building very respectable. The MAC is an official committee, established by Town Meeting several years ago. Its work has gone hand-in-hand with the efforts of a stalwart group of NLSS volunteers whose skill and energy have positioned the Station for a great new life.

This grant funds the public share of the work that remains, before the facility can come back to life. That includes lots of work on the interior of the main building, plus an overhaul of the garage structure, to make it useful for a range of activities. And it'll create a building that will be both old and new at the same time—an historically accurate replica of a small coal shed/privy that stood on the site, for much of the early life of the Station. The replica building will house the beach restrooms, required by the Town, as part of the redevelopment of the site.

A few weeks before Town Meeting, the MAC turned over its "hands-on" role in the Station, to the Nahant Preservation Trust. NPT will operate the Station under a lease from the Town recently approved by the Selectmen—an arrangement very similar to the Valley Road School. But as it comes into the picture, NPT has the good fortune to have the input and participation of the members of the MAC and the cadre of NLSS veteran volunteers.

So, the Station enters a new phase, and makes ready for its life as a working asset for the community. A good moment to thank the voters for their strong vote of confidence in the Project and a very good moment to salute those hard-working NLSS volunteers and MAC members—the people who've made the Station's bright future possible.



North Spring: A Retrospective submitted by Michelle Coyle

Around the 1880s, Nahant was the glory of the North Shore. Affluent Bostonians were erecting elegant summer homes. Picnickers, seeking refuge from the heat of the city of Boston, could sail or take a steamer to the peninsula and enjoy a popular pleasure park, known as Maolis Gardens. Just to the east of these gardens, North Spring provided a cool spot to gather, quench the thirst and listen to the gentle waves lapping rock ledges. Contiguous to this haven, lay land which in 1884 was undeveloped and controlled by the Nahant Land Company. Around 1892, Samuel Eliot and Jessie Motley Guild, of Boston, commissioned the building of a magnificent Colonial Revival home, aptly named the Samuel E. Guild House, by J.T. Wilson, an active Nahant builder.

Upon the death of Mrs. Guild in 1941, the home was sold to a group of Roman Catholic sisters, with whom it remained until 1967, when it was acquired by the Paterson family. Stanley Paterson, an industrialist, writer and historian, restored the home and handcrafted the ornate plaster ceilings in the Adams style. This style of domestic architecture, named after Robert Adams, a famous 18th century British architect, challenged traditional Georgian architecture, introducing graceful, curved elements, such as swags, vines and garlands, with predominantly pastel colors, such as blues, lilacs, coral, or green. Mrs. Paterson, a gold medal ice dancer from England, shared her husband's love of architecture and was responsible for choosing the colors throughout the home. These elements are being preserved through a preservation restriction/easement, running in favor of the Nahant Preservation Trust, a local non-profit preservation organization. This historic easement will preserve the magnificent ceilings, as well as the core of the principal structure, which is defined as the area from the dining room to the ballroom. Any reconstruction/renovation would also need to be compatible with the significant architectural elements of the main house, as approved by the Nahant Preservation Trust.

North Spring, located at 66 Ocean Street, named for the original picnic spot, represents a piece of the rich history which surrounds Nahant and the Boston area. The special family, or individual, who will own North Spring in the future, will ensure a continuation of the love of architecture, respect for open space and preservation of historic properties, which have been shared by those who have lived there.

The home is currently offered for sale by Steven D. White, of Carlson GMAC, Marblehead. For more information regarding this property, please call (781) 690-6433.



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Useless Information

by Ray Barron

Nahant! A Winner!

Boston Magazine's May, 2006, issue, listed the towns with the greatest appreciation in home values, over the last five years. Topping the list was Nahant! Yes, Nahant was first with Median Home Price of \$544,750. Last year our Median Home Price was \$434,000. Our Median Home Price five years ago, \$257,000. We have had a five-year increase of 112%.

Nahant with a land area of 1.06 square miles, is populated by 3,600 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!

Nahant Women Need Not Apply!

Sales of plus-size women's clothing are booming. Major retailers, such as Wal-Mart, Kohl's and Old Navy, have all added racks of clothes and lingerie sized 14 to 28, and sales rose by 7 percent last year—double the rate of other clothes. "That's where the dollars are," says retail analyst, Kurt Barnard. Of course, Nahant's women do not wear plus-sized clothing!

Sheila Hambleton says, "Dieting is merely a matter of keeping your mouth shut at the right time—such as breakfast, lunch, and dinner."

Colleen Munnelly thinks when someone says he diets religiously, he probably means he doesn't eat anything while in church.

Joe Klink says, "Everybody is so diet-conscious these days, that if someone says you're not half the man you used to be, it's considered a compliment."

Paula Smith says, "Some women diet to keep their girlish figures; others, to keep their boyish husbands."

Questions People Ask

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

Next question! How many registered vehicles are there in Nahant? We have a total of 3,070 registered vehicles. 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 Nahant's most notable hunk? James Devereaux!

Is it true Gennaro Angiulo, 87, 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.

Nahant's JUNE Birthday Babies!

June 1st birthdays: Mike DePaolo, charming Angela Munro, Sarah Lique, Cynthia Gunnoe, Deb DeBerardinis, Gina Elias, Angela Munro, June Carmody and Myron Polnicki hits 51. And my "Gaelic & Garlic" grandson, Kyle Waters, will be 10 years old. Also, born on June 1, Marilyn Monroe.

June 2 candle-blowers, Gennaro Angiulo, Ballerina Sallee Slagle, Claire Julien, Craig Thomas, 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, Sally Murray, 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 and Claire Flebbe.

June 7: Happy birthday Kay Re! Kay is now 32,580 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, Ray Desmaris, Jim Cardello, the hunk, Paul English, Jr., the distinguished David Wilson and comedienne Joan Rivers.

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, nice guy Bob McIlveen and singer and actress Judy Garland.

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

June 12: Judy Larkin, Anne Cote, Elizabeth Welsh, Josie LaFalce, Mary Weeden, Kathy Moleti, Lisabeth 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 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 and Joe Buckley.

June 15: Kathy Hall, dedicated public servant, Lynne Spencer, Tom Hall, Conrad Squires, Bob Dent, Ken Ford and handsome Sal Cardile.

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, Rita Gerstenhaber, Betty Palumbo, Susan Scaglione, Kristian 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, Dmitriy Shub and film actress, Jane Russell.

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

June 23: Helen Taylor, Lindsey Baker, Geraldine Hynes, Janice Thornton, Leslie Tabor, Greg Poth, Bill Hartigan, Bob Baldwin, Bruce Tarney, John McDonough and Chris Peterson.

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

June 25: Elizabeth Kelley, Kathy Glasson, Irene Purdy, Julie Sands, Peggy Hinrich, Anna Costa and Mike Cypher.

(Continued on next page.)

Birthdays (continued)

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.

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

June 28: 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, Paul Duffy, Jenna Schumann, the captivating Dolores Merlino and Judge Richard DeBenedetto.

June 30: The personable 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.

Nahanters Thoughts About Short Beach

Cal Hastings of Nahant Road, says, "On the beach, women's bathing suits don't look like they used to, but the men look just the same."

Cal's attractive and brilliant wife, Marrit says, "There's nothing new under the sun, but on the beach there's a lot more of it showing."

According to Charlie Seagull, Nahant has many, many beach beauties! So who are some of them? Marie Petrucci, Emily Crawford, Maura Graul, Deborah Waters, Marie Pasinski, Lissa Keane, Maura Devereaux, Colleen Munnely, Linda Kane, Alicia Yannetty, Anna McNichols, Anne and Sarah Bolthrunis, Kathleen Brownlie, Marrissa McKie, Michele Bleau, Adeline Flynn, Ashley Doucette, Emily and Erika Crawford, Tracy O'Shea, Maureen Viviano, Elizabeth Landry, Katherine Burke, Coreen Sullivan, Rachel Oliver, Kellie Connolly, Hannah Pelletier, Elizabeth Lowell, Anita Kumari, Maria Speridakos, 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, Melissa Legon, Amy Famulari, Ashley and Maureen Palangi, Sheila Hambleton, Julie Tarmy, Colleen Munnely, 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 12/31/05, owed to Nahant's Treasurer/Collector's Office, a grand total of \$108,101.27! This is the total figure covering Real Estate, Personal Property, Boat Excise Fees, Motor Vehicle Excise Taxes, Water/Sewage Fees and Rubbish Fees. Warning to you deadbeats, we will be drumming for you! Confident, Nahant's noted drummer, Jim Clements can make himself available.

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 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."



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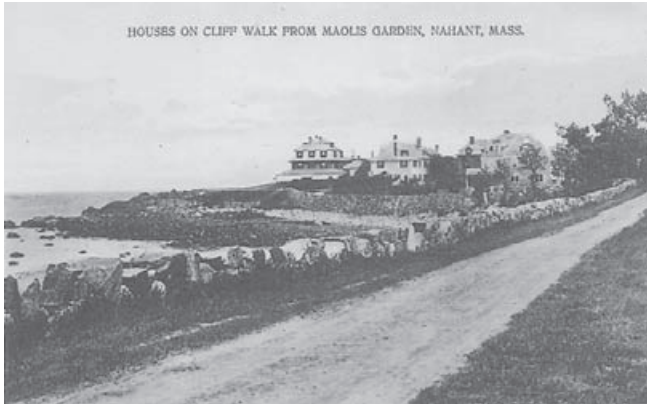
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Summer In Nahant

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



HOUSES ON CLIFF WALK FROM MAOLIS GARDEN, NAHANT, MASS.



Then: 1913-1930

Houses on Cliff Walk from Maolis Gardens, Nahant MA

Now: Summer 2000



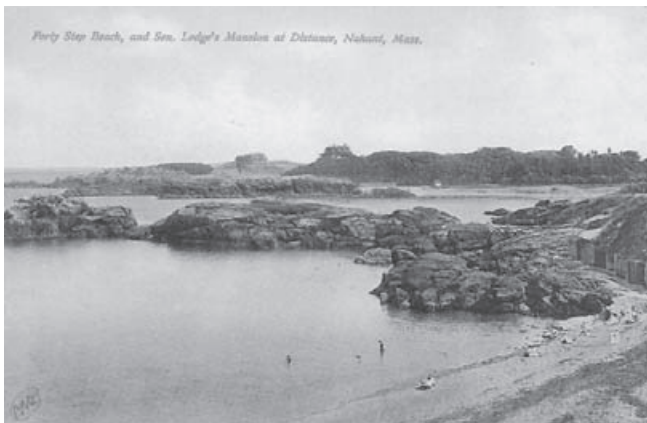
Whitney Homestead, NAHANT, Mass.



Then: 1907-1914

Whitney Homestead, Nahant, MA

Now: Winter / Spring 2000



Forty Step Beach, and Sen. Lodge's Mansion at Distance, Nahant, Mass.



Then: 1907-1914

Forty Step Beach and Sen. Lodge's Mansion at distance, Nahant

Now: Summer 2000

THEN & NOW

As Seen Through the Eyes of Mary Liz Cort



Then: 1901-1907

Nahant Dory Club, Nahant, MA

Now: Summer 2000



Then: 1901-1907

Willow Road, Nahant, MA

Now: Summer 2000



Now: Spring 2000
Bass Point before Hotel Brenton was built, Nahant
Then: Pre-1908



SOURCE: Nahant Historical Society. Gift of ML Cort. 2000.

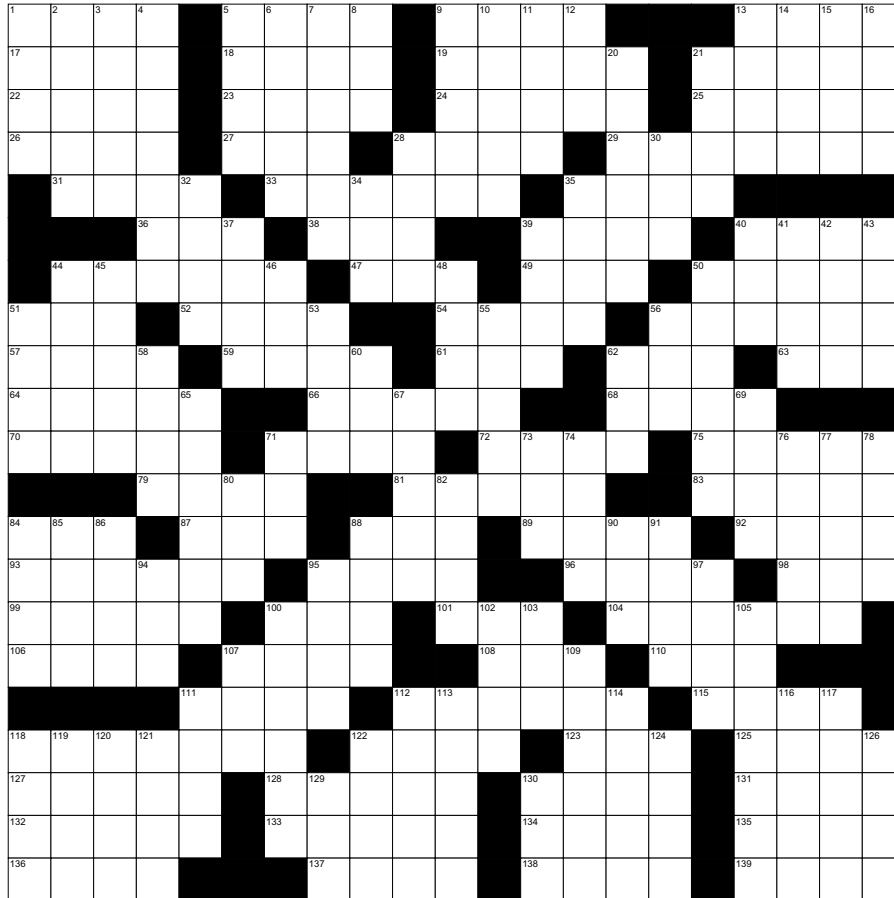


If you have something you would like to share on this page, please contact the author:
Summer In Nahant
c/o Bumper Gooding
PO Box 5, Nahant, MA 01908
Or email: sumnerkimball@aol.com

NAHANT PUZZLE PAGE

A Tribute to Fathers

by Rick Kennedy



ACROSS

- 1 Quick drink
- 5 **Aramaic for "father"**
- 9 Band and jig
- 13 Spiritual guide
- 17 **Father** _____
- 18 Lump of earth
- 19 Tartan
- 21 **Biblical father of Solomon**
- 22 Swiss mountains
- 23 Make a salad
- 24 **TV father Greene**
- 25 1997 "Madonna" movie
- 26 Sugar source
- 27 Our sun
- 28 Truss
- 29 **With 11D, Beaver's father**
- 31 Cabbage salad
- 33 PC reboot step
- 35 **Pebbles' dad**
- 36 **Fathers of the country?**

- 38 Yankees' TV network
39 Two-___ sloth
40 Poet
44 Threesome
47 Airport abbr.
49 Galena, e.g.
50 Burghoff role
51 Be in debt
52 Coating
54 Acquire
56 Journey
57 "Velvet Underground" co-founder
59 France & Germany river
61 Whichever
62 *With 7D, "Happy Days" dad*
63 Type of gull
64 Confuse
66 *He played TV father Jim Anderson*
68 *Her father is Prince Philip*

- 70 Elegance
71 Grass
72 Rack of ____
75 Kellogg's waffles
79 **Country singer**
Keith
81 Ranch chef (var.)
83 Childhood
84 Ozone, e.g.
87 Grain
88 Bad (prefix)
89 **Mayberry father**
92 Building lot
93 Loss of power
95 Clean
96 Billions of years
98 Red or Black
99 **With 139A,**
Hollywood father
100 Himalayan
transport
101 Aged
104 Papelbon, e.g.
106 Lucid
107 ____ **Marti, father**
of freedom in
Cuba

- 108 Rowing tool
110 Eur. rate?
111 Vincent van ____
112 **Bam Bam's dad**
115 Every
118 Social upstart
122 Parched
123 Sup
125 First three
community cards
127 White vegetable
128 Fanatical
130 Dog food brand
131 Very large book
132 Harriet Beecher

133 Wavy character
134 Div.
135 Level
136 Doubles, e.g.
137 Tinted
138 Prohibitionists
139 **See 99 Across**

DOWN

- 1 Attempt

- 2 Tricks
- 3 Force
- 4 Secret police
- 5 Pretenses
- 6 Kin
- 7 **See 62 Across**
- 8 Commercials
- 9 Rive
- 10 Isolated
- 11 **See 29 Across**
- 12 Greed or envy,
e.g.
- 13 Mauna Loa output
- 14 Tel ____
- 15 Small arachnid
- 16 6th Jewish month
- 20 Fiat
- 21 Legal document
- 28 **What 66 Across
knows?**
- 30 Headed
- 32 Urchin
- 34 **Light Horse Harry**
- 35 **President born
Leslie Lynch
Kinn, Jr.**

- 37 *Shusses*
39 *Meadow father?*
40 Howl
41 *First father?*
42 Storm
43 ____ *Bledsoe*
44 Nest sound
45 Shoaly
46 Wing
48 ____ *Turing, father of modern computing*
50 *Willard Mitt* ____
51 Globes
53 Tropical bird
55 ____ *Saxon*
56 *Captain* ____ *Trapp*
58 Dummy
60 Dispute
62 Check
65 *Elroy's dad*
67 Remove the lid
69 Freudian selves
71 Caustic substance
73 Wanted poster abbr.
74 Starling family member
76 Appearance
77 "Animal House" brother
78 ____ *Hillenbrand*
80 Auf Wiedersehen
82 Butter substitute
84 Wads
85 Halo
86 Daze
88 *"Brady Bunch" father*
90 Calendar abbr.
91 Egg part
94 *KISS guitarist Frehley*
95 Clean
97 Slangy negative
100 Part of TCBY
102 *"Five-O" cop McGarrett*
103 *"Roseanne" father*
105 Deceived
107 *Angelina's father*
109 Careener
111 ____ *Hackman*
112 *"Father of the ____"*
113 Helped
114 Like a small dog
116 Garlic segment
117 *Bart and Lisa's dad*
118 Swanky
119 Social starter?
120 ____ *Act*
121 Oaths
122 Competently
124 "Tater ____"
126 ____ *Jillette*
129 Relief
130 Supplement

Thank you to Harbor Review Subscribers

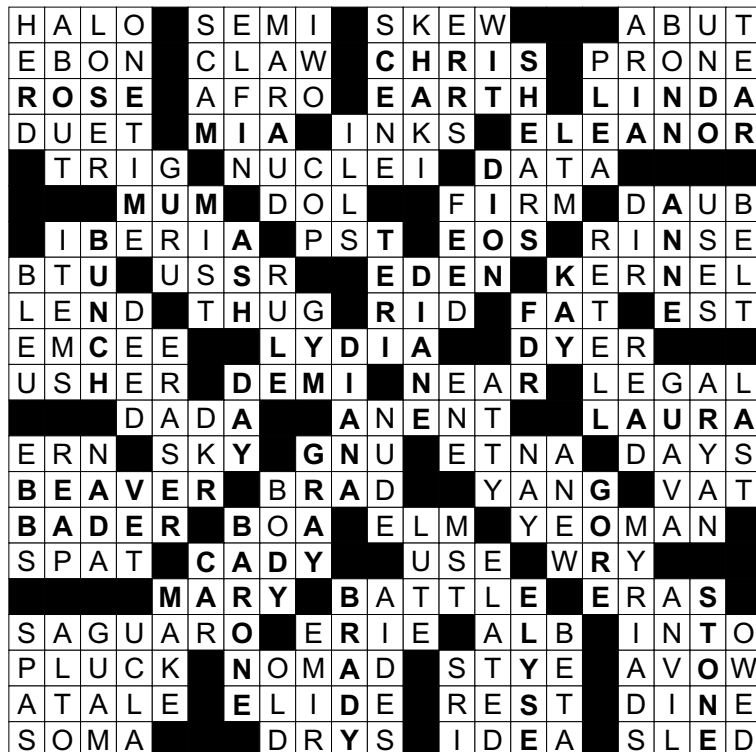
Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. The MAY issue was delivered by the Nahant Cub Scouts, Pack 50. Many "Thanks!" are extended to the Ioven Abbady Family, Fred Ahern, Debbie Aliff, Pauline Anderson, Lisa Arena, Suzanne & Dick Bailey, Frank Barile, Stephen & Cathy Bartholomew, Barbara Beatty, Beaulieu Family, Bell Family, Michael Billias, Davida L. Block, Norma Brooks, Tom Brooks, J. Bryanos, Caira Family, John T. Canty, M/M Joseph Carmody, Jim Cashman, Cherie Cessa, Artistic Events, Patricia Clements, Colleen M. Collins, MD, Anne C. Cote, Eleanor H. DalPozzal, Timothy P. Demakis, DePaolo Family, Robin & Dan deStefano, Mrs. A. L. Devens, Jr., John Donahue, Mrs. Lorraine Doran, John Drunam, Dr. Kathleen Edwards, Patsy Emberley, Mary Jane English, Dorothy Famulari, Carol Finkenaure, Ellen Foley, M. Forrest, Peter & Elisabeth Foukal, Robert Frary, Meral Gunduz, Alice Hall, S. Jeffery & Janice W. Hall, Michael & Carol Hayes, William F. Hodgson, James & Jean Hosker, Thomas & Kathryn Hosker, Ann & Randy Hudson, Kathy Irvine, Carl & Linda Jenkins, Thomas F. Johnson, Keenan Family, Shannon Kelley, Janet L. Kelly, Amy Klee, Edward Koscielicki, Donnalee Leonardo, Virginia Livingston, Cora Long, Ludke Family, Carl & Linda Maccario, Mariana Maksimovic, Edith Malatesta, John Martin, McArdle Family, M/M Noel McGinn, Kevin J. Meagher, Ernie & Mary Messina, Rene A. Michaud, George & Mary Lou Mihovan, Lew Moody, C.H. Mosher, Muriel M. Mosychuk, John M. Mulkern, R. Munnally, Colleen Munnally, Scott Murphy, Kevin Nugent, Manny Nunez, Thomas W. O'Connor, Carolyn Osbahr, Tess Peterson, Colleen Poth, Suzanne Provencher, Beverly & Tom Quinn, Jr., R.L. Quinn, Mary Anne Quinlan, Dr. Robert Rafuse, M/M James Savino, Flo & Andy Sigourney, Robert & Margaret Silva, Nancy Hodgson Smith, Jayne Solimine, Antonette Spinucci, Joseph Stanford, Ed Steriti, Julie Stoller, Martha & Ron Strout, Barbara L. Sweeney, Suzanne R. Tarlov, Julie Tarmy, Rosemarie M. Tirrell, Steve Toomajian, David & Lisa Torchiana, M.L. Torchiana, Frances Tucker, Ed Ustaszewski, Lou Wallach & Loreen Tirrell, Tom & Jean Walsh, Donald & Beverly Warner, Ms. Muriel Webster, J. L. Webster, Jr., Jan Weiskel, Pauline White and Paul & Pam Wilson. Many thanks to all who participated in the Cub Scouts Fundraiser. See page 1 for the final report on the Cub Scouts Fundraiser.

MAY 2006 PUZZLE WINNERS

Last month's "Tribute to Mothers" crossword puzzle winner was Alicia Canali, who signed the puzzle with "Leah's Mom." Congratulations!

You, too, can win FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at Seaside Breakfast, on Nahant Road.

A Tribute to Mothers by Rick Kennedy



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for JULY 2006

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

THURSDAY, JUNE 15th • 5:00 P.M.

Mail Date: Wednesday, JUNE 28TH

STAFF

Owner/Editor:	Donna Lee Hanlon	781-592-4148
Sales Director:	Suzanne Hamill	781-592-1263
Assistant:	Harold (Bumper) Gooding	978-979-3049
Proofreader:	Harriet Steeves	781-581-0715

The Nahant Harbor Review is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148, Donna Lee Hanlon, Owner, Editor & Publisher.

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 **fax**, (781) 581-0158, 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.

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

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Hearings on Two North Shore LNG Proposals To Be Held in Salem in Mid-June

by Polly Bradley

Two separate proposals are under consideration for building liquefied natural gas (LNG) terminals in North Shore waters. Separate hearings will address the two proposals. Safer Waters in Massachusetts (Nahant SWIM) will meet on Monday, June 12th, at 7:00 p.m., at Northeastern University Marine Science Center, in Nahant, to determine SWIM's strategy for testifying at the two hearings.

Northeast Gateway Energy Bridge and Algonquin Gas Transmission have requested a Corps of Engineers permit for a deepwater LNG import terminal, 13 miles southeast of Gloucester and almost as near to Nahant, Swampscott, Marblehead, Beverly, Salem, Manchester, Winthrop, Boston and Hull. A hearing on this proposal will be held on June 15th, at 6:00 p.m., at Salem State College Library, Charlotte Forten Hall, 360 Lafayette St., Salem. Registration for the hearing will start at 4:30 p.m.

Neptune LNG has filed its own plan for an offshore gas facility, seven miles south-east of Gloucester. The Corps of Engineers hearing on this proposal will be held on June 21st, at 6:00 p.m., also at Salem State College, with registration starting at 4:30 p.m.

Hearings will also be held in Gloucester on June 14th, on the Northeast Gateway project and on June 22nd, on the Neptune LNG project.

Safer Waters in Massachusetts (SWIM) plans to attend the two Salem hearings and submit comments. SWIM also planned to attend a hearing of the Massachusetts LNG Siting Commission on May 22 at the State House in Boston. Other proposals are under consideration in Massachusetts, for LNG terminals in Fall River and on Outer Brewster Island, in the Boston Harbor Islands, a part of the National Park System.

SWIM's meeting on May 8th, on liquefied natural gas (LNG) proposals for the North Shore, was exciting and well attended. Angela Sanfilippo, of Gloucester Fishermen's Wives Association, spoke passionately on issues of human and environmental safety and disruption of fisheries and other marine activities. A proponent in the audience raised vociferous objections, and a lively give-and-take resulted, with much audience participation.

SWIM met again on May 13th, in order to prepare for the public hearings coming up so quickly. SWIM has many more questions than answers—and wants to be sure the officials at these hearings also ask these questions. We are compiling questions, which we'll then prioritize and consolidate. SWIM has been coordinating with Save the Harbor/Save the Bay, which is leading an LNG coalition, concerned about the potential dangers to people and to the environment.

For more information, call Polly Bradley at 781-581-0075, or Peg Hinrichs at 781-581-0227, or send an email to nahantswim@comcast.net.

LNG meetings

SWIM meeting - June 12, 7:00 p.m., at Northeastern, Nahant

Northeast Gateway LNG hearing - June 14, 6:00 p.m., Gloucester High School

Northeast Gateway LNG hearing - June 15, 6:00 p.m., Salem State College

Neptune LNG hearing - June 21, 6:00 p.m., at Salem State College

Neptune LNG hearing - June 22, 6:00 p.m., at Gloucester High School



Polly Bradley of Nahant SWIM (left) with Angela Sanfilippo, President of Gloucester Fishermen's Wives Association, who spoke about proposed liquefied natural gas (LNG) terminals on the North Shore, at the May 8, 2006 meeting of Nahant SWIM. Photo by Philip Joyce.

Community Calendar • JUNE 2006

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

MAY

SAT	27	9:00A	Nahant Arts Celebration at the Nahant Community Center.
SAT	27		Plopapalooza at Town Wharf
SAT	27	8:00A	Clean up day at the Legion. Till noon.
SUN	28	10:30A	Sunday Worship Service & Sunday School at NVC
MON	29	9:30A	MEMORIAL DAY PARADE BEGINS

JUNE

FRI	2	8:00A	Breakfast at Nahant Village Church with Dan deStefano
SAT	3	9:00A	Townwide Beach Cleanup, Lowlands. Till 2:00 p.m.
SUN	4	10:30A	Sunday Worship Service & Sunday School at NVC
SUN	4	3:00P	Apollo Club at Nahant Library
SUN	4		Swampscott High School Graduation
SAT	10	9:00A	Flea Market at St. Thomas parking lot. Till 2:00 p.m.
SAT	10	8:30A	Register for Sailing Program at LL Field. Till 11:00 a.m.
SUN	11	10:30A	Sunday Worship Service & Sunday School at NVC
SUN	11	2:15P	Writer's Block Workshop, Nahant Library. Till 4:30 p.m.
THU	13	6:30P	Johnson School Graduation
WED	14	7:00P	USAF Liberty Band Concert. Marjoram Park
WED	14		FLAG DAY
THU	15	5:00P	DEADLINE JULY HARBOR REVIEW
THU	15	7:00P	Swampscott Middle School Recognition Assembly
FRI	16	2:00P	Third Annual Bloomsday in Nahant, Nahant Library
SAT	17		Library Book Sale Begins
SAT	17	7:00P	Dory Club Opening Party.
SUN	18	10:30P	Sunday Worship Service & Sunday School at NVC
SUN	18		HAPPY FATHER'S DAY!
THU	22		10th Anniversary Equitable Bank in Nahant
THU	22	Noon	Garden Club at Knights of Columbus
THU	22	5:00P	Deadline to Register for Tennis Tourny
THU	22	9:00A	Register for Sailing Program at Town Wharf. Till 11 a.m.
FRI	23	9:00A	Register for Sailing Program at Town Wharf. Till 11 a.m.
SUN	25		Library Book Sale Ends
SUN	25	10:30A	Sunday Worship Service & Sunday School at NVC
MON	26		JR Invitational Tennis Tourny at Nahant Country Club
TUE	27		JR Invitational Tennis Tourny at Nahant Country Club
WED	28		JR Invitational Tennis Tourny at Nahant Country Club
FRI	30	6:30P	Coffeehouse at School of Refrigerator Door Art

JULY

TUE	4		INDEPENDENCE DAY
TUE	4	9:15P	FIREWORKS DISPLAY

School Committee meetings are held on the 2nd and 4th Tuesdays of each month. Meetings start at 7:00 p.m. and are held at the Town Hall.

School Council Meetings are held on the 3rd Tuesday of each month. Meetings start at 6:30 p.m. and are held at the Johnson School.

Starting in 2007, the United States will have new dates for Daylight Saving

Time: Daylight Saving Time will begin on the second Sunday in March (2007), at 2:00 a.m., local time. We will return to standard time on the first Sunday in November (2007), at 2:00 a.m., local time.

NHT and HOOMPA Stickers are available FREE at the Nahant Cleaners. 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.

Public Library Hours

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Nahant COA Activities

submitted by Carmella Cormier

Lunch: Mon.- Fri.-11:30 a.m at Town Hall.

Cribbage: Tues. 1:00 p.m., Valley Road School

Grocery Shopping: Wed., Van Leaves Town Hall 12:30 p.m. Please make reservations, the day before for Lunch, and Wednesday shopping.

Water color painting with Debbie, Wed., 9:15 a.m. until June 28th. FMI 781-581-7557

Got a story, poem, or photo to share with your neighbors? Email it to donna@nahant.com, or mail to Editor, PO Box 88, Nahant, MA 01908.

EMERGENCY MANAGEMENT

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

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