

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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MARCH 2006

Shea Mavros Performs



Shea Mavros, daughter of Eli and Elaine, of Willow Road, is living in Manhattan and currently performing in the chorus of *Aida* with the Amato opera. She will be returning to Boston on March 24th to give a concert for Pro Musica, a non-profit organization in South Boston. Pro Musica was established to promote musicians, painters, sculptors and other artists and to support Polish Language Schools in New England. If you wish to see Shea perform for Pro Musica, you can reserve tickets online at www.promusicaonline.org, or call 1-508-384-0454. Tickets are also available at the door. There is a \$10 donation requested per ticket. The concert will be held at the Polish American Citizens Club, 82-84 Boston Street, South Boston.

FROM THE TOWN CLERK

Saturday, March 11th, is the last day to file nomination papers for Town Offices. But, please, don't wait until Saturday!

PARKING BAN IN EFFECT

The winter Parking Ban is in effect from December 1, 2005 until April 15, 2006.

No overnight parking is allowed.

Ticketing and towing will be strictly enforced, especially during snow emergencies when towing will be in full effect.

Bigger, Badder, Bluer Fifth Annual Blues Night

Saturday, March 11th will be the hottest night of the year as Blues Night returns to the Nahant Country Club. Chris Whitlock will once again lead the Mojo Slim Blues Band in a killer evening of blues and rhythm and more blues. This year's band features lots of new all-star players and singers. Local talent from here in Nahant will sit in as well.

Blues Night is a benefit for the Johnson School PTO, supporting all the educational and cultural enrichment services they provide to the kids of Nahant.

The Nahant Country Club is the place and the time is 7:00 to 11:00 P.M. Tickets are just \$15 for NCC Members and \$20 for non-Members. You can purchase them in advance at the Johnson School, or by calling Kellie Frary (781-581-1453), or Patty Toomajian (781-596-2727). Tickets will be available at the door. Join your friends for a cash bar, snacks and some of the best music you'll here anywhere—right here in Nahant.

Nahant Author Book Signing at Library

Jen Safrey, author of *Secrets of a Good Girl*, *Ticket to Love*, and *Perfect Pair*, among others, will read from her works and sign books, at the Nahant Public Library, at 3:00 p.m., Sunday, March 12, 2006.

Safrey, a resident of Nahant, worked for ten years at the copy desk of the Boston Herald. She graduated from Boston University, before becoming a writer. She currently is working with another author on a new novel.

Safrey will talk about her life as a writer and will take questions from the audience.

This program is sponsored by the Friends of the Nahant Public Library.

Refreshments will be served. All are welcome.

Breakfast Group on Gales and Whales

Nahant resident, Dr. Ed Tarlov, will address the Friday, March 3rd Breakfast Group at the Nahant Village Church. In the summer of 2004, together with four friends who had known each other almost all their lives, Ed sailed on a wooden 50-foot ketch, from Newport, RI, via the Azores, to Ireland, a passage of 26 days. Dr. Tarlov, who functioned as medical officer, assistant cook, celestial navigator and entertainment officer, will tell all about the adventure, the fulfillment of dreams since childhood sailing, in an illustrated talk entitled, "Gales and Whales: an account of a west to east Atlantic crossing."

All are invited to this free breakfast served at 8 A.M., with the presentation to begin at 8:30. Feel free to bring a friend to a great breakfast and wonderful talk.

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Varsity Cheerleaders Hold Fundraiser at Tides Restaurant

The Varsity Cheerleading Squad at Swampscott High School is holding a fundraising dinner at the Tides Restaurant, on Monday, March 6th, from 6:00 to 9:00 p.m.

During that time period, 10% of all food and drink purchases, will be donated to the girls' cheerleading squad. There will also be raffles, etc., during the evening.

We hope our community will come on down to the Tides Restaurant and show their support for our girls.

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Fireworks 2006 We Need Your Help!

by Jennifer McCarthy

The Fireworks Committee is trying to think of a design for the 2006 fireworks tee shirt. If anyone has any ideas, or suggestions, please call Jen McCarthy, at 781-592-5272, or Robyn Howard, at 781-581-1373. Or, you may send an email to Nahantrec@aol.com.

Live in Clothes You Love! Nahant Woman's Club News

by Polly Bradley

"Ten Ways to Love the Clothes You Live In" will be the theme of Lea Hill's presentation, featuring Weekenders fashions, at the Nahant Woman's Club March meeting. The event will be held at the Nahant Village Church, on Wednesday, March 15, with a potluck supper at 6:30 p.m., followed by Lea's talk. (Yes, the meeting is Wednesday—a change from the usual day.)

Members are invited to bring their mothers and/or daughters (adult or teen), to enjoy the evening. Those not fortunate enough to have mothers, daughters, or daughters-in-law nearby, may invite an aunt, niece, or friend, to "adopt" as a substitute mom, or daughter.

"This will be a non-traditional presentation, designed to appeal to women of all ages, tastes, and shapes," Lea says. "I'll show a wide range of styles, from casual to corporate, for retired women, or working women. Women from the audience will be asked to try on fashions right then and there—from sizes extra small to XXL. I'll show what's up-to-date, as well as classic styles. Spring will be just around the corner, so I'll be able to show what's in for the coming season."

Lea is a member of the Nahant Woman's Club. She and her husband, Malcolm, have lived in Nahant since 1994. They discovered the town when Malcolm, a geologist, now Vice Provost of Northeastern University, was asked to give a talk at the Marine Science Center's lecture series. They fell in love with Nahant and promptly rented Dr. Patricia (Trish) Morse's house, when Trish moved to the West Coast. Later, the Hills bought Trish's house, and in 2002 they moved to their present home in Nahant.

Lea represents Weekenders, an international company, with a line of women's clothing that is easy to care for and machine washable. All fashions are mix-and-match, so women can create multiple outfits from fewer pieces. The web site is www.weekenders.com. Weekenders work is an evening and weekend endeavor for Lea, since she is employed full-time as Director of Marketing, at Jacobson's, in Boston, a floral supply and home decor company.

Other Woman's Club News: There's still time to sign up for the luncheon and meeting at the Massachusetts State House on Wednesday, March 22, from 10:00 a.m. until 3:00 p.m. Local legislators have been invited to join us for luncheon, but as of the Harbor Review deadline, we didn't yet know whether they'll be able to attend. A group of Nahant Woman's Club members will be carpooling to Boston for the event. Let Marrit Hastings know, at 781-581-5691, if you'd like to attend, or need more information.

March Garden Club News

by Carmella Cormier

The Nahant Garden Club will have its first meeting of 2006, at the Nahant Village Church, on March 23rd, at noon. We are starting the season with "Welcome to Spring." Mr. Kevin Blair, well-known Floral Designer and owner of the Exeter Flower Shop, will be our guest speaker. His program will include flower arrangements for every occasion. A wonderful way to start the season. Members may bring a guest. Muriel Webster is Hostess.

March 10th thru the 19th, the Massachusetts Horticulture Society Spring Show will be held at the Expo Center, in Boston. This is a good chance to see displays and obtain information for your garden, along with many great floral arrangements that will be judged.

As mentioned this past January, we are now starting to collect old Cell Phones and used Ink Cartridges. They will be properly discarded, to help save our environment. Contacts to pickup, or drop off, these items to are: Carmella, at 781-581-1969 and Jeannie 781-581-0833 for the Nahant area, Suzanne, at 781-592-1263, for the Little Nahant area and Helen, 781-581-1345 for the Bass Point area. Funds derived from this project will be used for Civic Beautification. Thank you, residents, for helping our environment.

EMAIL TO THE EDITOR

To: Bumper Gooding,
Summer in Nahant,
From: Dick MacKinnon

I much enjoyed your July 2005 issue, especially pp 14-15 on the Thomas Howe Estate. My father, Harold A. MacKinnon, took his family to this house many summers toward the end of WW2 and into 1949. He was with GE and usually the house was full of engineers from GE Lynn, but they tended to go back to Schenectady in the summer, and we switched places. So as a tot I well-remember having the run of the place, filled with its wonderful oil paintings, moose-heads, the rope elevator and the 14 bedrooms to explore. The place always had a distinct musty smell.



The tower and widow's walk was a thrill and I enclose several panoramic pictures taken from it which sweep from Egg Rock to Short Beach. {Other pictures are from 1949 and a return visit in the 1970s.} A billard table was installed in the tower. At that time the Coast Guard was fully-active on Short Beach and could launch power boats from the beach on, I believe, a rail. At the foot of the beach nearest the Howe House the Welch family had what was considered a very avant, modern house which is still there but now looks very commonplace.

I made contact with John Scanlon several years ago through his son. Our family folklore was that when Mr. Scanlon found or decided the house wasn't going to be a hotel {after the GE-types had left} my father was offered the whole thing for \$15,000. I remember dinner-table conversations with my farther always ending: "why it would cost \$15,000 just to paint the place." He was a very astute investor [having bought Halaroid, precursor to Xerox, for the GE Elfun Fund portfolio at \$.05/share] but thought real estate was something you lived in, and never dreamed that some day there would be six houses added to the property. Hence the MacKinnons passed on The Towers.

I would be interested in any other pictures you might have. Incidentally, part of our folk-lore was The Towers was the home of Elias Howe...we didn't know anything about Thomas Howe. Lard rather than sewing machines is a bit of a come down.

Pictures above: Nahant Panorama to West Egg Rock and Nahant Panorama to East

—/s/ Richard A. MacKinnon, PO Box 1249, Sherborn, MA 01770
508-655-5175, richard.mackinnon@attglobal.net



I was recently given a copy of this photo of the Nahant Sea Scouts by Stephen Bunker, who grew up in Nahant and now lives in Florida and Marblehead. It was taken at the end of the "old" town wharf sometime between 1962 and 1965.

Starting in the back row, left to right: Ricky Hosker, Billy Johnson, John Moleti, Kevin Donaher Stephen (Wally) Bunker, Warren (Eddie) Edwards, Phil Baldwin, Steve Lehto and Mark Cullinan. Front row: Carol MacIntyre, Susan Hunter, Pam Cushing, Maureen Bunker, unknown, Dottie Saulnier, unknown, Dottie Macone and Sea Scout Leader, Bunny Nelson.
— Dale Cullinan, Nahant

Shipbuilding in Essex County

submitted by Bonnie D'Orlando

The Nahant Historical Society cordially invites its members and the general public to its Annual Meeting on Sunday, April 9, 2006, at 2: 00 p.m., in the Serenity Room of the Nahant Community Center at 41 Valley Road in Nahant. Courtney Ellis Peckham, curator of the Essex Shipbuilding Museum, will give an illustrated lecture entitled, "Three Centuries of Essex Shipbuilding and its Place in American History."

Since parking is limited at the Community Center, shuttle van service will be available, from St. Thomas Aquinas Church parking lot, at 248 Nahant Road, between 1:30 and 4:30 p.m.

Light refreshments will be served. This presentation is free, but voluntary donations to the Society will be gladly accepted. The Society's award-winning exhibition, *Nahant on the Rocks*, will be open after the lecture.

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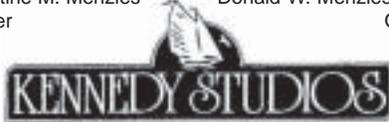
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SWIM Opposes LNG on Outer Brewster Island Grassroot Effort by Citizens is Crucial for Proposal's Defeat by Sal Genovese, President, Nahant SWIM Inc.

On March 8th there will be a legislative hearing on House Bill 4500, the bill to lease Outer Brewster Island, in the Boston Harbor Islands National Park Area, to AES Corporation of Arlington, Virginia, to site what they have described as the "largest LNG (Liquified Natural Gas) terminal and storage depot in the country."

Nahant SWIM (Safer Waters in Massachusetts) has joined a coalition of more than 24 organizations, including the Massachusetts Marine Trades Association and every important environmental organization in the Commonwealth, in opposing the proposal to build a LNG terminal on Outer Brewster Island, for the following reasons:

* Since 1986, we have spent more than \$4.5 billion dollars on the Boston Harbor Clean-up, and millions more on the creation of the Boston Harbor Islands National Park. It's simply wrong to squander these public investments, for the private gain of one out-of-state company.

* Outer Brewster and the adjacent shallow bays are among the most popular

and productive waters in the Boston Harbor Islands National Park Area, for recreational boating, sailing, diving, fishing and lobstering. This proposal would restrict access to this part of our Park forever.

* Outer Brewster is the seasonal home to important and protected species of sea and shore birds, as well as to the park's only colony of seals. The AES proposal would destroy this critical habitat.

* With more than a dozen proposals to locate LNG facilities in the Northeast United States and Canadian Maritimes already under review, there are, clearly, other ways to meet the region's demands for natural gas.

* This proposal simply won't decrease tanker traffic to Everett, or put a stop to proposals off Gloucester, or in Fall River. In fact, it will result in a significant increase in traffic into the Boston Harbor region.

* If we don't stop this proposal now, legal impediments to the proposed transfer will likely result in both state and federal legal challenges, embroiling us in a controversy that could take years to resolve.

The assembled coalition represents more than 250,000 Bay State residents, more than 10,000 recreational boaters and fisherman, 75 area yacht clubs and nearly 1,000 commercial lobstermen, whose livelihood depends on the lobsters they take from these waters. You might believe, with that level of support, this proposal would be dead in its tracks...and you would be dead wrong!

SWIM encourages all concerned citizens of Nahant to call, or write, Nahant's State Senator and Representative, urging them to vote NO on HB 4500. They are, respectively, Sen. Thomas McGee (Thomas.McGee@state.ma.us 617-722-1350) and Rep. Steven Walsh (Rep.StevenWalsh@hou.state.ma.us 617-722-2396)

Thank you in advance for your support. Together I am confident that we can stop HB4500, "Save The Brewsters" and protect the Boston Harbor Island National Park!

PHOTOS: The image below is of Boston Light, with Outer Brewster Island in



the background. The photographer (Jeremy D'Entremont) is allowing the coalition to use his photo in support of our cause, and he is properly credited in the image.

The billboard pictured above, is located on Rt 3A, by the organization, *Save the Brewsters*. Again, coalition members are free to use this image.



In Memory of Robert A. Meuse

Mr. Robert A. Meuse, age 68 years, died Wednesday Feb. 1, at the VA Hospital in West Roxbury, after a long illness. He was the son of the late Henry J. and Minnie Doucette Meuse, of Reading. Beloved husband of Virginia (Gove) Meuse for 43 years and father of Joanne and Jeffrey Meuse and father-in-law to Jess and of the late Richard. He leaves two grandchildren, Aimée and Brittanie Meuse. Much loved great-grandfather to son of Aimée, Aodhán Riley Meuse. He leaves 2 brothers, Henry, Jr. of Hollis, NH, and Richard, of Parker, CO, and a sister, Jean Truscello, of Miami, FL. Active in Boy Scouting, he worked his way up to taking a troop of Scouts on a hiking tour of the Presidential Range, in New Hampshire, while in his teens. He served in the Air Force in 1956. Active in the Nahant Republican Committee, Robert was a delegate to a state convention and met President Gerald Ford. Robert worked for Embree and White Elevator Co., for 35 years and held constructor and inspector's licenses for both Massachusetts and New Hampshire. Robert and his family have enjoyed property in Rochester, New Hampshire, for the past 28 years. Following retirement, he worked as kitchen manager for Greater Lynn Senior Services, at their Caggiano Towers site, for one and a half years. He joined the Nahant Lions Club in 1984 and had been their Secretary/Treasurer for 22 years. Following cremation, he was interred at Greenlawn Cemetery in Nahant, Saturday, Feb. 18, at 1:00 p.m., followed by a celebration of his life at the Nahant Village Church to which all were invited. Arrangements by the Parker Funeral Home, 35 Franklin St. Lynn.



LynnArts News

Mass Theatrica presents *Gershwin! A Musical Revue*, showcasing some of Gershwin's greatest hits on Sunday, March 12, at 4:00 p.m., at The Neal Rantoul Vault Theatre at LynnArts, 25 Exchange Street, Lynn, MA. Admission is \$15, \$13 seniors and students. Featured performers include Andrew Alexander, Zhanna Alkhazova, Katie Barnard, Andrew Cranin, Elizabeth Johnson, Kelly Magnuson, Julie Peterson, Rene Pfister, Angeliki Theoharis, Gary Thies, David Walther, Jacque Eileen Wilson, Sharon Lee, piano and Elaina Vratos, as the Mistress of Ceremonies. For more information, please call Mass Theatrica at 508-757-8515, masstheatrica@yahoo.com, or visit our website at www.masstheatrica.org.

The IRON-RAIL STAGE CO. Proudly presents *Strange Plots: An Evening of Chekhovian Vaudeville*. Featuring one-act plays, "The Proposal" and "The Bear" by Anton Chekhov. Thursday, March 30; Friday, March 31; Saturday, April 1 and Sunday, April 2 and Thursday, April 6; Friday, April 7; Saturday, April 8; and Sunday, April 9

All performances at 8:00 p.m. Tickets: \$12.00 regular admission. \$8.00 students with valid ID. \$6.00 seniors and children 10 and under

LYNN LOCAL A Curated Show, is open to any artist living or working in Lynn. March 11 – April 21. Opening Reception: Saturday, March 18, 2:00 to 4:00 p.m.

Cooper's Hawk Spotted in Nahant

Here is a Coopers Hawk the I saw near the end of Pleasant St. on Feb. 2nd. Cooper's hawks belong to a family of hawks known as Accipiters. These hawks prey mostly on other birds. Their long tails act as rudders that allow them to be extremely maneuverable in wooded areas, as they hunt birds on the wing. The Cooper's hawk is about the size of a crow. Of its relatives, the sharp-shinned hawk is smaller and the northern goshawk is larger. Cooper's hawks have recovered partially because they have adapted to urban and suburban environments.



— Paul Wilson,
Ocean St.

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News and Views from the School Department

by Dr. Denise Littlefield, School Principal and Superintendent

As you are reading this column, I can't believe it will be March, the 7th month of school. The school year is flying and so far, we have only closed school one day, due to snow. This means, that if summer vacation begins as early as possible, summer construction on the new Johnson School can rapidly progress!

Because, of course, that is our great news. At the Special Town Meeting, held on February 11, 2006, the voters of Nahant approved the additional funding that is necessary to complete the renovation process. As with so many other Massachusetts communities, it has been 50, or so, years that many schools were built after World War II, in response to the baby boom. Now, the baby boomer's (and that includes me), grandchildren need a competitive education. As principal of the Johnson School, I am grateful and excited to be a part of Nahant's educational history.

Thank you to everyone, but especially Laura Michaud, for leading this initiative. Besides her hard work, attention to detail and organizational skills, she has been the project's biggest cheerleader. I look forward to working with her and the rest of the Building Renovation Committee.

In Johnson School student news, the annual Johnson School geography bee, coordinated by sixth grade teacher Mrs. Diana Hennesey, (and her most knowledgeable assistant, Mr. David Brady), was held on January 12th. This year's first-place winner is sixth grade student Anthony Silva, who was also the winner of last year's geography bee.

Melinda Wilson, a fifth grade student, is the runner-up. Congratulations to Anthony and Melinda, for their fine performances! In addition, the following students represented their homerooms in the final rounds: Melissa Gavin, Haley McDevitt, Hannah McBryde-Marshall, Tyler Scaglione, Drew Morad, Sammie Baldwin, Arianna Billias, Emily Samson, Taylor Eaton and Mary Sampson. This is really what makes principals, SMILE!

Tony Silva is now faced with completing a written test, that will be assessed by an independent panel. Last year, he scored so well, he represented Nahant at the state-wide geography bee, held in Worcester. We are certain that history can repeat itself.

Kindergarten pre-registration for the 2006-2007 school year continues. To be eligible to attend kindergarten, children must be 5 years old prior to September 1st. Letters have been sent to all names, as they appear on the Nahant Town census. If you are not on our mailing list, please call 781-581-1600 to be added to our contact list, for future information.

Teachers and staff continue to engage in professional development activities, that allow us to continue to eye another prize, student achievement. A focus, for this year, is on Differentiated Instruction, a new educational buzzword for something that good teachers have always done, prepare classroom instruction to meet the needs of all learners. We are also working on curriculum mapping and when they are completed, we will be anxious to present these to parents.

The School Committee and I are busy working on the FY 2007 Budget. There will always be a sense of educational wants vs. educational needs, but we are committed to presenting a workable budget for the next school year.

Lastly, our school behavior code, new this school year, is working well. Ask any student to share it with you and assist us in reinforcing the importance of responsibility, kindness, cooperation, etc. Stay warm!

Play Group at Nahant Community Center Offers

Music Class with Carol Hanson

submitted by Carolyn Osbahr

A one-hour music class for babies and toddlers, will be taught by Carol Hanson, on Thursday, March 2, 2006, from 10:00 to 11:00 a.m., in the multi-purpose room on the basement level, of the Nahant Community Center. The fee is \$5.00 per family and children must be accompanied by an adult. Please register during the play group, or at the School of Refrigerator Art (781-599-2222). Thanks to Carol for offering this class. We hope to schedule more classes in the future.

The Parent Child Play Group, for children 5 years old and younger, has been meeting at The Nahant Community Center on Valley Road. The play group meets in the multi-purpose room, adjacent to the School of Refrigerator Door Art, Monday through Friday, from 9:00 a.m. to 1:00 p.m. and Monday through Thursday, from 3:00 p.m. to 5:00 p.m. No pre-registration is required and the room is available on a drop-in basis, for a fee of \$2 per family, per visit. Baby and preschool toys and books are available. The entrance is in the back of the building and parents, or caregivers, are required to sign in each time they attend. This is a great way to get to know other parents and caregivers. Please stop by with your children and enjoy this great program.



The Eye Exam Schedule: Special Needs by Dr. Neil Gross, Ophthalmologist

In my last article, I described an eye exam schedule for those with no eye complaints, or risk factors for eye disease. Today, I am going to outline an eye exam schedule for people who have specific eye disease risk factors. These recommendations are excerpted from a 2005 policy statement, regarding the frequency of eye exams developed by the American Academy of Ophthalmology.

In general, any person with a specific eye complaint should be seen as soon as possible. Once the condition is diagnosed, an appropriate follow-up exam schedule can be determined.

Infants who are premature, of low birth weight, or who have received large amounts of supplemental oxygen, may be predisposed to a developmental eye abnormality, called retinopathy of prematurity, or ROP. These infants should be examined as soon as possible. Infants with a family history of childhood glaucoma, childhood cataracts, or certain metabolic disorders, should also be checked as soon as possible.

Patients of all ages with diabetes require an eye exam. Those who do not make enough insulin (type I diabetics), who develop diabetes before the age of 30, should be examined five years after the onset of the disease and every year thereafter. Patients who develop type I diabetes after the age of thirty, should be examined at the time of diagnosis and every year thereafter.

African Americans are at increased risk for developing glaucoma. The American Academy of Ophthalmology recommends that they be examined every 3-5 years, between the ages of 20-29, every 2-4 years between the ages of 30-65 and every year thereafter.

There are many other conditions that require periodic eye exams. For example, patients taking Plaquenil, for rheumatoid arthritis, generally require an annual exam. Unfortunately, it is beyond the scope of this article to describe every condition that carries a risk for eye disease and therefore requires an eye exam. Hopefully, this schedule has provided you with some useful guidelines. However, if you think that you, or a family member, might benefit from an eye exam, pick up the phone and call your local ophthalmologist for an appointment. You can't make a mistake!

Dr. Neil Gross is a practicing Ophthalmologist (Eye MD) located at 152 Lynnway (next to the Porthole Pub.) He treats all types of eye problems and also does eye surgery. Dr. Gross' office number is 781-593-3939.

Girls Inc of Lynn Announces Honorees for 2006 Celebration Luncheon

submitted by Marsha Billias, Director, Girls Inc.

On Wednesday, April 12, 2006, Girls Incorporated, of Lynn, will host the 18th Annual Celebration Luncheon at the Danversport Yacht Club (Route 62 in Danvers) from noon to 2:00 p.m. Now in its 18th year, the Celebration Luncheon is a manifestation of the spirit of Girls Incorporated of Lynn and a tribute to strong, smart and bold women.

Patricia A. Driscoll Executive Director of Girls Incorporated of Lynn is pleased to announce the three recipients of the 2006 Strong, Smart and Bold award.

Barbara Lee, President of the Barbara Lee Foundation. Ms. Lee's commitment to helping women gain and use political power, as elected officials, activists and voters is a driving force for implementing political change.

Sheriff Andrea Cabral. Sheriff Cabral was sworn in on January 5, 2005, as the 30th Sheriff of Suffolk County and is the first female in the Commonwealth's history to hold the position.

Ruth Darling, Swampscott resident and former board member. Mrs. Darling is a long-time friend and advocate of Girls Inc. She has taken a leadership role in our first-ever capital campaign by initiating a challenge grant.

Our senior Girl Heroes will be recognized for their exceptional accomplishments and awarded scholarships as they prepare for their journey to college. The Girls Inc. chorus will perform two uplifting songs.

There are many sponsorship and advertising opportunities available. Proceeds from the Celebration Luncheon benefit the programs for girls ages 6-18. For information and advertising rates, or to reserve a seat, call Girls Inc. of Lynn at 781-592-9744, ext. 258.

Girls Incorporated of Lynn, formerly known as Girls Club of Lynn, is a local affiliate of a national non-profit organization, Girls Inc., is dedicated to inspiring all girls to be strong, smart and bold. For 63 years, Girls Incorporated of Lynn has responded to the changing needs of girls and their families, through educational and innovative programs and advocacy that empowers girls to reach their full potential. Visit us on the web at www.girlsinclynn.org.

Nahant Life-Saving Station Valentine Fundraiser a Success

Special thanks to all who participated in our Valentine fundraising efforts for the Nahant Life-Saving Station restoration project. We are most grateful to Maurice Poulin, the Tides Restaurant, Avalanche, Beachcombers, Sarah Bernardi, Molly and Dave Conlin, Lisa Doyle, Donna Hanlon, Melinda Hatfield, Harbor Sweets, Esther Johnson, Joe Lermond, Maryanne Lermond, Mary Magner, Bruce Marshall, Tim Newfell, Roz and Andy Puleo, Calantha Sears, Jim Shea, Alma Smith, Robert Wilson and Maureen Ward, for their most generous donations. Congratulations to Mary Crowley, our grand prize winner of Maurice Poulin's model of the USCG. "Eagle."

LETTER TO THE EDITOR

Sometimes, things go unrecognized, but I would like to take this opportunity to recognize the outstanding job that the Town's DPW employees do, regarding both the promptness and quality of snow removal, sanding and salting. The difference between our road surfaces and other local communities is immediately noticeable, once you leave the island.

Once again I want to express my appreciation for a job well done.

— Richard Pelletier, Maolis Road

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The Low Carb Craze
by Sallee Slagle, Director of Dance Dimensions

The Low Carb craze is upon us! Low Carb bread, milk, cereal, even candy! This the newest food craze following the high protein/low carb diet explosion, starting with Atkins and now there are more variations than I can count! The 90's saw the rise of the low-fat craze and we now know that there are good and bad fats. So, I believe the public will learn there are good and bad carbs, too. Low-fat diets failed, according to Dr. Atkins "New Diet Revolution," because of carbohydrates. And food trends show this is true, but Americans were eating more processed food mixtures, beverages and pastry.

Nutritionists argue that the public did not approach a low-fat diet with naturally low-fat carbs, like more fruits and vegetables. So the diet debate continues. Diet is a good obsession for a country, where 60% of Americans are clinically overweight, or obese (Center for Disease Control and Prevention). We are an overweight society and we need to change our understanding and our practice of food consumption, to create a healthier future for us all, but the commercial food and diet industry can often cloud, or blur our judgement.

Carbohydrates provide the body with the most available source of glucose, the body's fuel. Carbohydrates are the main fuel source for the cells, especially the brain. The Food and Nutrition Board (FNB) recommends 130 grams of carbohydrates daily, as proper nutrition for the body. That is 45-65% of your daily diet. Low-Carb diets starve the body of carbohydrates and force it to use its back-up system for energy, converting protein and fat stores into fuel. This state is called ketosis. This is why these diets have been so effective. It helps you to get at and burn the fat. Caution though, this can be taxing on the body, over a long period of time and you are susceptible to regain the fat, after you come out of ketosis. It can also impair the body's ability to repair tissue, organs and muscles.

So let's get smart with our carb choices. America's favorite carb choices are: white bread, cold cereals, white rice, pizza, pasta, sodas, french fries, candy and pancakes (Willet 2001). Low-Carb diets may also eliminate disease fighting whole grains, as well as nutrient rich fruits and vegetables. Simple carbohydrates include sugars and starches, like cookies, candy and refined flour, or starches, like pasta and white rice. They are high in calories and offer little or no nutritional value. Any diet is better off without these. Fruits, vegetables and whole-grain products are less likely to be stored in the body as fat and provide many micronutrients, such as anti-oxidants, vitamins, minerals and phytonutrients, known to help prevent disease and promote health. When we question the nutritional value of fresh foods, instead of processed and packaged foods we are headed for a nutritional nightmare!

Grains are a main part of a balanced diet, which includes bread, cereal, rice and pasta. We must make a distinction between refined white flour, or whole wheat, white rice or brown. Refined starches like white flour, white rice and pasta are nutrient deficient and they convert quickly into sugar, which if not utilized, is stored as fat. They also cause a blood-sugar peak and a drop that can leave you feeling hungry, or craving more food. Nutrient-dense whole grains and brown rice are a great source of fiber and are processed more slowly in the body, so there are no peaks, or drops, to leave you craving. Look for WHOLE wheat flour, or other whole grain, such as oatmeal, or barley, as the 1st ingredient in breads and avoid refined flour, or enriched/unbleached flour.

We need to choose nutrient-dense foods, so that we get the most benefit from every calorie. For example, carrots are a rich, nutrient-dense food. They provide a wealth of vitamins and minerals and are also low-calorie. Here is a list of the 20 most nutrient-dense foods (Insel et al. 2002) to help you make good carb choices: almonds, Kashi® Good Friends Cereal, low-fat plain yogurt, blueberries, oranges, strawberries, plums, whole-wheat bread, whole-wheat pasta, tomato juice (low sodium), peanut butter, dry roasted/salted peanuts, asparagus, steamed broccoli, hummus, lentils, raw red pepper, raw spinach, soybeans and oatmeal. Now make some healthy carb choices!

Many diets are dramatic and may help give you a jump on losing weight. Over the long term, though, a healthy diet includes fruits, vegetables and whole grains. To keep the weight off, be sure to avoid refined carbohydrates and starches, watch portion size, don't skip meals, and exercise. No matter what diet you choose, the basis for losing weight is always the same, eat fewer calories and burn more than you eat. Hope this helps you understand good vs. bad carbohydrates and gives you healthy options to the low-carb craze.

Thank You, Nahant!

submitted by Sherri McDermott

A Mother's Wish Inc. would like to thank all those who attended the wine tasting & silent auction that was held at the Bayside on January 14th. Your generous donations were greatly appreciated.

Suffering from the Sugar Blues?

Please join Fiona Barrett, Holistic Health Counselor, for an Afternoon Tea Workshop, on Saturday, March 4th, from 2:00 to 3:30 p.m., at Refrigerator Door Art, Nahant Community Center.

This workshop is designed to help you permanently change your relationship with sugar! Understand what causes sugar cravings, think more about what you eat and drink and how to reduce cravings naturally. Sweetness is an experience and food is just one way to get it. We will taste test natural sweeteners during our Afternoon Tea and sugar-free goodies will be served! Join Fiona for a fun and interactive workshop and learn 10 natural ways to overcome sugar cravings.

There is a \$10 per guest fee which includes the tea and refreshments!

Fiona Barrett is a Holistic Health Counselor, Helping People Live Healthier and Happier Lives! Fiona trained in Holistic Health at the Institute for Integrative Nutrition in NYC. Fiona is a Swampscott resident and enjoys the North Shore Community. To find out more, visit www.fionabarrett.com Fiona enjoys helping people create happier and healthier lives and specializes in working with people to achieve a joyful wheat and gluten free lifestyle! Call 781 244 9090 or email fi Barrett@aol.com

Space is limited reserve your seat now!



Q & A with North Shore Physical Therapy

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

Q. Last winter I slipped on black ice, falling and fracturing my wrist. Do you have any suggestions to make it safer for me to go out this winter?

A. Falling on the ice happens to people of all ages. There are several steps you can take to protect yourself from falling. Don't go outside, even if it is only for a minute, wearing your slippers. As physical therapists, we often hear stories from people who hurt themselves going outside "just to get the newspaper," not taking the time to put on appropriate shoe wear. It is easy to miss a very thin coating of ice, especially in the early morning.

Choosing a shoe, or boot, with good traction, is one of the best ways to protect yourself. Some shoes with large treads, appear to offer good traction but are actually fairly slippery. A light hiking boot may be better. There are several types of ice grippers, or traction devices, that can be purchased at sporting goods stores and catalogues. They fit easily over any shoe and decrease the risk of falling. If you use a cane, or crutches, you can buy a device with metal teeth, that fits easily on the end of the cane, or crutch, to provide more traction on ice.

Using a product like sand, over the icy areas on your steps and driveway, is important. Be sure to spread the sand liberally. You may want to keep some of it in the car, as well as by your door.

Good lighting is also key to outdoor safety. Be sure you have adequate outdoor lighting and carry a flashlight, when walking outside in the dark.

Finally, when walking where it may be slippery, be sure to focus ONLY on walking. Do not talk and walk at the same time, or search for keys in a purse or pocket. Attend only to walking. Walk with your feet slightly apart and keep the length of each step shorter than normal. Taking these precautions will increase your safety in slippery winter conditions.

Ice or heat after an injury? submitted by Dr. David Eagan, D.C.

After an injury like a sprained ankle, hamstring pull, or a low-back sprain, the inflammatory stage begins. This stage typically lasts 24-72 hours, given adequate rest. Continued irritation to the injured area can prolong this stage, to upwards of 10-14 days. During this time, ice is recommended. Typically, ice is applied for 10-20 minutes. I tell my patients to ice 3-4 times per day. The more you ice, the faster you will recover. When it comes to icing, remember one word: R.I.C.E. (Rest, Ice, Compression, Elevation.)

Heat typically is applied to an injured muscle, or joint, once the inflammation (swelling) is gone. It isn't until the inflammation is gone, that true healing begins. Always use moist heat, not dry heat. Why? Dry heat may dehydrate your muscles, making them less flexible and predisposing them to further injury. Moist heat penetrates and relaxes tight, spastic muscles. Moist heat also penetrates deeper into the muscle, reaching the second and third layers, as well as the ligaments surrounding the joint.

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Nahant's Dumping Ground. Why is Everyone Looking the Other Way?

by Rob Scanlan, U.S. Master Marine Surveyor

I started my Marine Surveying practice in 1988 and attained my masters rating in 1991. My practice takes me into every marina, boatyard and public boating facility, from Maine to Long Island, New York. This also includes the lake regions throughout New England.

During the 2005 boating season, there were (9) boats on moorings in Nahant waters with illegal holding tanks, or MSD's (Marine Sanitation Devices); all of which discharge waste directly into Nahant Harbor and your beaches. During this year, I have surveyed and inspected (47) boats and yachts in Nahant and Lynn waters; (27) had illegal MSD's (holding tank pump-out systems) all of which are discharging raw sewage and waste into your waterways; but everyone simply looks the other way.

Massachusetts law states that it is unlawful to discharge raw sewage or other refuse into Massachusetts' waters, within the three-mile-limit. If you have a recreational vessel with installed head (toilet) facilities, it must have on board an operable marine sanitation device (MSD) that is self-contained and incapable of discharging directly into the water.

All installed MSDs must be U.S. Coast Guard-certified. Types I and II MSD treat waste with special chemicals to kill bacteria before the waste is discharged. Types I and II MSDs, with "Y" valves that direct the waste overboard, must be secured within the three-mile-limit, so that the valve cannot be opened. This can be done by placing a lock, or non-reusable seal on the "Y" valve, or by taking the handle off the "Y" valve.

Type III MSDs provide no treatment and are either holding tanks, or portable toilets. Collected waste is discharged on shore into a local sewage treatment facility, or at a sewage pump-out station. Discharging the MSD into the ocean, can only be done three miles out to sea. No one inspects these onboard systems here in Nahant, or in Lynn, everyone simply looks the other way

Nahant and Lynn, are two of a very few cities, or towns in New England, that does not require proof of liability insurance to keep a boat, or yacht on a mooring, or at the dock. Nahant and Lynn are the best harbors to "get rid of a boat." Just leave it on the mooring, never attend to it; it sinks, or breaks-up at the mooring; empties the fuel from the tanks into your harbor and on to your beaches; scatters the debris on your shoreline and the owner has no responsibility to clean up the mess. No one enforces clean up, or the boat owner's responsibility, everyone simply looks the other way.

Nahant is the only town that allows ethylene glycol-based antifreeze to be used for winterizing engines in boats, for the winter lay-up/storage. And, in the spring, allows this toxic antifreeze to be dumped on the ground prior to spring launching, which then runs-off into your harbor and beach. Currently, there are (8) boats, stored here in Nahant, that winterized their engines with ethylene glycol-based antifreeze; two of which are not taxpaying residents of Nahant.

It is a five hundred (\$500.00) dollar fine to disperse ethylene glycol-based antifreeze on to the ground, into the waterways, or environment in every marine, public wharf, dock, or mooring facility on the east coast. Here in Nahant, everyone simply looks the other way.

"SWIM" and its short-lived, went nowhere, environmental interest, is no longer functional, or active. Go figure, they all gave up. They have all gone back to baking pies and cookies and gathering at the Tiffany room.

I remember, all the tree-hugging, environmental beach-beautiful bimbos concerned with a few "doggies" leaving their poop on the beach, across from the Coast Guard Station. Just one of those many illegal holding tanks; (the average capacity is 25-gallons), being dumped just yards off "doggie beach," from one of the many illegal systems on our local boats, causing more environmental pollution, that is a proven hazard to your families, than twelve (12) "doggies" a day, pooping on your beach, 365 days per-year, but here in Nahant, we look the other way.

Seven weeks left until boating season starts.

Rob Scanlan is a U.S. Master Marine Surveyor inspecting yachts, ships, tug-boats, barges and all onboard systems. He can be retained by any city, town or municipality to conduct inspections of illegal holding tanks and onboard systems. www.mastermarinesurveyor.com

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Useless Information

by Ray Barron

Nahant's Millionaires

Recently it was reported by the Boston Globe, nearly 1 in 20 Boston households are millionaires. The number of millionaires living in the Boston area, already one of the wealthiest regions in the United States, will surge 50% over the next five years, according to data from two wealth management companies that have studied the issue.

Well, here in our small town there are 85 millionaires! The Nahant millionaires live in single family homes valued over \$1,000,000! We repeat, we have 85 millionaires in Nahant! Who are they? Well, what we can reveal is that they live on Swallow Cave Road, Vernon Street, Maolis Road, Cary Street, Cliff Street, Spouting Horn Rd., Phillips Rd., Willow Rd., Pleasant Street, Nautical Lane, Nahant Road, Bass Point Road, Rosemary Road, Nectar Place, Winter Street, Marginal Road and Greystone Road.

There are 18 homes in Nahant valued way over \$1 million! Topping the list, Lowell Gray's home on Swallow Cave Road, valued at \$4,162,500! The rest of the homes, valued from \$3 million down to \$2 million, are located on Ocean Street, Nahant Road, Maolis Road, Vernon St., Rosemary Road, Cary Street, Wharf St., Pleasant Street, Summer Street and Spouting Horn Road. We do have a noted billionaire who owns a property on Vernon Street.

To date, there are 26 homes in Nahant, valued between \$900,300 and \$983,000. Well, perhaps next year, the value of the homes will probably increase to \$1 million and over. For the record, the value of the homes, established by the Town of Nahant, will easily fetch way more than the listed value. Doubt if many people would sell their homes to cash-in on the value of their home. Nahant is forever!

Nahant's highest-valued real estate, Short Beach & Playground, valued at \$12,295,900 and Pasquale Franchi, Trustee of Sea Breeze Realty property, is valued at \$12,015,900.

Last year, a lot of land located at 6 Cary Street, was purchased from Herbert J. George Motley and Eleanor Richardson by Allan D. and Paula Bethune for \$2 million. Well, eventually, Allan and Paula will build their stately seaside castle.

Nahant's Pusters

Cal Hastings says, "When Betsy Ross asked a group of colonists for their opinion of the flag she had made, it was the first flag-poll." Cal's sweet wife Marrit, says, "When high heels went out of style, it was a big letdown."

The attractive educator Mary Dill, of Cary Street, says, "When the three little pigs finally got rid of the wolf at their door, they all went hog-wild." Mary's handsome husband and educator, Dan Dill, says, "People who buy books on lawn care become good weeders."

The electrifying Ed Poulin, of Irving Way, says, "When the first miniskirts became popular, worried husbands said the thigh was the limit." Ed's stunning wife, Gayle, says, "When the first credit card was issued, people got a charge out of it."

"A man accosted a woman on the street and gave her a great big hug and kiss, telling her how beautiful she was. He was accused of assault and flattery!" says Gayle's mom, Annie Rooney.

Nahant's MARCH Birthday Babies!

Our March 1st birthday kiddies: The popular James "Pudgy" Kasper, Mike Mitchell, Julianne Ferguson, Tim Maguire and the politically connected, Jamie Marsh. Also born on this day, bandleader Glenn Miller and singer Dinah Shore.

March 2 birthdays: The alluring Robin Glasman, Jean Ghazi, Cary Wolinsky, Diane Palombo, Matt Donahue, Gailanne Reeh and Jon Bon Jovi, rock singer.

March 3: Susan Bonner, Penelope Ross, Christine Stevens, Wendy Churchill, Cathy Cardile, Paul Smith and Alexander Graham Bell.

Our March 4 birthdays: Lovely Maggie Murray, Adrienne DeStefano, Elan Davidesco, Nick Strange, Wilhelmina Kettell, Nancy Keen, Eleanor Goodman, Nicole Doucette, Celia Cornish, Carol Crawford, Ed Riley and Antonio Vivaldi, Italian composer.

March 5 birthdays: Peggy Jeddry, Eleanor LeBlanc, Carole Keller, Alex Eaton, Ken Gavin and on this date, the term, "iron curtain," was first used by Winston Churchill in a speech.

Our March 6 birthday babies: Georgia Perepelitza, Jim Doran and on this date in 1930, Clarence Birdseye's first frozen foods went on sale in Springfield, Massachusetts.

March 7 birthdays: Sweet Angela Lowell, Claire's lover Arthur Collins, Bertie Payne-Strange, Marc Strange, Tom Cypher, Charlie Butera, the award-winning chef Peter Davis, personable Ian Potts and Maurice Ravel, French composer.

March 8: Kevin Costin, Anne Marie Passanisi, Warren Edwards, Scott Watson and Cyd Charisse, film actress and dancer.

March 9 birthdays: Amy Klee, lovely Lisa Perella, Madeline Long, Colleen Trentsch, Tom Levangia and on this date, the Russian dog Laika, was launched into space aboard Sputnik 9.

March 10: Ruth Titus, Kathy Lique, Joe Berterelli and also celebrating a birthday on this day, is Prince Edward, youngest son of Queen Elizabeth II.

March 11 birthdays: Marie Reenstierna, Maureen Burke, Joyce Gaudet and Sam Donaldson, TV newsman.

March 12 birthday kids: The great Bob Risch, our fearless Police Chief Billy Waters, Bill Rubbico, Bryon Smith, Helena Moreno, Mike Russo and wish a happy birthday to singers Liza Minnelli and James Taylor.

March 13 birthday kiddies: Charlotte Dracousis, lovely Nancy Gallo, Amy Hill, Doris Nelson, Mary Dick, Art Ross, the distinguished Dr. Charles Schepens and Neil Sedaka, singer and songwriter.

March 14 birthdays: Chris Mostone, Steverino Arzillo, physicist Albert Einstein, film actors, Michael Caine and Billy Crystal.

March 15 birthday gift-openers: Arlene Connor, Brenda Thompson and Mike Love, pop singer, member of the Beach Boys.

March 16: The personable Rick Kennedy, Yizette Colon, Barbara Caloggero, Pauline Mahoney, Sophia Hyde, Paula Devereau, Karen Hubert, Pete Hemenway, Chris Connolly, Bob Myers and comedy film actor, Jerry Lewis.

March 17, Saint Patrick's Day birthdays: The marvelous Marrit Nauta-Hastings, Bob Tavares, Sharon Provencher, the illustrious Tom Costin, Marianne Riley, Ida Nannini, lovely Victoria Capano, Barbara Capodilupo, Mary Ioven and singer, Nat "King" Cole.

March 18 birthday cake eaters: Jennifer Sullivan, Angela Bonin, Betsy Taylor, Wendy Johnson, Shari Locantore, Jeremy Lowe and actor, Matt Dillon.

March 19: The flower-power Marie Ford, Ann Marie Passinisi, Cathy Cafaso, Pam Cooley, Patricia Roche, Tony Sacco and actress Glenn Close.

March 20: gracious Jean Kirkman, Betty Hall, Charlie Buissett, handsome Wayne Gaulzetti and actors, Spike Lee, William Hurt and Holly Hunter.

March 21 birthdays: Ireland's gift to Nahant, the lovely Patricia O'Shaughnessy, Jennifer Montague, Rory Thornton, Paul Catoggio, Nick Nash, Andre Ponton and composer, Johann Sebastian Bach. For the record, anyone needing to calm down, ought to listen to Johann Sebastian Bach's "Goldberg Variation." They are said to have been composed to help a Count fall asleep.

March 22: William Shatner, Canadian-born US actor, who played Captain Kirk in the Star Trek TV series and films.

March 23 birthday babies, Scott Doyle, Nancy Lyman and Paula Taylor.

March 24: Dot Auchmoody, Todd Wilson, David Riley. Also celebrating a gala birthday on March 24, my wondrous daughter Robyn, a townie.

March 25 birthday candle blowers: Mary Gavin, Mark Reenstierna, Pete Brown, singers Aretha Franklin and Elton John.

March 26 birthday cake eaters: Dot Pass, Patricia Hatzis, Eden Milroy, Carol Finkenaur, Tim O'Keefe and Billy Ostermiller.

(Continued on next page.)

Nahant's MARCH Birthday Babies!

March 27 birthdays: Justin Fucile, Michelle Kourkoulis, Erin Sweeney, Michelle Abisso, Mike Baldini, Vin Lopez, Paul Caira, Scott Livingston and the noted former State Trooper Captain and educator, Tim Moran.

March 28 birthdays: Lovely Carol Sanphy, Cathy Letourneau, Suzy Gorham, Robyn Gaynor, Jane Comito, Eva Cardile, Susan Gilbert, Terri Crosby, Dick Cadigan and Raphael, Italian painter.

March 29 birthday cake eaters: Sean Dolan, Nancy Antrim and David Taylor. Also born on this date, John Tyler, 10th US president.

On March 30, wish a happy birthday to Jeanne Fiore, Brian Perry and singer, Frankie Laine, actor Warren Beatty and guitarist Eric Clapton.

March 31: Lovely Laurie Giardella, Yasmene Dawson, Betty Murfitt, Amy Monagle, Julie Morris, Debora Caloggero, Joe Mellen, Paul Tobin and former vice president, Albert Gore.

I believe it was one of Nahant's gallant firefighters who said, "The woman who puts the right number of candles on her birthday cake is playing with fire."

Views About Sin

Italians have a different view of sin than Americans. Asked to rate what made them feel most guilty, 1,000 Italian men and women, aged 25 to 55, listed overeating—that is, gluttony—as the worst of all excesses. Spending too much money ranked second on the guilt list, followed by neglecting friends and family, failing at work and not keeping an eye on one's physique. Dead last, on the list of seven, was infidelity. Editors of the psychology magazine *Psychosomatic*, who conducted the survey, said they were surprised by the results, since they assumed that Roman Catholic values would strongly influence feelings of guilt in the study. Perhaps we shouldn't be shocked, says Reuters, to find that "people in Casanova's native land, care more about staying slim than staying faithful."

The philosophical Giuseppe Barisano says, "Many a man finds true happiness in marriage, but only because his wife doesn't watch him too closely."

Henry Hanagan, says, "Remember, before you can expect forgiveness of sin, you must sin." Henry's pious wife Peg, says, "One of the reasons why sin is so attractive, is because it is so well advertised."

Joanna Reardon, of Nautical Lane, says, "Some women are most happy, when confessing the sins of other women."

Nahant's noted hunk, Jim Devereaux, says, "There may be some new sinners today, but there are no new sins."

Jim's alluring wife Maura, says, "Some think they are saints, because they are selective in their sins." Amen!

Nahant Women With Spring Warmthness

According to Charlie Seagull, the following Nahant women add warmthness to the spring season: Deborah Waters, Marie Pasinski, Madeline Tanen, Lissa Keane, Maura Devereaux, Librarian Carole Brophy, Michelle Kirkman, Lisa Torchiana, Linda Kane, Mary Mackey, Nancy Antrim, Meredith Salt, Julie Tarmy, Julie Cadigan, Paulette Marie, Judi Marie Moccia, Marie Muzzioli, Beverly English, Lisa Perella, Maureen Ward, Anne O'Brien, Jane Kirkman, Polly Bradley, Linda Hall, Susan Arzillo, Deborah Cashman, Paula Devereaux, Arlene Connor, Jane Lombard, Cynthia Pierce, Sarah Riley, Annie Rooney, Susan Moleti, Kerry Gordinas, Pam Motley, Dorothy Vitale, Rosalie Ryder, Barbara Lombard, Sheila Hambleton, Ellen Klink, Joanna Reardon, Gayle Poulin, Peggy Silva, Martha Keller, Barbara Lombard-Anguilo, Ruth Brownell, Barbara D'Amico, Noel Spinney-Costin, Linda DeBenedetto, Gina McCoy, Mary Dill, Janet Dolan, Barbara Mackey, Gail Guiney, Karen Canty, Florence McDonough, Tracy Simpson, Lynne Spencer, Gertrud Joyce, Paula Smith, Marcia Gaudet, Darlene Conigliaro, Maria Welsh, Patricia O'Shaughnessy, Joy Pechinsky-Spinelli, Molly Conlin, Bonnie Blydell, Linda Jenkins, Peg Hanagan, Nancy Risch, Harriet Steeves, Donna Lee Hanlon, Marion Capano, Mary Irene Dickenson, Marguerite Rizzo, Donna Foti-Scovell, Angela Lowell, Jackie Meuse, Patti Aswad and Allison Twiss-O'Neill.

Sheila Hambleton, says, "Spring is the time of year when the weather seldom gets together with the season."

I believe it was the stately Nahant Police Officer, Armand Conti, who said; Spring is the glorious season when the grass grows up along the roadside and hides the discarded beer cans.

Paula Smith, of Pleasant Street, reminds us there's something bad in everything good: when spring comes, can spring cleaning be far behind?

Cynthia Manning, of Fenno Way, says, "Another of life's ironies, is to have house cleaning, gardening and spring fever all come at the same time."

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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.

Who in 1929 dreamed of a depression? The mood of the country was "Let the good times roll." And where could they roll more pleasantly than out on a golf course? That would take money — some \$100,000 to be exact.

Selling bonds was certainly not a new idea; selling \$100,000 of them in Nahant was certainly a

novel one. And bold, too, even if the town was flush with rich summer people. None of the promoters were extraordinarily wealthy men. There were but eight summer people in the group so a lot of outside help was going to be needed. The field of potential investors was limited as the \$100,000 was going to build only a tiny nine-hole

golf course on the site of the course abandoned a few years previously.

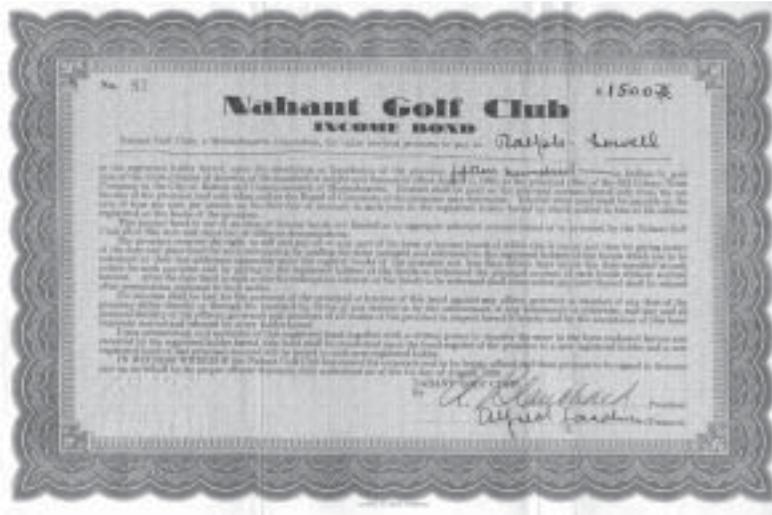
The promoters also planned to ask the town of Nahant for \$20,000 "for the purpose of digging out a disreputable sheet of water called Bear Pond. The place was a breeding spot for various species of vicious and absolutely unprincipled mosquitoes." To insure

success with the town, the promoters invited the three selectmen, Harry Wilson, Charlie Phillips and Leon Delano, the town moderator, Fred Wilson, and a member of the Planning Board, Mayland Lewis, to join the charmed circle of investors.

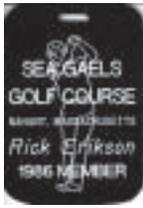
The idea for the golf club was credited to Dick Harte, who was described as an "ex-Harvard athlete" and to Lothrop Motley, the had "first launched the idea" in the mid-1920s. It had been "boiling quietly all the while with subscriptions going forward." The longest hole on the course was to be 465 yards and the last hole was to be "short and sweet" for the "player must carry across Bear Pond." The sixth and seventh hole were described as "quite altitudinous" as they were located on government land on the side of Bailey's Hill

by the fort. What the course lacked in size was to be made up for by the fact that the golfer would get a view of a "goodly part of Massachusetts and its coastline" as he drove from the sixth hole.

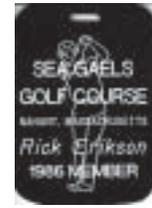
The project went forward. The bonds were sold by August 1, 1929, and promised the investors that interest at 4% might be expected. Ralph Lowell paid \$1,500 for bond No. 87. His son John commented fifty years later that it: "Did not turn out to be a particularly good investment as it never paid any income and my father never played golf! However, I guess he wanted to help the Golf Club get started and, presumably, was feeling a bit more flush on August 1, 1929, than he was few months later, following the crash."



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



Golf Courses



How many have there been, you ask? Fore!

It may have been the first summer escape for Boston's wealthy, but Nahant, the Bay State's smallest town, was beaten to the punch by Manchester and Hamilton in the golf sweepstakes. Nahant Golf Club (today's Kelley Greens) was organized in 1894, a short time after Myopia opened its nine-hole course.

Fred Wilson's *Some Annals of Nahant* refers to the Nahant Golf Club as being "laid out on the 'Great Marsh,' starting from Emerald Street and continuing toward Bear Pond and westerly to Mitchell's Corner. After a few years, the course was extended across Spring Road and up the hill west of the Maolis Club House.

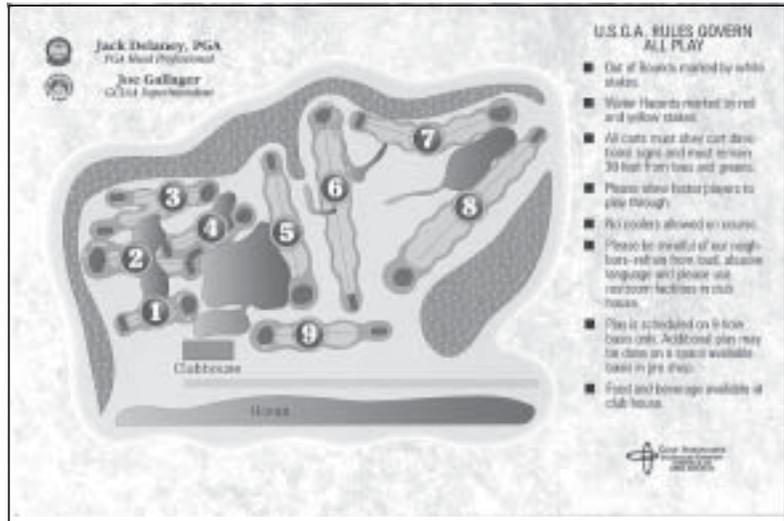
The history of Nahant Golf Club is hardly devoid of interest. Wilson writes, "It was on this golf links on June 24, 1911, that Harry Atwood, an early airman of this vicinity, first brought an airplane to land at Nahant. It was a real event, and whistles blew in Lynn as he flew in from the Atlantic, over the South Shore." Another air traveler was less fortunate: the club at one time displayed as a trophy a swallow "which was killed by a driven ball."

The Nahant game could be a dangerous for humans, too. One of the club's earliest scorecards provided a potentially life-saving tip: "The mud flat marked with 'Danger' signs is like quicksand. Do not walk on it or permit your caddy to do so under any circumstances." On August 31, 1914, the *Lynn Daily Evening Item* reported a potentially serious incident that had a happy ending: "While endeavoring to show Mrs. J. Bronner of Willow Road how to swing a golf stick on the Nahant golf links yesterday, Mrs. W. Sterns accidentally swung the club in such a manner that it hit Mrs. Bronner on the side of the head, knocking her unconscious, but after a short time she regained her senses and was able to walk to her home, which is but a short distance away from the scene of the accident."

In 1921, the membership voted to dissolve the club. In 1929 the *Item* explained why: "Inasmuch that the course made it necessary to cross one of Nahant's busiest streets the layout became impractical following the passing of the horse and carriage and the advent of the automobile." Assets valued at \$175.09 were offered to and accepted by the Nahant Club, the town's social organization.

Nahant's course acquired several new names over the years, including Nahant Golf Links in 1940. It was closed during WWII, when the military converted the property to Fort Ruckerman. Legislation returned the property to town hands after the war, but Nahant golf fell dormant when the town fathers voted to use parts of the property for non-golfing purposes, including a new school building, the central fire station, a public works building and two baseball fields. When Nahant's latest golf challenge reopened in 1966, the course was 1,200 yards shorter.

Selectman Charles A. Kelley spearheaded the course's rebirth on the only plausible site. Unfortunately, this was also the main drainage basin for most of the town, where a runaway horse was nearly swallowed by the soft ground. Daniel R. Marcotte, groundskeeper at Fenway Park, assumed responsibility for developing the new Nahant links as "Drumquill." Kelley passed away in 1988,



after serving as the course's benevolent overseer for twenty-two years. The course was renamed in his honor, Kelley Greens Golf Course, on October 22, 1989. An inscribed, memorial boulder was placed in front of the clubhouse.

Drumquill Golf Course got extraordinary publicity in 1972 when Red Sox stars Tony and Billy Conigliaro purchased the course. Renamed "Tony C's," the course received a major piece of insurance in 1973 when the Army Corps of Engineers built a seawall across the street. In the mid-1970s, the Conigliaros sold the course to Peter Dawson and Steve O'Malley, who renamed it "Sea Gael." They in turn sold the property back to the town in 1988 for \$1.25 million.

Since then, the Town of Nahant has contracted with several management companies to run the course, which has been plagued by flooding problems. Since 1998, Birdie Golf Management has run the course, led by Richie Conigliaro, Tony and Billy's younger brother.

Nahant Golf Course or Links

- | | |
|------|--|
| 1894 | Small seven-hole course attached to the Nahant Club formed. |
| 1918 | One hole added. |
| 1922 | Nahant Golf Links discontinued. Remaining funds sent to Treasurer, Nahant Club. |
| 1929 | Plan of nine-hole Golf Course to cost \$100,000. Lasted from 1933 until taken over by Army for World War II use. |
| 1966 | Boston Globe mentioned new nine-hole course, third course to be built on approximately the same spot. Opened as Drumquill. |

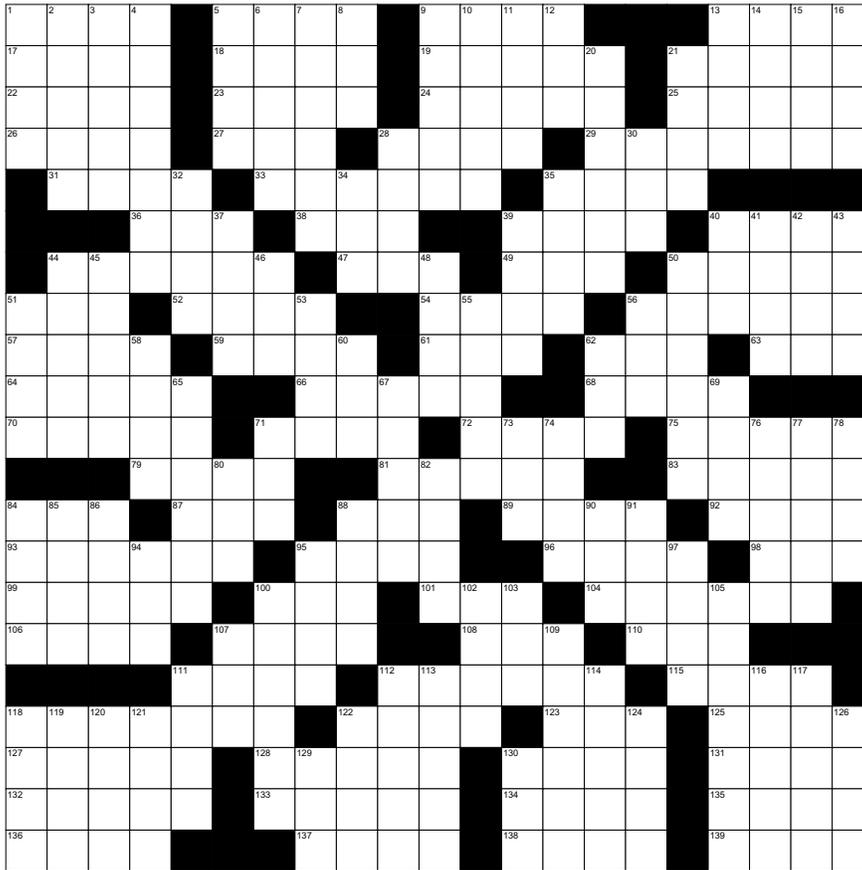
Research done by Margaret Antrim in response to an inquiry by Jack Barry as to whether Nahant had ever had an eighteen-hole course. Margaret found no reference to an eighteen-hole course. June 6, 2001.

SOURCES: Text on left page: *Nahant on the Rocks*, Stanley Paterson. Text on right page: *The Green & Gold Coast. The History of Golf on Boston's North Shore. 1893-2001.* Gary Larabee.

Photos: left page top, Stock Certificate. Nahant Historical Society. Gift of the Lowell Family. Photo of golf course from Flash Road. Circa 1936. Right page, Course diagram. Nahant Historical Society. Gift of Marie Burns. November 2003.

NAHANT PUZZLE PAGE

This One's for the Snowbirds
by Rick Kennedy



- 42 Complexion problem
- 43 Not who
- 44 Erect (2 wds.)
- 45 Broker
- 46 **Sun** ____
- 48 Childhood disorder (abbr.)
- 50 ____ **Springs**
- 51 Ms. Minelli
- 53 ____ **Beach**
- 55 Tiny amounts
- 56 Dept. or Sec.
- 58 Balmy
- 60 Tiny ____
- 62 Cooking tool
- 65 Vocal organ of 44
Across
- 67 Man of means
- 69 Swerve
- 71 Ram's mate
- 73 Promise
- 74 Asian nation
- 76 Remove
- 77 Silent actor
- 78 Calendar abbr.
- 80 Time period
- 82 Wagon pullers
- 84 Nobleman
- 85 Merriment
- 86 ____ **Coast League**
- 88 Ailing
- 90 **See 39 Down**
- 91 College course (abbr.)
- 94 Tangle
- 95 Belt up
- 97 Recognized
- 100 **Florida sport fish**
- 102 Terminated
- 103 U.S. currency
- 105 Overshadowed
- 107 **Key lime** ____
- 109 Inclined
- 111 Was
- 112 Coral reef
- 113 Parsonage
- 114 **Alligator** ____
- 116 Lilly-like plant
- 117 Pointed weapon
- 118 Hook feature
- 119 Like a wing
- 120 Ceremony
- 121 Understand
- 122 Farm building
- 124 Cradles
- 126 Rational
- 129 ____ **Runner (drink)**
- 130 Query

ACROSS

- 1 Irish beer brand
- 5 ____ au rum
- 9 Yield
- 13 Comely
- 17 **Little Havana water**
- 18 Blue-pencil
- 19 Ancient marketplace
- 21 Not better
- 22 Gopher U.?
- 23 Fine French city?
- 24 **With 35A - City of Palms Park site**
- 25 **Royal Guardsmen city**
- 26 Cut open
- 27 **Start at Doral?**
- 28 Agts.
- 29 **Captiva neighbor**
- 31 Repeat
- 33 Tear out a palm
- 35 **See 24 Across**
- 36 Feed
- 38 ____ **World,**

Orlando

- 39 Telegram
- 40 Imperfection
- 44 **Cockatoo or macaw**
- 47 Genetic code
- 49 Eastern Time
- 50 **Palm** ____
- 51 Carry
- 52 Fasten
- 54 Satellite receiver
- 56 **Florida Crystals affiliate**
- 57 Object
- 59 Tiny insect
- 61 **Over 90?**
- 62 Attach
- 63 "Stand" band
- 64 Arizona Indian tribe
- 66 Gourmet chocolate brand
- 68 Tel ____
- 70 Suitably
- 71 Austin novel
- 72 **With 107A, Florida city**

75 Swarms

- 79 Sketched
- 81 Chest
- 83 Eagle's nest
- 84 Poached food
- 87 Anger
- 88 **With 34D, Ft. Myers snowbirds**
- 89 Churned water from a boat
- 92 Freeway entrance
- 93 Graduate
- 95 Jeer
- 96 Narrow strip of land
- 98 Lay
- 99 Loosen
- 100 Twitching
- 101 Affirmative gesture
- 104 Distant
- 106 Went
- 107 **See 72 Across**
- 108 Loudness (abbr.)
- 110 Novel
- 111 **Anhinga or gallinule**
- 112 ____ **Island**

115 Western Athletic Confs.

- 118 Mixologist
- 122 Nova
- 123 Loose gown
- 125 Knocks
- 127 Dress type
- 128 Sky hunter?
- 130 Qualified
- 131 **Sand** ____
- 132 **Boca** ____
- 133 Voids
- 134 Rosebud e.g.
- 135 Dash
- 136 Witch's concoction
- 137 Weight unit
- 138 **Long and Grassy**
- 139 Challenge

DOWN

- 1 Christmas meats
- 2 Nimble
- 3 Having a secret meaning
- 4 **Florida feline**
- 5 Crooked

6 Farewell

- 7 Arm muscles
- 8 Snacked
- 9 Gem carved in relief
- 10 Nile's home
- 11 **Some Key deer**
- 12 Goof
- 13 Central points
- 14 Part of UAE
- 15 **Belle** ____
- 16 True
- 20 Classify
- 21 Established custom
- 28 Colored horse
- 30 To be
- 32 Boat movers
- 34 **See 88 Across**
- 35 **"Squish the ____"**
- 37 Chinese secret society
- 39 **With 90D, Southernmost point**
- 40 Fr. gender
- 41 Den

Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Here are the latest subscribers thru February 15th. If you find that you are not on this list, or any of the previous lists, and did send in a subscription, please let me know (donna@nahant.com) and I will update the list in the April issue. If you wish to remain anonymous, please indicate so with your subscription gift.

Many "Thanks!" are extended to Candice Cahill, Betsy Carpenter, Joy Sparr (gift Carpenter), Carmella Cormier, John Cort, Henry Dunn, Maureen Edison, Susan Fournier, Cal Hastings, Martha Keller, Susan Kerr, Joanne Laubner, Duncan Maitland, Cindy Mantzoukas, Nahant Housing Authority, Thomas O'Toole, Ann-Margreth Peterson, Margaret Piccola, Susan Risher, Christopher Rogers, Dolores Scanlan, Patricia Sullivan and Alice Roy.

The master mailing list has been updated for the February issue. Subscribers will have their name, or family name, printed on the address label. If you have subscribed and did not receive your personal issue, please let me know. Just drop a note in the Harbor Review box at the Equitable Bank on Nahant Road, or mail it to the Harbor Review, POB 88, Nahant, MA 01908, or send an email to donna@nahant.com. Many THANKS!

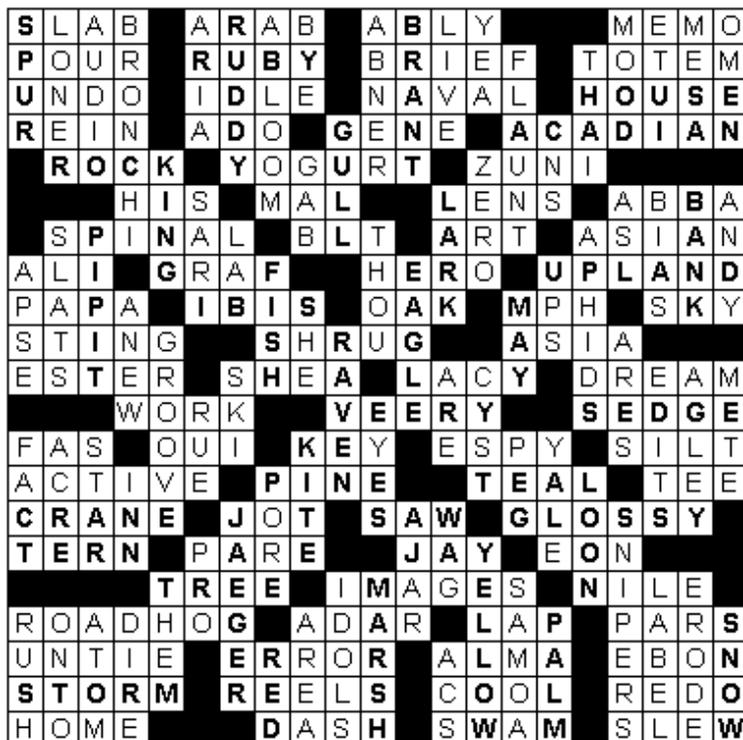
The www.nahant.com website is still being updated. In particular, the Nahant Business Community page will be updated to include emails and web site information of the consistent advertisers in the newspaper. Regular advertisers in the Nahant Harbor Review who have not submitted their updated web site / email information, please send the information by email to donna@nahant.com before March 15th. Thank you very much for your support. Without advertisers and voluntary subscribers there would be no Nahant Harbor Review!

FEBRUARY 2006 PUZZLE WINNER

Nancy Wilson of Nahant, was the winner of the February puzzle.

Just see Chris to claim your prize. 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.

This One's for the Birds by Rick Kennedy



Nahant Harbor Review

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DEADLINE INFORMATION for APRIL 2006

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

Wednesday, MARCH 15th • 5:00 P.M.

Mail Date: Wednesday, MARCH 29th

STAFF

Owner/Editor:	Donna Lee Hanlon	592-4148
Sales Director:	Suzanne Hamill	592-1263
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Proofreader:	Harriet Steeves	

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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.

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Pat Marino

Swampscott, MA

EMAIL TO THE EDITOR

From: TJohn76051@aol.com
Sent: Monday, January 23, 2006 9:43 PM
To: donna@nahant.com
Subject: Johnson Family

I saw the article in the "Harbor Review" about the Johnson Family. It brought back memories. Joseph Johnson was my great/great/great grandfather. My father, Fred Johnson and his father Fred Johnson, owned a "provisions" company in Nahant and in Boston named "White and Johnson." It was in business from 1887 until 1942.

Our ancestor, Jonathan, Joseph's father, was the grandson of James Johnson who came to Boston in 1636 and was an original member of the Ancient and Honorable Artillery, as well as an elder in the Old South Meeting House.

The Johnson's continue. The ninth generation, my two grandchildren, are attending the Park School in Brookline and the third is in elementary school in Seattle. In time we will make sure they know of their Nahant roots. My own children carry on family traditions: one is a boatbuilder; the other a poet who works her grammarian magic at Microsoft as an editor.

Great genes in all of them.

Thomas P. Johnson Ed.D.
Harwich Port, Mass.

Help Support Your Community Newspaper

Many thanks to those of you who had opportunity to send in a subscription last month. The "Thank You!" list is on page 17.

If you haven't already done so, there is still time to renew your voluntary subscription to the Nahant Harbor Review, or to begin a new subscription, for the year 2006. Although the Nahant Harbor Review is FREE to all Nahanters, your voluntary subscription check for \$15 will help defray the cost of mailing to your door. Send name(s), mailing address(es) and \$15 for each subscription of 12 monthly issues, beginning with the January 2006 issue, to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Or, save a stamp! Drop an envelope with your subscription info and check in the black box on the Teller's counter in Equitable Bank on Nahant Road.

Nahant Community Classified Ads Page

Advertise your yard sales, moving sales, car and boat sales, apartment rentals, personal messages, birth announcements, memoriams, holiday and birthday greetings in the APRIL 2006 issue of the Nahant Harbor Review!

Fill out the form below, cut out and mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.....OR..... Save a stamp! Take the envelope to the Equitable Cooperative Bank on Nahant Road and drop it in the black box on the Teller's counter. Payment must be included with the form and made payable to Seaside Business Services.

Photos will be returned if accompanied with a self-addressed, stamped envelope.

Deadline for the APRIL issue is WEDNESDAY, MARCH 15th.

Name: _____

Telephone: _____

Photo Enclosed? _____

Ad Size: _____

Amount enclosed: _____

Print Message (or attach to form): _____

Price List

One column wide by	
1" box	\$12.00*
1.5" box	\$18.00*
2" box	\$24.00
2-1/2" box	\$30.00
3" box	\$36.00
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1" box	\$24.00*
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2" box	\$48.00

*Text Only

For more info., call Suzanne at 781-592-1263.

Community Calendar • MARCH 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

MARCH

WED	1		Ash Wednesday
THU	2	10:00A	Music Class by Carol Hanson. Nahant Community Center.
FRI	3	8:00A	Breakfast Group at NVC. Ed Tarlov, speaker.
SAT	4	9:00A	Winter Carnival at the Johnson School. Till 1:00 p.m.
SAT	4	2:00P	Holistic Healing with Fiona Barrett. Nahant Community Center
SUN	5	10:30A	Worship Service and Sunday School at NVC
MON	6	6:00P	Varsity Cheerleaders Fundraiser at Tides Restaurant.
WED	8		Save the Brewsters legislative hearing.
FRI	10	NOON	Spring Flower Show at Expo Center in Boston.
SAT	11	7:00P	Fifth Annual Blues Night. Nahant Country Club.
SUN	12	10:30A	Worship Service and Sunday School at NVC
SUN	12	3:00P	Book Signing at Library. Jen Safrey, author.
SUN	12	4:00P	Gershwin! A Musical Revue at LynnArts.
TUE	14	6:30P	Ten Hours From Dawn. Michael Tougias speaker. Marine Science Lab. East Point.
WED	15	5:00P	Harbor Review Deadline for April.
WED	15	6:30P	Woman's Club Potluck Supper at NVC.
FRI	17		St. Patrick's Day
SUN	19	10:30A	Worship Service and Sunday School at NVC
WED	22	10:00A	Woman's Club Luncheon at State House.
THU	23	NOON	Garden Club meeting at NVC. Kevin Blair speaker.
FRI	24		Shea Mavros performs for ProMusica, Boston.
SUN	26	10:30A	Worship Service and Sunday School at NVC

APRIL

SUN	2		Daylight Saving Time Begins
SUN	2	10:30A	Communion Worship Service and Sunday School at NVC
SUN	9	10:30A	Worship Service and Sunday School at NVC
SUN	9	2:00P	Historical Society Annual Meeting. Nahant Community Center. Serenity Room. Ellis Peckham speaker.
WED	12	NOON	Girls Inc. Luncheon at Danversport Yacht Club.
SAT	22	9:00A	Birding Field Trip. FMI call Linda Pivacek at 781-581-1114.

MAY

SAT	27	9:00A	Nahant Arts Celebration at the Nahant Community Center.
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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

Mon. thru Thurs.
10:00 a.m. to Noon. &
2:00 to 8:00 p.m.
Fridays: 10:00 a.m. to
Noon & 2:00 to 5:00 p.m.
Saturdays and Sundays:
2:00 to 5:00 p.m.
781-581-0306

SPECIAL NOTICE

The delivery of the May issue of the Nahant Harbor Review we be done by the Nahant Cub Scouts. The purpose is two-fold. One, we will be able to confirm and verify the Review's mailing addresses. Since we are now using the "official" list that the post office generates, the mailing list has changed. Some of our readers have not received a newspaper. The Scouts will have a check list to confirm and add any addresses that are not on the "official" list.

The second purpose is to help the Nahant Harbor Review gather subscriptions. The cost of producing the little paper continues to rise. Our goal is to gather 200 subscriptions. The Cub Scout Troop will receive \$5 for every subscription to the Harbor Review and the Scout that gathers the most subscriptions, will receive a \$100 gift certificate to E.B. Games.

Please welcome the Scouts when they come to your door during the last week of April. More information will be in the next issue of the Review. Thank you.

"Ten Hours From Dawn: A True Story of Heroism and Tragedy aboard the Can Do"

On Tuesday, March 14th, Michael Tougias, Award-Winning author, will speak at 7:00 p.m., at the Marine Science Lab, East Point.

During the height of the Blizzard of 1978, the pilot boat *Can Do*, with five men onboard, set out from Gloucester, to assist a lost Coast Guard boat and an oil tanker that were in a Mayday situation. *Ten Hours Until Dawn* tells the story of what happened on that awful night when the seas were producing monstrous waves of 40 feet and the wind was screaming at 100 miles per hour. Join award winning author, Michael Tougias, as he takes us through that incredible night where many lives hung in the balance.

With the aid of maps, slides, and photographs Tougias lets the audience see the progression and location of these boats off the Massachusetts coast and explains what happened and why.

Michael Tougias is the author of 15 books including his latest book, *Tens Hours Until Dawn*. This lecture is free to the public. Light refreshments served at 6:30 p.m. Call Tracy Hajduk at 781-581-7370, Ext 321, or email t.hajduk@neu.edu for more information.

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