



# Nahant Harbor Review

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

Volume 14 Issue 5

MAY 2007



## The Nature of Nahant

The above photo, taken last month, by Bruce de Graaf, is a visitor to Nahant from the western part of the country. This little warbler was so friendly and curious, it landed on the camera lens! For the rest of the story, see Linda Pivacek's article on page 12.

## Veterans: Fall In

The Nahant Memorial Day Committee is again urging the participation of all Town Veterans, in the annual parade. This year, the parade will take place on Monday, May 28th. Veterans are asked to report to the Parade Marshal at the corner of Nahant Road and Cliff Street (Forty-Steps Beach), at 9:00 a.m., sharp. Uniforms are optional. Anyone desiring to ride in the parade, should contact the Committee Chairperson, Molly Conlin, or the Parade Chief Marshal, Jim Cashman, prior to May 21st, so that appropriate arrangements can be made. Please participate!



The Johnson School's 4th Annual Ceilidh, a celebration of talent and fun by students in grades 2, 3, 4, 5 and 6, was thoroughly entertaining and wonderful! See story on page 4.

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

**Home Delivery in Nahant**  
**Begins This Month . . .**  
**See page 21 for more information.**

## 130th Nahant Memorial Day Observance

The Nahant Memorial Day Committee is finalizing plans for this year's Memorial Day Parade, which will be held on Monday, May 28th. According to committee members, Nahant Historical Commission records reflect that this will be the 130th observance of this holiday, in the Town.

This year, Molly Conlin is again serving, in her long standing role as the committee's chairperson, with Colonel Jim Cashman (USAF Retired), as the parade's Chief Marshal. This year's parade will honor United States Army Reserve Lieutenant Colonel Frank Cusack, as the Parade's Grand Marshal.

The parade will closely follow its traditional format. The parade will step off at 9:30 a.m., from the junction of Nahant Road and Cliff Street and proceed directly to Greenlawn Cemetery for a brief memorial service. Again this year, this service will feature the Nahant Village and St. Thomas Aquinas Church Choirs; appropriate prayers by the pastors of these congregations; and, the annual Memorial Day message by Tom Gallery (Nahant's Veterans Agent) followed by a rifle salute and taps. As always, the high point of this service will be the recitation of the Gettysburg Address by a student, competitively selected from the Johnson School's sixth grade class.

From the cemetery, the parade will proceed to Tudor Wharf for a brief service to honor departed naval personnel. Chairperson Conlin, a Vietnam-era Navy veteran, will offer a prayer and toss a wreath onto the water. Three volleys will follow from the Herman Spear Post firing squad and taps by a Swampscott High School Band trumpeter. The committee hopes that the First Battalion, 102nd Field Artillery, will be available this year to provide answering howitzer volleys, always a big hit with Town youngsters.

From Tudor Wharf, the parade will proceed to the Town Hall where the parade will conclude with the Swampscott Band, playing the National Anthem, at the base of the Town Hall flagpole.

Again this year, a chowder luncheon will be served in the Town Hall to parade participants. Ice cream will be served to participating Brownies and Cub Scouts, at the rear of the building. See page 18 for a list of parade participants to date.

## Parade to Honor Frank Cusack

The Nahant Memorial Day Committee is pleased to announce the selection of Lieutenant Colonel Frank Cusack (USAR retired), as Grand Marshal for this year's Memorial Day Parade. This honor is being bestowed on Mr. Cusack in recognition of his 43 years of continuous service, as a member of the Memorial Day Committee and his participation in this annual event.

Frank and his wife, Kay, have been Nahant residents since 1953. A WWII veteran, Lt. Colonel Cusack joined the Army in 1939 and was commissioned, after attending Officer Candidate School, in New Orleans. His WWII experience included three years in Europe serving as a Cargo Security Officer on Liberty and Victory Ships. In 1967, Frank retired from the Army Reserve as a Lieutenant Colonel. His final military billet was as a Judge Advocate General (JAG) officer, assigned to the Boston Army Base, then located in South Boston.

Mr. Cusack was appointed to the Nahant Memorial Day Committee in 1964 and has served on the committee continuously since then. In addition to being on the committee for the past 43 years, Frank served as the Memorial Day Parade's Chief Marshal, from 1974 through 1987.



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

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## **Boy Scouts News**

**Submitted by Michael Rauworth**

Please join Sam Rauworth and Nahant Boy Scout Troop 50, as they work on Sam's Eagle Project. On Sunday, May 6th, from 10:00 a.m. to 3:00 p.m., Sam will lead a clean-up of a section of the Nahant Heritage Trail. Work will involve cleaning debris from the trail, in the section from the Lowlands to Flash Road and installing marker posts. Additional time will be scheduled for the following weekend, if needed. Please call Sam Rauworth (781-599-3977), if you are able to help for any amount of time. Bring work gloves, shovels, wheelbarrows and tarps. We will meet in Lowlands parking lot, across from Short Beach. Thanks for any help you can give to this important project, to help preserve Nahant's open spaces for all.

## **Honduras Mission Trip Film**

**"I help to change the world house by house"**

On Sunday, May 20th, at 11:30 a.m., following the regular worship service at the Nahant Village Church, there will be a screening of a video from a February mission trip to Honduras. Sam Rauworth and Nancy Cantelmo joined ten others from First Church Swampscott, for a Habitat for Humanity project. This entertaining and informative video highlights the house building work, as well as the group's sightseeing travels around Honduras. Please join us for a half-hour video presentation and light lunch.

Submitted by Nancy Cantelmo

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## **NVC Breakfast Group News**

**A Perspective on the Global AIDS Crisis**

Bruce D. Walker, MD will be the speaker addressing this topic at the May 4th breakfast, to be held at the Nahant Village Church. Bruce is a clinician, specializing in infectious diseases, focusing on the treatment of persons with HIV/AIDS. He has an impressive background. He has been involved in collaborative research in Africa, for the last 10 years, and with the University of KwaZulu Natal in Durban, South Africa, for the last eight years, where he has been engaged in a collaborative project resulting in the creation of an AIDS Research Center, serving sub-Saharan Africa. Also, he is involved in global AIDS vaccine preparedness work, through a number of NIH grants and contracts.

Bruce is Professor of Medicine and Director of the Centers for AIDS Research at Harvard University, Director of the Partners AIDS Research Center at Massachusetts General Hospital and a Howard Hughes Medical Institute Investigator. He also is Professor of Medicine at the Nelson Mandela School of Medicine at the University of KwaZulu-Natal in Durban, South Africa.

Bruce and his wife, Alice Cort, moved to Nahant last year. They sing in the Village Church choir, when he is not in South Africa, or elsewhere in the world.

Breakfast is served at 8:00 a.m., with the presentation to follow at 8:30. All are welcome. Please bring one or more friends for a great breakfast and an informative talk.

Submitted by Cal and Marrit Hastings.

## **Garden Club News**

The Nahant Garden Club has a wonderful month of May coming up. Saturday, May 19th, at the Nahant Life-Saving Station, from 9:00 a.m. to 11:30 a.m., we will hold our annual Spring Plant Sale. Co-chairmen are Linda Jenkins and Margaret Parisi. Proceeds from this fundraiser are for our annual \$1,000 Scholarship, which will be awarded in June. There will be perennials, geraniums, annuals and many unusual plants, with some plants from our members' gardens, for sale. This is open to the public and is handicapped accessible.

On May 24th, at the Nahant Village Church, at Noon, we will hold our "Past Presidents Day" meeting. "The Rosemary Bacheller Award" will also be presented to a deserving member of our club. The program will be presented by three club members, who will create and answer questions about planting and growing, container gardens, for shade, sun and partial sun. These containers will be auctioned at this meeting. This will be an informative, fun afternoon.

Marie Ford received two awards at the annual North East Spring Flower Show, held March 17-25, in Boston. One blue ribbon, in Class 106, "Fantastic Journey - Time Travel" for her design in the manner of the Dutch Flemish. She also received the Marie Hancock Cook Certificate for Achievement in Traditional Flower Arrangement. CONGRATULATIONS!!!! Have a wonderful May.

Submitted by Carmella L. Cormier, Publicity Chairman

## **Nahant Public Library Planning Survey**

**By Daniel A. deStefano, Library Director**

The early stages of formal library planning require that we gather comment from the community. (Doesn't that sentence just make you want to read further?) To meet this requirement, the Nahant Public Library is distributing a survey that asks questions about library services. Please see the insert in this issue of the Harbor Review.

We also intend to distribute the survey forms at Town Meeting and to make them available in the Library. However you decide to receive your copy, please return it to the Library by June 1, 2007. This will give the Library Trustees and me time to analyze the results and complete the formal plan by the fall, when we intend to submit our five-year plan to the Massachusetts Board of Library Commissioners.

The acceptance of our plan by the Library Commission gives us five years to complete the workbooks (another requirement) and establish a building committee. Once the workbooks are accepted and a building committee assembled, then the Library may hire an architectural consultant. Upon completion of a building plan, with drawings, then the Library may apply to the State for funding. It is important to understand, that if the Library involves an architect too early in the process, then Nahant will be disqualified from receiving money from the state.

The Library is just beginning this entire, long procedure. Please demonstrate your own interest in improving the library services and building by answering our survey in a constructive manner. We crafted the questions carefully, so that the survey would both meet the requirements of the state and be useful to the Library Trustees.

The Library Trustees and I thank you for your participation.



## Memorial Day Committee Seeks Support for Parade

On May 28th, 2007, when the Nahant Memorial Day parade steps off at 9:30 a.m., from Forty Steps, it will be for the 130th time! The Memorial Day Committee invites all Nahant organizations to support the parade by participating as a group, or by entering a float that respects the spirit of Memorial Day, while giving recognition to your organization. The Committee is appealing to the enthusiasm and generosity of the citizens of Nahant to help us plan a parade that reflects the significance of this auspicious anniversary. To participate please call Jim Cashman at 581-0815, or Molly Conlin at 581-0296.

## Friends of Earl: Golfing for Gary

As the cost of living increases every year, it puts such a strain on everyone, but it especially puts a strain on the Hanson Family. As many of you may know, Gary "Earl" Hanson, once a strong athletic man, was diagnosed with Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease, on February 14, 1994. Cindi and Earl became proud parents, a beautiful daughter Mariah was born on May 13, 1995. In 1999, Earl was placed on a ventilator. The life expectancy of a patient diagnosed with ALS is 3-5 years, however, with much love and devotion, from family, friends and community, it has been 13 years since Earl's diagnosis.

This year commemorates the 10th Annual "Friends of Earl" One-Pitch Softball Tournament. To celebrate this milestone, "Friends of Earl" are adding a "Golfing for Gary" fundraiser to the year's events. Golfing for Gary will be held on Saturday, June 2, 2007, at 2:00 p.m., at Kelley Greens. This "tournament" will be played in a Ryder Cup format, with a team of men competing against a team of women. Each competing team member has already been qualified to meet, or exceed, the strenuous tournament requirements.

The activities of Golfing for Gary will include raffles, shirts for sale, good friends and good cheer. The new management team will also donate a portion of the food and drink sales to the Hanson family.

This amazing family, so filled with love, humor and hope, needs our help this year. Cindi continues to be the primary caregiver for Earl and is unable to work outside the home, which makes Golfing for Gary and the 10th Annual One-Pitch Softball Tournament so vital to the Hanson family.

Help make this 10th year special, by supporting one, or more, of your favorite "Friends of Earl" teams, whether it's golf, or softball. Our 10th Annual One-Pitch Softball Tournament will be held Saturday, June 30, 2007, at the Flash Road field (behind the fire station).

If you are interested in sponsoring, or donating to this wonderful cause, please call Dan Fiore (781-581-0935), or Robin Byron (781-596-1484). Checks payable to "The Hanson Family" can be mailed to 52 Irving Way. (We are seeking donations of Red Sox tickets for raffle prizes).

## Nahant Fireworks 2007 Fundraising Begins

The Fireworks Committee hopes that our annual letter finds you all thinking about spring and summer, which are just around the corner. Before we all know it, we will be celebrating Memorial Day and then the Fourth of July.

First of all, we would like to thank all the wonderful people who did donate last year, to help make the fireworks displays one of the best! We are asking once again for your help. Without your generous donations, the fireworks display would not have been possible. Thank you! Thank you! Thank you!

If you haven't donated in the past, we would ask that you please do consider it this year. Last year, I heard a few people say that they don't have \$25, or \$50, to donate. We are not asking that you donate that much. Even if you could spare \$5, \$10, or even \$15, every bit helps us reach our goal. Do you know that we will mail this letter to 1,525 houses in Nahant? If each household donates \$10, we would reach our goal of \$15,000.

We would like to ask that if you plan to donate, please do so early, by the beginning of June. The last couple of years we have reached our goal, but not until a few days before the Fourth of July. This has caused Robyn and me some sleepless nights. It is at the beginning of June, that we need to sign the contract agreeing to pay the \$15,000 and when it is July 1st and we still are a couple of thousand dollars away, we get nervous. The people of Nahant always come through, but we do go into panic mode.

Tee-shirts will again be sold this year, to help raise funds. To get your tee-shirt(s), please call Jen at 781-592-5272, or Robyn at 781-581-1373. Tee-shirts can also be purchased at the Town Hall, on Town Meeting Day, April 28th.

The Fireworks Committee would like to thank you in advanced for your support. We look forward to bringing you a spectacular show.

Submitted by Robyn Howard and Jen McCarthy, Nahant Fireworks Committee

## Our Disabled War Veterans

As a disabled Korean War veteran, I am appalled by the actions taken by our representatives in Washington, some of whom awoke after a long sleep, responding to the debacle at the Walter Reed Army Hospital, which had been going on for a long time.

What they should have done, was to accompany me and several other DAV members, when we began visiting the veteran's hospitals in Bedford and Boston, two years ago.

Those of us who have passed through the "Gates of Hell" will continue to honor our brothers who now need our assistance and compassion. Why did it take so long for those in power, to wake up to the needs of the men and women, who made it possible for them to be free of danger, fear and pain?

I challenge them, or anyone else who doubts the need to care and respect our veterans, to spend a day at any one of our veterans hospitals, walk down the halls and look into the rooms and watch them beckon to you, to come in and spend a little time with them. If your heart doesn't pound heavily, or your eyes don't fill with tears, you can't be counted as a member of the human race.

I owe my own survival through the "Gates of Hell" to those who served before me and gave of themselves and their experiences, so that I could continue growing up without fear, or danger, as today's veterans are serving, to protect all of us today.

Please call your representatives in Washington and ask them to continue to support the veterans hospitals and medical needs.

Submitted by Ernest E. Messina, Member D.A.V., Past Com. VFW and Former Nahant Veterans Agent

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## News and Views from the School Department

On Thursday, April 12, 2007, the Johnson School held its 4th annual Ceilidh, a celebration of talent and fun. Students in grades 2, 3, 4, 5 and 6, performed a variety of skits, songs and dances. Every act was thoroughly entertaining and wonderful.

This tradition was started by Sussie Petrov, our former music teacher. When Ms. Petrov left Nahant, over the summer, for a fulltime position, Ms. Loreen Tirrell did not want the tradition to end and so volunteered her time (and her husband's, Lou Wallach's time) to keep our tradition alive. Attached is a picture of most of the students who participated. A fun time was had by all. "Thank you! Loreen and Lou."

I look forward to writing a complete update of Johnson School happenings, in the next Harbor Review.

Submitted by Denise Littlefield, Johnson School Principal and Superintendent



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## John H. Osbahr Scholarship

A scholarship, in the amount of \$500, will be awarded to a 2007 Swampscott High School graduate, who is a Nahant resident, and has been accepted at an accredited two or four year college.

To apply for the scholarship, please submit a one-to-two page, typed essay, explaining what career field you would like to pursue at college and what your career goals are. Please include your name, address and phone number. In addition, please enclose a resume summarizing your employment, community service and/or volunteer work and list three references. A copy of a letter of acceptance from an accredited two, or four-year college, is also required.

The winner of the scholarship will be announced at the 2007 Swampscott High School and Johnson School graduations in June.

Please submit applications by May 15, 2007 to the Swampscott High School Guidance Department, or to Kathryn Marini, 24 Phillips Road, Nahant, MA 01908, 781-593-0964.

## Nahant Garden Club Scholarship

We want to remind you, that the Nahant Garden Club is offering a \$1,000 academic scholarship, to a 2007 high school graduate, who has been accepted to an accredited institution of higher learning.

The applicant must be a current resident of Nahant and have been a resident for at least 3-years. Preference will be given to academically accomplished students who have participated in community service. Their course of study should be related to environmental issues, including, but not limited to botany, ecology, environmental engineering, conservation, landscape architecture, or horticulture. In the absence of applicants majoring in such fields, the scholarship will be awarded to an outstanding student who has demonstrated a significant contribution to civic and community organizations.

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

Please submit all requirements by May 21, 2007, to Edith E. Hunnewell, 174 Willow Road, Nahant, MA 01908; Telephone 781-581-0559.

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## Johnson School Playground: Here at Last!

The yellow and tangerine Johnson School Playground was successfully installed on two beautiful spring days: March 30th and 31st. We would like to extend our thank-yous to the following: John and Tiffany Connolly and ATS Equipment, as always, thanks for all of your help and the use of equipment! Thanks to Bob Ward and the DPW, for preparing the playground site. A Big Thanks for the grant awarded by Nahant's Community Preservation Act. Thanks to Dunkin Donuts for the coffee, donuts and muffins for Friday and Saturday, Mike O'Callaghan, for the Tides pizza on Friday and Kelley Greens for sandwiches on Saturday. Many thanks to the Christy and Connolly families for donating benches. We certainly could not have done the job without the help of the many wonderful volunteers, who came out to build the playground!

Thank you, thank you and thank you.

## Refrigerator Art School Closes it's Door

I want to thank the community for supporting The School of Refrigerator Door Art, which closed on Feb. 28th, after three wonderful years as an anchor at the Nahant Community Center. It was a gift to have been able to run it as long as I did and I am blessed by the relationships I made with the students and their families and will treasure the memories for life!

I thank Carolyn and Tom Osbahr, Tess and Bob Bois, Maureen Decenzo and John Fulghum, Gene and Kees Hollenbach, Molly and John Cohen, Tom and Susan Gutermuth and all of the support people for the wonderful party that was held in honor of my school and my contributions to the town during the past few years. The large turn out at the Knights of Columbus party was an honor in itself. It is truly heartwarming to think I made that many friends in such a short time. Thank you, everyone!

I will still be reachable at [refrigdoorart@aol.com](mailto:refrigdoorart@aol.com), after I move, so please drop me a note and let me know how things are going in Nahant, my home town, I place I love and will always treasure. Submitted by Carol Hanson

## Nahant Special Education Parent Advisory

Please join the Nahant, Swampscott and Marblehead Parent Advisory Councils for a Basic Rights Workshop, presented by the Federation for Children with Special Needs. This workshop provides families and professionals with information about the rights under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB).

The workshop will be presented on Monday, May 14th, at the Marblehead Veterans Middle School, in the Library Project Room, on the 2nd floor, from 7:00 to 9:00 p.m.

Please RSVP by May 4th, as we need a head count. Email Tiffany Connolly at [shortbeach@verizon.net](mailto:shortbeach@verizon.net) or call Niamh Callahan, at 781 592-2175.

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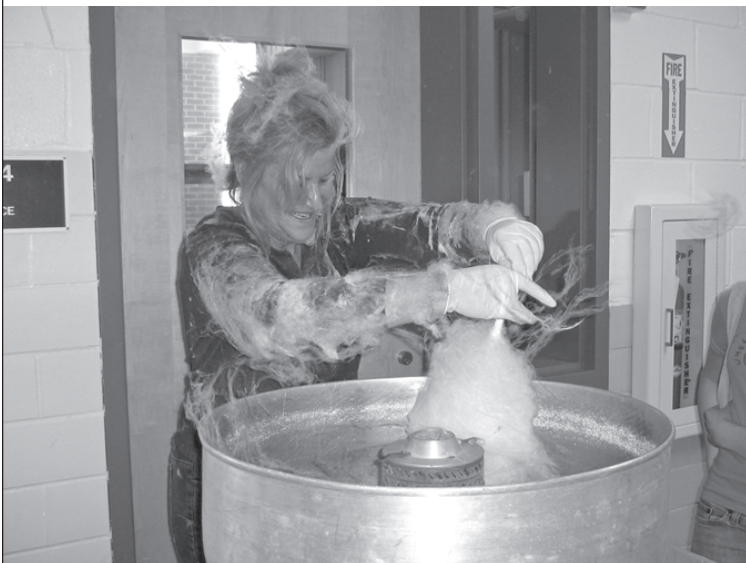
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## She's A Good Sport!



"I happened to have a camera at Johnson School Winter Carnival and Laura Michaud asked me to snap a picture of the cotton-candy-covered Patti Aswad."

Photo by Mary Jo Ludke



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## Fuel for Thought and Body

By Sallee Slagle, Director, Dance Dimensions

We don't always look at food and eating as a natural and necessary function, like putting gas in the car, but that is exactly what it is about! Whether we feed our bodies with protein, carbohydrates, organic fruits, or Spaghetti-O's, food is the gas in our tank, the fuel to keep us going and the building material for all those cells that are repairing and regenerating. We may consider the octane and the brand of the gas we buy for our car, but we may choose the food we eat only by it's appeal, advertising, or just our habits. We often choose foods because it sounds good and our senses agree we are hungry for it. How often do we consider the nutritional value? Food is, for us, much more than its mechanical "fuel for the body" function. It is a sensory pleasure and a social activity. But what if we also considered their "function," too.

Okay. We know we can positively effect our health and wellness by healthy food choices, but consider that making simple diet changes can actually prevent many debilitating diseases such as cardiovascular disease, hypertension (high blood pressure), diabetes and even cancer. Certain nutrients in food have been identified as playing a greater role in disease prevention and consuming foods, which have a concentration of these nutrients, can make a difference. The American Dietetic Association (ADA) and other researchers, have been studying these foods, labelling them "functional foods," defined as having "...a potentially beneficial effect on health, when consumed as a part of a varied diet on a regular basis, at effective levels."

A balanced diet, which includes whole grains, fruit, vegetables, lean proteins low in saturated fats, now has additional benefits by adding more functional foods. Fruits and vegetables are truly the perfect functional food, all natural, full of anti-oxidants, phytochemicals and immune boosters, as well as fiber! If you don't get your 5-7 servings a day, start with making that a priority and a lifestyle. Include some of these super foods and you will benefit even more!

First is soy. October 1999, after 38 clinical trials and 43 different studies, the FDA approved the claim that soy can reduce the risk of cardiovascular disease, when included in a diet low in saturated fats and cholesterol. The effective daily intake should be 25g soy protein. Soy also has isoflavones which are important to bone health, immune function and brain function. Soy protein is readily available as soy milk, tofu, soy nuts, tempeh, miso as well, as in protein shakes and bars.

Oats is another functional food. In 1997 the soluble fiber, beta-glucan, was recognized by the FDA as having cholesterol-lowering benefits. Oatbran muffins and cereals started appearing, at that time and today, Cheerios® advertising is based on this research. The effective daily intake is 3g of beta-glucan soluble fiber, to achieve a 5% reduction of total cholesterol levels. You can get this in 1 cup of cooked oat bran, 1-1/2 cups of cooked oatmeal, or 3 cups of Cheerios®. Limited research shows that oats may play a part in lowering high blood pressure, also. So get your oats in any form!

Flaxseed is a great source of fiber, but it's also a source of Omega-3 fatty acid. Used in cancer prevention research it was also found that the fiber, combined with the essential fatty acids, also promotes a healthy heart. Studies show a reduction of LDL and total cholesterol, if you consume 15-50g per day. Because of it's high fiber content, add amounts gradually to your diet. Freshness is key and grinding your own flaxseeds is best, as freshness and potency diminishes quickly, once ground. Add flax meal to cereals, smoothies, baking, or nut butters.

With "designer" foods, we can now get eggs with higher omega-3 content. Fatty fish such as mackerel, herring sardines, salmon and tuna are also high in omega-3 essential fatty acids. Fish oils seem to be able to reduce triglycerides in the blood. It has been recommended to eat 1-2 servings of fatty fish per week, as a healthy measure.

Tea is the 2nd most popular drink on the planet, with water as the first. The antioxidants in green and black tea have been found to be beneficial to counteract free radicals and help create healthy tissue and cells. Studies of tea consumption have found that plaque build-up decreased by 50%, if you had 1-2 cups a day and with 4 or more per day, it was reduced nearly 70% (Geleijnse et al. 1999). Tea decreases the stickiness of the blood and therefore reduces the risk of clotting. More research is being done but a cup a day may be a wise choice.

Last is the grape. Red grapes are high in antioxidants which also reduce the bloods stickiness and relaxes(dialates) blood vessel walls decreasing the risk of heart attack. Whether you choose grape juice, or wine, the benefits are worthwhile. The recommendation is no more than 1 glass of wine a day for women and no more than 2 for men. Also be sure to account for the additional calories in either.

Include whole grains, fruit, vegetables, lean proteins and add more functional foods. Fruits like berries, tomatoes and green leafy vegetables all should be part of our daily diet. So get your 5-7 servings a day! Make that a priority, a lifestyle. Include these, or other super foods and you will benefit even more! Just by thinking about what you put in your "tank," you can keep your health, vitality and prevent many diseases!



## Considering Body Waxing this Summer Season?

Most people have waxed their eyebrows at least once in their lifetime. Many do not even consider waxing other body parts, such as underarms, full legs, bikini, backs, or even arms. Read on to find out about all the fabulous benefits of waxing, instead of shaving, this summer!

What is waxing exactly? It is the process in which hot wax is applied to the area and the hair is removed by pulling the hair out of the hair follicle, to include the root ball. This is important to understand because it is the reason why waxing is so great. When you pull the hair out by the root, your root ball has to completely develop all over again from scratch. This process takes a while to form, which is why the effects of waxing lasts much longer than shaving. When you shave, all you are doing is cutting the hair at the surface and it grows back immediately. For example, if you wax your legs for the first time, you shouldn't need to get another wax for at least 4-6 weeks (depending on your personal hair growth). Imagine a world in which you didn't have to shave in the shower every day, especially in the summer. You could just go to the spa and have your waxing services done once a month. And the best part is, each time you wax, your hair grows back finer and softer than you ever imagined, because you are weakening the root ball. In order to obtain full benefits from a wax, you should plan on being committed to never touching your razor again and plan on making monthly visits to the spa, to have a professional perform this service.

Does it hurt? The first time you get a body part waxed, it hurts the worst. But it isn't unbearable. It is a quick sting that goes away immediately. Each additional time you get waxed, it hurts less and less. The pain decreases because the root ball gets smaller and it comes out of the hair follicle.

Do you have to prepare? Yes. In order for it to work properly, your hair needs to be long enough to pull out of the hair follicle. You should try not to shave the area, for at least two full weeks, before you come in for your wax appointment.

The results are amazing and the time saved, by not having to shave in the shower, speaks for itself!

So try something new this beach season, come see me at Seaport Salon and Day Spa, for all of your waxing needs, call for a consultation at 781-593-5410, or visit our website at [www.theseaportsalonanddayspa.com](http://www.theseaportsalonanddayspa.com) to view waxing prices.

Submitted by Tabatha Kempton, Seaport Salon and Day Spa, Lynn, MA

## The Art of Lynn Folk: Creations and Connections

By Kenneth C. Turino, Lynn Museum & Historical Society

The Art of Lynn Folk: Creations and Connections, is on exhibit at the Lynn Museum & Historical Society, from May 10th through September 9th.

The Art of Lynn Folk: Creations and Connections presents the universal tradition of beautifying the world through art-making. In work, leisure and everyday life, people in the Lynn community have sought to create a more beautiful world, by transforming and rendering everyday, ordinary objects into extraordinary artworks, which are infused with emotion, stories and meaning. One such example in the exhibition, is a unique signature quilt, with alternating triangles of red and white cloth, made by women of the Boston Street Aid Society and extensively inscribed with handwritten records from 1886.

This exhibition connects the visitor to the past and present people of Lynn, as creators and artists. The exhibition is organized by themes of handcrafted work, play and emotion, and includes the everyday objects that Lynn "folk" created. It illustrates that art and beauty are not limited by training, education, age, or original intent, as demonstrated by the model of a Boston Terrier mix made out of sheet metal, by Darrell O'Connor, an employee of General Electric and modeled after the family dog, Penguin, in the 1960s. In this way, The Art of Lynn Folk: Creations and Connections tells the stories of the people behind the objects, enabling visitors to make connections in their own lives. The Nahant Historical Society will be lending two pieces a newly-acquired, black lacquered, papier mache snuff box, circa 1776-1801, belonging to Joseph Johnson and a Sampler made by Catharine A. Hood, in 1830.

Working with Tufts faculty, Cara Iacobucci and Nahant resident, Ken Turino, the exhibition is curated by the Tufts University Museum Studies Exhibition Planning Course, in conjunction with the Lynn Museum & Historical Society. The Art of Lynn Folk: Creations and Connections presents art primarily ranging from the eighteenth to the twentieth century.

The opening reception for The Art of Lynn Folk: Creations and Connections is on Thursday, May 10th, from 5:00 to 7:00 p.m., at the Lynn Museum & Historical Society, 590 Washington Street, Lynn, Mass. The museum is open to the public and daily hours are noon to 4:00 p.m. For more information, directions, or questions, visit [www.lynnmuseum.org](http://www.lynnmuseum.org), or call (781) 581-6200.

## Coming Soon...Honor ThySelf:

### A Being Well Boutique

by Kristen Lamando LMT

Aloha Nahant...I'm back from Maui to help you with your back...or neck, or knee, or me, issues! Is there a market for healing in Nahant? I think so and am enthusiastic about bringing my practice home.

Knowing what I know about Nahant, having grown up here, I'm sure you already know that something is going on at the old video store. Well, it is Honor ThySelf: A Being Well Boutique, a place in which I plan to offer a variety of services and products that will guide you to wellness.

I have spent the last six years in Maui, gaining experience in my field, and developing my gifts as a massage and healing practitioner. Everyday, I hear people communicate their need for bodywork. "Not enough time. Not enough money." seems to be the repeated reason for not fulfilling that need. I plan to offer quicker sessions and affordable pricing, as an additional alternative to my full-service menu.

I will be offering convenient, online scheduling, with an option for prepayment, through Paypal. Discount programs are available with advance purchase; and, of course, gift certificates (perfect for Mother's Day) are available. Please visit [HonorThySelf.org](http://HonorThySelf.org), for more information, or email me at [kristenlamando@honorthyself.org](mailto:kristenlamando@honorthyself.org).

Come by for the Grand Opening on Saturday, May 5th and receive a five minute session free. I am looking forward to working with you.

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# Nahant Sailing Program Prepares for 24th Season

By David Liscio

Ahoy, mates, it's time to set sail again. The Nahant Sailing Program (NSP) begins its 24th season with a series of registration sessions for those interesting in learning the art of harnessing the wind. Basic, advanced, racing and cruising classes are available, taught by certified U.S. Sailing Association instructors. NSP instructors arrive in mid-June to prepare the fleet. Racers begin classes on Monday, June 25. The remaining students start classes on Monday, July 2. There are no classes on the July 4 holiday. The season ends Friday, Aug. 17th.

For those interested in learning to sail, but unfamiliar with the program, beginning sailors board the fleet of Super Skunks, which are small, maneuverable sloops – meaning one mast and two sails. As students show improvement, they are moved to the fleet of 420s, dinghies capable of faster speeds and designed for racing.

Lessons on the 420s begin with training in light-air conditions and gradually include boat-handling in heavier weather. The NSP also has larger boats, such as a Rhodes 19 full-keel sloop, on which to teach cruising skills and to better accommodate adult sailors.

The 2007 season arrives with a few program changes. The NSP will no longer hold monthly bottle and can drives, in which some parents participated to receive a tuition discount. As a result of that change, tuition for all students is \$195 for general instruction and \$235 for those students planning to race. Checks should be made payable to the Nahant Sailing Program.

“The good news is that the tuition is exactly the same as it was last year,” said Karen Falat, a member of the NSP Committee. “Scholarship assistance is available, if needed.”

NSP Committee member, D. Dunbar Livingston, plans to hold four Saturday registration signups on the following dates: May 5, 19 and June 2, from 8:30-11 a.m. at the Nahant Little League Field, unless it rains. Then the registration will be at the sailing room at Tudor Wharf; and on June 21, from 9 a.m. to noon, at the sailing room on Tudor Wharf.

All students must pass a swim test. No previous sailing experience is required. Children should wear a bathing suit and bring a towel and T-shirt on the first day of class, to participate in the swim test. Children do the swim test in pairs. Although they wear a life vest, it must be removed temporarily while treading water. Instructors conduct all swim tests at the wharf. All sailors 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.



Sailing rules and procedures will be discussed the first day and a copy sent home to parents. 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.

Introduction to Sailing classes 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 on the water, how to rig the boats, getting acquainted with the harbor, and games related to understanding wind direction, what makes the boat move and, on hot days, practice capsizing drills.

The Beginner/Novice Class 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 is for children who have been in the program for one or two years, perhaps longer, and who understand the basic fundamentals of sailing. Some students in this class will likely 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 for sailors who can competently sail a Super Skunk in moderate wind and want to sail a 420 dinghy in light air. This class typically is also for those sailing 420s for the second year and who are ready to skipper in moderate wind.

The Cruising Class is for more advanced students seeking an alternative to the racing curriculum. These sailors will practice boat handling in the larger boats, such as the Rhodes 19. They will learn navigation and how to plot a sailing course to destinations in local waters. The Cruising Class is also an opportunity to sail on larger boats with qualified Nahant skippers.

The Racing Class attracts the more competitive sailors, some of whom will attend regattas, such as the Junior Olympics and Marblehead Junior Race Week. Participants must have demonstrated the ability to sail a 420 dinghy in moderate to heavy air.

The Racing Class requires both skill and commitment. There are practice sessions and scheduled races. Parents must be available to assist with transportation, when necessary, to and from regattas.

Adult Classes and Family Night Sailing is for residents and non-residents. The seasonal cost is \$95 for Nahant resident adults, or \$150 for Nahant families, including children enrolled in the program. The non-resident fees are as follows: Introduction, Beginner, Intermediate/Advanced, 420 Light Air, and Cruising classes are \$275; Racing Class is \$300; and Adult Evening Class is \$150 per person or \$250 per family.

All class schedules will be finalized by Sean Davis, the program director, as the season approaches. The NSP is run with town support and with volunteer efforts from local sailors. In addition to Falat and Livingston, the volunteer NSP Committee is comprised of Peter Foukal, David Liscio, Jeff Hall and Marrit Hastings. For more information, call Livingston at (781) 599-5515.

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## Judge Murphy Honored on 99th Birthday

On April 19, 2007 the Town of Nahant honored Judge Edward J. Murphy, of Locust Way, on his ninety-ninth birthday. The Board of Selectmen presented the Judge with a inscribed plaque, expressing the Town's appreciation of his dedicated service to the community over the years, mentioning, in particular, his terms as Town Counsel, Trial Judge for the Nahant Courts and as a vital member of the Acquisition Committee, that was so successful in re-acquiring the Fort Ruckman property from the United States Government, for recreational and educational uses by Nahanters, then and for generations to follow.

In addition, the Nahant Historical Society, trustees for the Boston Post Cane for the Town of Nahant, was delighted to award a framed scroll inscribed: The Town of Nahant is pleased to present Nahant's Boston Post Cane to our town's oldest citizen ~ Judge Edward J. Murphy~ April 19, 2007 – (signed) David G. Conlin, Moderator. The tradition of awarding the Boston Post Cane to a town's oldest citizen was initiated in 1909, when Edwin Glazier, the publisher of the Boston Post newspaper, gave each of seven hundred New England towns an elegant ebony cane with an individually engraved gold top to each community's oldest living resident. Nahant's cane has survived and is now kept at the Nahant Historical Society, while a certificate, or framed scroll, is presented to that oldest resident. Our congratulations to "Ted" Murphy - may he long enjoy good health and much happiness!

Submitted by Calantha Sears, 781-581-2727

## New Civil War Book - Sacrifice of Self: Nahant and the Civil War

Don't miss this limited edition vibrant pictorial history from the Nahant Historical Society and the Donning Company, one of the nation's premier museum publishers. Available at Town Meeting, Saturday, April 28th, or at the Nahant Historical Society and Nahant Public Library, starting May 1st. \$25 including tax plus \$5 USPS priority mail out of town. For orders by mail, send check to the Nahant Historical Society, 41 Valley Road, Nahant, MA 01908. Watch the June issue of the Nahant Harbor Review for more information about the gala opening of our complementary exhibition on Saturday, June 23rd. Submitted by Bonnie D'Orlando, 781-581-2727

## Fry Day at East Point and Other Festive Events

By Gretchen Wilson Szczechowicz

"I have many fond memories growing up in Nahant. The ones I remember most, were going to Comfort's Roller Skating Rink in Bass Point, learning to swim, by jumping (or being pushed off) of the Wharf, flirting with the soldiers during World War II, who, come to find out, were not much older than we were! There were several fundraisers and water ballet shows at the Haley Estate. There were several Variety Shows at the Town Hall, with mostly all Nahant talent. Mrs. Wilson's Fashion shows were every year at the Junior High School and, of course, playing in the tunnels at Bass Point's Fort Ruckman (Bailey's Hill Park area). The hot lunches at the Valley Road School were great. So were the picnics on the East Point rocks on April 19th "Fry Day." Frying hot dogs, hamburgers and potatoes over a fire, were fun and also eating mussels. I enjoyed jitterbug parties at Mary Jo Ginty's house (37 Marginal Road)."

Watch future issues of the Harbor Review for other stories that people have submitted to the Memories project. If you would like to add your story, the Nahant Historical Society encourages anyone with mid 20th centuries memories of Nahant to share them by sending them onto 41 Valley Road, Nahant, MA 01908 or email to [info@nahanthistory.org](mailto:info@nahanthistory.org)

Submitted by Anne D. Coté, NHS Chair, Memories Project, 781-581-0592

## The Concert Singers of Greater Lynn

Please join the Concert Singers of Greater Lynn, at one of two performances in May, as we present "The Austrian Connection!" including Schubert: "Mass in G," Bruckner: "Requiem" and Rodgers and Hammerstein: "The Sound of Music," featuring the children of the Machon School, Swampscott.

Two performances will be presented. The first concert will be given on Friday, May 4th, at 8:00 p.m., at the Unitarian Universalist Church, 101 Forest Avenue, in Swampscott. The second concert will be held on Sunday, May 6th, at the Sacred Heart Church, 571 Boston Street, in Lynn.

Thank you for your support.

## SAGE is Her Name!

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

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

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

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## Buy a Beer Get a Boat



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

Before we get started on this month's column, Duddie and I would like to thank all the townsfolk for their calls and letters of concern, in regards to our unplanned absence.

For those of you who were wondering, we, while on a business trip for the Tudor Cocktail Ice Co. to the island of Martinique, were kidnapped and held for ransom by the well-known Caribbean pirate, Fernando Sanchez, a.k.a. "The Nando".

He called the home office in Nahant and asked our sister, CEO Ophelia Paine Tudor for \$1 million, or we would become shark chum. True to form, our darling sister refused and abruptly hung up. Having no patience and less of a sense of humor "The Nando" bound our hands, blindfolded us and threw us overboard.

Somehow, a native heard our cowardly cries for help and sent word by jungle e-mail (drums) to our island hosts, the Crown Prince of Martinique and the voodoo priest, Iatolduso, of our dire dilemma. They immediately put the complete Martinique Ocean Rescue Service into action. These are brave men in rapid-response inflatable boats, that risk their lives in shark-infested waters to save others. We swear they arrived five minutes before the sharks did.

Upon our return to Nahant, Duddie and I went down to the fire station, where the Nahant Ocean Rescue Service is housed. Director Bob Ward and Co-Directors Ed Steriti and Andy Puleo listened to our tale of woe and how professional the Martinique team was.

They proceeded to tell me how our own Town's team is annually certified in ocean rescue and pulley repelling. We had no idea how much work this crew has to do to keep up the certification. They told of their assistance in a winter ocean rescue of a Philips Road resident and had to use an onsite neighbor's pram. Why? Because our tiny, ocean-surrounded peninsula, does not have a rapid-response inflatable boat. I guess we don't need one unless someone needs to be rescued?

Needless to say the Tudor twins are on the job! This years Mitchell's Corner block party proceeds, will go toward getting Nahant a rapid-response rescue boat. A comforting thought for those of you that may, or not, be planning on drowning in the near future.

Buy a beer and get a boat, at this year's Block Party!

Submitted by Frank Cardile

## The Use of the Marine Radio

By Bob Cusack, Marblehead Flotilla, US Coast Guard Auxiliary

As we approach the boating season, this is a good time to review the use of marine radios. Channel 16 is for distress calls and hailing other boaters (recreational boaters are asked to use channel 9 for all non-emergency hailing. Also, CG does not monitor 9).

If you hear a MAYDAY call, cease transmission immediately and listen, to determine if you are in a position to assist. Wait until the MAYDAY call is over before attempting to use your radio. If you are in distress and lives, or property, are in immediate danger, the proper format is to say MAYDAY three times on channel 16, then "this is (name of your vessel.)"

When contact is made, be prepared to give the following information to the Coast Guard: Again the name of your vessel, your position (Latitude/Longitude and geographic description), nature of your distress, number of persons aboard, any injuries or medical conditions and a description of your vessel. Other questions may follow. Put on your life jackets.

When hailing another boat, do not converse on channel 16 the vessel initiating the call should specify the frequency that they should switch to. Once contact is established, shift to a working channel. Remember to release the microphone when not transmitting.

If you do not receive an answer after thirty seconds, wait two minutes before trying again. After three failed attempts, wait fifteen minutes before another attempt. This allows other boaters to use the channel. Keep conversation on working channels short and to the point. Give others a chance to communicate. Do not make false distress calls, a fine and jail time may result. Radio checks are not to be conducted on channel 16.

Use the radio's low power setting, if the party is close-by. Use 25 watts (high power) if the party is at a distance. When broadcasting on the VHF, watch your language, as there are stiff penalties for using foul language. Both the Coast Guard and the FCC have direction finders.

Cell phones are not a substitute for a radio. No one else can hear you and possibly assist or relay your distress. It is almost impossible to get a fix on a cell phone.

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## The Green Globe Awards

by Julie Arnold

The Town of Nahant, Nahant SWIM, Inc and The Nahant Woman's Club are rolling out the green carpet on Saturday, June 9th, to host the Nahant Beach Clean-Up and Earth Day 2007. Please keep your fancy gowns and tuxedos in your closet, because this event will favor shorts, t-shirts and sneakers, the perfect attire for a green citizen. The Green Globes will be awarded at 3:30 p.m., on Short Beach, for various environmental achievement categories. Stay tuned for further details...

The Beach Clean-Up, kicking off at 8:00 a.m., will cover Nahant's five primary beaches, to prepare us for a great summer. The Nahant Woman's Club Vice President, Linda Jenkins and President, Marrit Hastings, are championing this trash evacuation mission and welcome all volunteers and team leaders. Each volunteer will be thanked with a free t-shirt and lunch. Please call Linda Jenkins, at 781-581-0660, to sign up in advance.

From 11:00 a.m. until 4:00 p.m., all are welcome to gather at the Life-Saving Station and Short Beach for an Earth Day party, involving live music, a beachside barbecue, fun games and activities for all ages, local environmental organizations including Friends of Lynn and Nahant Beach, HealthLink and Friends of Lynn Heritage State Park and environmentally friendly businesses. Please join us to kick off a great summer and learn more about easy ways to help protect our beaches and planet. To volunteer, please call Julie Arnold, at 781-592-4514.

SWIM, The Nahant Woman's Club and the Town of Nahant would like to extend warm congratulations to all the students at the Johnson Elementary School, who participated in the EPA New England's 35th Annual Paul G. Keough Earth Artist 2007 Program. The EPA challenged young students to creatively illustrate an environmental problem and its' solution through poetry, or poster art. The following students moved on to the state competition for their posters: Dennis Maclone, Maddie Curtis, Ariella Nardizzi, Caroline Munnelly, Anthony Troiani, Maggie DiGrande, Miranda Nocera, Lydia Antrim, Ryan Cole, Sara Martin, Joey Fernald, Sophia Maclone, Justin Chasse, Jenny Mo, Kenny Li, Misha Zhykov and Aristana Scourtas. These posters will be invaluable to help raise awareness in the community and we look forward to displaying them on Earth Day.

After consulting a psychic in Salem this weekend, I have learned that June 9th will have perfect weather: 80 degrees and sunny, with a slight breeze. If by some off-chance Psychic Esmerelda is wrong about her prediction, we will hold the rain date on Sunday, June 10th, same place and time.

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

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

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## The Nature of Nahant: A Visitor From The West

By Linda Pivacek

It was mid-January, the weather was unusually warm in Nahant and cherry trees were in blossom. Two Baltimore Orioles were still at my suet feeders, instead of seeking the warmth of southern climes.

I decided to put my work aside and see what other treasures I could find in this balmy weather. As I walked the wooded path in the Massachusetts Audubon Thicket, the starkness of the leafless tree limbs made me realize it was winter, after all. The only signs of life were a Song Sparrow and a Cardinal, silently foraging. I began thinking about how I missed the fresh green leaves, flowers and bird song of spring. I wondered if that beautiful Wilson's Warbler was still around. It had been lingering in the Thicket well into December, due to the warm weather. It should have been in Central America by now, but my friend Tom Martin had recently seen it in the wood lot across Walton Road.

I walked slowly through the drab winter landscape, searching the underbrush for motion and listening for any sounds. Nothing. Then, suddenly, a flash of yellow and the familiar thrill of finding the treasure. I stood still; occasionally catching fleeting looks at the bright yellow setting off the black cap of the Wilson's Warbler. It was so out of place in this subdued winter scene. Then, there it was. The prize, out in the open. As I admired this gorgeous creature, it hit me. This Wilson's Warbler was different. I had never seen one so richly hued. The color was more golden, with an orange tint and the green back was infused with yellow and almost iridescent. I began to ponder the possibility that this bird could be a subspecies from one of the western states. Maybe that was, in part, the reason for wintering much later than expected.

After writing a few notes, I returned home and hit the books. Yes, this male Wilson's Warbler had the characteristics of the Pacific Coast subspecies, *chryseola*! This subspecies breeds in a restricted range in British Columbia and California and should be wintering in Mexico. My friend, Rob Kipp, a nature photographer, from Marblehead, came over and took some fabulous pictures - the documentation needed to substantiate this sighting to Massachusetts Avian Records Committee. Another friend, Rick Heil, an expert and extraordinary birder, also came to see the bird and agreed that it was a western subspecies.

As of this writing, this exquisite little bird appears to be doing fine. Its main diet consists of insects, not easy to find in winter. However, Nahanter Henry Hall, owner of Wild Birds Unlimited in Danvers, has been generously providing mealworms for our visitor from the west.

Think about it. This little bird, less than 5 inches long and weighing less than 3 ounces, probably traversed the entire country. Amazing. There are always more questions than answers. If it survives the frigid temperatures ahead this winter, will it stay in the same location? Where will it go in the spring?

I know it's not a good idea to give a wild creature a name, especially when it is at risk. But I couldn't resist. Let's hope Willy makes it.

The nature of our beautiful Nahant continues to amaze and enrich.



## Kelley Greens Receives Commendation

The Nahant Open Space Committee commends "Kelley Greens at Nahant" Management, for their plan to join the Audubon Cooperative Sanctuary Program for Golf Courses. This program encourages and supports measures which protect the environment and enhance natural areas and wildlife habitat within golf courses.

The initial plan for Kelly Greens includes restoration of native grasses and wildflowers in rough areas, which will be allowed to grow sufficiently, to provide food and cover for birds, butterflies and other wildlife. In addition, the control of invasive plants by removal and biological methods without the use of chemical herbicides has been proposed. An overall reduction in the use of pesticides, fungicides, fertilizers and other chemicals would greatly improve the golf course environment, not only for wildlife but for people also. We applaud any efforts toward this goal.

Having Kelly Greens become part of the Audubon Cooperative Sanctuary Program for Golf Courses, is a step that is important for all the citizens of Nahant. When the Town voted to protect Bear Pond and allow the land around it to remain a golf course, we preserved one of our most significant open spaces, with views and habitat which exist nowhere else in Nahant.

Submitted by Nahant Open Space Committee: Deb Aliff, Linda Pivacek, John Benson, Sherry Smith, Pricilla Fitch and Julie Stoller



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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.



## The Night Nahant Went Over to Dial, 581 (JU-1), Dec. 3rd, 1960

*The Nahant Telephone Exchange was located at the corner of Spring and Valley Roads, now a residence at 18 Valley Road, in Nahant. Photo above, left to right: Catherine (Carey) Letourneau at "B" Board, daughter of Nahant operator Mary (Gallery) Carey; Miss Dorothy Caulfield of Lynn (Chief Operator); Mrs. Mary "Mae" Prendiville (Nahant Operator beside of Mae, grandson Michael Golding of Nahant Michael Morton, son of Mrs. Margaret (McCormack) Morton and nephew of Mrs. Ana (McCormack) Steele (both Nahant operators). Picture: Gift to Nahant Historical Society from Cathy (Carey) LeTourneau.*

## Early Nahant Telephone Operators

Former telephone operators Anna M. Steele and Margaret W. Burse remember the days when they used to help Nahant residents place their grocery orders. Nahant residents used to have all their calls channeled through the small red house at 18 Valley Road which served as the home of New England Telephone office in Nahant.

The red house is now a residence and calls are switched through the central telephone office in Lynn, but Steele and Burse got together recently to discuss some of their operator experiences following the 75th anniversary of Nahant opening up its own telephone exchange.

"We knew everybody by first name back then," Steele said. "And when the telephone lines at the grocery store were busy, rather than make people wait, we would take their number and call them back when the lines were free."

"It was very personalized service," Burse said, "and you could even come to our office and pay your bill."

Steele, 76, of Nahant Rd. and Burse, 73, now of Lynn, began working as telephone operators in the 1930's.

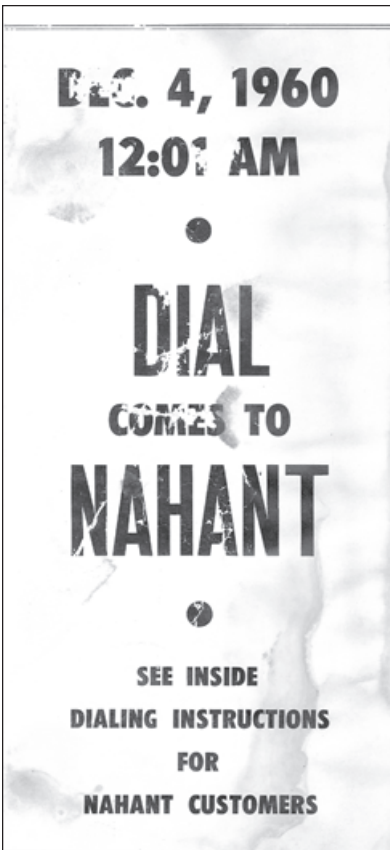
"We operators had a hand in every call," Steele said, "and most of those calls we could connect by memory. In fact, there were times when people could call us and say they were expecting a call, but were going out. "So , Steele continued, "we would find out where those people where going and when the call came in, we'd send it over to the place they were visiting."



New England Telephone had an alternative when Nahant's telephone system started feeling cramped with growing pains and on December 4, 1960, residents there were equipped with a service which allowed them to dial calls without the assistance of an operator.

"We had a big celebration that night," Steele said, "All of our spouses were there. Everyone wanted to be the last to place a call from the building"!

Source of picture: Lynn Item and Sunday Post, 1986



*Source of the original brochure above, Nahant Historical Society.*

## TO DIAL CALLS IN THE LOCAL AREA

Look up the new Nahant number—all 2 and 4 party customers and some 1 party customers have had number changes. Lift up the receiver and listen for a dial tone—a steady hum. Dial the 2 letters and 5 numbers of the called number on calls to Nahant, Lynn, Lynnfield, Marblehead, Peabody, Salem, and Saugus. You will normally hear a ringing signal—do not hang up too soon—give the called party a chance to answer.

**If the line is busy**—a "buzz buzz" tone. Replace your receiver and try the call again in a few minutes. Do not confuse the "numeral one" with the "letter I" or the "numeral zero" with the "letter OF" when you are dialing.

**To dial another party on your line**—Dial the letters JU and the 5 numbers of the called number. You will receive a busy signal, then hang up.

Your telephone and the telephone you are calling will both start ringing. When your telephone stops ringing, pick up the receiver and start conversation. If the bells continues to ring, indicating the called party has not answered, lift your receiver for a few seconds—it will stop the ringing—then replace it.

1 party measured business customers who reach a wrong number after dialing, must report this fact to the operator to receive credit. Dial the "Operator," give her the details of the party you reached, if possible and the approximate time the call was made.

**If you experience difficulty**, dial the "Operator"; she will be glad to help you.



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



# Nahant Telephone Exchange

## *JU-Know The Night Nahant Went Over To Dial?*

### Sights and Sidelights

*by the Sightseer*

Patience has its reward even for telephone subscribers for at midnight on Dec. 3, a switch will be thrown in the Lynn exchange of the New England telephone and Telegraph Company in City Hall Square and the Town of Nahant will be converted to the direct distance dialing system.

From that moment, residents of the town will be able to call most anywhere in the United States and Canada and many parts of the world without the assistance of an operator. All calls and units will be automatically recorded at the Lynn Central Exchange and the Nahant office will be out of existence.

However, with the coming of the latest in telephone convenience of a mechanical nature, lost is the personnel touch only a human operator could provide. No longer will so many of the townspeople be able to pick up their phone and say "Give me Mrs. Jones at the Point" or "Please connect me with the Town Hall" or "Can I speak with Mrs. Smith in Little Nahant" or even more familiar, "Where is the fire, I just heard the whistle blow?"

The exchange building was built expressly (sic) for the telephone company and is leased to it by the Wilson family, being the first subscribers, still hold single digit numbers starting at one.

The building was opened as an exchange on July 31, 1911 with three operators positions to serve 200 subscribers among the 1184 population. Although the building at the corner of Valley and Spring Roads has the appearance of a family house, it was never occupied as such. Mrs. Mabel E. Sawyer as the first chief operator in the office.

Looking back in the records discloses that in 1920 there were 539 phones in the town serving a population of 1318, 1930 there were 798 phones for 1654 people; in 1940 a drop to 782 instruments for the 1835 residents; and in 1950 there were 1176 phones serving 2679 persons. At the peak of the summer season this year there were 1777 telephones in operation for 3837 people.

The staff of the office comprises: Mrs. Margaret Morgan of Nahant, supervisor; Miss Dorothy Caulfield of Lynn, chief Operator; and ten operators from Nahant and six from Lynn. The Nahant Women include Mrs. Mary Carey, Mrs. Mabel Carnarton, Mrs. Dorothy Fielder, Mrs. Barbara Kairevich, Mrs. Winifred Kane, Mrs. Marie Hosker, Mrs. Helen Phaup, Mrs. Mary Prendiville, Mrs. Anna Steele and Mrs. Elizabeth Leitz.

In the early days of the Nahant exchange, women operators were employed during the day and early evening, but at 11 pm the women were relieved by a man operator who maintained the switchboard until 7 o'clock the next morning.



Source of picture: Copied from Coakly Album, 1997. Telephone Exchange circa 1926 (now 18 Valley Road), donated to Nahant Historical Society.

## FIREMAN ON DAY OFF SHARES HERO HONORS WITH 2 PHONE GIRLS

(Dec. 19, 1932)—When a fire in the basement of Nahant's telephone exchange at Spring and Valley roads destroyed the telephone cables and completely severed all telephone communications in and out of the town, shortly after 5:30 o'clock, Sunday evening, it also developed deeds of heroism consistent with the best traditions of organized Telephone and Fire Department service.

Quick thinking and insistence on sticking at their posts at the switchboard on the part of Misses Margaret McCormick and Ruth Taylor brought quick and adequate aid to the situation, and the heroism of Fireman Martin O'Connor in fighting his way through the smoke and water saved the life of the buildings Janitor, Thomas Stanford.

### Rescue the Janitor

Both girls remained at their stations surrounded by smoke until the last light went out and had to be directed out of the building by Chief Levitt and Mrs. Johnson, who had arrived in the meantime.

When the fire department arrived there was no sign of Stanford around the building. Fireman O'Connor pushed through the smoke filled basement and brought him out with the aid of Fireman George Tierney.

A short time later there was a shout that someone had fallen through the bulkhead and was down in the basement. Several fireman went in but came about saying that they could find nothing. Others insisted that they had seen Stanford sitting at the edge of the bulkhead, recovering from his previous experience, and it must of been him that fell in.

O'Connor again went into the murky depth and groping around near the inside entrance of the bulkhead, found Stanford lying unconscious in the water. He brought him out again, this time unassisted, and other hands carried him over to the home of Chief Levitt, across the street where Dr. Laurence Cusick revived him. Today, Stanford was up and able to take on his duties as janitor of St. Thomas church.

Source: Copied from Effie (Taylor) Schmidt original clipping. Lynn Item, December 19, 1932.

NAHANT 'PHONE OPERATORS WHO STUCK TO JOB WHILE FIRE RAGED



### Thanks, Cathy!

This month's topic was suggested by  
Nahant resident,  
Cathy (Carey) Letourneau.





## Useless Information by Ray Barron

### Truth About Mother's Day

The charming and motherly Maureen Palangi, of Nahant Road, reminds us of the origin of Mother's Day. In brief, it originated in 1907, in Grafton, West Virginia. Through the efforts of Miss Anna M. Jarvis, she arranged a special church service marking the second anniversary of her mother's death in 1905. She requested that those attending the service wear white carnations, which she supplied. The first formal observances of Mother's Day were held in Grafton and in Philadelphia, on May 10, 1908. The custom spread rapidly until, by 1911, every state in the Union was participating in Mother's Day exercises, held on the second Sunday in May.

### Origin of Memorial Day

Peter E. Przybycien, Vice Commander, Nahant's American Legion Post, reminds us May 30, Memorial Day or Decoration Day was inaugurated in 1868 by General John A. Logan, for the purpose of decorating graves of Civil War veterans and has since become a day on which all dead are commemorated.

### The Nahant Arts: The Beginnings

The Nahant Arts Association was launched and organized in 1968 by Linda Van Lear and R. Joseph Barisano. Some of the individuals who assisted in the launching, Gail Boyan, Priscilla Carter, Mary Cowan, Priscilla Culver, Gail Davis, Carolyn Dineen, George and Gabrielle Eisneberg, Helen Goddard, Winifred Hodges, Coey Hussey, Jay Killian, Nancy LeTourneau, Janet McIlveen, Bernice McLaughlin, Charlotte Moore, Pamela Pappas, Calantha Sears, Augusta Sigourney, Marjorie Slager, Theodore Sylvia, Maureen Ward, Margaret T. Warren, Diana Garmey, Dorsey Hamer, Eleanor Rosenthal, Grace Snowber, Ellen Cameron and Marilyn Barisano.

The first Nahant Arts Show was staged on the lawn of Nahant Town Hall, June 29, 1968. I reported then, "Over a hundred paintings and drawings brightened the sky above the Town Hall; the Town Hall lawn was a continuing kaleidoscope of human potential--with interested Nahant citizens, young and old, the creators. There was an element of beauty and harmony, or spiritual involvement, on the part of the people doing the observing of that which had been created, as well as on the part of the creators."

The Nahant Arts Show exhibition featured oil paintings, watercolors, pastels and drawings created by adults and children of all ages. The total works of art came to 188! And that is the way it was on Saturday, June 29, 1968.

As Linda Van Lear stated. "We hope this modest effort will be the beginning of a warm friendship between Nahanters and the arts and that this show will be succeeded by even more imaginative ventures in years to come."

## MAY BIRTHDAYS

May 1st birthdays: Anita Smiddy, the personable mixologist, Ken Merlino and the wonderful Joe Muzzioli.

May 2: Sweet Kellie Frary, Diana Meyer, Joanne Dunne, Constantin Pezaris and singer, Bing Crosby.

May 3: Nancy Cochran, Mary Luszc, lovely Dale Cullinan, Haven Wynne, Sheila Zamejtis, Bob Proulx, Phil Laubner, Arvard Tompkins and Bill O'Keefe.

May 4 birthday babies: Judi Casper, Cindi Hanson, Neelam Kumari, Mayann Corinha, Robyn Howard, Scott Hess and Randy Travis, country singer.

May 5: Karen Costello, Deb Kasper, Stacey Schlafman, Kim Georges, Jonathan Smith, Ed Clark, Dan Hamill, Mal Hill and Karl Marx, German philosopher.

May 6: Gorgeous Linda Hall, Jackie Cifuni, Maureen Legault, Lisa D'Augusta, Ed Mihovan and Rudolph Valentino, famed as the screen's "Greatest Lover."

The May 7 birthday kids: Jackie Connolly, Gayle Billias, the creative Carter Smith, Arnold Rodner and Gary Cooper, film actor.

May 8: Maura's loving handsome husband, Bob Scalise, Jason Caloggero, Steve Brackett, Herbert Motley and Harry S. Truman, 33rd US president.

May 9: Biba Rozenbaum, Frances Spinelli, Coreen Sullivan, Pete Conley, Jim McCurdy, good sport, Attorney, Jeff Musman and also celebrating a birthday on May 9th, Candice Bergen and Billy Joel.

May 10: Constantino Evos, Donna Hayward, Edith and Sarah Richardson, Peg Mahoney, Jessica Lerman, Karen Falat, Bruce Cooper and real estate tycoon, Don Baker.

Gee, John Moleti used to be the only individual

who is celebrating a birthday on May 11th, but, this just in, say "Happy Birthday," to Michael Schena, too. Also born on May 11, artist Salvador Dali and comic Phil Silvers.

Mother's Day, May 12: Lovely Karen Hill, personable Nikki Polcaro, Cornelia Coffey, Tara Butler, Joanne Fucile, Jennifer Edwards, Martha Connor, Jade Mahoney, Bob Kennedy, Dick Moleti, Richard Melanson and composer Burt Bacharach.

May 13: Thelma Ross, Art Barreda, Stefan Polnicki and singer Stevie Wonder.

May 14: Judy Loose, Kerry Ward, Marilyn Snyder, Tressie Ayers, Matt Champigny, Enric Munoz, Olaf Beck, the swinger, Frank Cusack and singer Bobby Darin.

May 15 birthday kids: Joan DePalma, Deb Emery, Stephanie MacIsaac, John Barry, Gretchen Charbonneau, Dr. John Gergely, singer, Janet Jackson and Frank L. Baum, author of "The Wizard of Oz."

May 16 birthdays: Alice Potter, Lisa Magarace, Emily James, Francis McClain, actor Henry Fonda and bandleader Woody Herman.

May 17: Dot Collins, Paul Sullivan, John Hawko, Francis Mahoney, Art Anders, Austin Antrim, actor Dennis Hopper and actress Maureen O'Sullivan.

May 18: Personable Gail Hyde, Laurie Proulx, Mary Donovan, Lorraine Locke, Jennifer Hamill, Dick Baldini, Frankie Pappalardo, the hunk, George DeCastro and singer Perry Como.

May 19: Personable Katie Walton, Suzy Wigglesworth, Betty Chittick, Mary Dickenson, Marilyn James, Pam Spinney, Jill Cullinan, Alice Morse, George Griffin, Ed Walsh and Malcolm X, black civil rights leader. I

knew Malcolm X when he was Malcolm Little and living in Boston. My views of him are included in the CBS film, "The Real Malcolm X."

May 20 birthday candle blowers: The brilliant and personable, Teacher's Aid, Teresa "Terry" Clark, Kate Taylor, Anne Farr, Bill Andrews, Steve Switzer and singer Cher.

May 21: Lovely Arlyn Hubbell, sweet Melissa Barile, Mike Kenneally, Billy Andrews and Debby Aliff.

May 22 birthdays: Charming Linda Christoforidis, May Redder, Janet Roemmel, Peggy Alexander and Dave Kenepp.

May 23: Colleen Kigin, Eric Marie, Jodie Langevain, Peter Barba, Jim Howarth, singer Rosemary Clooney and Joan Collins, English-born Hollywood actress.

May 24 birthday gift openers: Lea Lewis, lovely Jean Lucantonio, Ruthanne Switzer, Kathy Forbush and sweet Marie Muzzioli.

May 25: Meidele Bernice Degen, Eileen Famulari, Jim Lennox, Strates Frangules and poet Ralph Waldo Emerson.

May 26: Candance Thornton, Agnes Stevens, the serene Linda Jenkins, John Martin, actor John Wayne, singer Peggy Lee and Sally Ride, America's first woman astronaut.

May 27: Gorgeous Nancy Risch, Erin DiGrande, Francis Farr, the noted plumbologist Phil Baldwin, Hubert Humphrey and Henry Kissinger.

May 28 birthdays: Ann Sirois, Marie Martin, Deidre Elias, charming Carmel Burrell, Giuseppe Desmond, Matt Hatfield and Ian Fleming, novelist who created James Bond.

May 29: Sax player Sarah Anderson, Mary Fox, Priscilla Clarke and John F. Kennedy, 35th United States President.



Birthdays, Continued

May 30 birthdays: Ellen Morse, Louise Gillis, Patricia Podrug, lovely Antonette Spinucci, Ken Turino, Joe Giardella and Mel Blanc, voice-over artist, who was the voice of Bugs Bunny and Daffy Duck. May 31, wish a happy birthday to Mary Messina, Eva Markos, personalble Al	White, Dot O’Connor, Erin Poth, Anna McNicholas, Gad Geiger and lovely Taylor Elizabeth Reeh. And remember to send birthday cards and gifts (no books) to the personable Dan deStefano. Come this August, Dan will be cel- ebrating his 16th Anniver- sary as Nahant’s Librarian. Congratulations, Dan!	Happy Belated Birth- day Wishes to Marrit Hastings, whose birthday was celebrated on March 17th, St. Paddy’s Day. Hope you wore your green! Did your birthday go by without recognition? Give me a call and your name will be added to the Nahant Birthday List.
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Friends of the Library Anniversary

This month marks the 36th anniversary of the founding of the Friends of the Nahant Library. Proudly stated, I was responsible for originating and organizing the Friends of the Library. In brief, with the assistance of The American Library Association and advice from Marcia Wiswell of the Lynnfield Public Library, I recruited Polly Carter and Winnie Hodges to help in organizing the Friends.

In brief, the Friends of the Library was founded to raise funds to provide the library with equipment and programs that would benefit the community, but are not covered by the library budget.

It was on the evening of Friday, May 11, 1971, the Friends of the Nahant Library was officially organized and launched.

The original officers and members of the Friends of the Library, R. Joseph Barisano, President, Winnie Hodges, Vice President, Phyllis Wooden, Secretary, Barbara Kostick, Treasurer and Jean Smith, Membership Chairperson.

The individuals who attended that historic meeting, to help establish The Friends of the Library: Marilyn Barisano, Anne Bertorelli, Barbara Brownlie, Ruth Brownell, Carmel Burell, Edith Bruce, Polly Carter, Claire Collins, Anne Cote, Mary and Horatio Cowan, Edna Doran, Barbara Duggan, Mary Ann Evaul, Conover Fitch, Patricia Fitzgerald, Peggy Hinricks, Carmel Langin, Sarah Larson, Harriet Magro, Bernice McLaughlin, Sarah McLaughlin, Mary Morgan, Annie Murphy, Trinity Pappas, Margaret Snell and James Wong. And that’s the way it was!

We have the diligent Robin deStefano to thank, for keeping the Friends of the Library alive and active. Bless her!

Nahanters With Unusual First Names

Enrichetta Ricciardelli, Alba Brahm, Samantha Seguin, Samantha Boucher, Nikki Kennedy, Dayse Moretto, Cassie Priftakis, Inga Deluca, Nina Hall, Aislyn O’Neill, Kavita Kumari, Neelam Kumari, Marvene Kasper, Adriano Nannini, Kalomoira Speridakos, Rahul Kalke, Dena Kivett, Octavia Randolph, Rena Fantasia, Flossie Frangules, Noel Spinney-Costin, Valeriy Kostenko, Talia Petrucci, Rosana Lamas, Pastaky Fateme, Abbas Soleymani, Lyudmila Gruzdena, Gennady Khatsernov, Stelios Smirnakis, Limitrice Bullock, Nette Larkin, Moira Kelly, Ivanka Vavaroutsos, Knut Fisher, Nastascia Nocera, Quittene Copeland, Achilles Bryanos, Ermiinia Rossetti, Athena Testa, Daisy Arena, Sharlene Queenan, Glenice Russo, Zac Hahn, Frederica Banning, Moira Crowley, Clayton Purdy, Kirk Palmer, Alessandro Massaro, Rosella Lent, Orlando Pelligrini, Conchitina Zappata, Marielia Munoz, Kalliope Koukounaris, Margarida Torchinana, Minervina Nobrega, Panamai Manadee, Kristina Etter, Torrey Kovalesky, Aristana Scourtas, Derek Christensen and Triantafillos Pinakas.

Worth Repeating!

The electrifying Ed Poulin, of Irving Way, says, “Another Mother’s Day that’s authentic, but not authorized, is the day school reopens in September.”

Ed’s stunning wife, Gayle, says,”To the mother of young children, there’s a time and place for everything, except rest.”

Cal Hastings, of Nahant Road, says, “God could not be everywhere, so he made mothers.” Cal’s alluring wife, Marrit, says, “A mother is a housewife, whose idea of leisure is the free time she has to indulge in other domestic chores.”

The leggy Sheila Hambleton, of Kenney Avenue, says, “There is nothing like the joy of motherhood, especially when all the children are in bed.”

For the record, we enjoy putting words in other people’s mouths!

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The Mother - Daughter Phone Call  
(Dedicated to my daughter for Mother’s Day)

— Hi, mama, why didn’t you tell me?  
— Tell what?  
— Why didn’t you tell me?  
— A mother raises a daughter  
Teaching her confidence.

— Why didn’t you tell me?  
— I told you how to love and to pray to God!  
— Why didn’t you tell me?  
— No one knows how I caressed you girl—reciting  
In tones so sweet—heart touching stories...

— Why didn’t you tell me?  
— And you’re still growing swiftly  
My respect for you is mingled with admiration,

— Why didn’t you tell me?  
— Listen, the love of a mother  
Brings the blissful days, doesn’t it?

— Why didn’t you tell me?  
— Of course my dear,  
Sometimes days are blue  
Becoming weary...very blue  
But you have a husband for praising!

— Why didn’t you tell me?  
— Look...you did manage your first pregnancy  
I knew you could do it—I’m proud of  
The cutest girl that a mother ever had.

— Why didn’t you tell me?  
— Oh...telling what...my child!?  
— How much I would love my baby!

ROZI THEOHARI, MAY 2003

Nahant’s Most Common First  
Names!

We have many women in Nahant whose first names are Lisa! Lisa Fitzpatrick, Lisa Arena, Lisa Inello, Lisa Benson, Lisa Rizzo, Lisa Easton, Lisa Perella, Lissa Keane, yes, Keane uses double s, and of course, the radiant Lisa Scourtas, of Sagan Realtors.

NAHANTERS...

Send your lost or found information to us at “The Review.” (See page 21 for submission information.)  
Lost & Found listings are available, at no charge, to all Nahant residents.



## **Friends of Nahant's Environment**

**Story and Photos by Polly Bradley**

Nahanterers are not alone, as they work to protect the environment of the North Shore. HealthLink, Friends of Lynn & Nahant Beach, and Friends of Lynn Heritage State Park will all be participating in the June 9th Beach Cleanup/Earth Day celebration, sponsored by the Town of Nahant, the Nahant Woman's Club and Safer Waters in Massachusetts (Nahant SWIM, Inc.). In addition, a strong friend of Nahant's beaches is the Metropolitan Beaches Commission, which addressed a group of 90 to 100 people, at the Nahant Town Hall, on April 2nd.

HealthLink, with offices in Swampscott, connects human health and the environment. Its mission is to protect and improve public health, by reducing and eliminating pollutants and toxic substances from the environment. HealthLink began by working to clean up the Salem Harbor Power Plant and a particular interest is promoting the use of renewable energy.

On May 10, HealthLink and SWIM will be participating in the Mother's Day Lobby from 11:00 a.m. to 1:00 p.m. at the State House in Boston. Mothers and others will mobilize to protect child health, spread information on safer household projects, and support important legislation for safer substitutes. This event is being coordinated by the

Alliance for a Healthy Tomorrow, a campaign of Clean Water Action, also friends of SWIM. If you'd like to carpool with us, call HealthLink at 781-598-1115; [healthlink@healthlink.org](mailto:healthlink@healthlink.org). (See photo.)

Friends of Lynn & Nahant Beach work to protect, enhance, and maintain Long (Nahant) Beach - our causeway - as well as the beaches of Lynn. They clean the beach and lobby for money to care for the beach. Right now, they plan to erect three historic signs and three environmental interpretive signs, along the beach on Lynn Shore Drive. They are working with Linda Pivacek, of Nahant's Open Space Committee, on the wording of the sign about birds. Next, the Friends hope to erect six signs on Long Beach. Another concern is perennial: the odoriferous algae, first mentioned in a Lynn Item article in 1903. Like Nahant, they are working for improvements.

On May 31st, Friends of Lynn and Nahant Beach will hold Friends Night at the Tides, to raise funds for its annual summer concert series at Red Rock Park. They came to the SWIM and Nahant Woman's Club Earth Night at the Tides, and SWIM members will be going to the Tides again, to support Friends of Lynn and Nahant Beach. Call Bob Tucker, President, at 782-595-2119; or email [president@lynn-nahantbeach.org](mailto:president@lynn-nahantbeach.org). (See photo.)

Friends of Lynn Heritage State Park is a new group, dedicated to restoring the Park, adjacent to Seaside Landing. It will host concerts this summer at the Park, including a Friendship Concert on August 18th, during the school year, Friendship's, first visit to Lynn. SWIM members remember that one summer, when a sailing ship was stationed at Lynn Heritage State Park and SWIM was working on the Nahant Bay/Broad Sound Monitoring Program, we had a most wonderful sailboat ride for our monitoring volunteers. What an amazing asset the Park was, and could again become! President David Gass spoke at the April 2nd meeting of the Metropolitan Beaches Commission in Nahant. Call David Gass, at 781-595-8701; or email [david.gass@comcast.net](mailto:david.gass@comcast.net). (See photo.)

The Metropolitan Beaches Commission was established by the Massachusetts Legislature, to take an in-depth look at each of the region's beaches, from Lynn to Hull and make recommendations to bring our beaches to their fullest potential. Town Administrator Mark Cullinan, Nahant's representative to the Commission, has advocated ably for improving Long Beach. Senator Thomas McGee has also played an active role in the work of the Commission. Among the major concerns that the Commission is addressing are the condition of the causeway road and reconstruction of the bathhouse. Among the plans for Long Beach: opening the restrooms at the "Halfway House" by July 3, 2007! An incentive for the July 4th July fireworks celebration! (See photo.)

SWIM will meet on Monday, May 7th, at 7:30 p.m., at Northeastern University Marine Science Center, Nahant, to complete plans for the Beach Clean-Up/Earth Day, to check out the latest developments in the liquefied natural gas (LNG) controversy and to discuss how SWIM can work to help protect the environment in Nahant and beyond. All are invited, not only Nahanterers, but also our friends from the other side of the causeway, the faraway Mainland.



## **Anticipated Memorial Day Parade Participants**

Nahant Police Vehicle, Color Guard, Swampscott Police Department, Nahant Police Detail, Color Guard, Marine Corps League, Boston City Band, American Legion, Mortimer G. Robbins Post #215, Nahant, MA, Color Guard, Grand Marshal's Vehicle, Chief Marshal, Nahant Veterans, Town Officials and Invited Guests, Ancient and Honorable Artillery Company of Massachusetts, United States Coast Guard Color Guard, The Bridgewater Antiphonal Brass Society, Salem Light Infantry, Color Guard, C Battery First Battalion, 102nd Field Artillery, National Guard Vehicles, Lynn English H. S., USMC Junior ROTC Color Guard and Drill Team, Southerland Pipe Band, 2003 Graduating Class of Johnson School, Nahant Eagle Scouts, Nahant Boy Scouts, Nahant Cub Scouts, Nahant Girl Scouts, Nahant Brownies, Swampscott High School Band, Smokey the Bear, Nahant Fire Department Vehicles and Ed Poulin Truck w/Music.



## **Man Overboard!**

**By Rob Scanlan, CMS/MMS/ACMS, U.S. Master Marine Surveyor**

“Man Overboard,” two of the most feared words ever to be heard on board any yacht or boat. For the many thousands of years people have sailed the seas and to this day, this one call can bring chills to the most seasoned captains and crew-members. These two words can cause panic, or instant reaction, depending on how prepared the captain and crew are and how much practice has been done, in advance of the incident.

Preparation is the key. A crew that has practiced and prepared should not panic and be able to perform the needed functions for a successful retrieval. Some of the preparations are somewhat unique to your style of boat. Others are time-honored, basic methods that have been published dozens of times in magazines, books and flyers. This is where the practice and preparation comes into play, to make sure everyone knows his or her place and responsibility during the procedure.

As mentioned, there are the accepted basics of a man overboard drill. The “quick stop” method is probably the most uniformly accepted “basic” maneuver used by sailors today. It simply makes sense to stop the boat as quickly as possible and return to the victim as fast as possible. Simple to visualize but not as easy to do when you have everything flying, (main, staysail, jib or Genoa, possibly a spinnaker) stopping the boat quickly is a bit harder than you think. Imagine if you’re running before the trades in 20 knots plus with a 6 to 8 foot chop on top of a 20-foot ground swell. How do you stop the boat?

It is a fact that a boat moving at only 3 knots, will be 50 feet away from a person, in only 10 seconds. 50 feet may not sound very far but, in any chop at all, the person may as well be a mile away. Try finding a coconut in a chop. A person’s head is not much bigger. Even with flotation and wild arm waving, if there is any kind of sea running, it’s going to be very hard to keep a visual on the person, especially while trying to stop the boat, drop sails (remember that spinnaker!) and sail or power back. Now do it all at night.

This is why a Man Overboard Pole is a vital component in the safety package on any boat going offshore. An overboard pole puts a flag (code flat “0”) a minimum of 9 feet off the water. This flag also has reflective tape for better nighttime visibility. With the overboard pole, you can see the flag/pole at a much farther distance and in rough seas, far better than just a person’s head and waving arms. Used with a proper water light (automatic strobe light) the crew-member that fell overboard has a far better chance of being found, assuming all the gear goes into the water within a few seconds of the person going overboard. Remember the 50 feet in 10 seconds at only 3 knots of boat speed. Every second counts.

Storage or placement of the pole is important. They come in three pieces (for easy shipping) and should be assembled and ready to deploy at all times. You don’t want to have to have someone dive below to find the overboard pole, put it together and bring it on deck in an emergency! It should be rigged in such a manner as to be immediately deployed. Every crewmember on board should fully understand how to deploy the pole. You never know who will be closest to the pole when an event happens. If only one or two people on board are the “overboard pole deployment crew-members,” what happens when they are off watch, or below eating, or in the head, when you go overboard. Not a comforting thought.

The overboard pole is designed to be stored vertically up a backstay, or mizzen shroud, or along the lifelines horizontally. The bottom and the top of the poles need to be supported so they do not whip themselves to pieces in a seaway. Poles that are placed in rod holders or PVC tubes and not supported at the top can fracture with the constant leverage and motion. Also, the storage mounts must allow the pole to be deployed quickly without the need to untie or disconnect anything. Proper mounts and upper flag tubes are made and available for this emergency. They allow the pole to simply be lifted and dropped over the side. There are also safety packages available, that not only mount the pole, but also house the other safety items (water light, horseshoe buoy, whistle, drogue, etc.) as well.

There are hundreds of different styles of boats, all with different cockpit arrangements, stern shapes, bimini and dodgers; boom gallows, railings, mizzen mast, helm stations and any number of winch placements; lifeline stanchions and railings. All this can change your particular requirements in mounting and deploying the pole and the rest of the overboard equipment. This is why, in recent years, the “Life Sling” has become so popular.

Lets consider the “Life Sling” for a moment. It is very good at what it was designed for; retrieving a person in the water. What it lacks is the ability to find the person to retrieve. If you do the loop-to-loop that they instruct you to do, but the person is not within that loop, what then? How do you find them? We are back to the overboard pole. Used with the “Life Sling” an overboard pole allows you to find the person and loop around them, while dragging the sling. The overboard pole gives you a visual reference that you do not have with the “Life Sling” alone.

For all the reasons I mentioned above, the overboard pole is an inexpensive life-saving tool that should be part of any boat’s safety equipment. Going offshore, or just down the coast, the overboard pole should be ready to deploy in a moments notice. Even with a “Life Sling,” or other equipment (horseshoe buoy, ring buoy, rescue throw-rope PFD’s, etc.) Without one, you will be hard pressed to find the person in the water, to retrieve them and bring them back aboard safely and quickly.

*Rob Scanlan also conducts the United States Coast Guard Title-46 Commercial Vessel Safety Examinations on lobsterboats, fishing draggers and commercial charter boats throughout coastal New England, Cape Cod & the Islands.*

## **Surf’s Up at Short Beach!**



Here is a picture of our dogs, Zoe and Sydney at Short Beach yesterday (4/17/07). I thought it might be a picture to, not only capture the storm, but remind people that dogs aren’t allowed on Short Beach after this month. Photo by Rev. Larry Titus, Nahant.

## **Letter To the Editor**

We fought for three years’ Town Meetings, to get the right to have dogs run free on Doggie Beach. Now some dog owners are ignoring that special place and letting their dogs loose at Bailey’s Hill, East Point, Tudor and Short Beaches.

Our little poodle mix was attacked by an unleashed dog (five broken ribs, eleven puncture wounds, \$2,500.00 hospital bill.) Our daughter’s dog was attacked by another loose dog and is now a nervous wreck at the sight of any strange dog.

Please, dog owners: Enjoy the hard-won privilege of Doggie Beach and don’t spoil other parts of Nahant for the rest of us! Submitted by Helen Cort, Nahant

## **Coming Up at LynnArts**

Annual Lynn Public, All- Schools, Art Exhibition. All Galleries - April 29-June 8. Opening reception: Monday, April 30, 5:00-8:00 p.m. Please join us for one of our most popular annual events. Showcasing the best work of students, grades K-12, throughout the Lynn Public School system, this exhibition promises to be colorful, energetic and enjoyable. The show includes sculpture, abstract, representational and computer based imagery. This year, the show will take place in all three galleries, at LynnArts.

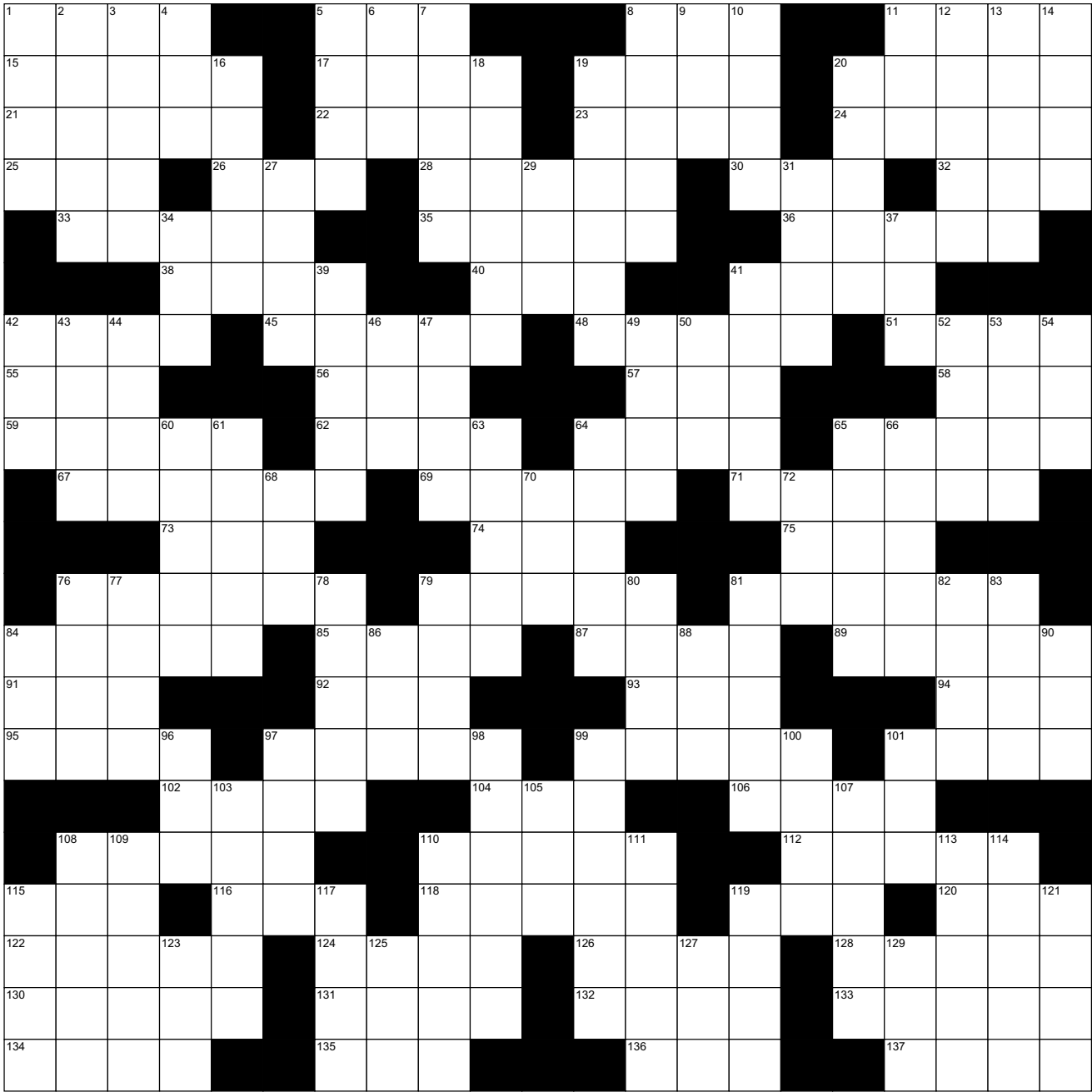
Mass Theatrica presents “Mostly Mozart,” on Friday, May 11th, 8:00 p.m. Kaori Emery, Kelly Graeber, Will Green, Meredith Lavine, Stephanie Mann, Angeliki Theoharis and Stanley Wilson, join voices with Bradley Pennington on piano, to provide a lovely evening of song. The concert takes place Friday, May 11th, at 8:00 p.m., in the Neal Rantoul Vault Theatre at LynnArts. Parking is available both in front of, and behind, the LynnArts building. For more info and advance tickets, call Mass Theatrica at 508-757-8515, or e-mail [masstheatrica@yahoo.org](mailto:masstheatrica@yahoo.org).

The Great Pizza Bake-Off! Third Thursdays in Central Square, May 17, 5:00 - 8:00 p.m., in several locations. Join us for the May Third Thursday, as local pizza vendors invite you to decide who’s the best, in a wide variety of categories. There will be live music in the Square and special events, at the Lynn Museum, RAW Art Works and LynnArts. For more info, visit the Third Thursday’s website, [www.thirdthursdayslynn.com](http://www.thirdthursdayslynn.com). To get involved, or to join the Third Thursdays Collaborative, call Steve at LynnArts, 781-598-5244.

Submitted by Susan Halter, LynnArts

NAHANT PUZZLE PAGE

"A Good Walk Spoiled"  
by Rick Kennedy



ACROSS

- 1 Child's recital  
5 Airport abbr.  
8 Fast plane  
11 Jewish month  
15 Sag  
17 \_\_\_ hall  
19 Scorch  
20 Thin paper  
21 Goddess of the hunt  
22 Tableland  
23 Costa \_\_\_  
24 Legend maker  
25 Position  
26 Resort hotel  
28 Sesame Street grouch  
30 \_\_\_ for the course  
32 Common fish  
33 Sheer, triangular scarf  
35 **Fat shot**  
36 \_\_\_ **Jacket**  
38 **Cart** \_\_\_  
40 Snacked

- 41 Males  
42 Island nation  
45 Striped cat  
48 **3 wood, formerly**  
51 **Match** \_\_\_  
55 N. American country  
56 School grp.  
57 **Roll close to the hole**  
58 Be in debt  
59 Tiny kisses  
62 **Hook**  
64 Marion Morrison, familiarly  
65 Divans  
67 Peanut butter brand  
69 Prevaricators  
71 Frothy  
73 **Ball position**  
74 Farm Credit Admin.  
75 Time period  
76 Tobacco pipe with water  
79 Mug

- 81 Satisfied  
84 Thicket  
85 **Uncontrollable movements**  
87 Eat  
89 Angels' headwear  
91 Bullfight cheer  
92 Ranch female  
93 Wanted poster abbr.  
94 Wonder  
95 **Hold the flag for**  
97 Precipitates  
99 **Swing and miss**  
101 Green Gables dweller  
102 One of Columbus' ships  
104 Oolong  
106 Sward  
108 Fruit  
110 Toads' cousins  
112 \_\_\_ **percha - early golf ball**  
115 European sea eagle  
116 Choose

- 118 Column style  
119 **Edge of the cup**  
120 Abnormal  
122 Walter Eugene O'Reilly  
124 Indisposed  
126 World org.  
128 Musical composition  
130 Mimicry  
131 Smart  
132 **Overlapping or interlocking**  
133 **3 on a 5, e.g.**  
134 Dry  
135 Grain  
136 **Greens** \_\_\_  
137 Not us

DOWN

- 1 Totals  
2 Mini  
3 Raccoon-like animal  
4 Family member  
5 Austin novel

- 6 **Ball holder**  
7 Org.  
8 Eschew  
9 Pouch  
10 **Sand** \_\_\_  
11 Trajectory  
12 **Birdie on a par 3**  
13 **Edge of the green**  
14 **Studied a putt**  
16 High ranking Ottoman  
18 Glide  
19 Japanese \_\_\_  
20 **Distance in the air**  
27 **Green stroke**  
29 \_\_\_ **shot**  
31 Competition at the Greek games  
34 Expert with figs.  
37 6th sense  
39 \_\_\_ **Gilmore, Sandler role**  
41 **One over par**  
42 **Presidents** \_\_\_  
43 Wields  
44 \_\_\_ **nine**  
46 Heat unit

- 47 **Pro V1, e.g.**  
49 **Not in red figures**  
50 Red or white tree  
52 **Clubface angle**  
53 **Further from the pin**  
54 Affirmative  
60 Large metric weights  
61 \_\_\_ **mark**  
63 \_\_\_ **, cleans and places**  
64 Deplete  
65 Biblical woman  
66 Japanese city  
68 Legume  
70 **Hole-in-one**  
72 Sushi staple  
76 **Golf destination?**  
77 **US or British** \_\_\_  
78 Laughing dog  
79 Gush out  
80 Ark builder  
81 **Part of 48 Across**  
82 Zeal  
83 **Up and** \_\_\_  
84 Bed  
86 The other half of Jima  
88 Schuss  
90 Encounter  
96 Cell stuff  
97 \_\_\_ **hook**  
98 \_\_\_ **play**  
99 Making battle  
100 Apple type  
101 Furthest back  
103 Off-white  
105 Billion years  
107 Indian monetary unit  
108 Vine fruit  
109 **In red figures**  
110 Micro\_\_\_  
111 Tippet  
113 Masculine  
114 Confuse  
115 Times  
117 Russian ruler  
119 Run  
121 Believe  
123 Exist  
125 Frosty  
127 **Cause of sudden death**  
129 Make lace



Letter From The Editor:  
Home Delivery in Nahant Begins This Month

Beginning with this issue, Cathy Letourneau will be responsible for the distribution of the Nahant Harbor Review. She will coordinate the hand delivery of the newspaper to every house in Nahant and leave additional copies at these Nahant locations: Nahant Richland, Robert’s Cleaners, Captain Seaside, Seaside Variety, Nahant Market and Equitable Bank.

If you do not receive your Harbor Review on or before April 30th, please give Cathy a call at 781-581-0083. She will get one to you and make sure that you are on the list. She will be the Harbor Review’s “Keeper of the Lists” and maintain the delivery and mailing lists.

Advertisers and subscribers will receive their Harbor Review by first-class mail, instead of standard mail, to improve delivery time. I hope that these changes will help keep the Harbor Review strong in the years ahead.

Thank you for all the cards and letters of encouragement that you continue to send in with your subscriptions. I appreciate each and every thought. Many “Thanks!” are extended to these subscribers who sent in \$15 for an annual subscription, through April 15th: Joseph Balsama, Robert Del Castillo, The Hastings, Leslie Holmes, Michael Kairevich, Stojan Maksimovic, Ernie Messina and a Birthday Gift for Sage Urban.

Nahant Harbor Review  
PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for  
JUNE 2007

All Community Calendar items, personal ads,  
classifieds, business ads, articles and short stories.  
TUESDAY, MAY 15th • 5:00 P.M.  
Mail Date: Wednesday, MAY 30th.

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The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Cathy Letourneau	781-581-0083

APRIL 2007 PUZZLE WINNER

Mindy Wilson, of Spring Road, was the winner of last month’s puzzle contest. She has won “breakfast for two” at Seaside Breakfast on Nahant Road. You, too, can win breakfast for two at Seaside Breakfast. It is easy to enter. 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 info, see Chris, before 11:00 a.m., at Seaside Breakfast.

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

Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher.

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

Anonymously submitted articles and / or letters, unsigned or lacking author contact information, will not be published. Exception: although not a regular practice, a writer’s identity may be withheld by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop-off box** at the **Equitable Cooperative Bank** on Nahant Road.

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

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

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Nahant Harbor Review,  
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Thank you.

Got something to share...

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

Take Me Out to the Ball Game  
by Rick Kennedy

olution.

L	A	M	P		R	E	E	F		M	I	E	N			A	M	O	S			
A	R	E	A		O	V	A	L		E	R	R	O	R		C	L	A	S	H		
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S	A	S	H		N	N	W		D	E	N	S		P	E	D	R	I	O	A		
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## Another Hearing on LNG and Whales?

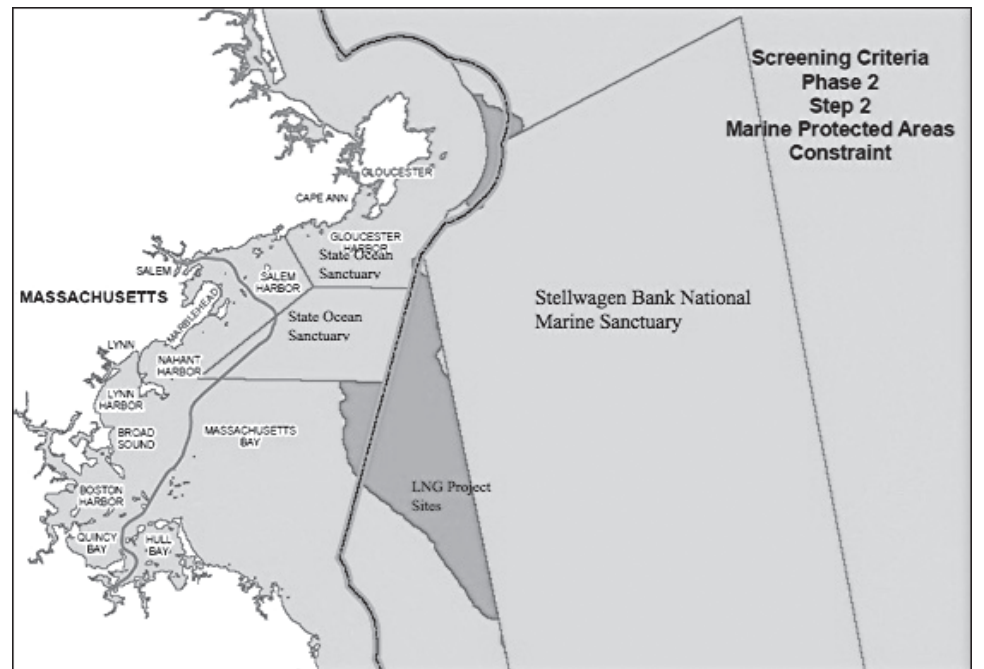
By Polly Bradley

An “incidental harassment permit” application has been submitted by liquefied natural gas (LNG) companies, allowing injury – even death – to marine mammals, during construction and operation of LNG facilities. SWIM hopes a public hearing on this controversial issue will be held soon. SWIM thanks the dozens of people, who wrote in March and April, to the National Marine Fisheries Service requesting this hearing.

This is SWIM’s last chance to try to stop these LNG terminals. We need you to come to the hearing, listen to why we and others are so worried, make up your own mind, and help us if you agree with us. Natural gas can be brought in anywhere, including by pipeline, but you can’t replace a natural treasure.

Three ocean sanctuaries, six species of endangered whales and four species of endangered sea turtles, ought to be enough to put the kibosh on ill-conceived proposals to put LNG terminals offshore from Gloucester, Marblehead and Nahant.

Toxic, chemical and radioactive waste was dumped for years in the small triangle of unprotected ocean, where the LNG terminals would be built. Bordered by these three ocean sanctuaries, it’s a recipe for disaster.

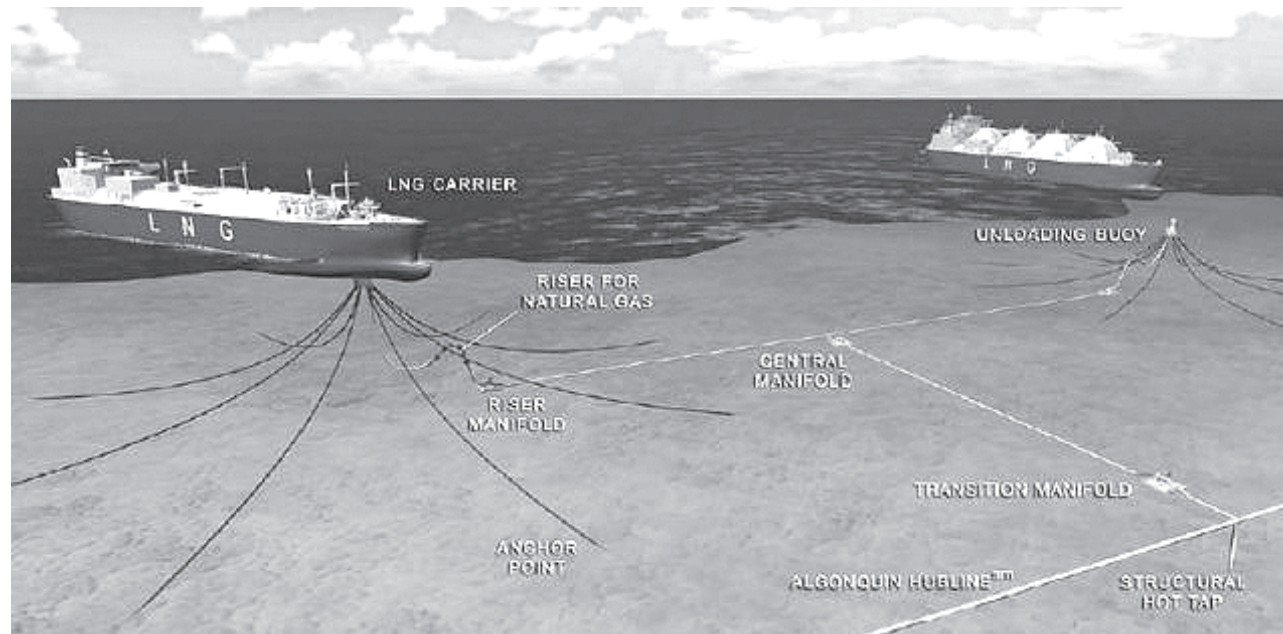


Whales’ underwater navigation systems will be disrupted by the noise, habitat will be destroyed, and the ecology of the ocean off Massachusetts will be changed. Ship strikes, accidents, terrorism, explosions, and entanglement are all dangers. So are collisions caused by the narrowing of the shipping lanes. Add the risk of fishermen dredging up radioactive waste barrels (as they have already done occasionally), and the picture doesn’t look pretty.

Yet federal and state government approval has been given to these LNG terminals. All that is left are a few minor details, like this permit to harass whales.

The money and power are all on the side of the oil and gas companies, and SWIM has been advised, by foe and friend alike, that these LNG terminals are a done deal.

Why persist? So the health and beauty of



our ocean can be protected. So the people of Massachusetts are protected. So our grandchildren can gaze at the great whales.

Millions in mitigation money have been offered to keep potential protesters quiet, but YOU CANNOT MITIGATE EXTINCTION.

To be notified when a hearing is held, or for more info., please visit [nahantswim@comcast.net](mailto:nahantswim@comcast.net), or call Polly Bradley at 781-58-0075, or Peg Hinrichs at 781-581-0227.

## Healthy Spring Cleaning

By Dr. Devorah Feinbloom, Director, Nahant Natural Healing

As I write this article it is still raining a few days after the April Nor’easter and I am wondering if it’s ever going to feel like spring. Nevertheless, this is the time of year when the body likes to lighten up and it is a wonderful time to do a healthy liver cleanse. Several years ago one of my best friends was diagnosed with breast cancer. She wasn’t even 40 yet so she never had a mammogram. I spent several months researching and interviewing all of my holistic teachers and their teachers about what I might be able to do to help her. Each practitioner explained to me their perspective about how the body breaks down and although each had different approaches, they all agreed that the liver was a major player. How many people have we heard of whose cancer had metastasized and when it got to the liver things took a turn for the worse?

Once I heard that information it was easy for me to commit to doing a liver cleanse every spring. Each year I also invite people to join me and now I offer a 21-day liver cleanse course called the “Love Your Liver, Live Your Life” purification program. What is a liver cleanse program? Very simply, it is a program that is designed to give your liver, the primary detoxifier of the body, a rest. There are three main goals. The first goal is to reduce the burden on the liver. We accomplish that by eliminating a lot of fats, not eating past 8 p.m., refraining from stimulants, like coffee, doing away with processed foods and eating as much organic food as possible. The second goal is to replenish the tissues by eating limited portions, eating easily digested, enzyme-rich organic fruits and vegetables, and drinking lots and lots of good quality water. The third goal is to support the whole body to eliminate toxins that are stored in our cells by using detoxifying herbs, eating a lot of alkalizing green vegetables, and exercising.

Most people report feeling healthier, lighter, clearer headed. Men lose between 9 and 15 pounds, while on the average women lose between 6 and 9 pounds. Skin conditions like eczemas may clear up, sleep is improved, blood pressure will lower, serum lipids (cholesterol) will be better and insulin resistance is reduced. People stop craving sugar, become less sensitive to environmental smells, and feel more in control of their life. Others reported that their PMS was much better, their bowels worked, and they had tons of energy even without coffee.

This program is offered on an individual basis as well as with a group. The next liver cleanse program will be starting at the beginning of June. By the way, spring is a great time to clean your closets and get rid of “unwanted toxins” stored around the home.



Community Calendar • MAY 2007

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

MAY 2007

FRI	4	8:00A	Free Breakfast w/ Bruce Walker at Nahant Village Church.
FRI	4	8:00P	Concert Singers perform at Unitarian Universalist Church in Swampscott.
SAT	5	11:00A	EARTH DAY FIESTA. Life-Saving Station, Short Beach
SUN	6	10:30A	Worship Services & Sunday School at Village Church
SUN	6	10:00A	Sam’s Eagle Project, clean-up Heritage Trail, till 3:00 p.m.
SUN	6	8:00P	Concert Singers perform at Sacred Heart Church in Lynn
MON	7	7:30P	SWIM Meeting at Northeastern Marine Science Lab
THU	10	11:00A	SWIM Mother’s Day Lobby, State House, Boston
THU	10	5:00P	Opening Reception for The Art of Lynn Folk at Lynn Museum and Historical Society. Till 7:00 p.m.
FRI	11	8:00P	Mass Theatrica presents Mostly Mozart at LynnArts
SUN	13		MOTHER’S DAY
SUN	13	10:30A	Worship Services & Sunday School at Village Church
MON	14	7:00P	SPED Workshop at Marblehead Vets. Mid. School
TUES	15	5:00P	DEADLINE FOR JUNE HARBOR REVIEW
TUES	15		DEADLINE for John H. Osbahr Scholarship Apps.
THU	17	5:00P	Great Pizza Bake-off, Central Square, Lynn. Till 8:00 p.m.
SAT	19		ARMED FORCES DAY
SAT	19	9:00A	Garden Club Annual Plant Sale at the Life-Saving Station
SUN	20	10:30A	Worship Services & Sunday School at Village Church
SUN	20	11:30A	Video of Mission Trip to Honduras, Habitat for Humanity
MON	21		DEADLINE for Garden Club Scholarship Apps.
THU	24	Noon	Garden Club Past Presidents Meeting at Village Church
SUN	27	10:30A	Worship Services & Sunday School at Village Church
MON	28		MEMORIAL DAY
MON	28	9:30A	130th Memorial Day Parade begins.
THU	31		Friends of Lynn & Nahant Beaches Night at the Tides

JUNE 2007

SAT	2	2:00P	Golfing for Gary at Kelley Greens
SAT	2	10:30A	Memorial Service for Wilma Nichols-Maddocks at NVC
SAT	9	8:00A	Beach Clean-Up Begins. Till 4:00 p.m.
SAT	9	11:00A	Earth Day Fiesta. Till 4:00 p.m. Rain date June 10th
SAT	23		New Civil War Book goes on sale at Historical Society.
MON	25		Sailing Program Begins

Public Library Hours  
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Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.  
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RECYCLING SCHEDULE 2006-2007  
May 4th • May 18th • June 1st • June 15th • June 29th

SCHOOL ORGANIZATIONS MEETING DATES  
School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.  
School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.  
PTO • first Monday • 7:00 p.m. • Johnson School

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NHT and HOOMPA Stickers are available FREE by calling 781-595-6225. Compliments of Rob Scanlan.

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

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

Nahant Village Church  
Join us for Sunday  
Worship Service &  
Sunday School  
at 10:30 a.m.



EMERGENCY MANAGEMENT

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



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