



Nahant Harbor Review

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

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

Volume 13 Issue 5

MAY 2006



Letter to the Editor

Thanks to a Splendent Individual

This is an open letter to the extraordinary individual, either from our Town of Nahant, or elsewhere, who demonstrated his/her thoughtfulness, respect and gratitude, by placing the Colors of our great country, atop the grave markers (at 32 Nahant Road), placed in front of the plaque I installed, in commemoration to the men and women who sacrificed their lives in the "Forgotten War" in Korea.

We installed the plaque during the ceremonies of the 50th Anniversary of the Korean War, in the year 2000.

Those of us who survived those terrible years, take our hats off and salute you.

For this gracious and honorable deed, I wish you and your family peace, health and happiness.

—A grateful veteran, Ernest E. Messina

The USAF Band of Liberty Coming to Nahant!!!

submitted by Skip Frary, Nahant Selectman

On Flag Day, Wednesday, June 14, the United States Air Force Band of Liberty will once again entertain area residents, at Marjoram Park. This year, the musicians touring as the Liberty Big Band will perform an open air concert at 7:00 p.m.

"The Liberty Big Band presents top-flight, big-band jazz, throughout the Northeast. Audiences enjoy the group's varied repertoire, which spans from the great Glenn Miller, Count Basie, and Duke Ellington orchestras,

Continued on page 21.

Parade Plans Take Shape

Summer marches into Nahant on Memorial Day. Plans for this year's Memorial Day Parade, on May 29th, are quickly coming together under the direction of Molly Conlin, Chairperson for the Nahant Memorial Day Parade Committee. Again this year, Colonel Jim Cashman (USAF Retired), will serve as the parade's Chief Marshal.

This year's parade will closely follow the Town's traditional format. The parade will step off at 9:30 a.m., from the junction of Nahant Road and Cliff Street. From there, it will proceed to Greenlawn Cemetery, for a brief memorial service. This service will feature the Nahant Village and St. Thomas Aquinas Church Choirs along with appropriate prayers by the pastors of these congregations, an inspirational hymn by Nahant Police Officer Michael Karavich and the annual Memorial Day message by Tom Gallery (Nahant's Veterans Agent). A rifle salute and taps will also be played. 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 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 this from the Herman Spear Post firing squad and taps will be played 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.

From Tudor Wharf, the parade will proceed to the Town Hall. After the Chief Marshal and his staff, along with town officials, review the parade from in front of the Nahant Library, 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.

The committee is indebted to members Calantha Sears and Alice Roy, along with the Nahant Boy Scouts, for their efforts each year, in placing grave markers and geraniums on the graves of Nahant Veterans at Greenlawn Cemetery.

Anticipated parade participants include: Nahant Police Vehicle, Color Guard, Swampscott Police Department, Nahant Police Detail, Color Guard, Marine Corps League, American Legion, Mortimer G. Robbins Post #215, Nahant, MA, Color Guard, Chief Marshal and Staff, Nahant Veterans, Town Officials and Invited Guests, The Bridgewater Antiphonal Brass Society, Ancient and Honorable Artillery Company of Massachusetts, United States Coast Guard Color Guard, 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, Swampscott High School Band, 2003 Graduating Class of Johnson School, Nahant Eagle Scouts, Nahant Boy Scouts, Nahant Cub Scouts, Nahant Girl Scouts, Nahant Brownies, Southerland Pipe Band Pipe Band, Coast Guard Restoration Committee Float, Smokey the Bear, Nahant Fire Department Vehicles and Ed Poulin Truck W/Music.

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Breakfast with the Nahant Town Administrator

All are invited to the May 5th breakfast, of the Nahant Village Church Breakfast Group, to be addressed by Town Administrator, Mark Cullinan. Mark will give a presentation on the Town budget and answer any questions. This is the fourth year in a row that Mark is addressing the Breakfast Group and it is a highlight of the year's program.

The free breakfast is served at 8 a.m., with the presentation occurring from 8:30 to 9:00 a.m. All are invited.

May News Nahant Garden Club

Save Saturday, May 20th, to buy plants for your garden. From 9:00 to 11:30 a.m., at the Life-Saving Station, on Nahant Road. We will have a nice variety of annuals, perennials, geraniums and plants from our gardens. Items will be available to take chances on. Chairman, Linda Jenkins and other garden club members will be available, to help you with any questions you may have, regarding your plantings. Join us and bring a friend, or two.

The Nahant Garden Club's next open meeting will be "Past President's Night," a pot luck supper, to be held on May 25th, at the Nahant Village Church, at 6:30 p.m. This is our appreciation evening honoring our Past Presidents. Carmel Burrell is the Hostess. The Rosemary Bacheller Award will also be given, to a deserving member this evening. Judy Colburne, is the guest speaker for this event. "Floral Expressions" will be her subject. Judy will design fresh flower arrangements for areas throughout our homes. Guest Fee \$3.00. Submitted by Carmella L. Cormier, Publicity Chairman

Spring Tour with the Nahant Historical Society

On Saturday, May 20th, come join us for a tour of two delightful National Historic Landmark sites in Cambridge, associated with Nahant's past. First, visit the historic Longfellow House, the winter home of the poet, Henry Wadsworth Longfellow and his family, who spent their summers here in Nahant. We will lunch on the writer's own porch, overlooking the newly-restored gardens. Then we will go on to Mount Auburn Cemetery, with its famous rhododendrons, where many illustrious Nahanters are buried. Wear comfortable shoes, as this part of the tour is walking.

Box lunches are included in the cost for the day, which is \$25.00 per person. The bus will leave from the Nahant Historical Society, at 41 Valley Road in Nahant, at 9:00 a.m. and return by 4:00 p.m. Advance reservation forms will be mailed to the Society's membership shortly. Space is limited. Submitted by Calantha Sears and Bonnie D'Orlando.

Clean Up Day at the Legion: Call for Volunteers

submitted by Peter Przybycien, Adjutant, Nahant American Legion

To prepare the Legion Hall grounds for the Memorial Day parade, we invite all members of the community to join us, for our annual clean-up. The Post is located at 5 Coolidge Road and clean up will take place from 8:00 a.m. to noon, on Saturday, May 27th, with a rain date of Sunday the 28th. Refreshments will be served for all volunteers.

You are asked to bring your own set of gardening tools (rakes, brooms, weed whackers, etc.). The grounds are in fairly good shape. With a little more work, the Post looks forward to getting the property ship-shape and inspection-ready.

Date Change for Spring Book Sale

The Friends of the Nahant Public Library announce a Book Sale from Saturday, June 17th, through Sunday, June 25th, during regular library hours: Mondays-Thursdays, 10:00 a.m. to noon and 2:00 to 8:00 p.m.; Fridays, 10:00 a.m. to noon and 2:00 to 5:00 p.m. and Saturdays and Sundays, 2:00 to 5:00 p.m.

There will be best-sellers, biographies, non-fiction, coffee table books, discards from the library attic and many other interesting books for sale. There will also be a limited amount of CDs, audio and video tapes available. Please bring your book donations to the library up until June 1st. We will not be accepting magazines.

Thank you for supporting your library. Submitted by Robin deStefano.

Concert Singers Free Concerts

The Concert Singers of Greater Lynn will be presenting Mozart: Solemn Vespers de Dominica, K321 and Mozart: Regina Coeli, K276, as well as works by Randall Thompson, including: Frostiana, poems of Robert Frost and Thompson's famous Alleluia.

Come hear them sing on Friday, May 5th, 8:00 p.m., at the Unitarian-Universalist Church on Forest Ave., in Swampscott, or Sunday, May 7th, 2:30 p.m. at the Sacred Heart Church on Boston Street, in Lynn.

The Concert Singers are supported by a grant from the Mass. Cultural Council, Eastern Bank, Wal-Mart Foundation and most importantly, you. Thank you for your continued support!

Around Town

Wanted Veterans: The Nahant Memorial Day Parade Committee enthusiastically welcomes all Nahant veterans to participate in this year's parade. Uniforms are not required. Just join the parade participants assembling at Cliff Street, at 9:00 a.m., on Monday, May 29th and ask an orange-vested parade marshal to direct you to the veteran's group, at the head of the column. Any Nahant veteran, wanting to ride in the parade, is asked to call Molly Conlin, at 781-581-0296, or Jim Cashman, at 781-581-0815 so that appropriate transportation can be arranged.

The **Nahant Animal Control Officer** is in need of pet carriers, of any size. If you have one, you may drop it off, at the Nahant Police Station, at any time. All of your donations are greatly appreciated.

Congratulations to Dr. Christoph Wald and Ute Gfrener-Wald, on the birth of their daughter, Maxine, born March 31st, at the North Shore Medical Center, at Salem Hospital. Grandparents are Josef and Inge Wald, Bonn, Germany and Hermann and Anneliese Gfrerer Spittal a.d. Drau, Austria.

RAD: Rape Aggression Defense - Self Defense Class for Women is being offered by Nahant Police. Classes will be held on May 16th, 18th, 23rd and 25th. Raise your awareness, reduce risk. Learn techniques to defend yourself, escape and survive. For more information and to sign-up, call Officer Stephen Shultz at 781-581-1212 or email sshultz@nahantpolice.org.

The next **Recreation Sailing Program, Can & Bottle Drive**, will be held on Saturday, May 20th, 9:00 to 11:45 a.m., at the Lifesaving Station.

Poker Night Fundraiser for Periwinkle

Are you a poker playah?? Poker is hot these days, as anyone who's watched ESPN knows, so why not join us for a game? Sit next to your neighbor, have some fun and maybe even win some money, all for a great cause....to support Periwinkle Preschool.

Our Texas Hold 'Em tournament will take place at the Knight's of Columbus, on Saturday, May 13th, at 7:00 p.m. The entry fee (donation) is \$125.00 per person; we are looking for 40 people maximum, please pre-register to guarantee a seat. This will be a Nahant resident (or friends of) only tournament, it will not be advertised outside of town. You must be at least 21 years of age to play.

To pre-register, please call Christine Kendall at 595-4142.

Mitchell's Cahnah Lives

submitted By Duddie & Ponsie Tudor, "The Ice King Twins"

The boys down at the Nahant Legion Hall are putting on this year's Labor Day Block Party on Sunday, September 3rd, from 7:00 to 11:00 p.m., at Mitchell's Cahnah...live music, great fun and dancing in the streets. This year's proceeds will help make the Legion Hall one of Nahant's great treasures.

This year's event will be "The One-Five-Three," celebrating the Town's 153rd birthday. Historically, the Town always had a "goodbye to summer" block party, a way for the Nahant citizens to bid adio to the summer residents they met at the beaches, during the season.

"Ah, how we remember, as young lads, bringing ice cubes from (Big Daddy Freddie's Ice House.) to all the Town's summer events." It wasn't easy, when Dad made us cut those blocks into 1 inch cubes by hand!! (Hey Dad, next time.....gloves.)

My brother Duddie and I will be around to send you Town happenings and updates in "Ice Shavings." Tah tah for now. (Hey folks, by the way, Frederick Tudor didn't have a set of twin sons that we know of.)

Girl Scouts News

submitted by Ariana Clements

Looking for a fun way to spend May 20th? Then come on down to the Nahant Town Hall and participate in Wildlife Awareness Day! There will be lots of things to do, such as games, win prizes, raffles, and stories. There may even be a visit from a few live animals!

So, if you need something to do, then just come to the Nahant Town Hall, from 12:30 to 3:30 p.m., rain or shine.

Learn about why animals are so important to our society and have fun doing it! There will be a small admittance fee of just \$1 per person with a \$4 limit and all the proceeds will go to some form of animal-benefiting organization.

Think that this program will be just for kids? There will be some raffles aimed toward the adult crowd, and who knows maybe you could learn something new, as well.

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Vintage Boat Auction to Benefit Nahant Village Church Begins May 11th

Thanks to a very generous couple, the Nahant Village Church, late last year, received as a donation, a vintage 13' 1959 Chris-Craft pond boat, complete with a 1999 Magic series galvanized trailer and an Evinrude 25HP outboard motor, with less than twenty-five hours. Wood-framed with a red fiberglass hull, the boat is in absolutely pristine condition, having undergone an exhaustive professional restoration by Ship Shape Yacht Restoration, of Wilmington, NC. Also included are a USCG safety package consisting of six life jackets, anchor line, three anchors, two fenders with painters, braided dock line and a paddle.

Appraised at \$19,500 (written appraisal available for review), this wonderful classic vessel will be auctioned on eBay, the largest on-line auction site in the world, beginning Thursday, May 11th and concluding Sunday, May 20th.

If you are already registered on eBay, you know what to do! If you are interested in bidding on the boat, you will need to register on eBay's website in order to bid. Just go to www.ebay.com and follow the instructions. You will need to set up a unique user i.d. for yourself along with a password and provide credit card, or bank account information (for address verification purposes only: eBay does not charge any fees to buyers purchasing on their website).

If you have been looking for a runabout boat for your vacation home property, or freshwater activities, here is your opportunity to acquire a mint, classic Chris-Craft beauty, while at the same time, benefiting the community, missions and programs of the Nahant Village Church. Don't miss out. Register, bid early, high and often!

Say It Ain't So, Joe submitted by Tom Hosker

My wife and I attended a recent Nahant Little League (NLL) meeting, because we had a concern that warranted some attention.

Upon completion of the Board's regular business, the President decided that public input would be considered. The President noted that NLL is a private organization and does not have to concern itself with parents, the public. The President was direct and noted that discussion pertaining to the placement of a child, on a team, would not be allowed. That was not our intent. We were there to get an explanation for why one third grader from the Johnson School was left out—how did that happen?

Our son's skill level...well, let's say nobody's record is in jeopardy; like most of his peers at age 8 and 9, they are learning the fundamentals, developing, understanding good sportsmanship and having fun. Could he be the next Babe Ruth—he does run like the Babe!

The President told Board members not to answer us. One Board member attempted, he was shushed. Yes, shushed! The shushing order was obeyed. We made another attempt to get some information. The President slapped his hand on the table and said don't answer. We reminded the President that a Board member suggested that we attend the meeting. The President reprimanded that member for suggesting such. The reprimanded Board member remained silent. One Board member made a final attempt to help and asked what would be the forum to have the discussion—no solutions were offered.

We went to the meeting to have a discussion. We realized there was some potential that we might not agree on everything. We never anticipated that we would be denied the opportunity to hear the Board's explanation. If this is how some members of the NLL choose to run this organization, they are doing a dis-service to the kids, parents and the community that supports it.

Has competition diminished the idea of an 8-year old wanting to play with his buddies and having fun? "Say it ain't so, Joe."

Coastal Ocean Science Academy Sign-Up submitted by Tracy Hajduk, Outreach Program Assistant

This summer, the Marine Science Center will be hosting a Coastal Ocean Science Academy (COSA) for students entering 9th or 10th grade, in the fall of '06. This two-week academy is held from August 14th through August 26th. Students will spend time doing field work in local marine habitats, in and around Nahant, spend time aboard Northeastern University's research vessel, Mysis, on oceanographic trips, as well as partake in ongoing Marine Science Center research. This is a great opportunity for students to be introduced to marine science and have some fun while doing so. On the last day of the Academy, families are invited to attend a family BBQ, at the Marine Science Center. Call 781-581-7370 x338 for more details, or visit us on the web, at www.marinescience.neu.edu/outreach.

Lions Club Scholarship

submitted by Joe Sherber

The Nahant Lions Club will award \$500 to a 2006 high school graduate intending to further his or her education at an accredited school of higher learning.

The award is based on citizenship, extra-curricular activities, need and scholarship. For consideration, applicants must meet the following criteria: Nahant residency for the current school year, graduation from an accredited secondary school program and acceptance to an institution of higher learning.

Candidates must submit the following: a brief statement addressing why the applicant meets the criteria upon which the award is based; a letter of acceptance from the institution of higher learning that the candidate is planning to attend and a high school transcript, through at least three-quarters of the senior year.

Written applications must be received by May 15, 2006. Applications must include all required documentation. Please mail your packet to: Mr. Joseph T. Sherber, 249 Castle Road, Nahant, MA 01908.

Nahant Garden Club Scholarship

submitted by Edith E. Hunnewell

The Nahant Garden Club will offer a \$1,000 academic scholarship, to a 2006 high school graduate, who has been accepted to an accredited institution of higher learning.

The applicants must be current residents of Nahant and have been residents for at least 5 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 20, 2006, to Edith E. Hunnewell, 174 Willow Road, Nahant, MA 01908. Any questions, please call, 781-581-0559.

Spring Cleanse Workshop

Join Fiona Barrett, Holistic Health Counselor, for a fun, interactive workshop on Saturday, April 29th, from 2:00 to 3:00 p.m., at Refrigerator Door Art, Nahant Community Center, 41 Valley Road. Learn about cleansing techniques for mind, body and spirit. Simple detox food plans, body-cleansing giveaways. Refreshments provided. The cost is \$10.00 per person. Call 781-244-9090, for details or e-mail fibarrett@aol.com.

John H. Osbahr Scholarship

submitted by Kathryn Marini

A scholarship in the amount of \$500, will be awarded to a 2006 Swampscott High School graduate, who is a Nahant resident, a graduate of the Nahant Johnson School 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 or summary of 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 2006 Swampscott High School and Johnson School graduations in June.

Please submit applications by May 31, 2006, to the Swampscott High School Guidance Department, or Kathryn Marini, 24 Phillips Road, Nahant, MA 01908. FMI, call 781-593-0964.

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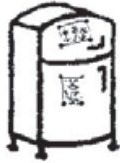
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The most requested exercises are usually abdominals. This is an area we always want to improve and is essential to overall fitness. With the summer and beach fashions soon upon us, you may feel more motivated than ever, to tone this area. We all desire a flatter belly. First, you should know a little about the anatomy of the abdominals.

There are four muscle groups: 1) Rectus abdominis: the outermost muscle in the center from ribs to pelvis that bends you forward, flexing the spine, helping to stabilize your pelvis while walking; 2) External obliques (outer) and 3) Internal obliques (inner): both are found on the sides, with the external obliques fibers running diagonal from the ribs, down toward the center and the internal obliques are diagonal, from the pelvis up toward center. They both work to twist the torso, bend sideways and to assist the Rectus abdominis. This is part of the outer core. 4) Transversus abdominis is the deepest muscle which runs horizontally across the belly and works to compress the abdominal contents. This is part of the inner core.

With four different groups, we need to do a variety of abdominal exercises to improve them all. Crunches are great for the rectus abdominis and will help you build a six pack, but won't flatten your tummy, as you may wish. Try lying on your back, feet on the floor, or knees bent and lifted, hands behind your head, lift your head, neck and shoulders up and slightly forward. Think of shortening and flattening the muscles between your ribs and hips. Be careful not to pull on your neck. Concentrate on the abdominals doing the work.

For more upper abs, try reaching one hand up to the ceiling, keeping the neck and chin lengthened, or extend one leg to the ceiling and reach toward the toes. Anyone with back problems should be careful with this one, as it is more advanced. For lower abs, try reverse crunches, pulling your knees up toward your chest and curling your tail, trying to lift it just slightly. In all ab exercises, keep the motions smooth, do not jerk up and lower fully with control.

To work the obliques, both internal and external, a crossing, twisting, or side bending movement, must be included. Try the crunch position, both hands behind the head and pull the right elbow across to the left side, then left elbow across to the right. Be sure to hold a moment before lowering, or make it more advanced by adding a knee, pulling in at the same time. Side bends are another way to work the obliques. These are done sitting, or standing. Just bend at the waist, reaching down the leg toward the floor.

To work the transversus, pull your bellybutton into your back and hold for eight counts, release and repeat. Strengthening this muscle group will flatten your belly more. Try tilting the pelvis up, like tucking your tail a little and pull the abdominals inward to your back, as tight as possible, hold for a count of eight, release, repeat.

To work more abdominal groups together, always pull in while doing any exercise. Even at a stop light, try pulling your belly button into your back as far as possible and hold until the light turns green. Crunches done without drawing in, can actually increase the muscles and your waistline. Be sure to use #4, the transversus abdominis, by drawing in during all exercises.

Abdominals can be done safely every day, so 10-15 minutes each day will show quicker results. Consistency is important. There are a variety of abdominals to choose from, so you should never get bored. Be careful though, the more advanced ones may hurt your back if not done correctly, or if you are pushing yourself before you are strong enough. Never pull on the neck, but support it, as needed. None of these exercises should be painful. If they are, stop doing that one. There are plenty of choices.

Some of us would like to see a six pack, or some evidence of our abdominal tone, but that may be more difficult than just toning and strengthening them. To see muscle definition, you must have a low percentage of body fat. The abs are located in an area of the body that contains the most fat, so cardiovascular training is needed to lower your body fat percentage.

Diet plays a role, but so does genetics and gender. Body builders actually starve themselves and dehydrate before a competition to achieve more muscle definition. This is not recommended! Most of us may never see a six pack, but a flat tummy is a good achievable result.

To balance the abdominals and truly strengthen your core, we need to include the back and more. Core Conditioning has its various forms from Yoga to Pilates, but generally core is defined as including the muscles of your torso. This includes the large and small muscles around the upper torso and shoulder area, abdominal and spine, as well as your pelvis. All those muscles help you function every day. Many activities will strengthen your core if you approach it right. More on this next month.

Good luck and remember consistency brings the best results.

See you on the beach!

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May 27th Nahant Arts Returns to Community Center

by Carol Hanson

Last year, the sky cleared, the sunshine poured down, replacing the rain that had fallen upon our lives for what seemed like weeks. Nahant Arts 2005 was held in and around the Nahant Community Center, with over 30 artisans and community groups selling their wares and promoting their causes. We had live entertainment and fine art in the Serenity Assembly Room, crafters and artisans in the Council on Aging room, in the hallways and on the grounds.

The Mount Vernon at the Wharf Restaurant brought and sold delicious box lunches, to fill our bellies and to promote the opening of their newest location in Revere. The Bishop family graced our front walkway with Victorian dancing, in full period costumes, and Sallee Slagle's Dance Dimension students showed us some of their, hip-hop, jazzy and funky dance moves, as well. Nahant Policeman, Armand Conti, made sure all went smoothly on the street front, as visitors were encouraged to walk though. Some accommodations had been made to allow street parking in special situations.

We hope to do it all again on Saturday, May 27, from 9:00 a.m. until 2:00 p.m. There are still table spaces and exhibit spaces available. Please call Carol Hanson, at 781-599-2222, for more info. This event is cosponsored by The School of Refrigerator Door Art and the Nahant Preservation Trust.

Refrigerator Door School Offers More Than Art

by Carol Hanson

The summer season is starting to heat up and the School of Refrigerator Door Art is offering cool ways to spend it. There are art classes for children and teens, held during the day, and adult classes in the evening. We also have a music program for children, birth to 5, with caregivers, offered a few times during the season.

The open mic/coffeehouse has become a great place to see live entertainment and the kids are welcome! We hold it on the last Friday of the month from 6:30 to 9:00 p.m. and refreshments are provided, though you are welcome to bring your own, if you'd prefer. The cost is just \$5 for those over the age of 12. Performers and children under 12 are admitted at no charge.

We have been fortunate to have quality entertainment by locals, Bob Bois, Tom Gutermuth, Jeff Foss, Dan Hamill, Joe Boyd, Ted Lewis and his son Jesse and Alex Moccia. Please come by and see what all the noise is about!

We can accommodate family gatherings, or offer an alternative to traditional babysitters, by holding a group art class for the kids, while the parents get together for dinner, or a movie. Your house stays clean and the kids get a quality experience! Call 781-599-2222 for details. We can also host a play group, girl's night out, birthday party for all ages, scrapbooking shower, or just a private art class, if you'd like to try something new.

Come by, the day of the Nahant Arts 2006, on Saturday, May 27th, from 9:00 a.m. to 2:00 p.m. and check out the space! You can also check out our new website at www.refrigdoorart.org.

Join the Nahant Preservation Trust

Help save the Life Saving Station

We have been very successful in the restoration of the Valley Road School as the Nahant community center. Now we join with the Life Saving Station Management Advisory Committee to help restore the Nahant Life Saving Station. Won't you join us?

Our 2006 goals:

- The Nahant Preservation Trust hopes to be making great strides this year in restoring the Nahant Life Saving Station on Short Beach.
- We will continue to work with the Nahant Open Space Committee to support their efforts to preserve our open spaces, our heritage landscapes and in the creation and enhancement of the walking path, from Short Beach to Tudor Beach.
- We will continue to be vigilant and active in the protection of the Nahant Country Club property, in our role as one of the largest shareholders in the for-profit corporation property owner.
- We will continue to work with other groups, to develop land-use planning tools and educational programs.

Please clip the response card below and return it to: Nahant Preservation Trust, PO box 30, Nahant, Ma 01908, or join online at our website: www.nahantpreservationtrust.org

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Got a story, poem, memory, or photo to share with your neighbors? Put it in an envelope and drop it at the Harbor Review Box at the bank. Or, e-mail it to donna@nahant.com, or mail to Editor, PO Box 88, Nahant, MA 01908. As space allows, it will be published. If you want the photos back, please send a SASE with your submission.

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Q & A by North Shore Physical Therapy

Submitted by Nancy DeMuth

This is the first in a 2-part series on gardening. This month, we will address issues related to early spring gardening, including getting your body in shape for gardening, and how to safely rake and plant. Next month, we will discuss proper technique when weeding, pruning, and trimming.

Q. I am very eager to get going on the garden, now that it is spring. But every year, I end up hurting something, either my back, my shoulder, or my hands. What can I do differently this year?

A. Gardening is a vigorous activity. It is important to prepare for it and pace yourself. Before you start, take a short walk to increase your circulation, and do a few stretches for your legs, back, neck, arms, and wrists. If you are not sure what stretches are good for you, consult a physical therapist. Use your daily physical activity as a guideline, regarding how long to garden in one day. If you are generally active for about one hour each day, then you will likely be able to garden for about one hour. Break for a few minutes every hour and drink plenty of water. Change your gardening task every 15-20 minutes to minimize repetitive stress injuries.

Early spring raking can be challenging for the back. An ergonomic rake, or one with plastic tubing or foam on the handle, will minimize the strain on your hands. Keep your back upright and your elbows slightly bent. Whether raking or shoveling, avoid twisting your back, by positioning your hips and shoulders in the direction of the activity you are doing. When possible, move your feet rather than twist your spine. Positioning yourself in a lunge (one leg in front of the other with the front knee slightly bent) will minimize the strain on your back. Change your position, while you rake, by switching which leg is forward and which hand is on top, in order to rake from the opposite side. Stop to stretch your back, or backbend, if you have been bending forward.

Planting can create problems, if not done properly. When digging, place the head of the shovel vertically into the ground and step on it. Keep your back upright, bend your knees, and avoid twisting. Shovel only small amounts at a time. Use a light weight shovel with a long handle and a small blade. When planting, use raised beds, to minimize the amount of bending required. Avoid bending from the waist. It is better to squat, get onto hands and knees, kneel on a foam pad, sit on the ground, or use a specially-designed gardening stool with handles.

To prevent soreness after gardening, stretch and use ice when you are finished. Good body mechanics in the garden will help you feel better, so that you are more able to enjoy the fruits of your labor! If you experience pain, lasting for more than a few days, consult your physician and consider coming to physical therapy, to learn about gardening with less pain.

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

How Long Will My Treatment Last?

Submitted by Dr. David Eagan, Eagan Chiropractic

There are actually three phases of Chiropractic care; Relief, Correction and Wellness. Relief is the first phase. The goal of the Relief Phase is to reduce, or eliminate, pain. The number of visits to accomplish this will depend on many factors: age, type of injury, length of time you've had your condition and over-all health (healthier people heal faster). Typically, it's anywhere between 8-12 visits.

Restoring the body to its normal, or maximum function, is the goal of the Correction Phase. I'm always telling my patients, "pain is the last thing to show up and the first thing to leave." Adaptations that have taken place in muscle and other soft tissues, require care beyond the relief phase to correct. An example of this is scar tissue, forming trigger-points in the muscles. Trigger-points are painful "knots" which limit motion and need to be broken up.

Now you've reached maximum improvement. You're feeling better, moving better and now you jump right back into the same activities that led you to see me in the first place: for example, if you hurt your back lifting something heavy and you go right back into lifting something heavy. Don't you think you might do the same thing over again? It's possible, thus leading us to the third phase of care.

The purpose of the Wellness Phase of care is to prevent relapses of previous conditions and to address new conditions, before symptoms appear. This phase is why I became a chiropractor. Not only can I help people overcome their injury, but more importantly, I can help them maintain their health through weekly, or biweekly, treatments. The appropriate level of wellness care is directly related to the amount of an individual's physical activity.

Pathways Gentle Yoga & Multiple Sclerosis

Submitted by Patricia McCallum, Pathways Yoga

Multiple sclerosis, which means "many scars," is the most common central nervous system disease among young adults in the US. An estimated 500,000 Americans have M.S. and closely-related disorders. The "many scars" are hardened tissue in various damaged areas of the brain and spinal cord (central nervous system).

A person's particular symptoms depend on the location of the inflammation episodes and the patches of scarring that result. That's why each person with M.S. has unique disabilities. The scarred areas receive distorted, or blocked, flow of messages along the nerves to various parts of the body. These messages control all our conscious (voluntary) and unconscious (involuntary) movements. What happens is, body functions become uncontrolled, because messages along the nerves can't get through, or are sent to the wrong place due, to the scarring.

Did you know that Yoga is one of the complementary and alternative therapies recommended by the National Multiple Sclerosis Society? The "Body Awareness" approach of a Pathways Yoga session creates a sense of wholeness and balance, using meditation and gentle restorative exercises, to help relieve pain and anxiety.

By directing the body to produce specific movements, yoga stimulates new patterns in the brain. Every time we introduce an unfamiliar movement, the motor cortex, the area of the brain that directs movement, is stimulated more completely and in a new way. In other words, you are effectively re-wiring your brain.

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

Sunglasses from a Medical Perspective

by Dr. Neil Gross, Ophthalmologist

Most people like sunglasses. They think sunglasses make them look "cool." Well, did you know that certain types of sunglasses can also protect your eyes from eye disease? Today, I'd like to tell you about some specific types of sunglass lenses, that will not only preserve your vision, but also enhance it.

The sun produces harmful, invisible ultraviolet (UV) rays, that have been linked to cataracts and macular degeneration. Ideally, one should try to reduce sun exposure by limiting the amount of time spent in situations where and when UV radiation is most intense. For example, UV exposure is greater on the water, or in the snow. UV radiation is also more intense on sand, or on pavement. UV rays are most intense between the hours of 10:00 a.m. and 4:00 p.m. People with light-colored eyes are more at risk for UV damage, at all times, because they have less natural pigment. Pigment absorbs UV radiation.

Sunglasses can provide 100% UV protection. Any untreated plastic, or glass lens, offers some UV reduction. However, only lenses treated with a special UV coating, can provide complete protection. This coating can be applied to either plastic, or glass, lenses and is colorless.

A colorless coating means that UV protection is unrelated to the color of the sunglass lens. Nevertheless, differently colored lenses do have specific advantages. For example, gray lenses decrease light transmission, without altering the natural balance of colors. Brown lenses increase contrast and depth perception, while yellow lenses accentuate object definition.

Sunglass manufacturers also offer other features, like polarized lenses. Polarized lenses reduce glare from smooth surfaces, like water, or snow. Mirrored lenses contain metallic flakes that reduce the overall amount of light transmitted. "Photogrey" lenses change from light to dark, depending upon the amount of UV ray exposure. Once again, none of these lens types protect your eyes from the effects of UV radiation. Only a UV coating will filter out harmful UV radiation.

Consider these factors when you decide to buy your next pair of "shades." By all means, don't ignore the "cool" factor. Maybe you'll choose a polarized, metallic, yellow pair of sunglasses, that lighten in the shade and howl at the moon! Whatever you decide, do your eyes a favor, by including a UV coating for 100% UV protection.

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

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How Expensive is Boating?

by Rob Scanlan, U.S. Master Marine Surveyor

Let's face it; boating isn't easy, or cheap. Boat prices keep rising, fuel costs keep escalating; slip fees, winter storage and repairs are at an all-time high. Add to that the time and energy required for boat maintenance, keeping up with the ever changing regulations, weather, tide conditions and the new environmental restrictions; the list goes on and on.

In the end, boat ownership is for those who enjoy boating so much they are ready, willing and able to put up with the hassles and give up other forms of entertainment and sports. It leaves behind those who would enjoy being out on the water, if only it did not cost so much, or take so much time to prepare for, to clean up after, etc. So many of them are former boat owners, who had no idea about the incredible costs involved in boating.

When I conduct the sea trials on a boat, or yacht, I have my own computers plugged into the engines, to do an operational assessment of the engines and instrumentation read-out performances; one thing here, my computers and the figures are accurate and precise, the figures do not lie.

Let's say you have a little 29' Sea Ray powerboat with (2) small-block, 230 horsepower Mercruiser Fuel-Injected engines. The best fuel-efficient, most economical speed is called "Cruising Speed." This is between half-and three-quarter engine throttle; usually at 3200 – 3500 RPM's. Each engine is burning 17-19 gallons of fuel per hour times (2) engines; that's 36-gallons per hour. The average gallon of gasoline at the marina is \$3.25 per gallon. The math:

36 gallons times \$3.25/gallon = \$117.00 per hour. If you take a cruise from Lynn to Boston Harbor; around Boston Harbor for a little sight-seeing and back to Lynn, this would be a five and one-half hour trip, it'll cost you about \$643.50 for the one trip, if you only stay at "Cruising Speed."

Now let's say you only do a trip like this twice per month and you only do your boating from

June to October, which is the average boating season in New England, it'll cost about \$1287.00 per month of boating, times five months = \$6435.00 per boating season, in just the fuel costs; if you keep the engines at the "Cruising Speed." "Can you hear me now" throttle-jockeys?

What must also be factored into boating, is that monthly payment; let's say \$400.00 times twelve months = \$4,800.00. I do not know of one boat owner in New England, with a low boat payment any where near this, but work with me. Now there is insurance, and God help you if you are above a step-10 on your Massachusetts driving record; have no boating education, or have a previous loss, or insurance claim. But ideally, with proven boating experience; and proof of boating education and a very good driving record, you may pay \$900.00 per year to insure that "Water Toy" if and if and if ...

Now comes the storage, winterizing, covering and spring commissioning. Figures and facts can't be altered here; that 29' boat will cost another \$5,250- \$6,900 per year; lets say \$6 grand to make the figures easy.

So, more math for the boat owner, based on a conservative boating season: Fuel = \$6,435, Boat payment = \$4,800, Insurance = \$900, Storage, winterizing, spring commissioning = \$6,000, Slip-fee, or mooring fee = \$2,000, Food, beverages; swimwear, etc. = \$525, Bottom painting, engine tune-up, waxing/cleaning = \$2,125, Total boating expenses for the year = \$22,785.00! Now you know what BOAT means: Break Out Another Thousand!

Artist With A Needle

The former Nahant resident, Miriam Ostrovitz, is the creator of many dolls and doll clothing in the collections of the Nahant Historical Society. Winner of many doll-making prizes, Miriam Ostrovitz lived in Nahant at Bass Point for many years with her husband, Sidney, before moving to Lynn, several years ago, where she still resides. A longtime member of the Nahant Woman's and Garden Clubs, she is often in Town.

Her art dates from a childhood fascination, which bloomed later in life. Ostrovitz not only made fine clothing for previously-made dolls, but also created dolls from molds, then added glass eyes and painting on eyelashes and brows, etc. A special exhibit case, with part of the collection, is now on display in a special case next to the Serenity Room (assembly room), on the top floor of the Nahant Community Center. The highlight of this exhibit is her "Yemenite Bride," which received "Best in Show," at the Topsfield Fair. Pictured is "Self Portrait as a Toddler," photographed by Elizabeth Peterson. The best hours to see this charming display are Wednesdays and Thursdays, each week and the first Sunday of the month, from 1:00 to 4:00 p.m., except holidays.



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Nature of Nahant: What's an IBA?

by Linda Pivacek

Nahant has been designated an "Important Bird Area," or IBA, by the Massachusetts Audubon Society. The concept of an IBA originated in Europe, as a model for international bird conservation and now involves over 100 countries and 32 states. This initiative was adopted in the United States in 1995 and is coordinated by the Massachusetts Audubon Society, here in Massachusetts. Key sites that contribute to the preservation of significant bird populations are nominated by field ornithologists and reviewed, according to a set of criteria. The purpose is to protect and conserve these areas and to activate the public in conservation efforts. Nahant has been nominated and selected as an IBA. This action places Nahant in a better position to protect its natural resources. This scientific review documented, that Nahant regularly holds significant numbers of endangered/vulnerable species. Some of the high-priority birds included in this list are species that may be familiar to the casual observer in Nahant, such as Common Tern, Parula Warbler and Blackpoll Warbler. Secondly, Nahant contains essential habitat, where birds concentrate in significant numbers, for example, the thousands of shorebirds that depend upon our beaches and mudflats for survival.

Remarkably, Nahant and its surrounding waters share this IBA designation with National Wildlife Refuges, such as Plum Island and Great Meadows. While these refuges have actively protected their natural resources for several years, very little has been done to protect our natural resources, here in Nahant. In my view, we should be working toward conservation restrictions and better zoning, to protect what little is left of our open space.

In addition, Nahant has been included in another international effort, to monitor shorebird populations. The International Shorebird Survey is regionally coordinated by the Manomet Center for Conservation Science. Shorebirds have been dramatically declining in recent years. Nahant was chosen because of the thousands of shorebirds that depend on Nahant for food and rest, during their dramatic migration between northern breeding territories and the far reaches of South America.

There are many Nahanters who are aware of the vibrant and diverse bird life on our little peninsula. Spring and fall bring spectacular migrating songbirds and shorebirds and in winter, thousands of sea ducks and geese feed along our shores. However, this Nature of Nahant, which enriches the lives of many of us, is fragile. I encourage you to join me and other members of the Open Space Committee, on our field trips, where we hope to share this natural bounty and information about its preservation. Check the Harbor Review calendar, or the Nahant web site calendar, at www.nahant.org for more information.

For those of you who would like to participate in a more dedicated effort to monitor shorebirds, for the International Shorebird Survey, please call me at 781-581-1114.

What to look for in May

Everything! Flowers, butterflies and birds. My favorite month can be overwhelming—where to look first? Gardens will be in bloom and a spring walk may turn up Trout Lilies, Trillium and Columbine. The fragrance of lilac will be in the air. Tiny Spring Azure butterflies will be about on sunny days. There are spots like the Audubon Thicket and lowlands section of Heritage Trail, where you can hear the tiny tree frogs, called Spring Peepers, singing at night. Garter Snakes will come out of hiding and warm themselves in the sun.

Mid-May is the peak of warbler migration. You can usually hear these songsters, before seeing them. Tree Swallows will be nesting at Lodge Park and Barn Swallows return to their large colonies at East Point and Flash Road. The "glamour birds" like Baltimore Orioles, Scarlet Tanagers and Rose-breasted Grosbeaks will return. Shorebird migration peaks about the end of the month. Short Beach and Long Beach will host shorebirds in breeding plumage.

The moon will be full on the 13th, the "Flower Moon" and Nahanters will be working in their gardens and talking over their fences. See you at the Memorial Day Parade!

Nahant Dory Club Celebrates 100 Years!

submitted by Commodore Joe Desmond

The Nahant Dory Club clubhouse building is 100 years old this year! The Clubhouse at Tudor Wharf was built in 1906 by the J.T. Wilson and Son construction company. It's been said, that the cost was about \$1,500! The building has seen a lot of activity since that time, weathered all the major east coast storms, created some local, national and international nautical history and most importantly, given our families and friends a gathering place to learn and enjoy sailing and other activities at Tudor Wharf.

The Club is celebrating, with plans for a major restoration of this historic Nahant building, later this year. Fundraising activities will take place this spring and summer. Some events are already scheduled, so if you have been interested in finding out about the Dory Club and what were all about, come on down to our Spring Open House on Memorial Day, after the parade. Members will be on hand to talk about our sailing and boating programs, our support of the Nahant Sailing Program and other activities the Club is involved with. Speaking of which, the Dory Club will be participating in the upcoming Nahant Beach Clean-Up, on June 3rd, by coordinating clean-up efforts in and around the Wharf and its adjacent beaches.

The Club will also be co-sponsoring the return of the United Air Force "Band of Liberty," which will be giving a return-engagement concert at Marjoram Park, on Flag Day, June 14th.

The American Legion Open for Community Use **by Peter E. Przybycien Adjutant American Legion Post #215**

The Nahant American Legion Post #215 is pleased to announce that we have passed our fire code inspection and the building has been re-opened for normal meeting purposes. It was a great cooperative effort, between the Veterans and Nahant citizens, to get the building up to code. On behalf of the Post, I wish to express our sincerest thanks to all the volunteers who worked on the various phases of the process. I would also like to thank Chief Ward for working with the Post, to devise a plan that meets the necessary fire code requirements that allowed us to return the building to use.

What is "normal" use? The main hall has been brought into compliance, the upstairs (dance studio) and the basement are off limits for all guests and visitors. The main hall can now be used for the regular meetings, similar to those we have hosted in the past; our guests included the Nahant Cub Scouts, Girl Scouts, Little League, Men's Hockey League and of course, the Veterans. An invitation to use the facility has been extended to the Lions Club, in our ongoing effort to broaden the community use of the building.

What is the future of the Legion? The American Legion's position has not changed. We are resolved to get out of the property management business and get back to the business of Veterans and Veterans causes. We are in the process of getting the paper work in order, so that we can transfer operating responsibility, or most likely, sell the property out right. This process will take some time. We are looking at 6 to 12 month window, before the paper work will be in order and a final decision on the fate of the property will be made. Until the final decision has been made, we intend to keep the building open for community use.

Nahant Public Library Expands Music on CD

submitted by Dan deStefano

Thanks to a gift from Mr. Ted Kutkowitz of Lynn, and to a Massachusetts Attorney General's lawsuit, the Nahant Public Library has been able to increase the number and variety of CDs in its music collection.

The Commonwealth of Massachusetts settled a lawsuit with CD distributors, when both parties agreed to give a quantity of CDs to public libraries throughout the state. In addition, Ted Kutkowitz gave the library a collection of fifty operas. These two arrivals left the small library awash in music.

"Our biggest problem was making shelf space for nearly two hundred titles," explained Library Director Daniel deStefano. "All those CDs, as welcome as they are, more than tripled the size of our tiny collection. Titles that we did not want to add, we placed into the Friends of the Library book sale."

The library kept titles from different genres, including pop, jazz, rock, folk, country, and classical.

"The variety of music that we offer is greatly increased," continued deStefano. "The Library thanks Attorney General Reilly for his good work and Mr. Kutkowitz for his exceptional generosity."

Nahant Rec News

Summer Park Help Needed by Jen McCarthy

The Recreation Commission is accepting letters of interest for this summer's Tot-Lot program, at the Flash Road and Library Playgrounds. Interested teens should send a letter to Jennifer McCarthy, 19 Range Road, Nahant, or send an email to Nahantrec@aol.com. All letters should include contact information, including address, telephone number and email address. Upon receiving your letter you, will be contacted for an interview, during the week of May 15th.

The deadline for all letters to be received is Sunday, May 14, 2006.

Recreation Yard Sale

The Recreation Commission will be holding a huge yard sale on Saturday, May 6, 2006 at the Flash Road Playground, from 8 a.m. to 2:00 p.m. Monies raised from the yard sale will help fund our free summer park program, which serves approximately a hundred children each summer. You can help us make this a successful event, by helping out in one of three ways: First, you may rent a table for \$20 and come and sell your "treasures."

Maybe you are busy on May 6th. Another way to help, is by donating some of your items to the Recreation White Elephant Table. We will come and pick up your items, display them and sell them. Monies raised from this table will then be donated to Recreation. Any items that you would like us to pick up, must be ready by Friday, May 5th. On May 6th, donations will be accepted all day at the table.

Finally, you can help us, just by coming to the yard sale and buying something.

To rent table space, or to donate items for us to come and pick, please send an email to Nahantrec@aol.com, or call a committee member: Robyn 581-1373, Kellie 581-1453, Jen 595-5272 or Mary at 592-1514. Thank you so much for all of your support.

Plopapalooza is Back! by Robyn Howard

Cow Plop Bingo is "Udderly Exciting": Cow Plop Bingo was not only a huge success last year, it was a ton of fun. Proceeds from this fundraiser will benefit our fireworks show. To purchase a ticket, contact Robyn Howard at 581-1373 Or Jen McCarthy at 592-5272. So here once again are the rules of Cow Plop Bingo. We look forward to seeing you at the Town Wharf on May 27th.

Fireworks Fundraiser at Tides

On Thursday, May 25, 2006, Tides will hold a fundraiser to help raise money for this year's fireworks show. I'm sure, by now, that you know the drill. Just come to Tides between 6:00 and 9:00 p.m., have some dinner, see some friends and help Tides donate 10% of the sales to this year's fireworks show. Any and all take-out orders will also be counted towards our fundraiser, so if you are on the run, grab a bite to go with you.

We will also be drawing the numbers for the cow plop grid at Tides on this night. So, if you are interested in seeing where your number is located on the grid, or purchasing a cow plop ticket, stop by. We look forward to seeing you. We had a great time last year. This event was very successful. We would also like to give a "special thank-you" to Mike O'Callaghan and Tides, for extending this opportunity to us.

Sink or SWIM?

by Sal Genovese, President, Safer Waters in Massachusetts (SWIM)

Please mark your calendars and plan to attend the SWIM Forum on Monday, May 8th, beginning at 7:00 p.m. at the Northeastern University Marine Science Center. Safer Waters in Massachusetts (SWIM) is privileged to have a stellar panel coming to our May 8th meeting to discuss and answer questions about Liquefied Natural Gas terminals in our waters. An LNG terminal is proposed south of Gloucester, northeast of Marblehead and Nahant. There are currently 14 proposals for LNG terminals to be sited in the waters from Maine to Long Island, NY. Clearly this is an issue that requires us to think globally and act locally. While I believe we can all agree that LNG is a better alternative to than some other means of generating electricity (e.g. coal), it's important to make sound environmental decisions in how we choose to utilize this energy source.

Bruce Berman, from Save the Harbors/Save the Bay will be joining us to bring a larger perspective on this issue and how it will affect communities throughout New England. One of his organization's key points is that this issue requires regulators and lawmakers to produce a comprehensive plan regarding LNG facilities, and that communities need to act in concert, to avoid falling prey to a "divide and conquer strategy" where LNG terminals are sited in areas meeting the least public resistance. A coalition spearheaded by Save the Harbor/Save the Bay had a significant impact in stopping, for the time being, further action on plans for an LNG terminal on Outer Brewster Island, part of the Boston Harbor Islands National Park.

Angela Sanfilippo from the Gloucester Fisherman Wife's Association (GFWA) will focus on concerns about LNG, especially human safety, environmental safety, and disruption of fishing and other marine and recreational activities. For 25 years Angela has led Gloucester and New England efforts to protect the fishing way of life and the fisheries. "On Angela's watch, among other accomplishments, the GFWA has helped bring about improved safety standards on US vessels, the end of ocean dumping, a ban on destructive factory trawlers, the first subsidized health plan for fishermen, and a marine sanctuary at Stellwagen Bank," says the introduction to the new Gloucester Fishermen's Wives Cookbook. "The Association has also taken an active role fighting for fair but equitable fishing regulations that rebuild New England's depleted groundfish stocks without putting fishermen out of business."

If you'd like to become more involved with SWIM, we welcome you. If you have a particular issue on which you'd like to spearhead action (clean air, clean boats, safe lawns, invasive species, global warming, the list goes on and on), we need you. You may also sign on supporting our efforts by sending an email to nahantswim@comcast.net or calling Sal Genovese at 781-581-7370, x311.

Firework Tee Shirts & Donations by Jennifer McCarthy

Hello Fellow Nahanters! It is that time of year again! We are actively planning for our annual Fourth of July fireworks show. Well, it will be here before we know it! And to help us get ready for a great summer, we are starting our fundraising effort for the summer of 2006.

We have set a goal, to raise \$15,000, for this year's show. As usual, it will be great. But, we need your help. We are asking the citizens of Nahant to make a donation to the fireworks through this mailing. Even the smallest donation helps and is greatly appreciated. If you would like to make a donation, please fill out the form below and send it to one of the addresses below. We thank you in advance for your donation. We look forward to putting on the best show possible for you. Have a safe and happy summer. See you on July 4th! Submitted by the Fireworks Committee

Please accept my donation for the 2006 Fireworks.
Please make checks payable to Nahant Fireworks Fund
Shirts are \$15 each, or purchase 3 or more, for \$12 each

Name: _____ Address: _____

Phone: _____ Donation amount: \$ _____

If you would like a shirt(s) delivered to you for your donation, please indicate the size(s) you would like and we will deliver it to you. Shirt size(s): _____

Robyn Howard
2 Castle Road
Nahant, MA 01908
781-581-1373

Jennifer McCarthy
19 Range Road
Nahant, MA 01908
781-592-5272

Nahant Rocks!

By Daniel A. deStefano

At Nahant's Annual Town Meeting, certain speakers may be accused by their listeners of filling their mouths with pebbles, having an adamant attitude, or even of having rocks in their heads! Some residents even refer to Nahant as "The Rock." But a truly inquiring mind demands: "Where did all this hard stuff come from?"

It was a Nahant resident who first described the island's rocks: Louis Agassiz, who lived on Nahant during the 1850s. Agassiz, a Swiss naturalist, came to teach at Harvard University, at the urging of his friend, poet Henry Longfellow. Agassiz's first visit to the United States included a stay at the Longfellows' home in Nahant. Agassiz fell in love with the beauty of the island and bought a house here. The Swiss scientist found that the exposed slabs of Nahant's rocks tell a fascinating story of the past.

What did Louis Agassiz discover?

Picture a quiet sea. Warm and filled with life, the sea bottom is coated by a mantle of shells from snails and other small creatures, deposited when the animals died. Eventually, this litter builds into a thick layer. Other sediments, composed of silt, pebbles and plants, also descend to the depths, year following year, layer upon layer. Newer layers crush those beneath. Millions of years of compression causes the materials buried under the sea bed to fuse into a type of stone called "sedimentary."

At Nahant, Agassiz saw that fused shells had formed white to gray beds of limestone, that generally lay under gray, black, or green beds of silt, that had formed shale. These are the oldest rocks of Nahant. Limestone and shale of this type are found at East Point, a few sites along the northerly shore of Little Nahant and near Maolis Spring.

Sedimentary rocks, similar to those of Nahant, lie exposed at Attleboro, Quincy, and Weymouth, and it is from the last town that geologists have named these rocks: the Weymouth Formation, which dates from the early Cambrian Era, 600 million years ago. Parts of the Weymouth Formation, which originated as beds of the Cambrian Sea, have been found also in North and South America, West Africa and Europe.

These ancient rocks hold fossil shells, found at East Point, below the lip of the cliff, and represent the oldest rocks known to contain abundant fossils. Earlier forms of life lack shells, or other hard parts, and have been preserved only rarely. In the fossil beds of East Point have been identified two species of lamp shells (brachiopods) and nine species of snails (gastropods), only one of which was coiled.

These animals lived and died in the Cambrian sea, their shells buried in the beds of slimy mud. Hundreds of millions of years later, crustal movement bent the beds into great folds. The tremendous heat and pressure of this activity partly recrystallized the beds into white marble and dark hornfels, a process geologists call "metamorphosis."

Most of the Nahant island group, including Egg Rock, is made up of rock younger than those of the Weymouth Formation, called "gabbro." Gabbro is an igneous rock, formed when a large mass of melted rock, called "magma," cools and crystallizes deep within the earth.

Our local gabbro is marked by bands and speckles, indicating that the magma underwent considerable movement as it cooled.

Magma is less dense than the cool rock from which it melted and so tends to rise to the surface. When magma breaks the surface, we call it "lava," and the event itself is termed a "volcanic eruption."

Sometimes, magma freezes inside the earth, forming an "intrusion" into pre-existing rock. When rising magma penetrates layers of horizontal sedimentary rock, the liquid rock will force a path of least resistance and squeeze into fractures horizontally, as well as vertically. This is a so-called "Christmas Tree" pattern.

Magma that freezes vertically is called a "dike," while that solidified in a horizontal orientation is termed a "sill." East Point boasts more than 100 dikes. So many intrusions were accompanied by the tremendous heat of the gabbroic magma, which cooked the older rock of the

Weymouth Formation, recrystallizing it into a stony stew of minerals: white sugar marble, tough hornfels, bubbles (or knots) of dark green chlorite and pistachio-green epidote.

At the same time, water, heated by the magma, steamed the stone, resulting in the formation of red-brown rust, green serpentine, epidote and chlorite, white calcite and quartz. Erosion at East Point has exposed all of these on the seaward cliffs and at Bass Rocks and Little Nahant.

Within historic times, Nahant was mined as a source of iron ore. Iron was first worked at the Saugus Iron Works in 1643. The colonists took some of their iron ore from the black rocks near the northeastern end of Summer Street, which was called Black Mine, or the Iron Mine. Forty Steps Beach was mined for a mineral named "flux," used to process the iron.

The complex igneous history of Nahant shows its final stage between Black Mine and Spouting Horn. Here, pinkish dikes intrude into the Nahant Gabbro. Similar events occurred at Beverly, Marblehead, Peabody and Quincy, so the newer pink rock is named "Beverly syenite." Heat and solutions from this very large magmatic mass changed the Nahant Gabbro into granite. Nahant's north shore marks the edge of this reaction zone.

The Nahant Gabbro intruded into the Weymouth Formation during the Ordovician Period, 438 to 505 million years ago. When the pink granite dikes squeezed into the gabbro is not so precisely known.

About 200 million years ago, near the end of the Permian Period, much of eastern New England experienced a period of faulting and folding. This created newer fractures that crosscut the Nahant Gabbro. Water flowing through these young fractures, while the rock was still buried, deposited calcite, quartz and epidote.

Nahant was probably raised from the depths at this time, as four blocks separated from the mainland by the North Border Fault of the Boston Basin. Three faults, or fractures in the earth's crust, divide Nahant into four sections, which represent the edges of each block and may once have been separate islands.

Walk across the rocks at Forty Steps Beach to see examples of fractured and offset dikes. Folded sheeting joints, which are parallel cracks in rocks near the earth's surface, are visible at the southeastern side of that beach.

Obviously, all this folding and faulting, occurred as part of the Alleghenian Orogeny, an event that built mountains, or during the opening of the Atlantic Ocean. The Alleghenian Orogeny took place during the early Permian Period (280 million years ago), and the Atlantic Ocean began to open in the Triassic Period (200 million years ago).

Can you picture 900 feet of ice pressing on the spot where you now sit? That was the thickness of the sheet of ice over the Boston area, during the last ice age, about 15,000 years ago.

Glaciers advanced four times, during the past million years. Each time, sheets of ice scraped the land, eroding, as they moved, any soft rock beneath. The stubborn Nahant gabbro resisted this icy scouring. The gabbro hills of Big and Little Nahant stand as mute witnesses to all the rest that the glaciers rubbed away.

Advancing glaciers bear vast amounts of sediments, varying from tiny grains of clay to gigantic boulders. A glacier may deposit this sediment at its leading edge, or leave it behind, when the glacier melts. Such a mass of clay, sand, cobble, gravel and boulders taken together are termed "till." Most of the sand and stones that make up Nahant's beaches are glacial till.

Nahant has two tombolos, sand bars that flood at high tide, one beneath the manmade causeway and the other between Greater and Lesser Nahant. These were built by the action of waves that strike against the gabbro blocks. These waves deposit any sand that they carry on the lee side of each island.

So, as you listen to the orators at Town Meeting this year, recall the stubbornness of gabbro and the vast power of scraping ice and wonder no

Celebrate Spring with the New England Gem Show

New England Gem Show Fun for All Ages

The North Shore Rock and Mineral Club (NSRMC), is sponsoring the 43rd Annual New England Gem, Jewelry & Mineral Show at the Topsfield Fairgrounds on Rte 1N, in Topsfield, MA., on Saturday, May 6th, from 9:00 a.m. to 5:00 p.m. and Sunday, May 7th, from 10:00 a.m. to 4:00 p.m.

The Show features 34 retail and wholesale dealers from various parts of the country, displaying mineral specimens, crystals, gems, jewelry, jewelry findings, amber and other exotic treasures from all over the world. Another feature of the show is the Member's Exhibits, a wall of display cases which show off minerals collected by club members.

The NSRMC is expanding its efforts to introduce and share the hobby of collecting and studying rocks and crystals, with an emphasis this year, of bringing the hobby alive for the younger generation. The Show will include many new and special features for the younger crowd: displays, door prizes, gold-panning demonstrations, geode cracking and sawing, the Treasure Hunt, a hands-on sifting of "pay dirt" for interesting minerals, the ever popular Spin-A-Gem Wheel and a Surprise Volcano.

The North Shore Rock and Mineral Club of Massachusetts Inc. (NSRMC), is a non-profit organization, founded in 1956 and has a membership of over 150 adults and 30 children from all over the North Shore area. Our members are from 41 cities and towns in and around the North Shore, with some members hailing from Connecticut, Maine and New Hampshire.

Mineral collecting can be a most entertaining and educational experience. We believe the best way to get started is to join a local club with a strong program in both indoor and outdoor activities.

Members of the NSRMC attend monthly meetings, usually held on the 3rd Friday of the month at 8:00 p.m., at St. Paul's Episcopal Church on Washington St., in Peabody. Adults enjoy a one-hour presentation on various mineral, crystal and collecting topics, by various club members and world-class collectors and geologists, while the children, aka the Pebble Pups, ages 7 to 15, meet with a very entertaining and expert instructor and share in all the facets of the hobby.

Members attend organized field trips and receive a monthly bulletin, "Mineral Matter." The NSRMC holds membership in the American Federation of Mineralogical Societies, Eastern Federation of Mineral & Lapidary Societies and the Eastern Field Trip Association.

For more information and a discount flyer, go to the web and visit our club website at www.nahant.com/nsrmc, or call Tom, 978-993-893.

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COME ONE, COME ALL TO THE 43rd ANNUAL NEW ENGLAND MINERAL & GEM SHOW



featuring WHOLESALE & RETAIL DEALERS
Purveyors of quality Rocks, Minerals, Crystals and Fossil
Specimens. Lapidary Supplies. Precious and Semi-
Precious Jewelry, Beads and Jewelry Supplies. FREE
Gem, Crystal, Mineral and Fossil Identification. Spin-A-
Gem.

Saturday, MAY 6, 2006 • 9 am - 5 pm
Sunday, MAY 7, 2006 • 10 am - 4 pm

TOPSFIELD FAIRGROUNDS
ROUTE 1 NORTH, TOPSFIELD, MASS.

Directions to Topsfield Fairgrounds Coolidge Hall & Trade Building

From South: Interstate 95 North, Exit 50 to Rt. 1
North. Go two miles. Fairgrounds is on the right.
From North: 95 South, Exit 53 to Rt. 97. Go to Rt. 1,
going thru Topsfield. Take a right at the lights at Rt. 1.
Go 1/4 mile. Fairgrounds is on the left.

Enter at Rivergate Entrance. FREE PARKING.

GENERAL ADMISSION \$5.00 PER PERSON
With this ad, \$4.00 (2 discount admissions only)
Senior Citizens \$3.00 — Children under 12 FREE

For discount flyers, e-mail donna@nahant.com
Visit our website: www.nahant.com/nsrmc/

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Nahant Rocks! (Continued)

By Daniel A. deStefano

Nahant's Geologic Time Scale

Era	Period	MYA	Event
Cenozoic	Quaternary	0.01	Ice
		1.6	Ages
		?	Beverly Syenite
Mesozoic	Triassic	200-245	Opening of Atlantic Ocean
Paleozoic	Permian	245-280	Aleghenian Orogeny
	Ordovician	438-505	Gabbro intrusions
	Cambrian	505-575	Weymouth Formation

Fig. 1. This time scale shows the sequence of events in the Nahant geological record. Geologic time is divided into eons, eras, periods, and epochs.

longer whence originated pebbly mouths, stubborn attitudes and rocky heads.

Bibliography

I owe a great debt of gratitude to those who wrote of Nahant's history throughout deep time, before me, for those writers educated me. I hope that I have passed some of their learning to you. Most of this article is drawn from four sources, listed below.

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3. Wilson, Fred A. Some Annals of Nahant. Boston: Old Corner Book Store, 1928. 412 p.
4. "Geologic Timescale." In: Encyclopedia of Earth and Physical Sciences, vol. 4. N.Y.: Marshall Cavendish, 1998. 10 vols. plus index.

Editor's Note: Thank you, Dan, for the best summary of Nahant's rocks, that I have ever read! Nahant is very fortunate to have you as their "Chief" Librarian.



Useless Information

by Ray Barron

Origin of Memorial Day

Peter E. Przybycien, Adjutant, 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 since, became 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 included: 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, water colors, 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."

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.

Graduation News

Congratulations Kerry Gordinas of Spring Road! Kerry made the Dean's List at Salem State College.

Congratulations to Aleshia Morin, of Nahant, who is majoring in business studies, at Southern New Hampshire University. She has been named to the President's List for the fall 2005 semester. To be eligible for this honor, a student must compile an academic grade point average of 3.5 to 4.0.

Nahant's MAY Birthday Babies!

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

May 2: Sweet Kellie Frary, Joanne Dunn, Constantin Pezaris and singer Bing Crosby.

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

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, Dick Aswad, Jonathan Smith, Ed Clark, Dan Hamill, Mal Hill, Denver Goodell and Karl Marx, German philosopher.

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

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

May 8: Maura's loving husband, Bob Scalise, 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 9, Candice Bergen and Billy Joel.

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

Astaire, actor and dancer.

Gee, John Moleti is the only individual who is celebrating a birthday on May 11. 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, Enric Munoz, Olaf Bleck, 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 and singer Janet Jackson, Frank L. Baum, author of The Wizard of Oz.

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

May 17: Dot Collins, Paul Sullivan, John Hawko, Francis Mahoney, Art Anders, Austin Antrim and 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, lovely Maureen Cooksley Walsh, Betty Chittick, Mary Irene 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 Aide, Teresa "Terry" Clark, Kate Taylor, Anne Farr, Bill Andrews, Steve Switzer and singer, Cher.

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

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

May 23: Colleen Kigin, Jodie Langevain, Peter Barba, 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, the serene Linda Jenkins, John Martin and actor, John Wayne, singer Peggy Lee, Sally Ride, America's first woman astronaut.

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

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

May 29: Sax player Sarah Anderson, Mary Fox, Priscilla Clark, John F. Kennedy, 35th US presi-

(Continued on next page.)

Birthdays (continued)

dent and comedian, Bob Hope.
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, Dot O'Connor, personable Al White, Erin Poth, Gad Geiger, and lovely Taylor Elizabeth Reeh.

And remember to send birthday cards and gifts (no books) to the personable

Dan deStefano. Comes August, Dan will be celebrating his 15th anniversary as Nahant's Librarian.

This month marks the 35th 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, I served as 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, Carmen Burell, Edith Bruce, Polly Carter, Claire Collins, Anne Cote, Mary and Horatio Cowan, Edna Doran, Barbara Duggan, Mary Ann Eval, 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!

Truth About Mother's Day

The charming Janet Benkert, of Maolis 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.

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."

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

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, Lillita Weiskel, 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 Kovalsky, Aristana Scourtas, Derek Christensen and Triantafillos Pinakas.

Friends of the Library Anniversary



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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.



This house (rear view) was built circa 1829 and was lived in for many years by the Codman family. Later the Paiges enjoyed 339 Nahant Road. It passed into the Abbott-Lawrence family through the marriage of a Paige daughter and then into the Fay family with the marriage of Hester Lawrence.

Longfellow: Another Visitor to 339 Nahant Road

Quotes from Stanley Paterson's research notes from Henry Wadsworth Longfellow's diary: In 1850, the Longfellows were boarding at "Johnathan Johnson's, a low, long house in the village" (note: Johnathan Johnson's house at that time was about where the Richland store is presently located—practically across the street from 339 Nahant Road, of today.)

Fanny Longfellow (Mrs. Henry W.) writes from Nahant to Emmeline Wadsworth on July 19, 1850, about a dinner in Nahant at her father's partner in the textile complex in Lowell, Massachusetts, James Paige's, "with a party of gentlemen." In the center of the table was "a gigantic glass goblet filled with a huge mass of ice to drive away the flies...The talk was chiefly of wines, Mr. Paige producing one kind choice than another."

One of the guests, William Boott, was "abusing the display of silver as not proper for Nahant, all which his host took in very good stride. After dinner we strolled in the garden and some of the gentlemen were rather lively from the effects of so much good wine, or sea air."

July 22 - HWL - "Had a delicious bath with the children. What if the sea-serpent had come in and made a Loccon of me! I forgot to record the beauty of the sky last evening. Clouds came out of the sea, and piled themselves up into the shape of a stag with antlers thrown back, flying at full speed. Later, the moon rose and lightning flashed from the cloud fortress, which had lost its resemblance to a stag. Looking eastward, it flashed behind you like a clocked assassin brandishing his blade. So it seemed to me as I stood on Mrs. Paige's piazza talking with her fair daughter, Harriet."

1851 - Again summering at Jonathan Johnson's home on Nahant Road July 12 - HWL "After tea another stroll under Tudor's trees on the main road to the Beach. Met Prescott hurrying home to tea... We were half hour at Mrs. Paige's and saw the sea from her piazza."

Architectural Significance

339 Nahant Road is a Federal-style house with Italianate alterations, one of the earliest summer cottages surviving in Nahant. It is a two-story, three-bay house, with a hipped roof and center chimney.

The central entry is framed by sidelights and a transom, and is sheltered by a hipped portico with fret-work supports. Flanking the entry are two one-story bays (1873-1874). Small, one-story hipped ells exist at each end elevation. Other features include brackets at first-story cornices and 6/6 sash.

Historical Significance

The Codman-Paige-Lawrence-Fay-Jenkins estate is an example of Nahant's early development of summer cottages for Boston's elite. It is located on the Town's main road, close to the area of earliest construction.

In January 1829, Stephen Codman purchased 3-1/4 acres from Daniel Breed. Several months later there were accounts of lightning striking his barn, suggesting that the house was built that year. Codman conveyed a lot and cottage (351 Nahant Road) to his son, Henry, in 1839. Following his death (by 1845), the property was sold at auction to James W. Paige of Boston (1854). Paige was involved in the textile manufacturers.

The house was altered and enlarged in 1873-1874 by Nahant builder J.T. Wilson. The family of Paige's daughter and son-in-law, Abbot Lawrence, occupied the property until after 1896. By that time the estate included eight outbuildings, such as a stable, a laundry and several dwellings.

A wing of the main house was removed and converted to a separate house (345 Nahant Road) in 1939.



In the 1850s, Daniel Webster was a frequent visitor to this summer home of the James Paige family. He gave Mrs. Paige a brooch with a lock of his hair entwined in it which the Fay family still treasure today.



Circa 1874

Daniel Webster

And His Many Visits to 339 Nahant Road

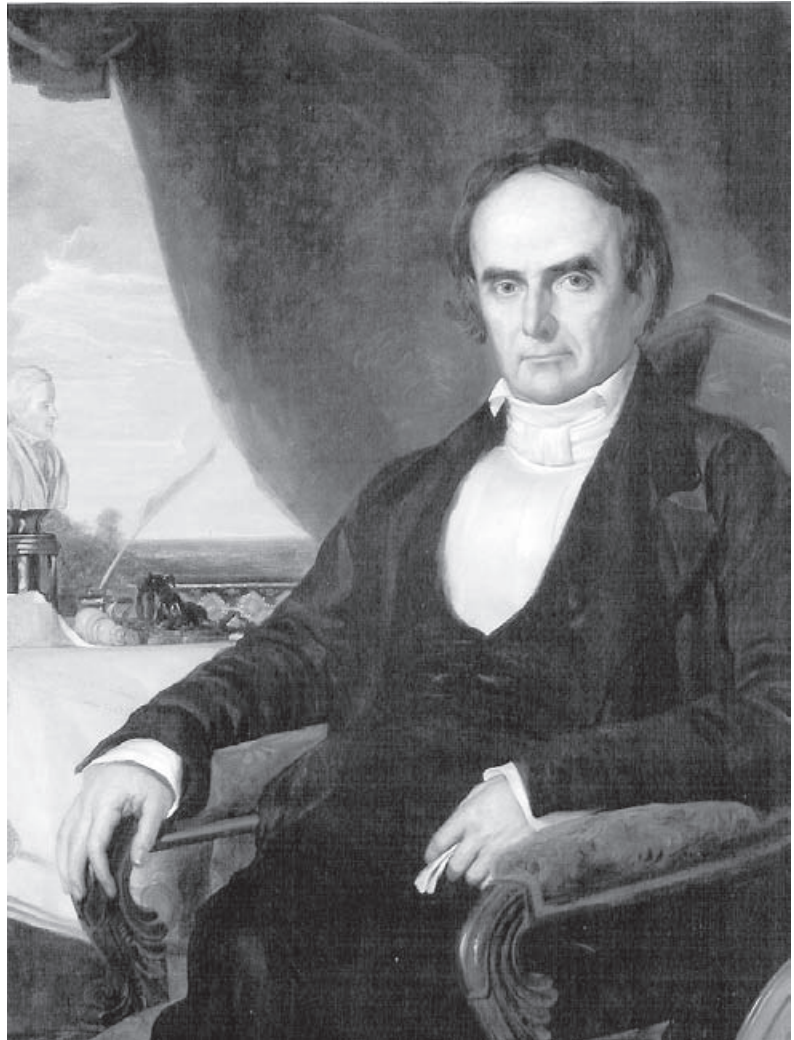


Circa 1874

Daniel Webster, though he never had a home at Nahant, had very intimate relations here, in the family of his son's father-in-law, Mr. James W. Paige. Mr. Paige then owned what has since passed into the name of his son-in-law, and been known as, the Abbott Lawrence place, opposite the Public Library on Nahant Road.

In the year 1852, Mr. Webster failed of the nomination for the presidency, at the Whig Convention in Baltimore. Shortly after this, and voicing the sympathetic concurrence of his Nahant friends, in the general wave of disappointment which followed, Mr. Webster was given a reception at the home of Mr. Paige, and the citizens of Nahant were invited there, to meet the distinguished lawyer and statesman. (A meeting it was still cherished in the memory of one, at least, as a privilege indeed.)

From that time, Mr. Webster's health was rapidly declined; and in October of the same year, he died at his home in Marshfield, Massachusetts. Only a short time before his death, he was again at Nahant, where he was seen one quiet Sunday evening, walking in the street, very feeble and leaning for support on the arm of his son's father-in-law, Mr. James Paige.

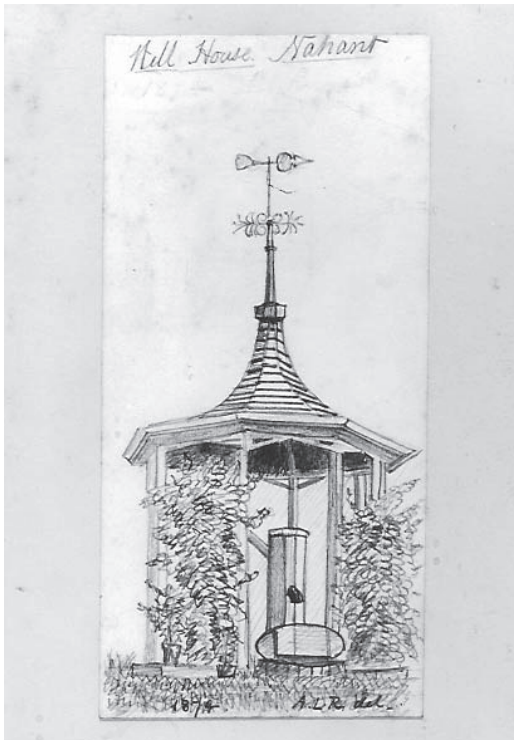


In the political circles of 1846, no portrait painter was more in demand than George Peter Alexander Healy. He was the choice of the fifteen New York Whigs—the dining group known as the Hone Club—to depict their champion, Daniel Webster (1782-1852). Philip Hone had feared that Healy “is so much in vogue that the time and price required for our picture may be beyond our patience and money.” To their immense pleasure, however, Healy accepted the commission at a cost of \$550, which included the frame. Webster posed in Washington as the long-winded debate about Oregon's boundary got under way, and the exhausted senator at times dozed off during the sittings. The portrait was received in New York on April 25. “This ‘counterfeit presentment’ of our honorary member, the distinguished Massachusetts senator,” wrote Hone, “is a great picture—the best that has been done of him.”

Daniel Webster by George Peter Alexander Healy (1813—1894), oil on canvas, 1846. National Portrait Gallery, Smithsonian Institution, Washington DC; transfer from the National Gallery of Art; gift of Andrew W. Mellon, 1942.

SOURCES: Above: 1846 Portrait of America, National Portrait Gallery, 150th Anniversary Publication. 1996.

Text and photos for this article were provided by the Nahant Historical Society. A special thanks go to Calantha Sears and Bonnie D'Orlando for their assistance.

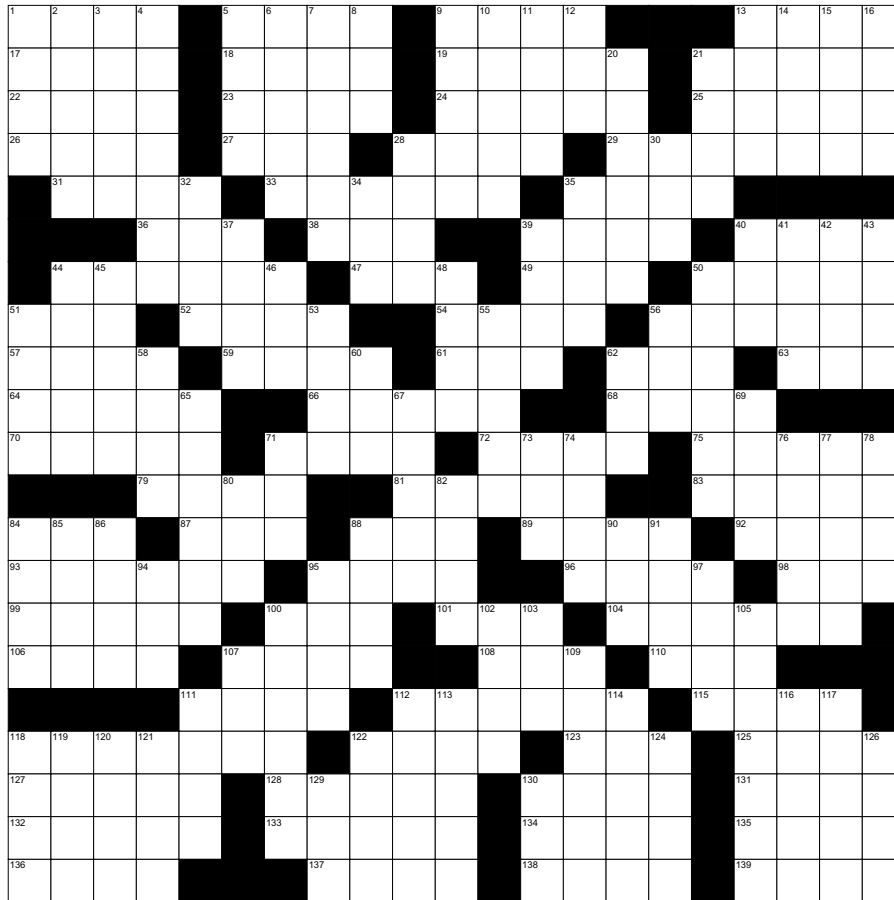


If you have something you would like to share on this page, please contact the author:
Summer In Nahant
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PO Box 5, Nahant, MA 01908
Or email: sumnerkimball@aol.com

NAHANT PUZZLE PAGE

A Tribute to Mothers

by Rick Kennedy



ACROSS

- 1 Corona
5 Big rig
9 Alter
13 Adjoin
17 Black
18 Scrape
19 **Athletic mom Evert**
21 Disposed
22 **Jack and Bobby's mom**
23 Hairdo
24 **Everyone's Mother**
25 **"Terminator" mom Hamilton**
26 Performing couple
27 **"Mamma ____"**
28 Signs
29 **White House mom in 1939**
31 Triangular math?
33 Cores
35 Input
36 **Q.E. II's mother?**

- 38 Curr. unit
39 Solid
40 Smear
44 Spain's peninsula
47 LA hours
49 **Mother of Ers**
50 Laundry cycle
51 Heat unit
52 Fmr. Cold War participant
54 **TV mom Barbara**
56 Nut
57 Loan
59 Hoodlum
61 Free of
62 Corpulent
63 NY hours
64 Host
66 **Abolitionist ____ Maria Child**
68 Colorer
70 Guide
71 **Rumer and Scout's mom**
72 Approach
75 Authorized
79 1916 art

- movement
81 Concerning
83 **Jenna and Barbara's mom**
84 Sea eagle
87 Welkin
88 African antelope
89 Bunsen burner
92 ____ Inn
93 **Mother Cleaver's son**
95 Nail
96 Yin's partner
98 Tub
99 **Ruth ____ Ginsburg**
100 Snake
101 Shade tree
104 Naval officer
106 Tiff
107 **Suffragist Elizabeth ____ Stanton**
108 Wild
110 Crooked
111 **With 46D and 56D - Cosmetics mom**

- 112 ____ Creek
115 Noted periods
118 Type of cactus
122 Pennsylvania port
123 Loose gown
125 Towards
127 Twang
128 Gypsy
130 Eye infection
131 Affirm
132 "____ of Two Cities" (2 wds.)
133 Slur over
134 Repose
135 Eat
136 Body
137 Prohibitionists (sl.)
138 Whim
139 Luge

DOWN

- 1 Drove
2 Regarding
3 Hare, e.g.
4 Once (2 wds.)
5 Fraud

- 6 Mischievous
7 Plunder
8 ____ Jima
9 Setting
10 Tan color
11 Goofs
12 Humor
13 Opera solo
14 Former W. German capital
15 Destroy
16 Shred
20 Trims a sheep
21 Entreaty
28 Evils
30 Long-term memory
32 Sage
34 Policeman
35 **"Test-tube mom" Celine**
37 Fine spray
39 Nourish
40 ENE or SSW
41 **Granddaughter of 36A**
42 Wilds

- 43 Obi
44 Objects
45 **With 112D, Florence's TV family**
46 **See 111 Across**
48 **"Desperate" mom Hatcher**
50 Narrate again
51 Type of cheese
53 Policy
55 **Laura Dern's mom**
56 **See 111 Across**
58 Feat
60 Workout place
62 **Husband of 29A**
65 Pencil remover
67 **Mother of William and Harry**
69 Look at a book
71 **Sandra ____ O'Connor**
73 Compass dir.
74 Lawyer (abbr.)
76 Tropical fruit
77 White
78 Final
80 Danish krone (abbr.)
82 Au naturel
84 Recedes
85 Pick
86 Goose egg
88 **"Dallas" mother Linda**
90 Vote against
91 Afresh
94 Ex-serviceman
95 Personify
97 **Former VP mom Tipper**
100 **"Raymond's" mom Marie ____**
102 Stringed instrument
103 Denver hrs.
105 Lots
107 Transportation
109 Excited
111 Create
112 **See 45 Down**
113 Assistants
114 **"Family Ties" mom**
116 Blacksmith's need
117 **Suffragist Lucy ____**
118 Baths
119 Singing voice
120 Small island
121 CA University
122 Native ruler in Asia
124 Second in a series
126 Overdue
129 Aged
130 ____ Lanka

The USAF Band of Liberty Coming to Nahant!!!

submitted by Skip Frary, Nahant Selectman

(continued from page 1.) to the modern sounds of Matt Catingub, Rob McConnell and Matt Harris. People of all ages will find a concert by the Liberty Big Band an exciting and entertaining experience."

The Band of Liberty last graced our shores, during the year-long celebration of our 150th year of incorporation as a Town, in 2003. In addition to joining us at Marjoram Park, to offer a warm welcome to the air men and women of our Air Force, we hope that all Nahanters will find a way to show our patriotism on Flag Day by displaying "Old Glory" at their homes and businesses. Mark your calendars now and invite your friends to join you, at this wonderful seaside event. Watch the Harbor Review for more information next month. You can also visit the band's web site at www.usafbandofliberty.com

Start planning now, to enjoy this wonderful evening of music and song, with family and friends. Dig out the bunting and check out the flagpole. Consider helping a friend, or neighbor, display the flag proudly, for all to see. Let's once again leave a long-lasting impression of our wonderful Town with these service men and women, as they spend Flag Day here in Nahant!

Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. There will be a major subscriber list update in the June Harbor Review.

The MAY issue will be delivered by the Nahant Cub Scouts, Troop 50. They will be delivering the newspapers from Saturday, April 22 and during the last week of April. They will also be seeking subscriptions so they can earn funds for their activities. If you do not receive your newspaper by May 1st, please call 781-592-4148 and one will be delivered to you. Thank you.

Please welcome the scouts when they come to the door during the last week of April. Many thanks in advance for all who help by subscribing to the "little paper."

APRIL 2006 PUZZLE WINNERS

There were two winners, Sue Snow and Strates Frangules, of the APRIL puzzle. Complete the MAY puzzle and enter the contest. You, too, can win FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter.

For more information, see Chris at Seaside Breakfast.

Man's Best Friend

by Rick Kennedy

Solution:

S	A	K	I	B	A	B	E		E	R	M	A				B	L	E	U			
P	U	N	T	A	M	O	K		C	H	I	R	P			S	E	E	P	S		
A	R	E	A	L	O	R	E		L	O	T	T	O			E	A	V	E	S		
T	A	L	L	M	U	D		W	A	N	T					T	E	R	R	I	E	R
	S	L	I	P		R	E	C	I	T	E		D	A	N	E						
		A	I	M		R	I	N				M	U	S	E		E	L	S	E		
	P	E	N	T	A	D		A	K	A		A	S	H		A	L	O	U	D		
H	A	D		A	R	A	B				P	A	R	K		B	B	K	I	N	G	
E	N	D	S		C	H	O	W		S	K	Y			H	E	R		S	S	E	
R	E	I	N	S			H	A	N	O	I				A	G	U	E				
B	L	E	A	T		U	R	G	E		T	O	S	S		P	R	O	B	E		
		P	R	E	S			W	R	A	C	K				T	A	M	E	D		
A	H	A		E	S	E		C	E	O		T	Y	P	O		S	A	G	A		
S	E	X	T	E	T		P	U	L	I			E	U	R	O		H	U	M		
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			S	P	O	T		L	O	S	E	R	S		O	S	L	O				
S	U	S	P	E	N	D		S	H	I	H		A	P	E		T	A	I	L		
A	T	A	L	E		L	O	C	A	L		A	P	I	A		I	D	L	E		
W	A	T	E	R		E	R	A	S	E		L	E	T	S		F	L	E	A		
S	H	E	A				B	R	A	D		A	D	Z	E		F	E	R	N		

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for JUNE 2006

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

MONDAY, MAY 15th • 5:00 P.M.

Mail Date: Wednesday, MAY 31st

STAFF

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

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Friends of Lynn & Nahant Beach

by Polly Bradley

Three cheers, or maybe a dozen, for the Friends of Lynn & Nahant Beach!

The Friends have been helping watch over our Nahant causeway—Long Beach, Nahant Beach—for decades, helping with cleanup, trying to improve the facilities, lobbying for better maintenance, dealing with traffic issues and safety.

The Friends of Lynn & Nahant Beach are having a fundraiser at the Tides on Thursday, May 11, from 6 to 9 pm. It's a chance to get acquainted, and 10% of the proceeds go to the Friends. If you can't come May 11, and would like to be on the mailing list, send an email to RobertFTucker@aol.com or call him at 781-595-2119.

On May 12, I attended a Friends meeting in Lynn, along with about 60 other people, to hear Ron Cameron of Nahant, Deputy Commissioner of Operations; Bill Morrissey, North Regional Director, and Margie Lynch, Director of Partnerships, all from the Department of Conservation and Recreation (DCR), as well as Major Kevin Kelly, of the State Police and Tony Lozzi, Lynn Beach Commissioner to the Special Commission on the Future of the Metropolitan Beaches. State Representative Steve Walsh, who received an award for his support of the Friends, also spoke. I went to invite the Friends to SWIM's forum on May 8, on the Liquefied Natural Gas terminal proposals and to Nahant's Townwide Beach Cleanup on June 3, which will include Long Beach. I came away with a renewed appreciation for the Friends of Lynn & Nahant Beach.

A few of the issues raised were:

* Algae - The funds for smelly algae removal have been increased to \$50,000 this summer, up from \$35 thousand in 2005, enabling cleanup every week-and-a-half, up from every two weeks last summer. Algae odor remains a perpetual concern. The Friends are lobbying for some federal money, to work on the algae problem

* Crosswalks - There are serious problems with drivers not stopping for pedestrians on Lynn Shore Drive, and there have been injuries. Major Kelly said the State Police are working on better signs and better enforcement. Drivers can help by watching, especially carefully, this spring and summer. Major Kelly also promised more enforcement of the ban against trucks on Lynn Shore Drive.

* CVS - The company is proposing building a CVS Pharmacy, with a large parking lot, on the Christie's site on the Nahant Rotary. The Friends plan a public forum on this controversial question.

* Lynn Beach Band Concerts - Eight Thursday-evening band concerts have been arranged, beginning on July 3 and continuing through the end of August. The concerts are free and open to the public.

This organization, which does so much for Nahant, deserves the support of all of us.

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Gulu-Gulu is a private space that serves a public purpose. This is the place where locals and visitors to Lynn, can meet and relax. Feel free to stop by, curl up on one of our sofas and listen to some interesting music, read the daily paper, or a free paperback from our personal library, or view art work from some of Boston's and the North Shore's most exciting artists and musicians.

We also offer free wireless internet for laptop owners—surf the web and enjoy a glass of wine. In the evenings we feature live music and DJs, open mic, book and poetry readings, and classic films. Check out our website at www.gulu-gulu.com, for up to the minute details of what we are planning for this week.

Lynn's downtown is experiencing tremendous change and is becoming a vibrant and exciting place to visit and live. Come visit the Gulu-Gulu Café in Central Square Lynn and see what the buzz is all about!

The Gulu-Gulu Café is located at 56 Central Square, Lynn MA. 01901. Telephone: 617-848-5967, fax: 781-715-6176, e-mail: info@gulu-gulu.com, or visit www.gulu-gulu.com, or www.myspace.com/gulugulu

Coming up at LynnArts

submitted by Steve Negron

Annual Lynn Public, All-Schools, Art Exhibition, All Galleries, April 29-June 9th, Opening reception is Monday, May 1, 5:00 to 8:00 p.m. Please join us for one of our most popular annual events, the Lynn Public, All-Schools Art Exhibition. Showcasing the work of students throughout the Lynn Public School system, this exhibition promises to be colorful, energetic and enjoyable. The show highlights the best work of students grades K-12 and includes sculpture, abstract, representational and computer-based imagery. This year, the show will take place in all three galleries at LynnArts. The Lynn Public, All-Schools Art Exhibition has been generously sponsored by St. Jeans Credit Union.

Community Calendar • MAY 2006

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

FRI	5	8:00A	Breakfast with Town Administrator at Village Church
FRI	5	5:00P	Deadline for Scouts Subscription Drive Fundraiser
FRI	5	8:00P	Concert Singers free concert. Swampscott
SAT	6	9:00A	New England Gem & Mineral Show. Topsfield Fairgrounds. Till 5:00 p.m.
SAT	6	8:00A	Recreation Yard Sale. Flash Road Playground.
SUN	7	10:00A	New England Gem & Mineral Show. Topsfield Fairgrounds. Till 4:00 p.m.
SUN	7	10:30A	Sunday Worship Service & Sunday School at NVC
SUN	7	4:00P	Photo Exhibit, Gary Stanley, Fish House, Swampscott. Till 8:00 p.m. Wine and cheese served.
SUN	7	2:30P	Concert Singers free concert. Lynn
MON	8	7:00P	SWIM Forum on LNG at Northeastern
THU	11	6:00P	Friends of Lynn and Nahant Beach Fundraiser, Tides.
THU	11		NVC Benefit Boat Auction on eBay Begins. Ends 5/20
SAT	13	7:00P	Texas Hold-em Tourny. Knights of Columbus
SUN	14		Mother's Day Breakfast by the Lions at the Country Club
SUN	14	10:30A	Sunday Worship Service & Sunday School at NVC
MON	15	5:00P	DEADLINE FOR JUNE HARBOR REVIEW
TUE	16	7:00P	RAD Self Defense Classes for Women. Till 10:00 p.m.
THU	18	7:00P	RAD Self Defense Classes for Women. Till 10:00 p.m.
SAT	20	9:00A	Spring Plant Sale at Nahant Life-Saving Station. Till 11:30
SAT	20	9:00A	Spring Tour with Historical Society.
SAT	20	9:00A	Can & Bottle Drive. Life-Saving Station. Till 11:45 a.m.
SAT	20	12:30P	Wildlife Awareness Day at Town Hall. Till 3:30 p.m.
SUN	21	10:30A	Sunday Worship Service & Sunday School at NVC
TUE	23	7:00P	RAD Self Defense Classes for Women. Till 10:00 p.m.
THU	25	6:00P	Fireworks Fundraiser at Tides. Till 9:00 p.m.
THU	25	7:00P	RAD Self Defense Classes for Women. Till 10:00 p.m.
SAT	27	9:00A	Nahant Arts Celebration at the Nahant Community Center.
SAT	27		Ploppapalooza at Town Wharf
SAT	27	8:00A	Clean up day at the Legion. Till noon.
SUN	28	10:30A	Sunday Worship Service & Sunday School at NVC
MON	29	9:30A	MEMORIAL DAY PARADE BEGINS

JUNE

SAT	3	10:00A	Townwide Beach Cleanup, Lowlands. Till 2:00 p.m.
WED	14	7:00P	USAF Liberty Band Concert. Marjoram Park
SAT	17		Library Book Sale Begins
SAT	25		Library Book Sale Ends

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

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

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

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

NHT and HOOMPA Stickers are available FREE at the Nahant Cleaners. Compliments of Rob Scanlan.

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

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

Public Library Hours

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

Trash Has Been Voted Off the Island



Join your neighbors on Saturday, June 3rd, from 9:00 a.m. to 2:00 p.m. (rain date Sunday, the 4th), for Nahant Beach Clean Up 2006. Help clean up your favorite beach: Black Rock Beach (aka Doggie Beach), Canoe Beach, Long Beach, Short Beach, Tudor Beach and Wharf Beach, and enjoy a free hot dog lunch at the end.

Meet us at the Lowlands for a free Collectible T-Shirt (as long as supply of 500 lasts) and a Shuttle Bus ride to the beaches. Wear sturdy clothing and boots. Bring gloves, rakes, picks, shovels and diving gear, for those joining the diving team. All are needed. Bring your family and friends, young and old. Students can earn up to five hours of community service credit.

Sponsored by the Town of Nahant and the Nahant Woman's Club with participation from many other organizations and groups. So come on, everyone, let's all help keep Nahant beautiful and our beaches clean.

To learn more, call Linda Jenkins at 781-581-0660 or Marrit Hastings at 781-581-5691.

Photo: Members of the Nahant Tribal Beach Council: Linda Jenkins, Abby Wilson and Marrit Hastings, are giving the thumbs down and voting trash off our island! Watch for more information on the Nahant Beach Clean Up scheduled for Saturday, June 3rd from 9-2.

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

EMERGENCY MANAGEMENT

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

Nahant Village Church

Join us for Worship Service & Sunday School on Sundays at 10:30 a.m.



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