



Nahant Harbor Review

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

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

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AUGUST 2006

Nahant Orioles Win Championship



On June 30th, shortly after 9:00 p.m., on a picture perfect Friday night under the lights in Swampscott, the Nahant Orioles concluded the Farm A Nahant and Swampscott Inter-League season by defeating the Swampscott Spinners, 5-3, for the championship.

The Orioles ended their regular season by winning six of their last seven games and then swept through the playoffs, undefeated, to earn the right to challenge the Spinners for the championship; with playoff round victories over the Seadogs, 9-7, as well as a dramatic, come-from-behind, semifinals triumph over the Rockhounds, 5-2, in extra innings.

The success of the season was truly a team effort, as the Orioles had year-long contributions from all of their players: Charlie Arena, Olivia Aswad, Richard Cadigan, Ryan Desmarais, Brian Fitzpatrick, Trent Gallagher, Matt Gooding, CJ Howard, Aaron Morad, Shea Nugent, Ray-Ray Rosa, PJ Tsokanis and the "bat boys," Owen Nugent and Ryan Gooding. The team was managed by Kevin Nugent, with assistant coaches, Charles Arena, Ray Desmarais, Peter Fitzpatrick and Chris Howard.

The Peaks and Valleys of the Nahant Village Church

Take a detour, as you walk, or ride, around Nahant and stop to admire the Nahant Village Church on Cliff Street. The lovely, slate-roofed, granite and wood building was constructed in the Victorian Gothic style, from plans by the same architects who designed Memorial Church of Harvard University. The main sanctuary was dedicated in 1869 and represents the oldest public building in continuous use in Nahant.

In 1938, an historic wedding took place at the Village Church. Use your imagination and envision President and Mrs. Franklin D Roosevelt standing outside the church, with the wedding party of Nahanter Anne Lindsay Clark and John A Roosevelt. As you look at this building, admire the slate roof with its bell tower and dormers. Notice the colors used on the wood, which represent those of the Victorian era.

A major restoration project was undertaken in the late 1990's, involving both the interior and exterior of the Village Church. Roof work done at that time, involved the bell tower and some slate and copper replacement. It is now time to turn our attention to the rest of the roof. The severe rain storms of the early summer, caused significant leaking from the roof into the sanctuary.

The focus of our new restoration project is the valleys on the roof, which represent the intersection of the bell tower and dormers, with the main roof structure. If you look at the complex structure of the slate roof, you will notice that there are 16 valleys, which need renovation. In addition to the roof, some of the beautiful historic stained-glass windows are also in need of restoration work.

Estimates for this project total about \$140,000. At Town Meeting this April, it was voted to allocate \$50, 000 from the Community Preservation funds to the roof project of the Nahant Village Church. This is a matching grant and \$50,000 of work must be completed before the Town funds are made available. We are scheduled to begin the project this summer, to prevent further deterioration of the roof and windows.

As you are looking at the Village Church, on a sunny summer day, reflect on what a beautiful building we are all fortunate to have in Nahant. Along with the historic houses and other public buildings, such as the library, Town Hall and Ellingwood Chapel, the Village Church is an important part of the architectural and historic tapestry of our seaside village.

It is the responsibility of the present residents to preserve and protect these treasures for future generations. We are asking friends of the Nahant Village Church, in addition to members, to assist us in our efforts. The restoration fund now has about \$25,000 but we still must raise a significant amount of money in a short time. Please consider making a contribution of any amount, large or small, to assist in the restoration of the Nahant Village Church. Please send your check, directed to the Restoration Project, to Nahant Village Church, P.O.Box 77, Nahant MA 01908. Whether you worship in the sanctuary, appreciate the history, or admire the Victorian Gothic architecture, the Nahant Village Church is significant to all of us and needs your support.

NPT Launches New Web Site...see page 18



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Parkway Cycle Donates WaveRunner to Nahant Ocean Rescue

Parkway Cycle of Everett is providing a Yamaha WaveRunner to the Nahant Ocean Rescue Team. "We are proud to support the Nahant Ocean Rescue Team," said Tony Palumbo, of Parkway Cycle. "Safe waterways are good for the community and good for business."

"Tony Palumbo has been a key part, in our yearly effort to ensure the safety of the public in Nahant Waters," said Fire Chief/Team Director Robert Ward. The members of the Ocean Rescue Team will use the WaveRunner, as another part of their monthly training. Picture in the photo are: David Doyle, Robert Tibbo, Michael Kairevich, Tony Palumbo and Edward Steriti.



Girls Inc. Charity Golf Tourny

On Wednesday, August 30th, Girls Incorporated of Lynn will host their annual charity golf tournament—and everyone is invited to participate. *The Guys and Gals Teeing Off for Girls* charity tournament takes place at Gannon Golf Course, in Lynn, beginning at 9:30 a.m. The proceeds from the tournament will benefit Eureka, our summer math, science, technology and sports enrichment program for disadvantaged, low-income girls.

The tournament features a four-person scramble, with a shotgun start at 10:00 a.m. All levels of playing ability are welcome. The cost to play is \$175 per person and includes greens fees, golf cart, Continental breakfast, gifts, awards and barbecue dinner. A silent auction, this year, will have some exciting items, including 4 tickets to the Aerosmith concert and VIP parking at the Tweeter Center, a \$700 value.

Several levels of sponsorship are available for businesses and other supporters. BMW of Peabody will sponsor the hole-in-one contest. Get into the swing with Girls Inc. and help support the women of tomorrow and have fun doing it! For information about sponsorship, or player registration, call 781-592-9744 ext. 221.

Summer Garden Party at Marian Court

My Brother's Table (MBT), will hold its Annual Summer Garden Party, Thursday, August 10th, at 7:00 p.m., at Marian Court College in Swampscott. The event benefits this 24-year old non-profit soup kitchen, located in Lynn. Tickets to the Summer Garden Party are \$50 per person and may be reserved, by calling My Brother's Table at 781/595-3224. Sponsorships and program book advertisements are also available.

"This event is a critical fund-raiser for the North Shore's largest soup kitchen," said MBT Development Director Mary Magner, "Last year The Table served an additional 10,000 meals to hungry people in our area." The party is an elegant event at Marian Court College, the former Summer White House of Calvin Coolidge and features food provided, by the best restaurants on the North Shore, as well as by scores of businesses and individuals. Music is by the Blue Ribbon Jazz Ensemble and floral arrangements are designed and arranged by the Nahant Garden Club, from donations by local florists. This year, desserts will be provided by the parishioners of St. Thomas Aquinas Parish in Nahant, as part of a joint effort by St. Vincent de Paul and the Sodality.

Earth Rhythms by Davis & Roger at the Library by Rita Stepanova, Children's Librarian

Nahant Public Library is pleased to announce that famous Davis Bates and Roger Tinknell will present their program, "Earth Rhythms: Celebrating the Environment in Story & Song," at the library, on August 16, 2006, at 11:00 a.m. The Library is grateful to the Nahant Cultural Council, a local agency supported by the Massachusetts Cultural Council, who funded this event. This performance will conclude the celebration of the Library's annual children's summer reading program.

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The Rev. Dr. Larry Titus to Address August NVC Breakfast

The free monthly breakfast will be held on Friday, August 4th, at 8:00 a.m. The presentation will be by the new settled minister, Rev. Dr. Larry Titus who, started his ministry at the Nahant Village Church on July 1st. He and his wife, The Rev. Dr. Kathryn Titus, have recently moved into the parsonage, at 230 Nahant Road. They are excited about being in Nahant and becoming part of our community.

The breakfast is free and is held at the church. All are invited to attend; please bring one or more friends.

K of C Donates to Nahant Children's Library

The Nahant Knight's of Columbus presented a check to Rita Stepanova, the Children's Librarian, to be used for her section of the Nahant Library. The donation was made from the T-Boy LeBlanc Charity Fund, which supports Nahant Youth groups and activities.

A donation was also made from the Knights' General Charity Fund, to the Hanson Family, to support the 'Friends of Earl' annual one pitch softball tournament.

Grand Knight, Scott Grieves, has announced a change to the monthly Council meeting. The Council meeting will now be held the first Wednesday of every month at 8:00 p.m. In addition, the Knights' Council Cookout will be held on August 19th, at 3:00 p.m. The Grand Knight encourages all members to attend this fun event and to participate in the monthly meetings.

Buck Lombard Memorial Golf Tournament

After seven wonderful years at Beverly Golf & Tennis, committee members have decided to host the 8th Annual Buck Open at Kelley Greens Golf Course in Nahant. Buck not only grew up in Nahant, but enjoyed countless rounds of golf at Kelley Greens, where he shared many laughs with family and friends. We invite you to join us this year, Friday, September 8th, as we strive to provide a scholarship to St. Mary's High School, for a deserving student athlete, in memory of Buck. Swing by Kelley Greens, to pick up an entry form, located in the pro shop, or if you're not a golfer, join us for dinner and entertainment, immediately following the tournament! If you need any additional information, please call Britte Roossien at 781-581-9384.

Can and Bottle Drive Suspended for Saturday, July 15

The Nahant Sailing Program cannot conduct the Can and Bottle Drive fundraiser that would normally be held on Saturday, July 15, 2006, due to technical problems with our recycling vendor. We hope to resume the recycling fundraiser on Saturday, August 19. Please watch for the sign at the Nahant end of the Causeway for confirmed date.

Summer Illustrated Lecture: Diving Boston's North Shore

The Nahant Historical Society cordially invites its members and the general public to a unique, illustrated summer lecture: "Diving Boston's North Shore" by Donald W. Whitehead on Sunday, August 13, 2006, at 2:00 p.m., in the Serenity Room of the Nahant Community Center at 41 Valley Road in Nahant. Come and experience this rare look into the world beneath the surface of the sea around Nahant and the North Shore.

Mr. Whitehead, a Salem, Massachusetts resident, is the author of the 2005 guide *Diving Cape Ann and Boston's North Shore*. Whitehead has not only extensive diving experience, but has mastered the very specialized art of underwater and marine photography, over the past two decades. His photographs are featured in the current summer 2006 issue of North Shore Magazine. Learn why the author states, "No artist's imagination could dream up the fantastic aquascapes I see underwater here and I am blessed to be living in the heart of it."

As parking is limited at the Community Center, shuttle van service will be available from St. Thomas Aquinas Church parking lot, at 248 Nahant Road, between 1:30 and 4:30 p.m. Light refreshments will be served. This presentation is free but voluntary donations to the Society will be gladly accepted. Mr. Whitehead's book will be available for purchase at the lecture, for \$19, including tax. The Society's awarding-winning exhibition, *Nahant on the Rocks* and our new 2006 exhibit, *The Bark Sarah and her Maker*, will be open after the lecture.



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Coming Up at LynnArts In the Square: Meet Me Downtown August 5th

The Annual Festival of the Arts in Lynn will be held on Saturday, August 5th, from 11:00 a.m. to 4:00 p.m., in Central Square, Lynn.

It's time, once again, to meet downtown, for Lynn's Annual Festival of the Arts. This year's Festival opens at 11:00 a.m., with the Latin rhythms of Julio Bare, followed by a full day of music, art and performances, running till 4:00 p.m. Nearly 40 vendors will be on hand offering an extensive array of arts and crafts and other treasures, including crystals, mineral specimens, designer jewelry, greeting cards, children's toys, photography, handmade soaps & beauty products and one-of-a-kind ceramics.

Downtown condominiums will hold open houses, so you can explore what living in Central Square, only blocks from the ocean, would feel like. The day will also feature free children's activities like face-painting, animal balloons and the Museum of Science's Science Van, to name just a few. All performances and children's activities are free and open to the public. This is a day to celebrate the rich culture of the North Shore.

Please join us for this annual event and what promises to be a wonderful day! For more information, visit our website, www.lynnarts.org. Meet Me Downtown is presented in partnership with the Office of Mayor "Chip" Clancy, Jr., EDIC Lynn and LynnArts, Inc. This year's main Festival Sponsor is Salem Five Charitable Foundation. Main Stage sponsor is Albertson's Shaws Supermarket and Children's Activities Sponsor is Verizon.

Third Thursday in Central Square: Continuing a series of live concerts and activities taking place in the square from May to September, Third Thursday August, the 17th, from 5:00 to 8:00 p.m., will feature the Acme Blues Band and special activities at the Gulu Gulu Café, RawArts, LynnArts and The Lynn Museum and Historical Society. For more information visit the website: www.thirdthursdayslynn.com. Third Thursdays are presented by the Central Square Collaborative with generous support from the Massachusetts Cultural Council, the Economic Development and Industrial Corp. of Lynn (EDIC) and the Local Cultural Council.

In the Theatre: *Naughty Bawdy Broadway:* Mass Theatrica presents musical highlights of Broadway's seamier side. One show only! On Thursday, August 17th, at 7:30 p.m. Also, LynnArts Resident theatre company, Iron Rail Stage Company, presents two new shows for August:

Good Witch, Bad Witch: A unique collaboration between members of the Iron Rail Stage Company and local artist Cathy McLaurin. Performances in Lynn from Thursday, August 3rd to Sunday, August 6th and from Thursday, August 10th to Sunday, August 13th, at 7:30 p.m.

Hansel & Gretel: Inspired by the tale by the Brother's Grimm and the opera by Humperdinck. Intended for children and their families, Hansel & Gretel will be performed in Lynn, as special matinee [1 p.m.] performances only. Performances are set for Saturday, August 5th and Sunday, August 6th; Saturday, August 12th and Sunday, August 13th; and Saturday, August 19th and Sunday, August 20th.

In the Time Warner Gallery: Greater Lynn Photographic Association Members Exhibition. August 5th thru September 15, 2006. Opening: Saturday, August 5th, 2:00 to 4:00 p.m. The Greater Lynn Photographic Association is one of the oldest photo clubs in the United States, tracing its roots back to the Lynn Camera Club which was founded in 1888. The Association is made up of individuals, both hobbyists and professional photographers, who are dedicated to "teaching the craft of the camera and exploring the art of photography." This juried member's exhibition highlights a variety of photographic techniques ranging from traditional portraiture, to abstract imagery created through alternative processes. Please join us for the opening, Thursday, August 12 which will be an opportunity for the public to meet with the artists and learn more about this valuable Lynn resource.

In the Willow Community Gallery: *Making Nice, Cathy McLaurin.* August 5th thru September 15, 2006. Opening: Saturday, August 5th, 2:00 to 4:00 p.m. McLaurin's experience of growing up in the rural South serves as a rich repository of memories and inspiration for the construction of her work, which is layered with found materials, sewn papers, subdued colors, text, dirt, and a worn patina – remnants of life. The process of transforming what is common—or "ugly"—into something that is more attractive is a metaphor for "making nice" that is deeply rooted her rural Southern upbringing.

Making Nice incorporates the characters and materials that played significant roles in McLaurin's childhood. Decorative wallpaper designs, prominent in her childhood, reappear in here in suffocating abundance. Brown paper bags, which she used as a young child to alleviate hyperventilation, are her canvas. Figures of young girls, cut from 1960s clothing ads, appear with the heads of animals, concealing their faces, yet revealing a bit of the beast hidden within. It is the tangible representation of pain, abandonment, and loss that she explores in her current body of work. To learn more about Ms. McLaurin's work, visit her website: www.cathymclaurin.com.

Way Swaim's Youngest Granddaughter Killed in Auto Accident

Madeline (Maddy) Victoria Lind, age 17, died recently in Adams Township, Pennsylvania. Born in Seoul, Korea, she was the loving and adopted daughter of John and Stephanie (Swaim) Lind.

Maddy was to be a senior at Seneca Valley High School. She loved all kinds of music, played the oboe for years and nothing was more important to her than her friends in her home town of Cranberry Township, Pennsylvania, and here in Nahant. She was highly skilled in the use of electronic communication. Her future aspirations included fashion merchandising, the culinary arts and elementary education.

Besides her parents and grandmother, Way Swaim of Nahant, she leaves many aunts, uncles and cousins. Memorial services were held at St. John United Church of Christ on Monday, July 24th, in Evans City, Pennsylvania. Condolences may be sent to Way Swaim.



Boston University Graduates Nahant Resident Kyle Ludke

Boston University awarded academic degrees to 5,487 students this spring. Among the graduates was Nahant resident, Kyle C. Ludke, who received a B.A. in Art History, summa cum laude.

Founded in 1839, Boston University is an internationally recognized institution of higher education and research. With more than 30,000 students, it is the fourth largest independent university in the United States. BU consists of 17 colleges and schools, along with a number of multi-disciplinary centers and institutes, which are central to the school's research and teaching mission.

Boston University Names Nahant Resident Alicia Donovan to Dean's List

Alicia M. Donovan, a resident of Nahant, has recently been named to the Dean's List at Boston University, for the spring semester.

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LETTER TO THE EDITOR

The recent information in the Nahant Harbor Review about the Nahant Cub Scout pack reminds me of, with help organized the first Cub Scout pack in Nahant in 1953.

The pack meetings were on the second floor in the large room of the then Valley Road School. The then Superintendent of Schools was most cooperative in arranging the room for the meetings. Several fathers had friends address the boys on interesting subjects and we visited parts of Maine and New Hampshire. There was an amusing feature to the group of leadership. The Cubmaster had four daughters and no sons and yet he enjoyed every minute of his position as Cubmaster.

—Frank Cusack

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News and Views from the School Department
 by Dr. Denise Littlefield, School Superintendent and Principal

The construction company, W.T. Rich, continues to do a fantastic job rebuilding the Johnson School. Every day is an adventure, as the building project unfolds. The reality of actually having a new school in September really hit home, when the connection for the existing structure and the new building was completed. Walls are being knocked down, dry walls are going up, bathrooms are being installed, the activity is non-stop. It will be a pleasure to showcase our new building throughout the fall.

Due to construction, the school's phone service had been interrupted, but we are now reconnected. We can be reached at 781 581-1600. People occasionally ask if we work during the summer. School systems have many things to accomplish when school is not in session. There are materials to purchase, curricula to be reviewed, grants to be written, conferences to attend and new students to register. One fiscal year must be brought to closure, while the next fiscal year begins. And, of course, the building project has given new meaning to the word, busy. Whatever that can be accomplished, over the summer months, contributes to a smooth school year, come September.

The summer program is off to a great start, once again, under the direction of Barbara Deines. The operating hours are 8:00 a.m. to 3:00 p.m. and anyone needing more information should call the main office.

Throughout the school year our math curriculum team reviewed a number of new math programs. Through their recommendation, we have order the Scott Foresman series. This represents an opportunity for our students to work with a 'state of the art' program. This curriculum was of particular interest, since it offered one version of a math curriculum that was aligned specifically to the Massachusetts Curriculum Frameworks, insuring that we are in sync with the rest of Massachusetts's youngsters. The priorities of the Nahant School Committee and the efforts of the Nahant Finance Committee made it happen. Thank you for your continued support.

By the time you are reading this, we will have already mailed to all families, with students attending Swampscott schools, the residency verification forms. As another reminder, we are requesting residency verification, to make sure that only eligible Nahant residents attend the High School, or Middle School, under the terms of the Nahant tuition agreement with Swampscott. Hopefully, the directions included with the mailing were user-friendly and all forms are being returned. If there are any questions, please call the Johnson School. Students will not be able to start in the Swampscott Schools in September, without these forms completed and on file.

We anticipate that letters, with information regarding the new school year, will be mailed to each Johnson School family, by the third week in August. Please remember, that due to school construction, the first day of school for students will be September 11, 2006. In the meantime, have a safe and healthy summer.

Boston University Seeking Participants for Longevity Study

Boston University Medical Center researchers are conducting a study on the roles that genes and other family-related factors might play in exceptional longevity among family members. Researchers are seeking families with at least two living members, aged 90 years or older and their living children, who reside in Massachusetts and neighboring parts of New Hampshire, Maine, Connecticut and Rhode Island.

Trained clinical staff members will meet with study participants in their homes, to ask questions about their family and health history and to conduct some physical assessments. Study participants will also be asked for a small blood sample, to obtain genetic information. Interested parties should call BUMC's Long Life Family Study recruitment office, toll-free, at 1-888-333-6327, for more information, or read more about the study at www.bumc.bu.edu/centenarian.

Got a story, poem, or photo you want to share

with your Nahant neighbors and friends? Email you items for publication to donna@nahant.com, or mail to Editor, PO Box 88, Nahant, MA 01908, or save a stamp and drop it in the Harbor Review box, on the Teller's Counter, at the Equitable Bank on Nahant Road. All items must be signed by the contributor. Photos will be returned if accompanied with a self-addressed, stamped envelope.

Treasure and Trash

submitted by Sarah Risher

My son and his family visited me in Nahant over Independence Day week and I loved showing off our town. We walked around East Point and my granddaughters collected some rocks on Canoe Beach. We ate lobster rolls from Nahant Fish and Lobster, played on Short Beach, and went into the brisk ocean. I was delighted to share our wonderful library. We ate lobster on the deck, and painted the collected rocks. We walked up to the beach and watched the fireworks. I was proud of Nahant and very aware of how beautiful this town is, especially in the summer. And, early the next morning I saw how our residents and visitors had trashed my lovely town. This is not a figure of speech; there was trash all over Short Beach and Nahant Road, even down Spring Road. An unbelievable amount of trash. The only good news is that DPW people had collected it all an hour later; nice work. Now, I have some questions.

* What does it say about our community that we could throw trash on the ground?

* Are we that disengaged from what used to be called civic responsibility?

* What are the implications of our watching others do this, or allowing our children to do it?

* If we model this behavior for our children, does this lead to teenagers who trash the public bathrooms, or vandalize public property?

* And most importantly, what can we do to encourage town pride and responsibility in everyone, of all ages?

Maybe we can start a conversation about this.

Nahant in 1956

by Ray Barisano

So what was it like living in Nahant in 1956? In brief, we had a population of 3,231 and many residents were World War II veterans who had purchased homes here under the GI Bill. Yes, I was one of the veterans who purchased a home here. My wife Marilyn, who came from Meadville, PA., was thrilled to live here surrounded by the ocean. Another reason we wanted to live in Nahant is that we would not be bothered by people knocking on our door saying, "We were passing through Nahant and we thought we would drop by." You do not pass through Nahant! You drive to Nahant!

Nahant's tax rate in 1956 was \$63.50. We had 285 licensed dogs.

The Town's annual report listed by names, individuals who owed property taxes, Motor Vehicle Excise Taxes and Unpaid Poll Taxes. Our Police Chief and Fire Chief were paid \$4500.00 per year. The annual Nahant Police Department's report listed 18 arrests for drunkenness, 36 arrests for larceny, 4 arrests for taking worms and shellfish without a permit, 3 arrests for disorderly conduct, and 1 arrest for disposing of a refrigerator without removing the door. Our police responded to 983 complaints and they also were summoned to take 3 insane individuals to a State hospital. Enough said! It was also the year Nahanters voted for Eisenhower for President and Richard Nixon, Vice-president. Nahanters elected Sumner Whittier as Governor.

Included in Nahant's 1956 annual report was the following poem, author unknown.

LITTLE TOWN

I like to live in a Little Town,
Where the trees meet across the street.
Where you wave your hand and say "Hello"
To every one you meet.


I like to stand for a moment
Outside the grocery store
And listen to the friendly gossip
Of the folks that live next door.

For life is interwoven
With the friends we learn to know;
And we hear their joys and sorrows
As we daily come and go.

So I like to live in a Little Town,
I care no more to roam,
For every house in a Little Town
Is more than a house; It's a Home!



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Boost your Metabolism by Sallee Slagle, Director, Dance Dimensions

Many things we do can influence our metabolic rate, the rate at which we burn calories. As we age our metabolism slows down at a rate of 5-10% every 10 years which could mean a gain of 5 pounds each decade if we do nothing to change it. So how can we change it? We have to change our habits to keep the slowing metabolism from adding unwanted pounds.

Do not skip meals. Every time you eat your metabolism will increase as it takes energy (burns calories) to digest food. If your body is without food for 4 hours it begins to suppress calorie burning to conserve energy till the next meal. The most important meal of the day is ? Yes we all know it's breakfast but it is proven that those who eat breakfast have a higher than average metabolism compared with those who don't. So don't skip any meals. You can even add healthy snacks to fill in the long gaps you may have between meals and you should.

Get a good nights sleep! This is important for many aspects of health. A study from the University of Chicago found that those who slept less than four hours a night produce a greater amount of insulin which promotes the storage of body fat. Also you will have less energy during the day to be physically active and this will cut down on your calories burned that day.

Don't try drastic diets. They can often slow the metabolism down. When food seems scarce the body conserves and burns calories much slower. Never drop daily calorie intake below 1200. Be sure to include an adequate amount of protein. But don't over do as it is hard on the kidneys. 15-20% of your daily calorie allowance should be from protein. Include lean meat, fish, poultry but also include beans and nuts.

Pump up the volume, push your workouts to a new level. Try adding high paced intervals into your activities. If you jog, sprint 2-3 times during your usual route then increase it each time until you sprint almost equal time. Spice it up! Also add weight training to your regime. After weight training, your metabolism can stay high for up to 2 hrs after you've finished (after burn). Increased muscle mass burns more calories 24/7 (even as you sleep!). Be sure to give your muscles a day break so do extra cardiovascular exercise on the other days.

Do something to relax and fight stress. Stress produces a hormone called cortisol which also increases your cravings for carbohydrates and fats. Exercise produces cortisol inhibitors like beta-endorphin, adrenaline and serotonin. Be sure to exercise every day for two reasons, to burn calories and to fight stress. Include deep breathing in your day 2-3 times a day. This also helps reduce stress.

Don't get into a fitness rut. Your body becomes used to the same routine. Be sure to vary it. Try new classes, new equipment etc. The new challenge makes your body work harder and boost metabolism. Sip some green tea. A recent study of men who consumed 4-10 cups a day saw an increase of about 4%. It is believed that this is due to an ingredient in the tea, catechins, that stimulates the chemical in the brain that boosts the metabolism. Also spicy, hot foods can temporarily boost your metabolism. Use hot peppers to add spice to curries, soups, etc. The capsaicin found in red peppers triggers an increase in adrenaline and therefore an increased calorie burn.

Fidgeting and small movements do count towards your total calories burned for the day. So twirl your hair, wiggle your feet, drum your fingernails. It all helps keep the calorie burn high. Use movement whenever possible and even add extra movement.

Add to all this a healthy diet, keeping those extra calories in check. Watch what you eat AND drink so you will be able to maintain the weight you are without becoming a victim of the slowing metabolism we all face as we grow older.

Sallee Slagle to Perform with Windover Dance Company in August

Sallee Slagle will be performing at Windhover Performing Arts Center, in Rockport, with The Windhover Dance Company. "A New Dance For America" is being held on August 4th, 5th and 6th at 8:00 p.m.

The following works of Doris Humphrey will be performed: Passacaglia and Fugue in C Minor, Water Study, Two Ecstatic Themes, and Variation and Conclusion from New Dance. Guest artists James May and Gail Corbin will premier original dances.

Tickets are \$15 for adults and \$12 for seniors and children under 12 years. Performances are outdoors. Call Sallee Slagle at Dance Dimensions, (781) 599-1476, for more information.

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Summer Eye Safety

Submitted by Dr. Neil Gross, Ophthalmologist

As the song says: "Summer's here and the time is right for..." (take your pick :) A) going to the beach B) fixing the siding on your home C) riding around with the top down or D) all of the above. Did you realize that if you choose to do one, or all, of these activities, your eyes will be at risk? Here are a few tips to get your eyes safely through the summer.

Everyone knows that sunscreen will protect your skin from cancer. Unfortunately, it can't be used around your eyes. Since eyelid skin is the thinnest skin in the body, suntan lotion will penetrate the eyelids and seep into one's eyes. Severe burning and irritation results, because sunscreen is not formulated for the eyes.

How do you protect your eyes and eyelids from the sun? Buy a pair of polarized sunglasses, with a UV 400 coating, for maximum protection. Polarized lenses filter out reflected light, that causes eyestrain and a UV 400 filter eliminates harmful rays, that cause cataracts and eyelid cancer.

Anyone doing home renovation, or landscaping, will benefit from safety glasses. Safety glasses use polycarbonate, a high-impact-resistant plastic. Hammering, sanding or just cutting the lawn, produces tiny fragments that can hit and damage the eye. Polycarbonate lenses will protect an eye from most types of fragments, hurled at the eye at high speed.

If you buy safety glasses, don't forget to buy them with side shields. Over 40% of people, with industrial-type eye injuries, were wearing safety glasses—they just didn't have side protection. Lens manufacturers now offer protective, wraparound polycarbonate glasses, that mimic the eye protection worn by NASCAR drivers. This wraparound design also works well for those riding motorcycles, or anyone riding around in a car with the top down.

As you can see, summertime activities can take a toll on your eyes. So, prevent a problem by wearing the proper protection and have a great summer!

Yoga and Food

Submitted by Patricia McCallum of Pathways Yoga

Eating refuels your cells. It is not entertainment, a reward, or a solution for boredom, loneliness, anger, or depression. Your thinking, or attitude about, your diet is the most important facet of your eating behavior. Attitudes about food come from your past conditioning, as well as your current belief system. You need to examine and rethink erroneous attitudes and replace them with positive healthful ones. When you were a child, special occasions were probably celebrated by a sweet treat, cake and ice cream for a birthday, milkshakes on a Saturday night, homemade pie and candy on holidays. In your subconscious mind, you probably associate these "goodies" with happiness and fun. In your adult mind, you know that they are thieves, robbing you of your health. Until you change these attitudes, your diet will be one of temporary deprivation, interspersed with binges and guilt.

Think of your mind as a computer. By daily reprogramming of your subconscious mind, with healthy, positive data, you can change your perspective on eating. Your own mind can become a powerful tool in becoming your personal best.

As a yoga student, you spend time and effort on you body. You respect your body, your tool for life. Gradually, you will prefer the foods you deserve. As you replace a cup of coffee in the morning with juice, a donut with an apple, a soda with lemon and water, you will slowly feel better, gain pride and control and look better. Then you will realize that the real food faddists are not the health-food nuts, but the people who are addicted to consuming junk food.

These yoga principles of eating provide a simple guide to better health and weight control and will become a way of life

Marino's Removal

Submitted by Patsey Marino

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

Mitchell's "Cannah" is Comin' Togetha

"Hey Duddie, it really does take a village to put on the Town block party for Sunday, September 3rd, at 7:00 p.m. and it's really cummin' togetha!"

"Yeah, Ponsie, the same cast of suspects are steppin' up again, like Mikey "O," from the Tides, is comin' with the pizzas, Brett Henry is showin' up with the beer trailer and grills, Joe Dowling is givin' up his front yard, to set up the stage for the band, Wayne Wilson is supplyin' and settin' up the stage, J.C. Connolly is gonna light up the joint like Fenway Park, Dave Doyle is pluggin' in the band, and thanks to John Welsh, for the fabulous event slogan. Our dad, "The Ice King, Big Daddy Freddie Tudor," is donatin' the 22 oz stadium cups with the company logo on it, for the commemorative cocktail and last but certainly not least, the staff down at the Halfway House Rehab Facility is givin' the block party 300 authentic rehab facility tee shirts, and other donors are stepping up as we speak." Speaking of tee shirts, for you nostalgia buffs, limited edition tee shirts from the original "150th" birthday bash (the ONE-FIVE-"0") will be available. This shirt was placed in the Town's time capsule, for that special event. "By the way Duddie, who is the band?" "Ponsie my boy, it's none other than "WHITE LIGHTIN,'" featuring Nahant's own Jeff Hanson, plus a bunch of Nahant musicians will, per usual, sit in. When the last ball hits the hole at the Calcutta golf tourney, White Lightin' starts rockin' and it's dancin' in the streets!" "Hey Nahanters, you guys know a great deal when you hear one and 30 to 1 odds is pretty great!"

The \$7,500 cash raffle hasn't really been promoted yet, and 50 of the 150 tickets are sold. So don't miss out, a \$100 donation to the One five "3" Fund will get you in on the 5 huge cash prize raffle. The cash drawing will be that night, Sept.3rd at 9PM. What better way to celebrate the Town's 153rd birthday, than to take home a present, you'll really remember.

Get your tickets, by calling any of these folks, Nahant Veterans Association members Peter Przybycien, 781.593.2511, Peter Barba, 781.581.5675, Joe Fiore, 781.581.0414, Mike Kairevich, 781.526.0544, Carolyn Cummings-Saxton, 781.581.0273, Brenda Cook, 781.598.6799, Milton Goode, 781.581.1819, Bill Cullen, 781.581.1488, or Mike Billias, 781.581.1338 and Frank Cardile, 781.581.1559.

This year's proceeds will help out the Nahant Legion Post. "Boy, oh boy, Duddie, this event is gonna be humungous! We better start working overtime making our signature 1" hand-cut cocktail ice cubes for this event, sounds like we're gonna need a ton."

"Hey Ponsie, do you think our tight wad dad will pay us overtime?" "Sure Duddie, you know the "Squire of Nahant's" motto: "you want to make a hundred bucks, all you gotta do is work a hundred hours."

Sorry people, the toll collectors have informed us that the Nahant Causeway Toll passes are all gone, as you know there were only 250 available and the folks who were lucky enough to snag one won't have to wait in line at the Causeway Toll Booth. As we told you last month, watch out for those decoy seagulls sitting atop the light poles coming across the Causeway. The decoys are really security cameras checking to see whose blowing through the tollbooths without paying.

SPECIAL NOTE: The State architects have rechecked the ceiling bolts on the new Causeway halfway house and everything is code. Don't you find that reassuring!



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Dr. Emad Eskandar of Nahant Receives Physician-Scientist Early Career Award

Submitted by Lily Hoo, MGH Public Affairs

Emad Eskandar, MD, a neurosurgeon at the Massachusetts General Hospital (MGH) and local Nahant resident, was a recipient of a Physician-Scientist Early Career Award from the Howard Hughes Medical Institute (HHMI). This award allows new faculty physicians to pursue research careers, with a grant of \$150,000 over three years. This grant is applied directly to research expenses and enables great opportunity during the most critical phase of a physician-scientist's career.

The Early Careers award was established by the HHMI, to support alumni from their academic scholarship programs, who wish to pursue their interests in research. Peter J. Burns, HHMI vice president of Grants and Special Programs said, "We want to make sure that these talented young physicians, who have already shown exceptional promise in the research lab and in the clinic, are not lost from the ranks of research scientists."

Massachusetts General Hospital, established in 1811, is the original and largest teaching hospital of Harvard Medical School. The MGH conducts the largest hospital-based research program in the United States, with an annual research budget of more than \$400 million and major research centers in AIDS, cardiovascular research, cancer, cutaneous biology, medical imaging, neurodegenerative disorders, transplantation biology and photomedicine. In 1994, MGH and Brigham and Women's Hospital joined, to form Partners HealthCare System, an integrated health care delivery system, comprising the two academic medical centers, specialty and community hospitals, a network of physician groups and nonacute and home health services.

Got a story, poem, or photo you want to share

with your Nahant neighbors and friends? Email you items for publication to donna@nahant.com, or mail to Editor, PO Box 88, Nahant, MA 01908, or save a stamp and drop it in the Harbor Review box, at the Equitable Bank on Nahant Road. All items must be signed by the contributor. Photos will be returned if accompanied with a self-addressed, stamped envelope.



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Q & A by North Shore Physical Therapy

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.

Q. Several of my friends have been receiving physical therapy for their shoulder problems. I am very active and I would like to know what to do, to avoid shoulder injuries.

A. People of all ages experience shoulder injuries, such as tendonitis and rotator cuff disorders, which are often related to a combination of poor posture and overuse. As we age, the circulation to the rotator cuff tendons diminishes, making it easier to injure and more difficult to recover from strains and more serious injuries. Many people have a tendency to round their shoulders and to sit in a slumped fashion, which alters the mechanics of the shoulders. Many of our daily activities, such as eating, reading, and working on the computer, are performed with our hands in front of us. This posture causes the muscles in front of our shoulders to become tight and the muscles in the back to become weak and overstretched, making it difficult to maintain good posture.

Become more aware of your sitting position and pick a supportive chair. Choose a chair in which you can sit straight and pull your shoulder blades down and back. If you practice this shoulder position frequently, throughout the day, it will help to strengthen the muscles in the back of the shoulder and stretch the muscles in the front. It is also important to remember to drop your shoulder blades down away from your ears, especially while driving or during stressful activities.

Overuse in the shoulder is often a problem, when doing activities with arms raised above the shoulder level, for long periods of time. To avoid this stress, activities, such as cleaning windows, hanging curtains, or painting ceilings, can be done with a long-handled tool. Limit the amount of overhead work you do at one time, or switch arms. If you lift weights, avoid overhead lifting; particularly avoid lifting with your arms away from the sides of your body.

A great way to keep your shoulders in shape, is to attend an exercise class or to work with a skilled personal trainer, on a one-to-one basis. Call us at North Shore Physical Therapy, for more information about these services we provide. If you have pain, a rotator cuff problem, or arthritis, consult your doctor and discuss whether physical therapy would be helpful for you.

Teaching the Pup to Swim by Brian Doyle

First off you have to get her in the water
Which believe me is no easy task whatsoever
It's kind of like dragging a snarling refrigerator.
But finally she's in and I shove her into the deeper
Chunk of the lake so she will get the hang of the thing
But she's shoving back and there's a lovely moment there
When we are both grinning and pushing and I start laughing
Which sets her to making that sound like a washing machine,
You know, that whirring humming *i am happy with you* sound,
Which is a cool sound, all things considered given the usual
Stumble of sad and shabby in the daily parade, so finally
I just totally give up and we just float there for a while,
A guy and his puppy, soaking wet, grinning,
No particular place to go, bathed by joy.

—submitted by Catsy Fowle

North Shore ARC Honors Jeff Musman

submitted by Melanie Fleming

The North Shore Arc is a leader in providing services and support to children and adults with developmental and other disabilities across Massachusetts. The organization provides services through its network of dedicated professionals and volunteers. Most people get involved with the North Shore Arc through a family member, who is benefiting from the Arc's programs and services. Not the case with Nahant resident, Jeffrey Musman, who became involved at the suggestion of an acquaintance.

Musman has been an active member of the North Shore Arc's Board of Directors, and is currently serving on both the Finance and Development Committees. "I was first introduced to the Arc through Peter Rosenberg, President of the Board of Directors," said Musman. "I agreed to sit in on a few committee meetings, to learn about the organization. In a short period of time, I was able to see the remarkable impact that the Arc programs have on thousands of people and quickly understood that this organization warranted my involvement and commitment."

As a member of the Arc's Finance Committee, Musman provides the Board oversight of the organization's fiscal operations, which—like other social service organizations, struggles with the competing budgetary demands of maintaining current programs and development of new programs, in an increasingly difficult financial climate. The North Shore Arc provides services to

more than 5,000 individuals, in 143 communities, from Gloucester to Boston, and as far west as Worcester. Today the North Shore Arc employs over 600 individuals, operates in 40 locations and provides services through more than 35 separate programs.

Musman is also an active member of the Arc's Development Committee. He helps the North Shore Arc identify and develop long-term corporate and individual partners, that share the organization's vision and desire to help and serve. Musman works hard to increase awareness of

the Arc and its services and programs.

"My involvement and association with the North Shore Arc has proven to be fulfilling at numerous levels...I have had the opportunity to meet some extraordinary, bright, talented and dedicated staff members and volunteers. It is

inspiring to see the work these people do...every single day." With an impressive educational and professional career, Musman earned his law degree from William and Mary School of Law in Williamsburg, Virginia and a B.A. from Carleton College in Northfield, Minnesota.

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SWIM Works to Protect Whales and Fisheries
 by Polly Bradley, Safer Waters in Massachusetts (Nahant SWIM)

In September, there will be another round of public hearings as two different liquefied natural gas (LNG) companies continue to try to get government approval, to build LNG terminals, adjacent to Stellwagen Bank National Marine Sanctuary. This undersea land grab would displace fishermen, who for generations, have made their living fishing and lobstering in the waters of Massachusetts Bay, and it would hasten the extinction of critically endangered whales.

The North Atlantic Right Whale is the most severely endangered species in the Stellwagen Bank and environs, with fewer than 400 individuals left alive, but five other endangered whale species frequent Stellwagen Bank National Marine Sanctuary and adjacent areas in Massachusetts Bay: the humpback whale, the fin whale, the sperm whale, the sei whale, and the blue whale. In addition, four endangered species of sea turtles are found in the waters adjacent to this proposed LNG terminal: the loggerhead turtle, Kemp's Ridley sea turtle, leatherback sea turtle, and the green sea turtle. No fences keep these whales and turtles safely inside Stellwagen Bank National Marine Sanctuary, or the two Massachusetts state sanctuaries.

Safer Waters in Massachusetts (Nahant SWIM) has attended five hearings and a major Gubernatorial Environmental Forum in the last two months, submitting oral testimony and many pages of written comments, and has worked hard to raise awareness. We have many other problems with the LNG proposals, including potential accidents, explosions and terrorism, and the fact that LNG ships could be sailing from unfriendly countries, with foreign crews, but we have focused on the whale issue. The danger to whales and fisheries seems to be "off the sonar screen" of the major environmental groups, who have been so concerned about a proposal to build an LNG terminal in Boston Harbor Islands National Park, that they apparently have not realized the full extent of the dangers posed by the two nearby Massachusetts Bay sites.

In May and June, SWIM gave testimony against the proposal that would endanger the PARK, and against the proposal for an LNG terminal in Fall River, which would endanger PEOPLE.

Four wrongs don't make a right—and four wrongs don't protect the Right WHALE.

I would like to give a special thank-you to Peg Hinrichs, Susan Maguire, Winnie Hodges, Nancy Whitman, Betsy Wachtel, Lisa Pires, Maureen Ward, and Elaine Denune, who went to the Gubernatorial Environmental Forum, held at MIT, on July 13th. SWIM certainly had a presence at the Forum, with all of us giving out flyers and brochures, talking to people, asking questions and generally trying to raise people's awareness about the problems of a liquefied natural gas (LNG) terminal adjacent to Stellwagen Bank National Marine Sanctuary, particularly the effect on the fishing industry and the endangered whales. There were only two questions from the audience (the rest were from a media panel), and a question on SWIM's concerns was one of them. SWIM was not satisfied with the answers given by the four candidates for governor present at the Forum, but we definitely put the connection between whales, fishing, and LNG into the minds of the candidates and into the minds of the 1,100 people at the Forum. Slowly, slowly awareness is increasing.

I also want to thank, in particular, several other people, who couldn't come to the Gubernatorial Forum, but have helped in SWIM's efforts : Nancy Hodgson Smith, who attended many of the hearings, testified at them, and helped me correct the final set of comments; Emily Potts, who created both the SWIM brochure and the visual side of the flyer; John Benson, Suzanne Tarlov, and Trudy and Phil Joyce, who have attended some of the five LNG hearings that SWIM has attended and prepared testimony for.

And thanks again to Peg, who has given encouragement and help in a thousand ways and who has been liaison with Gloucester, where she grew up. Elaine, thank you for coming from HealthLink and sharing SWIM's table. I hope this fall SWIM can strengthen its link with the 'Linkers and work together on other environmental and health issues. And thanks to Susan, who edited and revised my rough draft of the "WHALE" information page, and who worked hard on testimony for the Maritime Administration, which will make the final determination of where to license an LNG terminal. However, the Governor of Massachusetts has the power to veto the placement of an LNG terminal in Massachusetts waters.

WHALES

* Extinction of the critically-endangered North Atlantic Right Whale will be hastened by proposals to build liquefied natural gas (LNG) deep water ports in Massachusetts Bay, south of Gloucester.

* Fewer than 400 of these whales are alive today.

* 6 endangered species of whales and 4 endangered species of sea turtles feed in Stellwagen Bank National Marine Sanctuary, adjacent to the proposed LNG sites.

* 3 Marine Sanctuaries are threatened. Two different proposals would put LNG terminals and regasification ships, in the tiny triangle, between Stellwagen Bank National Marine Sanctuary, the North Shore Ocean Sanctuary, the South Essex Ocean Sanctuary, the Massachusetts Bay Disposal Site, and the shipping lane into Boston.

* Severely depleted cod, haddock and other fish are coming back, and endangered whales and sea turtles are protected by these sanctuaries.

* Ship strikes kill endangered whales every year. If an LNG terminal is constructed, huge tankers, three football fields long, will be constantly anchored, twisting and turning as the wind blows, almost as close to the South Shore as the North Shore and adjacent to Boston Harbor shipping lanes.

* Whales are disoriented by loud noises. (Think of the whales in Hawaii.) Construction, blasting, and operation of an LNG facility will put whales and other marine mammals at great risk.

* 50 LNG terminal proposals, to build LNG facilities in North America exist. Only 5 or 6 more LNG ports are needed in the entire USA and Massachusetts already has one in Everett.

* The Everett terminal will not close down with construction of an LNG terminal in the harbor at Fall River, in the Boston Harbor Islands National Park, or in Massachusetts Bay.

* Don't drive the whales to extinction. Find a better place to hook up to the nationwide grid of gas pipelines, and save the sanctuaries, save the whales.

* PEOPLE — NO to LNG in Fall River

* PARK — NO to LNG in Boston Harbor Islands National Park

* WHALES — NO to LNG Adjacent to Stellwagen Bank National Marine Sanctuary

— by Polly Bradley and Susan Maguire, Safer Waters in Massachusetts (Nahant SWIM)

Rene Michaud Honored as a NE Pats Community MVP

Submitted by Mary Magner

Nahant resident, Rene Michaud, has been a volunteer "driver," at My Brother's Table in Lynn, since 1983, shortly after he retired from the Quality Control Department at GE.

This June, his volunteer efforts were acknowledged, when he was named a 2006 New England Patriots Community MVP. At a Gillette Stadium ceremony, he received a carved MVP football, from New England Patriots owner, Bob Kraft and his wife, Myra, on behalf of the Patriots Charitable Foundation. My Brother's Table received a \$1,500 grant, in recognition of his volunteer work.

For 23 years Rene has picked up and loaded MBT's truck, with donated food from supermarkets, wholesalers, bakeries, hotels and restaurants. He then delivers and unloads the food at the Lynn soup kitchen. This food is used in the Table's daily meals and other programs, such as our senior outreach, a diner shuttle for chronic and terminally ill people and their families, as well as in a luncheon program for homeless people.

Not only is Rene a great driver, he is an excellent good-will ambassador for the largest soup kitchen on the North Shore. He is always on the look-out for new donors and donations. Given that we use several hundred thousand dollars in donated food each year, his contribution to our mission is invaluable.

Since My Brother's Table opened in 1982, we've provided close to two million free meals to needy people in our community. This is needed help for Lynn, where 53 percent of the population has been identified by the federal government as low-income and where families with small children and the elderly are the most vulnerable, according to census figures.

Because of his long tenure and extraordinary dedication as a volunteer, we estimate that Rene Michaud has been involved in supplying some of the food, for at least a quarter of those two million meals. In an organization which has 2,500 volunteers each year, Rene Michaud is a standout.

At 85, he is a member of the greatest generation. This former Naval Aviator (WW2 and the Cuban Missile Crisis) demonstrates all of the qualities that mark that generation. He is committed to the job at hand—in this case, community service.

He is here to volunteer every Monday—no matter the weather—as well as every Monday holiday, with the exception of Memorial Day.

We estimate that he has volunteered here on over 2,200 days. He continues to do so, because his help is still needed and, as he says, "It's fun."



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Useless Information

by Ray Barron

Nahant: Dominated By Women With College Degrees

Women now earn the majority of college degrees in several fields long dominated by men, a new federal report found. Female graduates outnumber men in business, biological sciences, social sciences and history. Nahant is proof of the new federal study.

Partial listing of Nahant women with college degrees. I repeat! This is partial list! Anita Goodman, Audrey Morency, Michel Morency, Yvonne Donovan, Karen Lospennato, Margaret Bolthrunis, Anne Graul, Barbara Lonergan, Sherry Smith, Estelle Goodell, Susan Kerr, Maryanne O'Callaghan, Anna Ortiz, Susan Maguire, Pamela Strong, Peggy Silva, Teri Motley, Mary Dill, Suzanne Tarlow, Marcy Furlong, Tina Marie Beaulieu, Kathleen Kalukiewicz, Carol Munnelly, Susan James, Katherine Carter, Nicole Passanisi, Christine O'Donnell, Patricia Lev, Gertrud Joyce, Christine Titus, Angela Lowell, Anna Manzano, Jeanne Fiore, Susan Bonner, Karen O'Callaghan, Catherine Letourneau, Cynthia Manning, Catherine Silva, Susan DePaulo, Deborah Quinn, Meredith Salt, Alice Houlihan, Nancy Elias, Margaret Brown, Paulette Marie, Sheila Hambleton, Christine Blaski, Elaine White, Gayle Poulin, Linda Landry, Karen Kautz, Anne Spirn, Kathleen Forbush, Barbara D'Amico, Maureen Edison, Gretchen Benkert, Janice Brathwaite, Ann McNulty, Cynthia Costin, Jennifer Gaudio, Marilyn Snyder, Cynthia Mazarea, Janet Dolan, Joyce Maroney, Emily Potts, Joan Kavanagh, Teresa Hill, Denise DiCarlo, Sharlene Queenan, Barbara Lambl, Diana Brandi, Shirley Hoffman, Joanne Hunter, Beth Davis, Linda Salmon, Sandra Cavallaro, Elizabeth Desmond, Jeanne Baranek, Polly Bradley, Jane Kirkman, Julie Stoller, Lynne Spencer, Alice Cort, Maura Devereaux, Priscilla Culver, Margaret Musmon, Betsy Taylor, Ellen Keefe, Louise McBryde, Margaret Hinrichs, Karen Callanan, Ann Haskell, Renee Wright, Colleen Collins, Barbara Beatty and Paula Devereaux. Add to this countless women who are educators, nurses, etc.

Henry Hanagan of Little Nahant Road reminds us, Abraham Lincoln had great difficulty getting an education—but what can you expect from a guy who didn't play football or basketball? Henry's wife Margaret, says, "As an education device, TV rates above everything else. No nation in history has ever known as much as we do about detergents and deodorants."

As Richard Conigliaro will tell you, "We've had adult education for several thousand years. It's called marriage." Darlene, Richie's wife, says, "The mind is like the stomach. It's not how much you put into it that counts, but how much it digests."

Speaking of digesting, on Wednesdays head for Kelley Greens Golf Course to enjoy a hefty serving of delicious spaghetti and meatballs created by Darlene. Ah, it's so easy to digest!

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Nahant's August Birthday Babies!

Time to bore you with some names of your friends and spying neighbors who have birthdays in August.

August 1 birthdays: Nahant native Stephen Collins, popular Little League Coach of the fearless Swampscott "Red Sox." The perfect hostess Meg Pier, Betty Walton, Nikki Kennedy, Jill Savage, Alana DeCastro and Deb Clark. Also born on August 1st, Francis Scott Key, US lawyer, who wrote "The Star-Spangled Banner."

August 2: Emily Deines, Tim Abbott and Irish actor Peter O'Toole.

August 3: Wish a happy birthday to the dedicated public servants, Marguerite Haig-Rizzo and Janet Dolan. Also celebrating a birthday on that day, lovely Lydia Cort, Alex Kathryn Reeh, and Maryanne Asselin. It was on August 3, 1492, Christopher Columbus left Spain, on his first voyage of discovery.

Our August 4th birthdays kids: The radiant Brenda D'Orazio-Cook, Ellen Wilson, Mariah DeBerardinis, Steve Landry, Perry Barrasso, Bob Kershaw and Queen Elizabeth, the Queen Mother.

August 5: Melissa Ostler, Sue Jarmulowicz, Raemary Ferguson, Estelle Goodell, Chad Doucette, Jim Logan, Lindsay MacDonald and Neil Armstrong, US astronaut.

August 6: The radiant Deirdre Przybycien, the sweet and lovely Rosalie Elias, Marianne Moore, George Eaton, Jr., Stephen Opacki and actor, Robert Mitchum.

The August 7 birthday kids: The gracious Patricia Magner, Bill White, Ron Petrucci, Amanda Ward, Jonathan Robeson, Dick O'Connor and lovely Penny Petrucci.

August 8: Educator and inspirer, Father Terence Curley, lovely Marcia Gaudet, Anita Kumari, Jill Capobianco, Janet Jokela, Susan Moleti, Claire Crane, Marcy Furlong, Colleen McElligot, John Falat, nice guy Gerry Titus, Cassie Priftakis and singer Connie Stevens. And celebrating a birthday on August 9 is the personable Margaret Piccola of Harmony Court.

August 10 birthdays: Julie Johnson, Lisa Pittella, Diane Driscoll, Marybeth Mahoney, Chris Ryder, Aimee Sheppard, Dick Peters and singer, Eddie Fisher.

August 11: Maureen Viviano, Carolyn Dolan, Kim St.Ives, Kathy Mellen, Tracy Simpson, Karen Jones, Anne Arnold, the charitable Dick Adamo, Alan McSweeney and actress, Arlene Dahl.

August 12: Martena Fallon, Dr. Nancy Lee Cantelmo, Larry Heidebrecht and director Cecil B. De Mille.

August 13: Today is Fidel Castro's birthday and Anna Funicella, Barbara Mellen, Karl Allen and the creative Mario Spinucci, Jr.

August 14 birthday babies: Mary Sherber, Carl Easton and on this day in 1945, Japan accepted Allied terms of surrender, ending World War II.

August 15: Personable Wendy Munro, Anita Kumari, Liana Bryanos, Mary Opacki, Esther Johnson, Julie Silva, Patricia Demit, Max Kasper, Dean Palumbo, Paul Laubner and Princess Anne.

August 16: Sylvia Hickey, Susan Dolhun, Elana Anderson, Dan Locke, Marty Lucantonio, Jimmy Clark and Madonna (Cicccone), rock singer.

August 17 birthdays: The gracious Ginny Livingston, charming Cheryl Kostel, Martha Lederer, David Brahm, John Kennedy, Johnny Connolly, Jr., actors Robert DeNiro and Sean Penn.

August 18: Fran DeCastro, Niyom Lue, Lee Regnante, Carol Leesha, Claudia Mannix, Stevie McCoy, Gregory Haywood, big Mike Rauworth, actors Robert Redford and Patrick Swayze.

August 19 birthdays: Lisa Croft, Lori Tucker, Diane O'Connor, Mary Frances Rowe, Pete Devens, Val Chepeleff, Emily and Erika Crawford, and horny Bill Clinton, 42nd US president.

August 20: Captivating Bonnie Blydell, the wondrous Harriet Steeves, Mike Billias, Fred Murphy, good guy, Rick Scourtas and Jack Teagarden, jazz trombonist.

August 21: the alluring Donna Morrison, sweet Sue Branga, Bob Savage, Mike Connor, Ken Koehler and Princess Margaret.

August 22 birthday cake eaters: Lovely Teresa McGinn-Bois, Mary Donovan, Susan Morley, Benda Conley, Allen Herman, the patriotic Ernie Messina and Norman Schwarzkopf, US general.

August 23: Paula Taylor, Dorothy Ryckman, Tony DeDominicis, the handsome young-at-heart Tom Costin and Gene Kelly, dancer and singer. Also on this date screen actor Rudolph Valentino stated, "I suppose they like me because I bring romance into their lives for a few moments." For the record, Valentino was a "gay caballero."

The August 24 birthday kids: Peggy Bolthrunis, the brilliant professor, Maureen Lynch, Dr. Roger Pasinski and one of my favorite writers, Max Beerbohm.

August 25: Joe Casey, Mike Devereaux, Johnny Connor, sweet Sarah Elizabeth

(Continued on next page.)

Birthdays (continued)

Cook, Brendan Mahoney and actor Sean Connery.

August 26 birthday-cake eaters: Nicole Alessi, Dr. Patricia Walsh, Karen Hansell, dearest Pam Motley and Macaulay Culkin, child actor.

August 27: Lovely Cecile Rouleau, Elizabeth Peterson, Sandra Walker, Vitaly Shub and Lyndon B. Johnson, 36th US President.

August 28 birthday kids: The brilliant Sheila Goode-Hambleton, Bob Price, Paul Morse, John Casey, Rebecca Pillsbury and Donald O'Connor, actor, singer, and dancer. Also, on August 28th, Martin Luther King delivered his famous "I have a dream" speech, in Washington, DC.

Our August 29 birthdays: Lovely Helen Cort, Valerie Corcoran, vivacious Ruth Brownell, Ginny Meuse, Erin Meagher, Kathy Lundberg, Dave Aldrich and Steve Benson,

August 30 birthday gift openers: Handsome John Lombard, Carlos Colon, Marlon Gillard, Maura Gual, educator David Hunt and Mary Wollstonecraft Shelley, English writer, who created Frankenstein.

August 31st birthdays: Stephen Viviano, Janet Benkert, Jonathon Pelley, Derek Taylor, Mark Nocera and our swinging Town Moderator, Dave Conlin, husband of the personable and captivating Molly.

An Update of Nahant's Millionaires!

Last count, we have 122 millionaires in Nahant. And we do have a billionaire, who owns property here in Nahant. So, where do the millionaires live? They reside on Swallow Cave Road, Nahant Road, Vernon Street, Maolis Road, Pleasant Street, Spouting Horn Road, Winter Street, Cliff Street, Willow Road, Howe Road, Cary Street, Summer Street, Rosemary Road, Greystone Road, Bass Point Road, Southwick Avenue, Little Nahant Road, Prospect Street, Phillips Road and Nectar Place.

We also have in Nahant 92 affluent multi-millionaires! The individual, who owns the highest-assessed home in Nahant, is Lowell Gray. His property on Swallow Cave Road is valued at \$4,162,500 million!

The electrifying Ed Poulin, of Irving Way, "Many a woman doesn't care whether the man she dates is rich or poor-as long as he is a millionaire."

Ed's sweet wife, Gayle, a native of New Orleans, says, "A millionaire is a man with the most relatives."

The alluring Sheila Hambleton, Nahant's Assistant Town Assessor, says, "Some men don't marry until they find the one girl in a million; others won't until they find the one girl with a million."

Nahant! Strictly For The Dogs!

On average, dogs bite 4.7 million people every year, with 800,000 seeking medical attention. According to the Insurance Information Institute, dog bites accounted for about 25 percent of all homeowners' insurance liability claims in 2003, with total costs of almost \$322 million. Even when dog owners have liability insurance, they may face financial losses from lawsuits, unpaid claims as the result of being underinsured, higher premiums, or cancellation of their homeowner insurance. One tip: spay or neuter your dog. Sterilized dogs are less likely to bite and it decreases the number of unwanted dogs. And remember, keep your dog out of the path of strangers. Most important, post warning signs on your property, if you have any reason to believe your dog might injure someone.

Nahant is the home of 280 licensed dogs, 15 males, 8 females, 119 neutered males, 130 spayed females, 8 kennels. The licensed dogs produce an income of \$5,675.00 for the town.

Cal Hastings, says, "It's hard to believe, but some people claim their dogs are almost human—and they mean it as a compliment!"

Cal's wife, Marrit, thinks it's wonderful how dogs can win friends and influence people, without even reading a book.

Peter E. Przbycien, says, "A dog is the only thing on earth that loves you more than he loves himself."

Bob Steeves, says, "A dog's bark may be worse than his bite, but everyone prefers his bark."

ART ATTACK IN NAHANT! ART-OF-MY MIND!

Absolutely free! Original paintings created by yours truly. I have over 150 paintings that I created over the years and it's time for me to part with them. I will be making available the paintings, Saturday, August 12 at 10 A.M. here at 43 Pleasant St. So come and fetch one or more of "art-of-my-mind."



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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.

Nahant Preservation Trust Launches Web Site

All About The Nahant Preservation Trust!

The Nahant Preservation Trust is an all-volunteer, not-for-profit charitable corporation whose mission is to preserve our open spaces, historically significant properties, and our conservation lands for public and community benefit.

We are currently working with the Town of Nahant to fulfill its mission to complete the restoration of the Nahant Life Saving Station and to provide our citizens with a recreational and educational facility everyone can enjoy.

We are also working with other groups such as the Nahant Open Space Committee to develop walking paths around Nahant and are directly participating in the Heritage Landscape Program.

Of course, we are most proud of the restoration of the former Valley Road School, now the Nahant Community Center. The Community Center's contribution to the Town is evident having become an active, central point for many Town activities including the arts, dance, civic and private functions, scout meetings and much more. Many Nahant based businesses now occupy the building along with our signature tenant, the Nahant Historical Society. The Community Center is also home to Nahant's Council On Aging group who offer many activities and events year round for our senior citizens here in Nahant.

The Nahant Life Saving Station Update

Many people have asked the Preservation Trust about the availability of the NLSS for private and civic events. Daily rental of the grounds is available this Summer while we work on plans for the continued restoration work of the NLSS buildings and garage. If you are interested in renting the grounds at the Nahant Life Saving Station this Summer, here is some helpful information.

Rental of the grounds is available anytime from 10 a.m. to 6 p.m. You are welcome to bring tents, cooking facilities or a caterer onto the grounds. Onsite parking is available for up to 40 cars. Unfortunately at this time, there is no electrical power or running water available as part of any rental. Bathroom facilities are provided by the public portable toilet located on the grounds.

The fee for a rental is currently \$100.00 per hour with a 4 hour minimum. All renters are also required to pay for the cost of a Nahant Police detail during the time of their event. Of course, access to the beach is available but all the usual Town rules apply such as no food, drinks, tents or other facilities being allowed on the beach. Admission may not be charged for your event and you would be responsible for the conduct of your guests.



If you have something you would like to share on this page, please contact the author:

Summer In Nahant
c/o Bumper Gooding
PO Box 5, Nahant, MA 01908
Or email: summerkimball@aol.com

For more specific information and the rental application form please visit our website at www.nahantpreservationtrust.org or you can email us at events@nahantpreservationtrust.org. You are also welcome to call us for more information at 781-598-4162.

Fundraising Events!

Our efforts to raise money for the restoration of the Nahant Life Saving Station and other projects continue. These efforts include seeking available grant opportunities, cultivating private gifts and bequests and holding fundraising events. Here are a few fun upcoming events we hope you put on your calendar:

Nahant 30K Road Race...Half Marathon!

Hosted by the North Shore Striders, Tides Restaurant and the Nahant Preservation Trust, this spectacular seaside running event will directly support the Nahant Life Saving Station restoration.

Date: Saturday, September 16th, 2006

Start: Tides Restaurant & Pub

Info: Entry Fee: \$20. All the information and application forms are available on the North Shore Striders website: <http://www.northshorestriders.com/Nahant30K/index.html>.

Nahant "Sea to Shining Sea Road Race"!

Hosted by the Nahant Preservation Trust, this favorite Nahant Fall running event will also directly support the Nahant Life Saving Station restoration.

Date: Sunday, October 22nd, 2006

Start: Nahant Life Saving Station

Info: Entry Fee: \$20. All the information and application forms will be available soon on the Preservation Trust website.

Your participation and support of these will help us continue all our preservation work here in Nahant.

Join The Nahant Preservation Trust!

There are lots of ways to support and participate in the Nahant Preservation Trust. We encourage you to explore our new website (pardon our appearance during construction) where you can join the Trust or renew your membership. You can also learn about our Commemorative Brick Program at the Nahant Community Center. The Commemorative Brick Program continues to be a favorite of current and former residents who want to remember someone special in their family. Over a dozen new bricks are scheduled for installation this month.

On the new website you will also find out about volunteer opportunities, learn how your gift or bequest will help preserve our most treasured assets and more.

Being a Nahant Preservation Trust member has many advantages and helps support our all our projects. Visit our Membership page to see how easy it is to join with fellow residents and friends of Nahant. If you would prefer to contact us by phone or mail, please use the information below, we are always happy to hear from you!

Nahant Preservation Trust, PO Box 30, Nahant, Ma 01908

<http://www.nahantpreservationtrust.org>,

Membership Info: 781-596-1767.

Nahant Community Center and Life Saving Station Events and Other Information: 781-598-4162

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Life-Saving Station*

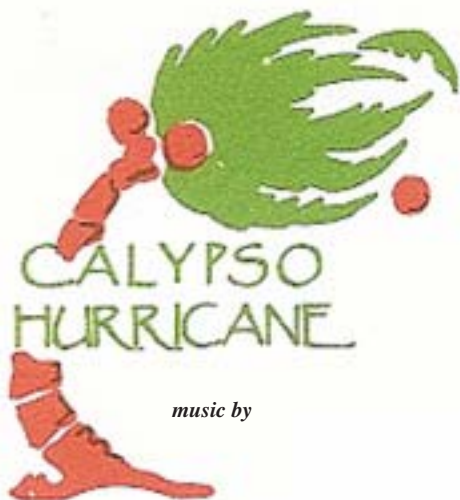
**Saturday, August 12th
6:30 to 11:00 PM**



**50 Tables of 10 available by reservation.
\$650 per table • Single tickets \$75 each
Price of ticket includes donation, dinner, dancing,
appetizers and dessert.**

**For Tix: Call
Bumper @ 978-979-3049
Roger @ 781-706-8128**

**Online: www.nahantpreservationtrust.org
and click on events.**



Come dance by the tiki lights all night long on the shore of Short Beach, to non-stop Calypso and Reggae music. Come celebrate a "Summer in Nahant" to the distinctive rhythm of island music, by the world-renowned *Calypso Hurricane*, a six-piece steel drum band from Boston, who will get you off your feet!

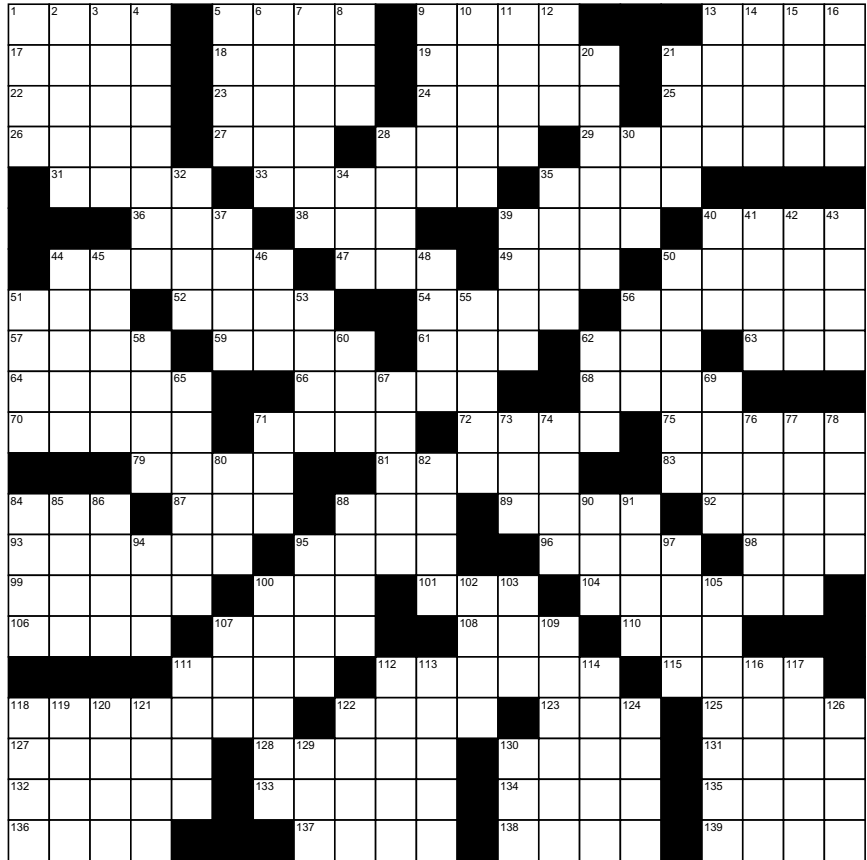
This fundraiser is to benefit the Nahant Preservation Trust and its efforts to restore the Nahant Life-Saving Station. Please make checks payable to the Nahant Preservation Trust.

NAHANT PUZZLE PAGE

Hot! Hot! Hot! by Rick Kennedy

ACROSS

- 1 Eat
- 5 Aged
- 9 Recedes
- 13 Computer game
- 17 ___ code
- 18 Greek god of war
- 19 Unit
- 21 ___ Matisse
- 22 Exclamation
- 23 Slangy negative
- 24 Eastern religion
- 25 Dined
- 26 Wicked brews?
- 27 Nat'l income and output
- 28 Ilk
- 29 *With 30D, hot ride*
- 31 Warner ___
- 33 Lure
- 35 Radar image
- 36 Crown Vic.
- 38 *Hot car*
- 39 60's musical
- 40 Russian ruler
- 44 On the ship
- 47 ___ feeling
- 49 And so forth
- 50 *Hot condiment*
- 51 *Hot hair treatment*
- 52 *Hot cross* ___
- 54 Beehive state
- 56 *Hot month*
- 57 Weight unit
- 59 Often held at the deli?



- 61 *Hot color*
- 62 Dutch or American
- 63 Compass point
- 64 Adjust
- 66 Sri ___
- 68 *Hot ___ in the old town...*
- 70 Swelling
- 71 *Hot web destination*
- 72 Hoax
- 75 Worship
- 79 Elide
- 81 The Duke
- 83 Spokes
- 84 Accountant
- 87 Fortify
- 88 T. ___
- 89 Profanity
- 92 Weasel relative
- 93 *Too hot to* ___
- 95 Corridor
- 96 Small duck
- 98 Stretch to make do

- 99 Undo shoes
- 100 IX - VI
- 101 ___ tide
- 104 ___ curiae
- 106 Sports event
- 107 Alert
- 108 Period
- 110 Welkin
- 111 "___ *Like It Hot*"
- 112 1984 Tom Hanks movie
- 115 Austin novel
- 118 Ecological chain (2 wds.)
- 122 *Hot location*
- 123 *Our hot sun*
- 125 Resist
- 127 Large Asian nation
- 128 Attendant
- 130 *Hot tropical island*
- 131 After awhile
- 132 Disdain
- 133 *Tabasco hot* ___
- 134 Ascent

- 135 *Hot number?*
- 136 Roll call response
- 137 Anxiety disorder
- 138 Rosebud, e.g.
- 139 Prudent

DOWN

- 1 Nil
- 2 Toothbrush brand
- 3 West African language
- 4 Leia's pursuer (2 wds.)
- 5 Pealed
- 6 *Hot presses*
- 7 *Hot chile*
- 8 Compass pt.
- 9 Work ___
- 10 Pickle juice
- 11 Attach
- 12 Sword
- 13 *Hot transaction*
- 14 Upon

- 15 Sandwich cookie
- 16 St. Paul state
- 20 General ___
- 21 Aid
- 28 Antelope
- 30 *See 29 Across*
- 32 Attempt
- 34 *Hot Fenway treat*
- 35 *Hot soak*
- 37 Barrel
- 39 *Hot-tempered one*
- 40 Children's game
- 41 Swerve
- 42 Org.
- 43 Judge
- 44 Made public
- 45 Nonchalant
- 46 Cell stuff
- 48 Turkish denizen
- 50 *Hot season*
- 51 Giant
- 53 Former Guinea currency
- 55 Watery

- 56 "The Greatest"
- 58 Note
- 60 Grain
- 62 *Hot time in Paris*
- 65 *Hot Mexican dish*
- 67 Stairway post
- 69 Test
- 71 Short-term memory
- 73 Card game
- 74 *Hot location*
- 76 Adios
- 77 *Hot navigation*
- 78 Small fry
- 80 Anger
- 82 Shaft
- 84 Friend
- 85 Window part
- 86 Stake
- 88 Drizzle
- 90 *Hot beverage*
- 91 Christmas meats
- 94 Morse code dot
- 95 Lease
- 97 Love

- 100 Verse meter
- 102 Hit
- 103 Undergarment
- 105 Band instruments
- 107 Unhappiness
- 109 Attack violently
- 111 Cob
- 112 Glasses
- 113 Read over
- 114 *Hot ___ flowers*
- 116 Craze
- 117 With
- 118 Angle
- 119 Storybook starter
- 120 Aroma
- 121 Desperate
- 122 Zip
- 124 Fibbed
- 126 Leg joint
- 129 Exhaust
- 130 Mr.'s wife

Thank you to Harbor Review Subscribers

Thank you for all the cards and letters of encouragement that you sent in with your subscriptions. Many "Thanks!" are extended to these voluntary subscribers who sent in their \$15 subscription between June 16th and July 15th: Diane & Pat O'Connor, Janet & Bob Forman, Ellen Foley, Judith Shea, Phil & Trudy Joyce, Jen & Alex Bates, Patricia Demit, Paul Demit Family, Demit-Rusin Family

Thank you all very much.

Egg Toss & Horribles Parade Winners

Egg Toss: Stephen Scaglione and Drew Mourad; Ashuwan Rumar and Tyler Scaglione; Jeff Matthews and Michael Upton; Stacia Beaulieu and Kelley Gillis.

Horribles Parade: Colin Mellen; Arthur Kautz; Julia Kautz; Caroline Munnely; Eric Moleti; Chris Moleti; Owen Nugent; Drew Howard; Ava Howard; Julia Howard; Kaitlyn Cox; Matthew Cox; Nathan & Braydon Howard; Hob, Matthew & Michael DeMayo; Laura Long & Courtenay Quinn; Torin Anderson; Benjamin Quigley; Mary Przybicien; David Przybicien; Adam Hatfield, Nicholas Riser, Alexander Shub; Elle Cronin; Katharine Cronin; Will Cronin; Colin Gleason; Evan Gleason; Jacqueline & Thomas Frisoli, Jackie & Owen Maguire, Maddie & Luke Curtis, Lauren Arena; Kristian & Harrison Hosker; Colin & Sean Osbahr; Michaela Maher; Liam Foss; Olivia Foss, Sophie DiGrande; Belle, Elizabeth Quinn; Anne Quinn; Casey Walton & Emma Eagan; Adam, Ryan, Jonathan & Elizabeth Doucette; Michelle Shub; Meaghan O'Brien; Michael O'Brien; Madelyn & Grace Hudson; Elizabeth & Meagan Casey, Sarah Denison; Ella Hall; Maggie DiGrande; Grace DiGrande; Olivia Fulghum; Mariel Fulghum; Will Hayes; Skye Bascon; Isiah Bascon; Xavier Bascon; Marissa Waite, Emma DiDominicis; Gregory Keane; Olivia Riser; Nicholas Riser; Kiara & Molly Cronin; Darragh Cronin; and Mia Schena.

JUNE 2006 PUZZLE WINNERS

The winner of last month's puzzle was Ralph Canali. Ralph wins a free breakfast for two at Seaside Breakfast. See Chris to claim your prize! You, too, can win a free breakfast. It is easy to enter and win a 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.

TRUE COLORS by Rick Kennedy

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

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for SEPTEMBER 2006

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

TUESDAY, AUGUST 15th • 5:00 P.M.

Mail Date: Wednesday, AUGUST 30TH

STAFF

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

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

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

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

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **fax**, (781) 581-0158, or **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop-off box** at the **Equitable Cooperative Bank** on Nahant Road.

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

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

Help support Nahant's ONLY community newspaper. Become a voluntary subscriber today! Send \$15 per subscription with mailing address to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908. Thank you.

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Results of 4th of July Road Races

Richard Lombard, Chairman of the 4th of July Committee would like to extend grateful thanks to Police, Fire, Department of Public Works, Town Manager and the Selectmen Office Personnel, as well as the 4th of July Committee members: Bob Cormier, Ken Taylor, Tom Mazzaferro, John Lombard, Amy Tsokanis, Nancy Locke, Deb Cashman, Rita Tsokanis, Erin Denison, Jessica Cashman, Janelle Mazzaferro, Jean Mazzaferro, Roman Linew, Luke Tsokanis, P.J. Tsokanis, Jimmy Cashman and Zach Denison, for a job very well done with this year's Fourth of July Fireworks Display.

DENNIS FORBUSH MEMORIAL ROAD RACE WINNERS: Women, Age 18 and under: 1st: Amelia Antrim; 2nd: Kelly Walton; 3rd: Anna Jackson. Men, Age 18 and under: 1st: Arthur Jackson. Women, Age 19 – 29: 1st: Eliza Gregory; 2nd: Nina Griffin. Women, Ages 30 – 39: 1st: Molly Cohen; 2nd: Lori Nugent; 3rd: Sue Santos. Men, Ages 30 – 39: 1st: Brian Hamill; 2nd: Dan Cooper; 3rd: Jay C. Women, Age 40 – 49: 1st: Ana Martin; 2nd: Carolyn Osbahr; 3rd: Ann Hudson (First Female Runner). Men, Age 40 – 49: 1st: John Martin; 2nd: Nick Pecoraro; 3rd: Dave Clark (First Male Runner). Women, Age 50 – 59: 1st: Trish Aldrich; 2nd: Patty Flaherty; 3rd: Jackie Moll. Men, Age 50 – 59: 1st: Dan Hamill; 2nd: Gary Gagne; 3rd: Kevin Gregory. Women, Age 60 +: 1st: Nancy Wilson; Men, Age 60 +: 1st: Wilbert Jackson; 2nd: Jerry Powers.

RACE WINNERS: 4 years and under: Boys: 1st: Shea Grant; 2nd: Anders Unholtz, Michael Kairevich; 3rd: David Przybycien, Liam Dunfee. Girls: 1st: Lauren Sablone; 2nd: Skye Bascone; 3rd: Julia Howard.

5 – 6 years old: Boys: 1st: Michael Upton; 2nd: Matt Connelly; 3rd: Matthew Pentoney. Girls: 1st: Caroline Munnely; 2nd: Katie Cooke; 3rd: Kiara Cronin. 7 – 8 years old: Boys: 1st: Seth Harold; 2nd: Nathan Ransley; 3rd: Christian Petersen; Girls: 1st: Casey Carmody; 2nd: Olivia Cooke; 3rd: Michelle Connors.

9 – 10 years old: Boys: 1st: Ray Ray Rosa; 2nd: Tom Bell; 3rd: Ryan Desmaris. Girls: 1st: Jen Gaudet; 2nd: Ellen Ransley; 3rd: Allie Boyan. (continued at right)

Ships in the Night

by Rob Scanlan, USSA Master Marine Surveyor

Fifty years ago, the *Andrea Doria* and the *Stockholm*, sleek Trans-Atlantic liners, collided off Nantucket Shoals; about 50 died. The *Stockholm* was severely damaged and the *Andrea Doria* sank. The *Andrea Doria* now lies in 225 feet of water, 50 miles south of Nantucket, Massachusetts. Although the events leading up to the collision are known, both ships' courses and positions were not and because of the circumstances, officials will never know which ship's crew member's statements were the accurate ones.

The *Andrea Doria* was westbound for New York, in thick fog and darkness. She had slowed from her 23 knot cruising speed, to 21 knots, due to the intense fog. The *Stockholm* was eastbound from New York cruising at 19 knots. The ship was not in fog and the crew did not know that fog was ahead.

The two ships spotted each other on radar, over ten miles away and both recognized that they were closing near at head-on, but both anticipated a routine passing.

The *Andrea Doria's* bridge officers thought that they were slightly starboard to starboard and the order was given to steer further to port to increase the starboard passing clearance. The *Stockholm's* bridge officer treated the meet as a head-on one and acted accordingly. He ordered the helmsman to starboard, to in fact, create a safe port to port passing. Both ships, in fact, veered south; closer to one another. The *Andrea Doria* had an advanced radar for her day, but no plotting device and in so close a situation, a plot would have revealed the imminent danger. The *Stockholm's* bridge officer was waiting to sight the other ship's lights, to take the proper action, but realized that the Navlights were obscured by the fog, that only the *Andrea Doria* was in. The two ships sighted each other less than two miles apart, with a combined speed of 40 knots.

The *Andrea Doria's* Captain, Pietro Calamai, made a fatal command and ordered the *Andrea Doria* "all left" at full speed, to try to outrun the fast-approaching *Stockholm*, because it would have taken over three miles to stop. He put the *Andrea Doria* in front of, and broadside to, the *Stockholm*. *Stockholm's* reinforced bow penetrated 30 feet into the *Andrea Doria's* side. After the ships broke free, the *Andrea Doria* heeled over and listed heavily. *Stockholm's* anchor chains dropped from her crushed bow to the ocean floor and kept her in that position. The *Andrea Doria's* officers realized that she was in danger and the first Morse Code calls went out.

The *Andrea Doria's* severe list made it impossible to launch the portside lifeboats and the *Stockholm's* captain would only launch half of her boats, being unsure of his own ship's fate.

Other ships rushed to help. The *Ide De France* raced to the area in less than three hours and positioned herself about a half mile to windward, forming a calm sea condition and the lifeboats ferried between the two ships evacuating 1,500 people to safety. The *Andrea Doria* sank about eleven hours after the first mayday went out.

Andrea Doria was a beautiful ship, with a fatal flaw. It was revealed that she only met 1948 SOLAS stability requirements. To meet those requirements, the *Andrea Doria's* deep tanks had to be filled with seawater, as they were emptied of fuel and fresh water. To save the cost of cleaning the tanks before refilling, the Captain often left them empty as they were then.

Because of this, the *Andrea Doria* had one-third of her required stability, at the time of the collision. She heeled over too much and listed too heavily, so water flooded over the tops of her watertight bulkheads and this flooded one compartment after another.

Perhaps the *Andrea Doria* was doomed anyway, because only two years later, the birth of Trans-Atlantic jet service severely harmed the ocean liners. Many ships, though, ended up as scrap, or as aging hulks, except the QE-2, which was the last of her kind.

11 – 12 years old: Boys: 1st: Stephen Scaglione; 2nd: Dan Trentsch; 3rd: Elisha Cooke. Girls: 1st: Abby Durland; 2nd: Mary Samson; 3rd: Kita Wheeler.

13 – 14 years old: Boys: 1st: Tom Ball 2nd: Frank Barba 3rd: Tim Culloty. Girls: 1st: Emily Kokansy; 2nd: Maggie Osbahr; 3rd: Stacia Bealieu.

15 – 16 years old: Boys: 1st: Zach Linew; 2nd: Lincoln Collins; 3rd: Stephen Scaglione. Girls: 1st: Kellie Walton; 2nd: Jen Cleary; 3rd: Amanda Griffin. 17 + years old: Boys: 1st: Shawn Cummings; 2nd: Jonathan Collins; 3rd: Derrick Christanson. Girls: 1st: Kerri Rowe; 2nd: Lori Nugent; 3rd: Alisia McCabe.

40 + years old: Men: 1st: Tim Bell; 2nd: Paul Moran; 3rd: Pat Cooke. Woman: 1st: Caroline Osbahr; 2nd: Diane Dunfee; 3rd: Ellen Christy.

Community Calendar • AUGUST 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

TUE	1		DEADLINE FOR DOORWAYS & PORCHES ENTRIES
WED	2	6:00P	Shorebird migration at Short Beach. Meet at Life-Saving Station. FMI call Linda 781-581-1114. All welcome!
FRI	4	8:00A	NVC Breakfast w/ Rev. Larry Titus
SAT	5	11:00A	MEET ME DOWNTOWN Art Festival. Lots of fun for everyone! Central Square, Lynn. Till 4:00 p.m.
SUN	6	9:30A	Sunday Worship Service at Nahant Village Church.
THU	10	7:00P	MBT Summer Garden Party at Marian Court
FRI	11	9:00A	Play Group learns music at Refrigerator Art School.
SAT	12	6:30P	Jamaican Me Crazy party on Short Beach.
SUN	13	9:30A	Sunday Worship Service at Nahant Village Church.
SUN	13	2:00P	Diving Boston's North Shore Lecture, Community Ctr
TUE	15	5:00P	DEADLINE FOR SEPTEMBER HARBOR REVIEW
TUE	15	6:00P	Shorebird migration at Short Beach. Meet at Life-Saving Station. FMI call Linda 781-581-1114. All welcome!
WED	16	11:00A	Bates & Tincknell Story & Song at Library
THU	17	5:00P	Third Thursday in Central Square
SAT	19	TBA	Can & Bottle Drive for Sailing Program
SAT	19	3:00P	K of C Council Cookout
SUN	20	9:30A	Sunday Worship Service at Nahant Village Church.
SUN	27	9:30A	Sunday Worship Service at Nahant Village Church.
WED	30	9:30A	Girls Inc. Charity Gof Tournament at Gannon Golf Course in Lynn

SEPTEMBER

SUN	3	7:00P	Mitchell's Cahnah Block Party. Till 11:00 p.m.
FRI	8	TBA	Buck Lombard Memorial Golf Tourney at Kelley Greens
MON	11	8:00A	First Day of School. Johnson School.
FRI	15	5:00P	DEADLINE FOR OCTOBER HARBOR REVIEW

OCTOBER

SUN	8th	10:30A	Soap Box Derby 2006. Little Nahant Road.
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Got a story, poem, or photo you want to share

with your Nahant neighbors and friends? Email you items for publication to donna@nahant.com, or mail to Editor, PO Box 88, Nahant, MA 01908, or save a stamp and drop it in the Harbor Review box, on the Teller's Counter, at the Equitable Bank on Nahant Road. All items must be signed by the contributor. Photos will be returned if accompanied with a self-addressed, stamped envelope.

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.
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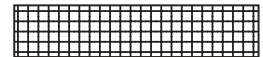
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EMERGENCY MANAGEMENT

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>

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