

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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JULY 2005



Radcliffe Distinguished Service Award Presented to Rebekah Richardson

Nahant citizen, Rebekah Ketchum Richardson, was given a Distinguished Service Award, for her outstanding service and contributions to Radcliffe. The Award was presented by Drew Gilpin Faust, Dean of the Radcliffe Institute for Advanced Study, at Radcliffe Day ceremonies, on June 10th, in Cambridge.

A graduate of Radcliffe College in the days before it was fully merged with Harvard University, Becky celebrated her 50th Radcliffe and Harvard Reunions this year. Becky and her husband, Dr. George Richardson, are longtime residents of Nahant.

An active and enthusiastic volunteer for Radcliffe, Becky was an integral member of the Class Reunion Gift Committee for her 25th, 30th, and 40th reunions and twice served as chairman. As a member of the Radcliffe College Fund, she also chaired the Class of '55 and served as treasurer for the Radcliffe College Alumnae Association Board of Management. She was active in working toward a rewarding 50th class reunion.

During the past fifteen years, Becky's major focus, outside of Radcliffe, has been on social action projects through the Unitarian Universalist Association, where she also serves as Board Vice President of the Massachusetts Bay District of Churches. She lobbies for funding for good education, affordable housing, and other essential services for children and families. Becky is president of the nonprofit educational advocacy program "Promise the Children," whose mission is to improve the lives of children, and those that care for them, enabling them to develop to their fullest capacities.

Nahant: The Painted Shores Historical Society's New Exhibit Opens

The Nahant Historical Society will unveil a new art exhibit, "Nahant: The Painted Shores," during the month of July at the Nahant Community Center, 41 Valley Road, Nahant. The exhibit will feature 56 works of art, from the period 1800-1950, the subject matter of which focuses exclusively on views painted along the Town's shores. Assembled from public and private collections, and featuring some paintings never before viewed by the public, the exhibit is being held to help commemorate the 30th anniversary of the Nahant Historical Society, as well as to make available to the public, these extraordinary works, as one collection.

"Nahant: The Painted Shores," will include the paintings of such notable artists as William Partridge Burpee, Thomas Chambers, John Amory Codman, Clement Drew and John Eric Christian Peterson, to name a few. They also include the works of local artists, including Nahanters Annie E. Johnson and Peter MacLardie. The paintings depict the physical structures of the shore and coastal environment, coupled with human interest; a preoccupation with the effects of light and atmosphere; and a study of the coast, the nature of its waters, and maritime subject matter.

"From primitive to majestic, the collection showcases the many talented painters who captured the diverse vantage points located along the Nahant shores," according to Calantha Sears, Curator, Nahant Historical Society. "Never before shown as one collection, the Nahant Historical Society is pleased that we are able to share this landmark exhibit with the public. It will be like turning back the hands of time, viewing these wonderful works through the eyes of these painters."

The Society is grateful for the wonderful response by the many private individuals, who are supporting this delightful retrospective, by lending their fine art, working volunteer or supplying financial assistance. The Lynn Historical Society and Childs Gallery of Boston have been generous with part of their wonderful collections. We are thankful for the partnership of the Nahant Public Library's Director and Trustees and the membership of the Nahant Preservation Trust. (June 2nd)

The exhibit will be on display in the Nahant Community Center's Serenity Room, at 41 Valley Road, on Wednesdays, Thursdays, Saturdays and Sundays from 1:00 p.m. to 4:00 p.m., commencing on July 9th, 2005, and throughout the month of July. A catalogue of the exhibition will also be available, at a cost of \$25 per copy. The Nahant Public Library will sponsor a special tour of this exhibit on Thursday July 28th, at 2:00 p.m. Advance sign-up is required at the Nahant Public Library, starting Wednesday, June 29th.

For more information, please call Bonnie d'Orlando, Assistant Curator, at (781) 581-2727, or Deborah Vanderslice, Exhibit Chairman, at (781) 599-4006.

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Dennis Forbush Memorial Road Race on July 4th

The 26th Annual Dennis Forbush Memorial Road Race will begin promptly at 8:00 a.m., in front of the Nahant Fire Station, at 67 Flash Road. The main event is a 2.8-mile run, with several age categories in which to compete. There will also be a one-mile race for ages 16 and under. The courses are well-marked and the race is led with a police escort.

The race is sponsored by the Town and all are welcome. Registration begins at 7:30 a.m. Come by and join in the fun!

Nahant Legion to Sponsor Flag Retirement Ceremony

The Nahant American Legion, in conjunction with the Nahant Veterans Association, is sponsoring a flag-retirement ceremony, as part of the 4th of July activities. What is a flag-retirement ceremony? It is a brief ceremony that will allow you to dispose of your worn and tattered American flags, with the honor and respect they deserve.

If you are in possession of a flag that needs to be retired, it can be dropped off at the Legion Hall, located at 5 Coolidge Road in Nahant, or brought to the service on the 4th. The time and location of the ceremony will be posted in the local papers, in the week leading up to the 4th.

One-Pitch Helps Local Family

by Carol Hanson

The eighth annual One-Pitch softball tournament will be held on Saturday, July 2nd, from 9:00 a.m. to 4:00 p.m., at the Flash Road field, next to the Fire Station. This family-oriented event is open to all softball players and teams. Call ahead to reserve a spot for yourself, or your team. You can also just show up the day of the event and we'll put you on a team. All levels welcome! Proceeds benefit native Nahanter, Gary "Earl" Hanson, who has survived the ravages of Lou Gehrig's Disease, or ALS, against the odds, for many years beyond the life-expectancy given at diagnosis, 11 years ago. Earl, along with his wife, Cindi, and daughter, Mariah, will be at the tournament, enjoying the game and the chance to see many people who come out to support them in their brave journey to lead as normal a life as possible, given the tremendous hurdles this disease presents to them.

There will be food, raffles and entertainment. Many local businesses and individuals sponsor the event, by donating for the sponsor board, on which names and sentiments are painted. The board is on display, for a few weeks, at the men's softball field at Lowland's on Nahant Road. These donations, along with the proceeds from the raffles, players fees, T-shirt and other novelty sales, help offset the cost of running the event.

The raffle list this year is long, and getting longer each day! The first prize is a set of four dugout seats, to see the World Series-winning Boston Red Sox! There will be more Red Sox tickets, signed sports memorabilia, cash and a variety of gift baskets, art work and photography and many more items, with more than one chance to win per ticket!

This event, sponsored by the Friends of Earl, is a truly heartwarming event. It brings the community together, to help one of their own, at a time when the rest of the world seems to be in such turmoil. Young or old, new resident or lifer, it doesn't matter. Please come down and support this good cause, this good family.

We need volunteers to help out on the day of the event with activities, as well as players and sponsors. Call 781-581-1271, if you can help. A huge thanks to the many people who have already offered to help by donating raffle items, or selling raffle tickets. Do you have your "I'm a Friend of Earl" bumper sticker yet?

14th Annual Nahant Victorian Day Ball

submitted by Vintage Victorian

By now, most people understand that Nahant was a fashionable summer resort community, during the 19th Century. The high society of Boston came to Nahant to relax and enjoy the cool ocean breezes. Evenings were filled with strains of music and the rhythms of dancing, at many of the town's elegant hotels.

Along with the elite, came many artists and writers; two of the most famous being John Singer Sargent and Henry Wadsworth Longfellow, but many more made their way to our beautiful shores. One of these was a composer named John Hill Hewitt (who later was the most well known composer of the southern confederacy). One of Mr. Hewitt's legacies is The Nahant Quadrilles (a figured dance similar to a mellow square dance) and is available through the Library of Congress. Published in 1837, The Nahant Quadrilles notes a dedication to a "Miss Rebecca Willson," and the five figures of the dance are named for five ladies: Rebecca, Estelle, Laura, Georgette, and Sophia.

At this summer's Victorian Day Ball, we plan to teach, and dance, all five figures of The Nahant Quadrilles. In earlier years, we have used portions of The Nahant Quadrilles, but with the help of dance historian, Dr. Patri Jones Pugliese, a full recreation of the dance has been researched. I think it is safe to say this will be the first public presentation of a full version of The Nahant Quadrilles, in over a century. Other Nahant music being performed will include The Nahant March, The Nahant Waltz, The Nahant Polka and Colonel Lowell's Quickstep.

The annual Nahant Victorian Day Ball was started 14 years ago, in appreciation of Nahant's history of culture in the greater Boston area. Through the help of the Nahant Historical Society, we have been able to research the music of Nahant's heyday. Each year we have tried to improve on the prior year's events, while making the Ball accessible to everyone—there is even a great view of the ballroom from the balcony, if you don't want to dance! Everyone is welcome to watch and experience a glimpse of Nahant's past. For those unsure of their dancing skills, a free dance workshop will be held that afternoon, from 3:00 to 5:00 p.m. The Ball will be held on Saturday, July 16th, at the Nahant Town Hall, from 7:30 to 11:00 p.m. For complete details on the event, please visit www.vintagevictorian.com.

Proceeds from the Ball will benefit the Nahant Historical Society. This past year, the Society has been working on the production of a CD, containing Nahant-related music from the 19th Century, including The Nahant Quadrilles in addition to many other pieces. We hope you'll look for it, when it becomes available later this year.

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Let's Go Places at the Nahant Public Library

by Daniel A. deStefano

"Going Places" is the theme of this summer's reading program, which will open Wednesday, June 29th. Sign-up sheets for future programs will be available in the Children's Room. Our first program will be "World of Owls," presented by Jim Parks, of Wingmasters, from Wilmington and Springfield. Jim will bring live owls with him to Town Hall, at 2:00 p.m. Don't miss this one!

Mad Science Week will be held Monday through Friday, July 18-22, at 10:30 a.m., in the Reading Room. These hands-on science demonstrations are intended for children who will start Grades 3 through 6 next year. Each class lasts an hour. Mad Science limits space to 30 participants. Very popular, Mad Science fills each year, so remember to sign-up in the Children's Room.

The Schur Family Trio will bring Europe to us, via the route of song, at 8:00 p.m., on Wednesday, July 20th, at the Town Hall. Come and be serenaded by a family troupe that has toured most of Europe many times, now showing their talent to us! This is a program for all ages, both familiar and exotic at the same time.

Travel to Nahant's past when we visit "Nahant: Painted Shore," at the Nahant Community Center, at 2:00 p.m., Thursday, July 28th. Through the time machine of paint on canvas, see views of our island, created between the years 1800 and 1950, by masters and amateurs. Collected to celebrate the 30th anniversary of the founding of the Nahant Historical Society, these paintings have never been shown together, and most have not been seen in public for many years. This exhibit will only be open during the month of July, so time is limited. Don't miss this historic show!

Davis Bates and Roger Tincknell, with songs and stories for children of all ages, will entertain and enlighten us on Wednesday, August 17th, at the Library, to close our Summer Reading 2005 series. Look for more information about this program later this summer.

Our reading logs this year will feature famous places in the U.S. and around the world. Each picture represents 15 minutes of reading time. Coloring, or circling, four pictures indicates that a child spent one-hour reading, or being read to. Each hour of reading entitles a child to an entry into a weekly raffle for books and other prizes. A winner will be drawn every Tuesday, beginning July 12th, and ending August 16th.

All of these programs are free and brought to you by the Friends of the Nahant Public Library.

Seafarer's Friends Subject of July Breakfast

submitted by Cal Hastings

At the July 8th breakfast, the Nahant Village Church Men's Group will hear a presentation about the Seafarer's Friends, an organization that welcomes seafarers from all over the world, into our communities and works to make the seafaring life less stressful and lonely, through a variety of programs.

The presentation will be given by Rev. Bill Fleming, Boston Port Chaplain and Mission Director, for Boston Seafarer Friend. All are welcome; please bring a friend to breakfast which is served at 7:00 a.m. To ensure an adequate food supply, please RSVP to Cal or Marrit Hastings at 781-581-5691, or calhast@hotmail.com.

SeaFarers Need Help to Combat Loneliness

submitted by Teri Motley

The Seafarer's Friend, a waterfront mission to merchant seafarers, needs the help of the Nahant community.

The SeaFarer's Friend visits the crews of tankers, container ships, scrap metal ships and ships carrying bulk cargo, such as salt and gypsum. The crewmen are often at sea for weeks and only allowed off the ships, if at all, for very short periods in Boston. Boredom is one of the problems the crew faces, so the SeaFarer's Friend's chaplains and ship visitors go to the ships, carrying newspapers, magazines and puzzles, as well as devotional items. If crewmen can come ashore, they use the SeaFarer's Friend's lending library of videos.

If you have recent magazines of general interest (Sports illustrated, Time, Newsweek, etc.), or movies in video format, or men's work clothes, (summer or winter) in GOOD condition, please consider donating them to the SeaFarer's Friend. Any written materials in Ukrainian, Croatian, Tagalog, or Hindi would be especially welcome.

Bring donations to Teri Motley, 6 Cary Street, Nahant. Put them on the back porch with a note indicating that they are for the SeaFarer's Friend, and I will be sure they get to the right place. Call Teri (781) 581-0109, if you have any further questions about SeaFarer's Friend, and its work.

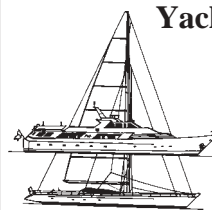
Where Are They Now?

Three summer ago, Jack Delany and John Moore formed the Nahant Golf Company, in hope to lease the Kelly Greens Golf Course. After being deemed not qualified, they resumed their careers. Currently, Jack Delaney is General Manager of a twenty-million-dollar, military golf resort in Seaul, Korea. Jack was initially hired as Head Golf Professional and was quickly promoted to General Manager, for his expertise in personnel management and food and beverage. He is currently in the third year of the contract and spends his free time with his wife, Jessica and their 2 kids, Lahalla and Angus.

John left his sales career with hopes of opening up his own restaurant. He attended culinary school and worked in the kitchen for two restaurants, for one year, to learn how a commercial kitchen operates. In August of 2004, he opened up The Navy Yard Bistro and Wine Bar. It's the ultimate neighborhood restaurant, with a seasonally changing menu, casual atmosphere and moderately priced bistro fare. John doesn't have much time for golf anymore and misses his Thursday nights in the "All Madden League," but is very happy with his new and rewarding career. He's looking forward to spending his free time with his nephews, Ryan and Matthew, at Short Beach this summer. (For more info, see ad on page 5.)

Rob Scanlan, CMS/MMS/ACMS

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Nahant Greenlawn Cemetery

In an effort to reinforce the rules and regulations of the Greenlawn Cemetery, we ask all lot owners, caretakers and visitors to take a moment and read the rules and regulations posted on the sign, located on the main drive. These rules and regulations have been adopted to protect the rights of all lot owners and to enable the cemetery staff to effectively and efficiently maintain the grounds.

It is the desire of the Town to make the Greenlawn Cemetery a quiet, beautiful resting place for the dead, where a sense of repose will be obtained, by maintaining dignified and unified grounds. Preserving these effects will require the cooperation of every lot owner, caretaker and visitor. Anything that would mar the general beauty and harmony of the cemetery must be avoided. Peace and good order must prevail, and the sacredness of the place must be maintained at all times. It is to this end, that these rules and regulations have been created.

Effective July 1, 2005, cemetery staff will strictly enforce the rules and regulations listed below. Any item or material placed on a grave lot, or within the cemetery, that is in violation of these rules, will be removed and placed in temporary storage (until November 15th) in back of the Chapel. Please help us in our effort to maintain our beautiful cemetery, in a manner that will benefit all. If anyone has any questions, please call the Town Hall at (781) 581-9927 during regular business hours.

Rules and Regulations

* Potted plants, or baskets of flowering plants, not on stands, are permitted at Easter, Memorial Day, Mother's Day, and Father's Day and for a period of ten (10) days thereafter.

* Footed flower containers are permitted from May 15 thru November 15. Un-sightly containers, or containers with decaying flowers, will be removed. Containers must be light enough to be removed by one man, and heavy enough not to be easily blown over.

* Flags and markers for veteran's graves are permitted from May 15 thru November 15 and may be removed, and or replaced, if they become unsightly.

* Flowers that become unsightly will be removed immediately, at the discretion of the grounds keeper.

* Artificial flowers, glassware containers, decorations, or eternal lights, or other permanent structures, such as, benches and chairs, are not permitted, and will be removed.

* Permanent flowerbeds are permitted in the area of the cemetery where there are headstone monuments, but are not permitted in the area of the cemetery where there are flat grave markers.

Saengerfest Men's Chorus to Sing at Red Sox Game

The 75-voice Saengerfest Men's Chorus, based in Weston, will be singing the national anthems of the United States and Canada, at the Saturday, July 2nd Red Sox vs. the Toronto Blue Jays game, at Fenway Park. Chorus members hail from 43 Greater Boston suburbs, New Hampshire and Rhode Island. Nahant residents who are Saengerfest members are: Herb Motley and Cal Hastings.

Currently in its 14th season, the Chorus performs benefit concerns for New England charities and sings regularly, in England, in the 1,000-voice International Festival of Male Choruses.

The Chorus' next local concert is Saturday, September 17th, at 2:00 p.m., at The Heritage Plantation Museum, Sandwich, Cape Cod. The traditional, but wide-ranging, repertoire includes folk songs, love songs, spirituals and sacred music; as well as traditional English and Welsh songs and anthems, classical excerpts and an occasional show tune.

Nahanters Thoughts About Summer

The electricifying Ed Poulin, of Irving Way, says, "Summer is a season divided into three parts: anticipation, vacation, recuperation."

Ed's sweet wife, Gayle, a native of New Orleans, claims summer is the time of year when children slam the doors they left open all winter.

The gracious, intellectual, former fashion model, Sheila Hambleton, Nahant's Assistant Town Assessor, says, "Nature is perverse: when we need heat most, she gives us winter; and when we need cold most, she gives us summer."

The charming "Miss Tiffany," Marguerite Haig-Rizzo, reminds us, a sun bath is the only bath that requires neither soap nor water. — submitted by Ray Barron

The Right Boat

by Rob Scanlan, Marine Surveyor

If boating will be a family activity, members of the family should be involved in choosing the boat. Will it be a fishing boat most of the time? A water-ski tow machine? The basic picnic-cruise boat? Determine what it is the family wants the boat to do, then go find the model to fit those needs. Most boats are multifaceted—they can be fishing boats in the morning and ski boats in the afternoon.

Make notes of the family's "must haves" and "can do withouts." Determine your monthly budget for boat ownership and try to stick to it. But, don't give up a necessity for a few dollars that will cost you convenience, or usage, later on. Remember, you will often be inviting guests aboard, so plan a little extra room for them and for you.

Many boats are now being pre-packaged, with motor and trailer, as a complete unit. The manufacturers have been careful to outfit such products for the comfort of the average boater...and the attractive prices of these units reflect cost savings passed on to buyers.

Generally, the packaged boat units will offer some power choice, so make sure there is enough push. Don't go overboard, either; too much power can be "fuelish," costly, or simply unsafe.

Remember, the dealer that sells the boat, will be your partner for advice and service. He, or she, should be willing to listen to what you want in a boat, then make several recommendations. When the boat needs scheduled service or repairs, the dealer should be there to stand behind the sale. When shopping for a boat, also shop for the dealer you feel most comfortable with, or one recommended by me.

Finally, don't think you're making a lifelong commitment to a particular boat. It's not a marriage; it's more like an enjoyable relationship. That's because most boat owners trade up, as their skills grow and needs change. All my clients, buying boats or yachts, know that I am no more than a phone call away, to assist them in the right boat.

Let my 36 years of marine experience work for you and your family. Boat Safe and Boat Smart.

Rob Scanlan is an Accredited & Certified Marine Surveyor inspecting and consulting on pleasure boats, power and sail; superyachts and commercial vessels through out New England. Visit web site at: www.mastermarinesurveyor.com

State Rep Steve Walsh Receives 2004 Legislator of the Year Award from Home & Health Care Association of Massachusetts



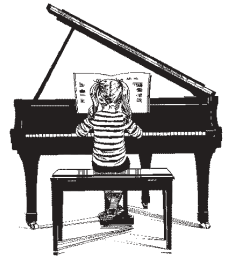
Representative Steven Walsh with All Care VNA CEO Shawn Potter, is presented with the Home & Health Care Association 2004 Legislator of the Year Award.



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Elizabeth Peterson Palmer Scholarship Awarded to Emily Crawford of Nahant



The Awards Committee of the Nahant Village Church is pleased to award this year's Elizabeth Peterson Palmer Scholarship to Emily Crawford, of Nahant. The scholarship is presented annually to a graduating senior, who demonstrates scholarship and service to the church and the community. This scholarship is given in memory of the late, Elizabeth Peterson Palmer, daughter of Edwin and Phyllis Peterson, Jr., 140 Willow Road, Nahant.

Emily Crawford has long been affiliated with the Nahant Village Church, as an Acolyte, Sunday School Teacher, Junior Deacon, and a member of the Confirmation Class of 2000. Emily's Community Service includes volunteering for such organizations as Reach Out and

Read, Toys For Local Children, My Brother's Table and The Boys' and Girl's Club of Greater Lynn.

Emily is a 2005 graduate of Swampscott High School, where she was a member of the International Relations Club, Peace and Human Rights Club, Rotary/Interact Club, Peer Leadership Club and Spanish Club. Emily has been a Lifeguard and Swim Instructor at the YMCA in Marblehead, and taught private swim lessons as well.

We extend our warmest Congratulations to Emily, who will be attending the University of Wisconsin in Madison, in the fall. We wish her well, confident that she will accomplish any goal she sets for herself.

Nahant Woman's Club Scholarships submitted by Polly Bradley

Every year, the Nahant Woman's Club presents a scholarship to a deserving young high school graduate from Nahant, and every year, it requests an update from the scholarship recipient of ten years ago. Here's what our young people are doing.

Rebecca Pillsbury - 2005

Swampscott High School graduate, Rebecca S. Pillsbury, was chosen as the 2005 recipient of the annual \$1,000 Nahant Woman's Club scholarship. Rebecca will attend Saint Michael's College in Colchester, Vermont and has chosen early elementary education as her major.

Rebecca has volunteered in an impressive array of activities. At Girls Inc. of Lynn, she helped elementary schoolchildren with their homework, after school. She was involved with Reach Out and Read, where volunteers go to the Lynn Community Health Center and read to the children in waiting rooms.

At the Bell Elementary School summer program, in Marblehead, she worked with preschool children, including some with mental, or physical disabilities. She views education as the most rewarding way to work with children and to help those in need.

Rebecca was on the High Honor Roll in grade 9 and received Honor Roll Commendation in grades 10 and 11. She was one of nine applicants for the scholarship. As Rebecca noted in her scholarship application, "Growing up in a small community, like Nahant, we tend to see only one side of many issues." She hopes that college will provide her with a broader perspective on the world around her.

Woman's Club President, Marrit Hastings, announced the scholarship award at the Johnson School graduation ceremonies on June 20th and wishes Rebecca all the best, in her higher education pursuits.

Lainey Titus - 1995

Ten years ago, the Nahant Woman's Club 2005 Scholarship was presented to Lainey Titus. Lainey reports that, with the help of the Woman's Club scholarship, she attended Rivier College in Nashua, New Hampshire, where she received a Bachelor's Degree in Communications, with a minor in Spanish.

Following graduation, she worked briefly at Consumer Credit Counseling Services, in Boston, before moving to EF Educational Tours, in Cambridge. At EF, she was an Account Coordinator and was then promoted to Manager of the Individual Traveler Department. These positions gave her the opportunity to travel extensively throughout Europe.

Following the post-9/11 decline of the travel industry, Lainey began working on a number of political campaigns, which led to her current position, at the Massachusetts State House, with Representative Steve Walsh. She is currently Rep. Walsh's legislative director, and she is able to work on many issues affecting the Town of Nahant.

The Nahant Woman's Club is proud of these two fine young women, Rebecca Pillsbury and Lainey Titus. Woman's Club members look forward to hearing about Rebecca's accomplishments in the decade ending in year 2015. Congratulations, success and happiness to both Rebecca and Lainey.

**Got a story, poem, or photo to share with your neighbors?
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Nahant Little League Thanks The DPW

On behalf of the Nahant Little League Board of Directors, I'd like to publicly thank DPW Superintendent Bob Ward and all of his fine staff at the Public Works Department, for their efforts in helping us maintain the Little League fields this year. Thanks in large part to their hard work, the fields held up very well, despite some very inclement weather. We greatly appreciate all that they accomplished on our behalf. Submitted by Joe Marini, President, Nahant Little League.

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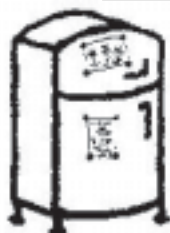
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Baby Seal Rescued off Nahant Beach



The above photo is Animal Control Officer Mike Kairevich (left) who rescued this baby seal on a Nahant beach. Mike is a true asset to our town, with a work ethic that is apparent to all Nahanters. A real bang for the buck!! Submitted by an observant citizen.

Nahant Lions Award Education Grant

The Nahant Lions Club is proud to award an education grant to Erika Crawford. Miss Crawford was one of several graduating students to apply for the grant. The competition for the award is very competitive and all students are deserving. It is truly remarkable to see the scholarship, community activism and talent that these students possess. They are an incredible asset to the Town and their schools. The Lions wish that we could support more students in their journey to advance their education. We are honored to participate with other Town organizations in supporting Nahant's outstanding students.

Miss Crawford will be attending Stanford University in the fall. She is currently interested in pursuing an engineering degree and will no doubt be successful in that effort. She has had an exemplary career in high school and the Nahant Lions will be keeping tabs on her progress. Congratulations to Erika and her family.

In other Lions Club news, the new Board of Directors was sworn in at the June meeting. President Tom Quinn, Jr. passed the gavel to new President, Tim Bell. The club had a very successful year and with the help of the generous Nahant community was able to donate over \$5000.00 to various charities. The bulk of the donations went to eye research.

The Nahant Lions Club appreciates the ongoing support it receives from Nahant residents. Please consider joining and becoming an active member of the club, whose motto is "We Serve."



Mary Mackey of Nahant Graduates

On May 20th, celebrating the thirty-sixth commencement ceremony of Pope John XXIII High School, in Everett, Mr. Thomas P. Arria, Jr., Principal, Mrs. Mary-Anne DiMarco, Vice Principal and Mr. Ray Pavone, Dean of Studetns, presented diplomas to members of the Class of 2005, in a most impressive commencement ceremony in the presence of invited guests, faculty, parents and friends.

Among the graduates was Mary Mackey, who resides in Nahant with her parents: Attorney and Mrs. John Mackey.

Graduates have been accepted to 72 colleges and universities throughout the country. In addition to the scholarships offered by these colleges, there are several scholarships from government agencies, private corporations, civic organizations and clubs.



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Exercise After-Burn

by Sallee Slagle, Director, Dance Dimensions

You may have heard that you continue to burn calories after exercise. There are even claims that one type of exercise gives you the "burn" longer and many claim you will burn fat after your workout. There is little research to support these specific claims though. Research has shown that exercise can increase your calorie burn even after you stop but no one can say if these are fat calories or carbohydrate. To date limited research exists

but findings have revealed different factors that influence "after-burn."

First of all let's define "after-burn" as the amount of calories continuing to be burned after an exercise session or workout period. It is measured by the amount of additional oxygen consumed while in exercise recovery, returning to normal resting, pre-exercise levels. The body can take anywhere from 15 minutes to 48 hours to fully recover. The amount of

calories and the duration of the burn is variable and subject to several factors that have been identified.

In cardiovascular exercise, intensity is the factor that has the greatest effect on after-burn. As intensity during exercise is increased so is the after-burn duration and amount of calories. Lower intensity activities still produced over 3 hours of after-burn while

high intensity produced over 10 hours. If a person is "fit" the body will recover faster. Please note that exercise intensity should be monitored and increased only when you are physically ready. Please consult your physician especially if you have any medical conditions.

Also duration of exercise has an effect on the after-burn. The longer you exercise the more

calories continued to burn for longer duration post-exercise. So aerobic exercise intensity and duration influences the after-burn effect.

Studies also showed that intervals of intense aerobic training such as 15 minutes 2 times produced greater burn than 30 minutes in one session. Also 1 minute high intensity done 20 times in a workout period also showed increased results.

When lifting weights it was found that lifting heavier weights less repetitions produced the greatest afterburn. This is also how you create more muscle which may or may not be desirable. Women who don't want to have "bulky" muscles should stick to lighter weights with more repetitions. Weight lifting or any type of resistance training such as with

tubing/elastic bands, water resistance or even use of body weight and gravity should be a part of every fitness regime. Building muscle or if your older maintaining muscle mass is very important and helps keep metabolism high. It is recommended to do resistance training 2x a week as well as cardiovascular and stretching exercises.

If you exercise regularly you are already wise. This information is to keep you educated as new claims may arise and can be confusing. All exercise includes some recovery time and your body continues to burn additional calories during this recovery period. If your exercise routine is at a plateau try adding greater challenge but always do so gradually at your own pace and fitness level. Be a wise with your exercise.

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Nahant Woman's Club News

Save the Date! Bailey's Hill Gazebo Dedication will be held on Saturday, September 24th with a raindate of the 25th. The entire Town of Nahant is invited to the dedication of the restored Bailey's Hill Gazebo.

Nahant children, 12 or younger, you are invited to enter the Art Exhibit and Contest! The theme is "Things I like to do best in Nahant." Prizes will be awarded for the best work in various categories and age groups. Local Nahant artists will be judges for the contest. After the dedication, award-winning art will be displayed at the Nahant Public Library.

So, kids, use some of these summer days to create your art work and bring it to the Bailey's Hill Gazebo by 8:00 a.m., on the day of the dedication.

The Gazebo restoration is made possible through \$8,000 in funds, raised by the Nahant Woman's Club and a \$10,000 Community Preservation Act grant. Work on the Gazebo is scheduled to begin in July. The dedication will also celebrate the 110th anniversary of the founding of the Nahant Woman's Club. The Club hopes that there will be 110 entries in the Children's Art Exhibit and Contest!

Theater!

The Nahant Woman's Club is sponsoring a trip to see "The Full Monty" at the North Shore Music Theatre in Beverly matinee performance on Wednesday, October 26th, at 2:00 p.m. This heartwarming, upbeat comedy, recommended for mature audiences, is based on the book by Terrence McNally, with music and lyrics by David Yazbek. The show is directed and choreographed by Barry Ivan (Miss Saigon 2001, Chicago 2002). The club has reserved a block of 26 Inner Circle tickets. The discounted group price per ticket is \$31.

Reserve your tickets now, by sending your check to the Nahant Woman's Club, c/o Polly Bradley, 33 Summer Street, Nahant, MA 01908. Tickets can be purchased by anyone who is interested (not limited to members of the Nahant Woman's Club) on a first-come, first-served basis. The Club is exploring group transportation options.

Award Given to Woman's Club

The Nahant Woman's Club has received a citation from the General Federation of Women's Clubs of Massachusetts for "New Horizons in Health," for including an informative presentation on Women's Heart Health in the club's 2004-2005 program. The presentation was given by Cardiologist Paul Kinnunen, of the Lahey Clinic.

Home Exercises to Reduce the Risk of Falls

Reported by Marrit Hastings

Falls are a leading cause of injury and death among older people. Falls are especially dangerous for women, because common bone-loss (osteoporosis) increases the risk for fracture. The risk of falling can be reduced, as attendees learned at a May 6th interactive seminar, given by renowned physical therapist Dr. Patricia Sullivan. Her seminar was based on considerable community research, performed on elderly people in the Boston area. Dr. Sullivan's research has explored why some people fall and why some people age better than others. The seminar given at the May breakfast of the Nahant Village Church Men's Group, was attended by about 30 men and women.

Dr. Sullivan is affiliated with the MGH Institute for Health Professions and North Shore Physical Therapy. She works with the Councils on Aging in Marblehead and Swampscott and has participated in local health fairs. Her consultations, teaching and research on healthy aging and rehabilitation following a stroke or total joint replacement have taken her to Turkey, Australia, Thailand, India, Taiwan and China.

According to Sullivan, people get weaker, stiffer and have poorer balance as they age. This leads to a reduced ability to walk at a functional speed and for a reasonable distance. The elderly also tend to stand bent forward, which reduces postural stability. Even reaching for an object can knock a person off balance and cause a fall.

Do you have a balance problem? Here is a way to assess whether you have a balance problem: Stand near your kitchen counter with feet close together; next put one foot a bit forward of the other; and finally put one foot ahead in tandem (heel touching toe). Try to maintain each position for 5 seconds. If you feel unsteady, or can not keep each position for 5 seconds, you probably have a balance problem.

What about your strength? If you have difficulty sitting down slowly, or if you get half-way down, then "plop," you may be weak in your legs. Another test is to stand at your kitchen counter holding on for balance. Lift your heels, going up and down 5 times. Then stand on one foot and lift your heel 5 times. If these movements are difficult, you may be weak in your legs.

What types of exercise are beneficial? Exercise needs to be a component of our lives particularly as we age. Exercise can alleviate weakness, poor balance and stiffness. Recreational exercise includes walking, biking, tennis, or golf. In addition to recreational exercise, therapeutic exercise to prevent or remediate problems and to promote optimal physical health might be appropriate. These exercises are best developed for you by your physical therapist (PT).

Home Exercises: Simple exercises can be performed to stretch and strengthen key muscles. Always exercise in a safe location: SAFETY SHOULD ALWAYS BE #1. If any of these exercises cause you pain, or seem too stressful, check with your PT before continuing.

Ankle and foot: In sitting, lift heels and then bring your toes up for 5-10 seconds. Curl your toes under then stretch up. Focus on the feelings in your ankles and toes, as you change the position.

Shoulder: Stand with hands on a kitchen counter or table, feet about one-foot back from the counter. Lift one arm as far as is comfortable, pulling back your shoulder blade. Pinch shoulder blades down and together. Hold the position as you take 3-5 breaths. This can be done often throughout the day, even while at a red light while driving.

Back, Leg and Hip: In standing, place hands on a table or counter and lift one leg behind. This strengthens the leg being lifted and the leg supporting your body. Standing on one leg is important for walking balance, stair climbing and stepping off of and onto curbs.

While lying on your back in bed put an extra pillow or two under your knees. Push your knees into the pillows and lift your hips up a few inches. Hold for 10 seconds (or breathe 3 times and then relax). Some low back conditions can be aggravated with this exercise, so stop if painful.

Walking: Walk about 20 minutes, three times a week. Having a walking buddy can be motivating. If walking and talking is difficult, talk while resting. Deciding on a positive reason to walk, such as "I walk because I love looking at the ocean," or "I walk because I like the person I am walking with," makes it easier to become a regular walker.

Deep Breathing: Deep breathing is extremely important. It can decrease anxiety and is good for both your heart rate and blood pressure. As you exercise, bring your breath down to your abdomen.

A Sense of Space: As we age, the awareness of the position of our legs, ankles, and toes is diminished. This reduced sense, combined with weakness and decreases in balance, makes walking on uneven ground, or at night difficult. Put a night light in your bathroom, hall and bedroom, to increase visual awareness.

For more suggestions regarding exercise and healthy aging, pick up a copy of a booklet "Falls: Tips for Prevention," at North Shore Physical Therapy, 642 Humphrey Street, Swampscott, or call 592-2773. NSPT provides falls prevention screenings at no charge, in either the Swampscott or Marblehead locations.



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Nahant Arts 2005 A Hit

by Carol Hanson

The skies cleared and the people came out! It was a wonderful day and a wonderful event at the Nahant Community Center on Memorial Day weekend, as over 30 vendors, artists, crafters and community groups celebrated Nahant Arts 2005 and the freedoms that US soldiers have fought to preserve for hundreds of years. The freedom of speech and enterprise, the freedom of expression, the freedom to congregate, the freedom to walk from your home to the other side of Town...these simple things, that we often take for granted, were choreographed like a fluid dance, as community members moved about the community center, enjoying the beautiful objects made by local artisans and supported the passions of their neighbors.

C.J. Howard, a 7-year-old Nahant artist, was the winner of the Nahant Arts 2005 children's logo contest, sponsored by The School of Refrigerator Door Art. His hand-drawn design of a "picture of a cardinal painting a picture of a cat," was the favorite of the judges, Stephen Cyr and Anne Principe. His confidence in drawing and the depth of the concept was outstanding, especially given his age! As the first place winner, CJ was the recipient of 6 weeks of art classes at the school, as well as having his design printed on the Nahant Arts 2005 T-shirt, which were for sale the day of the event. (There are a few shirts left and they can be purchased by calling The School of Refrigerator Door Art at 781-599-2222.) Along with the free T-shirt and notoriety he received, CJ's winnings were valued at \$100!

Second place winner, Erin Gallagher, received painting supplies and a gift certificate for art supplies, (a \$50 value) for her design of a sailboat, and third place winner, Corey Bleau, won painting supplies and a gift certificate for art supplies worth \$25, for his lobster with a paint brush design.

The other participants were, Mariana Bell, Jaimie Konowitz, and Meghann Toomajian, whose designs reflected good graphic content and were also much appreciated! Thanks again to all the participants!

Ben and Katy Bishop, along with their handsome sons, Nicholas and David, were gracious enough to donate their time and talents, through a live Victorian dance presentation they gave, on the front sidewalk of the community center! I bet that hasn't happened for a long time, if ever! It is wonderful to see them in their authentic dress and formal methods of dance as they demonstrated the Nahant Quadrilles. They will be dancing, along with the Commonwealth Village Dancers at the Nahant Victorian Day Ball, on July 16th at the Nahant Town Hall. It is so wonderful to sit in the balcony and be transported to the late 1800s, as you watch the dance unfold below!

I also want to give a few thank-yous. First, to my husband Jeff and my brother-in-law, Dan Hamill, who entertained the crowds with beautiful acoustic guitar music on stage, in the Serenity Room. My children, Aaron and Monica, who helped during setup and throughout the day, my sister, Suzanne Hamill, who definitely deserves a huge hug and kiss for the amount of time she put in, just because that's what sisters do! My niece Stephanie and her children, Sovay and Gavin, who helped keep it together in my school space, so I could be walking around, keeping the motor running!

I also thank the visual artists who displayed and offered their work for sale; Pete Rogers, Lydia Cort, Judy Flynn, Marc Carbone, Mairaine Kettell and Mary Donahue. Joe Lamando and Dave Lazzaro (Members of the famed Nahant Fish and Game Club), Robert Wilson, who, along with showing his own work, was kind enough

to go around and photograph the event. (You'd think I would have remembered to plan for that?) The artisans; Linda Tanfani, of Treasure Beach, Arlyn Hubble and her Faerie herbal products, Donna Lee Hanlon with her Donna's Treasures and her generous publicity in the Harbor Review, Shannon, Kelsey and Kerry Barrasso and their amazing homemade soaps and such, Carolyn and Tom Osbahr, Nancee Peters, Mary Ann Reis, Emily Keaton, Joanne Modica and Justin from Kelly Greens with his breathtaking hand blown glass objects d'art and Julie Corso and her family who made and sold chocolate pops.

Mo Edison offered "Arts and Entertainment" and John Fennell offered golf workshops. The Nahant Life-Saving Station and quilting club were on hand with samples and raffles and the Friends of Earl had raffles, bumper stickers and sponsor info. There was a great variety of things to see and do.

The Boy Scouts and Girl Scouts helped out by supervising the painting of the Town's trash barrels along Tudor Beach walkway and I thank them kindly for that! Mount Vernon at the Wharf sent along delectable sandwiches, salads and drinks. I thank the Henry family for providing that service for the vendors and visitors! Please visit them at either, or both of their locations. They also provide a wonderful catering service so be sure to check them out for your next function!

Sallee Slagle's Dance Dimension students were a big hit and they were so much fun to watch. It was a lot of work for Sallee, I'm sure, to organize the performance and rehearsal on such a busy weekend, but I am thrilled that she pulled it together for Nahant Arts 2005! The Council on Aging generously opened their doors to extend the festival space and Mrs. Sears was kind in opening the Historical Society rooms and

organizing volunteers to help out in the exhibit space.

I also want to thank Chief Waters for providing the police detail and Officer Conti for his great job in handling the traffic and parking issues. Thanks to all the Nahanters who walked down for the festival. It all ran so smoothly!

The last bit of appreciation goes to Bob Steeves who, though often shaking his head as he walks away from me, has been my biggest supporter and helper,

not only in my venture to reignite the flame that fueled Nahant Arts in the past, but also in every step I've taken to build my art school, over the last two years. The kids love to say hello when he comes to check in on us! Unfortunately for him, he's too nice to stop asking me if I need anything. I usually say no but when I do need something, like a step stool so the students can reach the sink, Bob is right there, getting it done! You are a great guy!

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Useless Information
by Ray Barron

The Rights of Dogs Coming To Nahant?

Strictly for the dogs! The city of Turin, Italy, adopted a 20-page series of laws, to protect the rights of pets. Dog owners must now walk their dogs at least three times a day. Dyeing a dog's fur, or surgically trimming its tail, or ears, are forbidden. Fines for infractions run as high as \$650.

Well, Nahant has the opportunity of becoming the first in the country to establish laws to protect the rights of pets. Perhaps Mike Kairevich, Nahant's Animal Control Officer, will look into the possibilities of adopting part of Turin's "rights of pets."

For the record, Americans spend an average of \$241 on dog food and \$185 on cat food a year. Yes, that includes you Nahanters!

Joe Klink, says, "There's no excuse for the woman who kisses her dog—even a dog has some rights."

I believe it was radiant Brenda D'Orazio-Cook, of Seaview Avenue, who said, "A man likes to have a dog to worship him, a woman likes to have a dog to worship."

Joe Ciota, of Maple Avenue, who enjoys petting, says, "To some people the best pet is not the dog that adores you, but the cat that ignores you."

No Bull!

Making the bestsellers list and selling fast is "On Bullshit," written by Harry G. Frankfurt and published by Princeton University Press. "On Bullshit," written about 20 years ago, is Princeton University Press's fastest-selling book in its 100-year history. The book was featured in a 60 Minutes segment! Yes, the book is available at the Nahant Public Library. And that's no bull!

It's no secret the word "b-----t" has become part of most people's vocabulary. Well, as they say, no matter how limited your vocabulary is, it's big enough to let you say something you'll later regret. Oops!

What's Cooking With Nahant's Lowell Gray?

Lowell Gray, 45, whose home at Swallow Cave Road, is assessed at \$4,055,400, the highest assessed home in Nahant, is now the owner of the Oxford Street Grill at 191 Oxford Street in Lynn. We plan to dine there to assess the food, the service and atmosphere.

Speaking of restaurants, we heard in Lynn there's a Chinese restaurant, that serves all you can eat for one dollar—but they give you only one chopstick.

Nahanters Thoughts About Profanity

Cal Hastings, of Nahant Road, says, "When a man uses profanity to support an argument, it indicates that either the man or the argument is weak—probably both."

Cal's attractive and brilliant wife, Marrit, says, "Language, like linen, looks best when it's clean."

Henry Hanagan, Hasting's next door neighbor says, "Profanity is an evidence of the lack of a sufficient vo-

cabulary—and brains."

Henry's serene wife, Peggy, says, "Profanity is the use of strong words by weak people."

Welcome Henry Hanagan to the "Zipper Society!" Henry had a triple bypass and is doing really great!

Nahanters Thoughts About Talking

Joanna Reardon, of Nautical Lane, says, "Among the most expensive gifts on earth is the gift of gab."

Jayne Solimine, of Foxhill Road, says, "Take a tip from nature—your ears aren't made to shut, but your mouth is!"

Beverly English, of Little Nahant Road, says, "If dogs could talk, perhaps we'd find it just as hard to get along with them as we do with people."

Carol Munnely, of Castle Road, says, "To have an open mind doesn't mean you must always have an open mouth."

Jean Hosker, of Valley Road, says, "It seems, some people turn their tongues on and leave them running."

I believe it was the brilliant Mary Dill, of Cary Street, who said, "If Alexander Graham Bell had had a daughter, he would have never had a chance to test the telephone."

Questions People Ask

Dick "Beattle" Bailey of Sunset Road, who worked in broadcasting, wants to know if Walter Cronkite lives year around in Edgartown.

Cronkite spends his summers there but the rest of the year in Manhattan. Cronkite, who is eighty-eight still has an office and a staff of four at CBS's headquarters. The veteran newscaster has a consultant's contract with CBS. Though he says he is not consulted.

Our July Birthday Babies

July 1st birthdays: Lovely Jean Devereaux, Rafael Munoz, Paul Murphy, Matt Donaghey, the diligent Jack Ryder and actresses Olivia de Havilland and Karen Black.

July 2nd: Jean Vangrouw, Geraldine Scigliano, pretty Pam Oesterlin, Joan Colantuoni, Elaine Mavros and Geraldine Scigliano. Also, on July 2, 1956 Elvis Presley recorded "Hound Dog."

July 3rd: Colleen Guiney, Rosa Galvao, John Delaney, Betty Sherlock, Pat Conlin and actor Tom Cruise.

Our Fourth of July birthday kids! Personable Hugh Mosher, Janet Boehler, Chris Scannell, Joe Delgrasso, Julie Forgione, Teresa Kaplan, Cynthia Donofrio, Ellena Cant, Barbara Rourke, Nikki Granitsas, Mary Rouge, Gina Orsillo, Dot Morley, Jill Kark, Dan Donahue, Steve Lerman, Jonathan Locke, Ken Smith, John Delaney, Matt Wheeler, Yuri Kravchouk, Chris Green, Ryan Thibodeau and Bill Murphy. Also born on the Fourth of July, Louis "Satchmo" Armstrong. And of course, Davida Block.

July 5th birthday kids: Noted attorney, Charles Riley, Jr., Mike Ford, Achilles Bryanos and actor Sylvester Stallone.

July 6th: Marianna Pezaris, Jessie Johnson, Sarah Scapicchio and the personable John Canty.

July 7th: Peggy Cully, Helen Clements, Allison Russell, Walter Goode, Steve Bulpett, Kevin Meagher, the tycoon Joe Machera, Dimitri Christoforidis and Ringo Starr and Dan Aykroyd.

July 8th: Peggy Uddam, Pam Miraglia and singers Billy Eckstine and Steve Lawrence.

July 9th: Roger Sirois and actor, Tom Hanks .

July 10th: Lovely Suzanne Provencher, Charles Messina, Christi and Christine Vanheek, Janet Taylor, Mary Thomas and folk singer Arlo Guthrie.

July 11th birthday-cake eaters: Triantafillos Pinakas, Johnathon Hall, Doris Tompkins, Betty Macarelli, Jane Colby, Janice Taylor, Dan O'Connor, Bill Loizides, John Beaulieu, Dick Strutz and John Quincy Adams, 6th US president.

July 12th: Lovely Edith Robinson, Athena Hackett, Kathy Burke, Stephanie Dent, Linda Castetter, Mike Meagher, David Walsh, comedians, Milton Berle and Bill Cosby. Also born on July 12, my favorite artist, Amadeo Modigliani.

July 13th: Cliff Flynn, Madeline Tanen, Brigit Scapicchio, Randy Gray and actor Harrison Ford.

Our July 14th birthday babies: Shea Mavros, Antoinette Trentsch, Nancy Wyckoff, Dave Walsh and Gerald Ford, 38th US president.

July 15th: Linda Markham, Peg Lewis, Laura Konowitz, Rex Antrim, the congenial Bill Mantzoukas and singer Linda Ronstadt.

July 16th: Eleanor John, Marsha Francis, Joey Giannelli, "big guy," Parker William Cook and it's also the birth date of actresses Barbara Stanwyck and Ginger Rogers.

July 17th birthdays: Nahant's popular and attractive school teacher, Peggy O'Leary-Silva. It's no secret Peggy has many admirers! Also celebrating their birthdays on July 17th, the congenial Cal Hastings, Deborah Savage, Anthony and Susan Caloggero, Chef Vichai Thienprayoon, Mark McBride, Dan Landrigan and comedienne, Phyllis Diller.

July 18th: Frau Ilona Connor, Evelina Simmons, Gerald Landry, Eric Suhr and comedian, Red Skelton.

(Continued on next page.)

(Continued.)

July 19th: The gracious Margarida Torchiana, Andrea Ritchie, Jamie Byanos, Martha Myers, Lisa Hess, Mark Langevain. It was on this date, in 1993, President Clinton announced that homosexuals could serve in the US military.

July 20th: The captivating Sylviane Poulin and Julie Bryanos.

July 21st birthday kids: Valerie Ventura, Ginny McLaughlin, Lisa Eaton, the fashionable Anne O'Brien, Amber O'Shea, Gail Mallard, Ron Buckley, Gerry Alimenti and Richard Capozzi. Let us not forget Buffalo's gift to Nahant, the noted intellectual, Harvard University graduate, Joe Klink.

July 22nd: Lovely Sarah St.Pierre, Dan Sherlock, Kosta Daras, Flo Lazar, Attorney Carol Wasserman, Dick Gallagher, Bob Devereaux and Paul Delaney.

July 23rd: The creative Barbara Powers, Lee Trentsch, Julie Morse, Andrew Sigourney, Peter Foukal, Bill King and the birth date of author, Raymond Chandler.

July 24th: Melinda Noonan, Jean Adamo, Deb Mahoney, Jim Cashman, Don Warner, Bill Morgan, Brian Robinson, Mike Urany and aviator, Amelia Earhart.

July 25th birthdays: Deborah Cashman, Maureen Desilets, the charming, gorgeous, sweet, alluring Cay Cusack, Al DiVenuti and character actor, Walter Brennan.

July 26th: Corey Goudey, Betty Quinn, Betty Johnson, Joanne Bryanos, Robyn Fiore, Jane Hemingway, Jonathan Morse, Joe Lermond, Sui Cheng Li, Danielle Breithaupt and British rock singer, Mick Jagger.

July 27th: Gloria Oshea, Rita Mitchell, John Brubacher, Clifford O'Neill, John Nichols, Dr. Dan Wright and singer

Bobbie Gentry.

July 28th: Matt Colson, Darren Ferguson, Emma Greene, Elaine DiGangi, nice guy Bob Doran, Oscar Sertoian and Jacqueline Onassis, the widow of President Kennedy and of Greek millionaire, Aristotle Onassis.

On July 28th, The highly-respected Michael Georges will be a young 94! In brief, Michael is an articulate individual and a music lover who plays the violin. What else you should know about the personable Michael is that he is a World War II veteran, worked at GE as an inspector, attended Boston University, and he once worked for a Gloria Chain store in East Boston. Perhaps this explains why Michael Georges gets along with people.

July 29th: Bill Johnson, the charming Kathy Pecoraro, Joanne Laubner, Caitlin Collins and Italian Fascist leader, Benito Mussolini.

July 30th birthday babies: Jayne Deslaurier, the vivacious Claire Collins, Kathy Roberto, Betsy Hickey, Lagenia Donegan, Diane Desmond, Dick Pustorino, Jim Dana, Dave Moran, Tim Long, Mike Flynn, Tom Mercurio and singer, Paul Anka.

July 31st: Claire Hynes, Lisa Ruthig, Marlene Harris, Kathy Carter, Bill Lamando, Jim O'Connor and my old friend, sportscaster, Curt Gowdy, who will be 86.

Watch What You Do In Bed!

Watch what you do in bed! A bedtime smoke can be dangerous and costly. Mattress fires accounted for 440 deaths, 2,230 injuries, and \$274 million in property losses, annually, from 1995 to 1999.

Some advice from Dan Dill, of Cary Street, "Don't smoke in bed, if you don't want to make an ash

of yourself."

Charlie Sanphy, of Chamberlan Circle, says, "No one gives up smoking without substituting something for it, like boasting."

The gracious Mother Superior, Jody LaFalce, of Nahant Road, says, "As ye smoke, so shall ye reek."

Cause of Accidents

According to Nahant's stately Police Officer, Armand Conti, "Accidents are usually caused by three kinds of dangerous drivers: urban, suburban and suburban."

Nahant's Timothy F. Moran Honored

The stately Tim Moran of Fox Hill Road was recently honored by the Retired Boston Police Association. Moran was presented with an impressive plaque that read...

Retired Boston Police Officers Association Proudly Presents the St. Michael Award to Timothy F. Moran,

In Recognition of Your Outstanding Contributions To The Law Enforcement Community.

In brief, Tim Moran, who was born in Somerville, has served as State Police Officer, as an instructor of Law Enforcement & Security at Northeastern University, he also served as director of the State Police Public Relations Bureau. During World War II our distinguished Tim Moran served in the U.S.Coast Guard. As for education, Moran has an Associate of Science Degree and a Bachelor of Sciences Degree from Boston College. He also earned a Master of Education degree from Northeastern University.

As a member of the Massachusetts State Police, Tim Moran participated in many cases involving homicides, accidental deaths, larceny, motor vehicle accidents, etc.

Well, as you can note,

Nahant's noted "trooper" Tim Moran, has lived an interesting life, that was often filled with many challenges. Here in Nahant, he is widely respected and known for his reverence for life.

The distinguished Tim Moran is married to the gracious and brilliant Ruth Moriarty, a native of Charlemont, located on Massachusetts' Mohawk Trail. Ruth's late father John J. Moriarty, was a Major League baseball player who played 3rd base for the St.Louis Cardinals, Cincinnati Reds and the Philadelphia Phillies.

In brief, during World War II, Ruth Moran served

in the Navy, as a WAVE, for two years. She is a graduate of Boston College, where she earned a Bachelor's Degree, then went on to earn a Master's Degree in Early Childhood, Education from Boston University.

Comes October 1st, Ruth and Tim, the parents of three well-educated children, will be celebrating their 56th year of marriage. They are truly one of Nahant's most highly respected couple! Well, there is much, much more to say about the life and times of Tim and Ruth Moran. Yes, it would require voluminous pages! So it goes.



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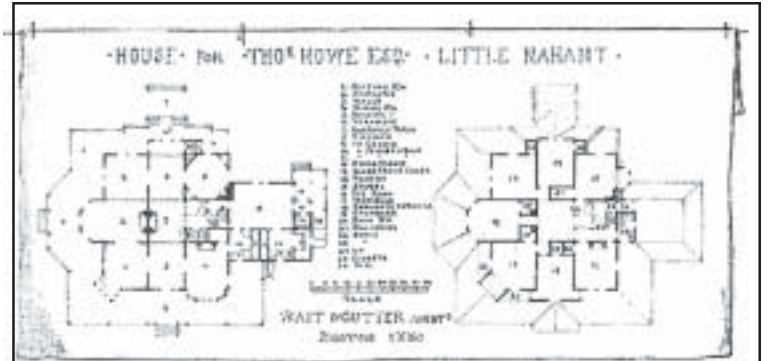
Summer In Nahant



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



Howe Estate, 9 Little Nahant Road. Built by J. T. Wilson, 1880.



American Architect & Building News. Nov. 27, 1880. No. 257

SOURCES : Text from the collection of the Nahant Historical Society. Bottom right drawing opposite page, donated to NHS by author, 2004.



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





The Howe Estate



Landmark Tower on Little Nahant since 1880

9 Little Nahant Road

Mr. Thomas Howe asked J.T. Wilson in 1880 to build for him a 'Gentleman's Residence.' This is a picture of it as it looked in 1952 (minus blinds). When Thomas Howe died, he left his Hunter's Point, New York lard oil factory and his business and his Brookline, MA house to his son Edward Howe. His Nahant house was given to his other four children Percival Howe, Louise Howe, Harriet A. Howe and Kate Howe Chamberlin, wife of Charles D. Chamberlin. Through wills and transfers the Nahant house finally came entirely into Percival's possession and he resided there a few summers. He installed an elevator.

Louise and Harriet were active in the Village Improvement Society. (see *Annals of Nahant*, P. 289).

At their house they provided a teacher of cooking and sewing for Alice Flynn, daughter of their gardener Timothy Flynn and a group of her friends. They gave prizes for childrens' garden - lists of birds seen in Nahant and lists of Nahant wild flowers.

While owned by the Howe family, the sisters on occasion invited the school children to come to visit their home and observe the skies from a telescope housed in the tower. Kate H. Chamberlin died in 1910. Percival S. died in 1927. Harriet A. died Jan 1916.

Upon the death of Percival, his trustees sold the place to Charles A. Phillips, Bernard F. Carahar and Leon M. Delano - trustees of the Nahant Associates in July 1928. The Nahant Associates sold it in July 1931 to Pauline R. Peckham, wife of Henry A.B. Peckham of Saugus.

Mrs. Peckham sold it to John Scanlon of Nahant in 1936, and Scanlon sold it in May 5, 1951 to present owners, Anthony and Paolina Cola.

— Written by Alice C. Wilson in 1953
(Mrs. Fred A.).



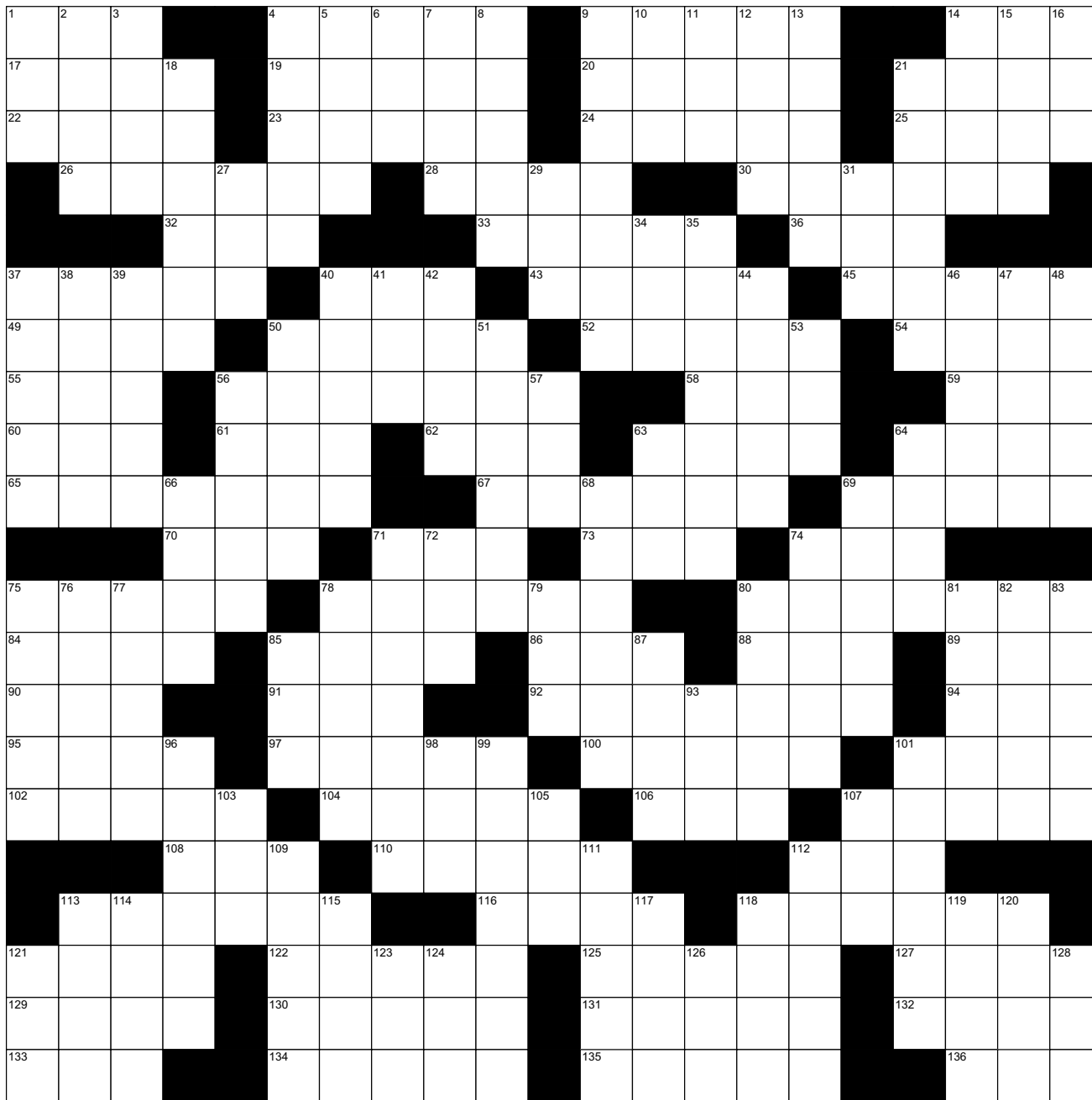
The drawing to the right is the architect's concept of the Thomas Howe estate which was built in 1880 on the crest of the promontory overlooking Short Beach. For many years this splendid example of Victoriana stood practically alone in its extensive grounds, dominating the easterly side of the sparsely populated Little Nahant. The Howe daughters interested themselves in the schools and encouraged the childrens' activities in gardening and sewing as well as astronomy—the tower on their home with its telescope provided new and thrilling experiences for the students.



NAHANT PUZZLE PAGE

Go "Fourth" and Have Fun!

by Rick Kennedy



- 40 *With 136A, Boston protest*
 41 "The Greatest"
 42 Charts
 44 Loaded down
 46 Try to seduce
 47 Abraham's son
 48 ___ coming
 50 *Part of 101 Across*
 51 Expose as false
 53 Pole
 56 Nuts
 57 Focus
 63 "Take on Me" band
 64 *Take out the sloop*
 66 Pilfer
 68 Love
 69 Contains
 71 Instants
 72 Expert
 74 Whitens from fear
 75 *Swinging location*
 76 White poplar
 77 *Paul Revere, e.g.*
 78 Clark's partner
 79 Stretch to make do
 80 Fetch (2 wds.)
 81 Toothbrush brand
 82 Knobby
 83 Grassy marsh plant
 85 Morse code dash
 87 Hoary
 93 Cutting tool
 96 *Declaration day*
 98 Pair
 99 Blossoms
 101 ___ *reunion*
 103 Football assoc.
 105 Looked
 107 *Catch some rays*
 109 Swearwords
 111 West African language
 112 Soapy
 113 Together
 114 U.S. Air Force
 115 Keats, e.g.
 117 Noah's bird
 118 Wealth
 119 Chimney dirt
 120 *Walk in the park*
 121 Tint
 123 Randy's skating partner
 124 Is
 126 *Apple ___*
 128 *Place for 64 Down*

ACROSS

- 1 Silver tidbit
 4 Ziti
 9 *Vessels*
 14 Choose
 17 Error
 19 Bitter
 20 Mete out
 21 *First word of Declaration*
 22 Soft cheese
 23 *Declaration city*
 24 Black and white animal
 25 Isn't incorrect
 26 Horse drawn carriage
 28 Austin novel
 30 Tiger-lion
 32 Exclude
 33 Tippet
 36 NJ neighbor
 37 Twice
 40 Highest trump in some loo

- 43 *Outdoor hotspot*
 45 Pattern
 49 *Part of 101 Across*
 50 *Potato or Macaroni*
 52 Smudge
 54 Mexican currency
 55 Billion years
 56 *Stars and ___*
 58 Hoopla
 59 Deface
 60 Music
 61 Dine
 62 Soc. of Broadcast Eng.
 63 Sleeping
 64 Quarrel
 65 Enigma
 67 Beehive State resident
 69 *Charles shell*
 70 Billboards
 71 Staff
 73 Remnant
 74 Luau dish
 75 *Public recreation*

- areas*
 78 Bolted
 80 Jugs of milk
 84 Off-Broadway award
 85 Districts of ancient Attica
 86 *Popular party adjunct*
 88 *See 38 Down*
 89 Fish eggs
 90 *Part of 101 Across*
 91 Marvel
 92 Makes angry
 94 Put together
 95 Musical notation
 97 Eastern religion
 100 *Revolution motivation*
 101 *Hung out on the 4th?*
 102 Wading bird
 104 Bewilders
 106 Still
 107 *Picnic ___*
 108 ET craft

- 110 Couches
 112 *Uncle ___*
 113 Sack material
 116 Outstanding
 118 Discipline
 121 Entertain
 122 Add up
 125 Lassoed
 127 ___ Lane
 129 Mormon State
 130 *Shot ___ 'round...*
 131 Ills
 132 Link
 133 Extremely high freq.
 134 Pig pens
 135 Shoaly
 136 *See 40 Down*

DOWN

- 1 Disconnected
 2 *Sam Adams, et al.*
 3 Ballet skirt
 4 ___ route

- 5 "___ Breaky Heart"
 6 ___ Lanka
 7 Floor covering
 8 *Declaration signer*
 9 Fairs
 10 Bullfight cheer
 11 Loose gown
 12 Wrongdoing
 13 Serious
 14 American river
 15 *23 Across loc.*
 16 Trinitrotoluene
 18 *Shrimp cooker?*
 21 Whack
 27 Dashed
 29 Microgram
 31 Jewel
 34 Lip
 35 Dirty hotel (2 wds.)
 37 Right angle to a ships length
 38 *With 88A, US symbol*
 39 Father's sisters

Field Day 2005: Thank You! Thank You! Thank You!

The cold and rain didn't put a damper on our fun! This was a school year for rain, sleet and snow. We started out the fall with torrential rain at Nature's Classroom then we saw snow, snow and more snow all winter long. Field trips still continued in the cold and rain. So it was inevitable that we would end the year with a cold and rainy Field Day.

We would never have been able to pull it off without the great help from Mary Lowe, Sue Rosa and Robin Howard. We took a cookies and milk break during the rain and then we were able to go back out for more fun. The menu was quickly changed to pizza. That made it easier for us, but more work for Mike O'Callahan and the Tide's Restaurant. He kept coming with more and more and more pizza for us. I believe it was around 60 in all.

As the school year comes to a close, we will have wonderful memories of Field Day. Not just the cold and rain but the games, food and fun times as well. Most important we will remember the Random Acts of Kindness that we were able to acknowledge at the Johnson School this past month. We counted 292 RAK sticks in the treasure chest. I am also sure that there were many other kind acts that we missed. Sorry about that! We will get you next year.

Thank-yous go to: The Tide's and Mike O'Callahan, Periwinkle's Food Shoppe and the Steriti Family, Lisa Doyle Photography and the Doyle Family, Knights of Columbus, Nahant D.P.W., Nahant Fire Department, P.T.O., and Oreos, Chips and Orange providers (you know who you are). A very special Thank You to Terry Clark for organizing Field Day and obtaining the volunteers. Without her this would never have happened.

As always Nahant and the Johnson School community came together to provide our children with a fantastic day. Thank you again to all. In the past 3 years we have had all kinds of weather hot, hot, hot and cold and rainy. Next year we will be looking for perfect weather. So, till next year everyone, See you at the Beach.

JUNE 2005 MYSTERY WOMAN WINS!!

A completed puzzle was turned in by a woman from the Bass Point Apartments and then it disappeared. Will the woman who submitted the puzzle, see Chris to claim her prize. Thank you. 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. SEE CHRIS AT SEASIDE BREAKFAST FOR DETAILS.

"Green Thumb Thyme" Solution - June 2005 by Rick Kennedy

Solution:

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

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for AUGUST 2005

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

FRIDAY, JULY 15th • 5:00 P.M.

Mail Date: WEDNESDAY, JULY 27th

STAFF

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

The Nahant Harbor Review is published monthly and distributed to over 2,100 homes and businesses in Nahant and beyond by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148, Donna Lee Hanlon, Owner, Editor & Publisher.

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

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

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

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

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

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Breakfast at the Seaside from 6:30 to 11:00 AM

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MISSING - NAHANT 150TH ANNIVERSARY FLAG

Last seen on the fence at the Nahant Life-Saving Station at the Garden Club Plant Sale on May 21st. It belongs to the Nahant Garden Club. If anyone has any information about the missing flag, please call Linda Jenkins (781) 581-0660. Thank you.

SUMMER FUN

Host a Jewelry Workshop Party and earn FREE Jewelry. Have fun with your family and friends.
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Nahant Community Classified Ads Page

Advertise your yard sales, moving sales, car and boat sales, apartment rentals, personal messages, birth announcements, memoriams, holiday and birthday greetings in the AUGUST 2005 issue of the Nahant Harbor Review!

Fill out the form below, cut out and mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.....OR..... Save a stamp!

Take the envelope to the Equitable Cooperative Bank on Nahant Road and drop it in the black box on the Teller's counter.

Payment must be included with the form. Make your check payable to Seaside Business Services. Photos will be returned if accompanied with a self-addressed, stamped envelope.

The deadline for the AUGUST issue is FRIDAY, JULY 15th.

Name: _____
Telephone: _____
Photo Enclosed? _____
Ad Size: _____
Amount enclosed: _____
Print Message (or attach to form): _____

Price List	
One column wide by	
1" box	\$10.00*
1.5" box	\$15.00*
2" box	\$20.00
2-1/2" box	\$25.00
3" box	\$30.00
Two columns wide by	
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*Text Only	

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

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Community Calendar • JULY 2005

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

JULY

SPECIAL EVENT: The Nahant Historical Society presents "Nahant: The Painted Shores, which will open on Wednesdays, Thursdays, Saturdays and Sundays from 1:00 to 4:00 p.m., beginning on July 9th and continuing through July 2005.

SAT	2	9:00A	Earl Hanson One-Pitch Tournament Fundraiser at Flash Road Field. Till 4:00 p.m.
MON	4	8:00A	26th Annual Dennis Forbush Memorial Road Race begins.
MON	4	9:30ish PM	4th of July Fireworks at Short Beach
FRI	8	7:00A	NVC Men's Group breakfast, Swansburg Hall, Nahant Village Church
MON	11	Noon	Council on Aging Cookout at Nahant K of C
FRI	15	5:00P	DEADLINE AUGUST 2005 HARBOR REVIEW
SAT	16	9:00A	Recreation/Sailing Program Can & Bottle Drive at the Life-Saving Station. Till 11:30 a.m.
SAT	16	3:00P	Victorian Dance Workshop at Town Hall. Till 5:00 p.m.
SAT	16	7:30P	Victorian Day Ball begins at Town Hall. Till 11:00 p.m.

AUGUST

FRI	5	7:00A	NVC Men's Group breakfast, Swansburg Hall, Nahant Village Church
SAT	6	10:00A	Lynn Arts Festival "Meet Me Downtown." Till 4:00 p.m., Central Square, Lynn



The Nahant Garden Club submitted by Carmella L. Cormier

The Nahant Garden Club members made wreaths for Memorial Day. This is a project that members create and donate to the Town each year. From left to right the members who created them are: Helen Clements, Deborah Gates, Mary Irene-Dickenson, Ashley Cormier (guest), Maddie Davis, Jeannie Delaney, Doris Tompkins and Ann-Margreth Peterson.

Our Spring Plant Sale on May 24th was a great success. Thank you for helping to make it so. The four door prizes were won by: Picture: Lucy Grimm, Wreath: Harriet Steeves, Hanging Basket: Carol Hanson and Garden Basket: Sue Branga. Linda Jenkins was the chairman of the sale.

On July 21st, we will have a day trip. Details will be announced at our Annual Meeting on June 30th. Nancy Whitman is the chairman for this event.

ABOUT TRIAD

TRIAD is an affiliation between Nahant senior citizens and law enforcement officials, that addresses senior concerns. This summer, TRIAD has embarked on a new program to number the address of every residence in Nahant. Not only is this required by federal law, but the U.S. Postal Service requires the numbers of the homes to be plainly visible from the street. It also enables police, firefighters and ambulance personnel to quickly identify and respond to homes during emergencies. Clearly, this makes sense for every homeowner in Nahant, as well as senior citizens. The Nahant Boy Scouts have volunteered to assist in this effort and the project will help them work towards the goal of becoming Eagle Scouts. If you don't have a number on your home that is plainly visible from the street, you will be approached, this summer, by a Boy Scout, who'll ask if you need help with the numbering of your home. If you have any questions, please call Mary R. Sherber, TRIAD and Council on Aging member, at 781-581-0316.

Hoompa-wocky*

by Mike Knowya

Twas neither brillig nor did slithy toves Gyle and gimbel
in late and post 60's days
And there were no mimsy boragoves
Not even in Swallow Cave.

But on this one and one quarter square mile
piece of igneous rock
Ambled a mythical nonsensical beast
Known to no one as the Hoompa-wock.

The insidious nature of this creature of consciousness
Was not scratching claws or sharp teeth,
instead, filling heads of pre-pubescence and adolescence
With a "Banjo-island-ish" "Nahant-speak."

To group the manifestations of the creature's creations
Might be futile, but still worth a try
Do know ya! Do want to! Do Care! Care package!
Fall under the heading of "D.K.Y."

Chicanerous "chick-brows" and gaw-nades and zactos
Back when, would brush by in a blur
But in stupifacous, super-silly-ous, stratification,
Would be subsets of a hearty "huntz ner!"

So beware not this harmless Hoompa-wock my son
Its origin is somewhat ironic,
A coughing, quasi-obscenity from a dyslexic delinquent
With humor super-sophomoric.

Now when searching the Hoompa-wock don't try the web
You'd probably get errors on Google,
Rather, drive down Nahant road, wave to all and see
who responds with a wicked McDougal.

*Revised for matters geological and grammatical

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

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

Nahant Public Library Hours

Mondays through Thursdays:
10:00 a.m. to Noon. and 2:00 to 8:00 p.m.
Fridays: 10:00 a.m. to Noon and 2:00 to 5:00 p.m.
Saturdays and Sundays: 2:00 to 5:00 p.m.
Nahant Public Library: 781-581-0306

AA Meetings

Tuesdays and Thursdays: Alcoholics Anonymous meets at 7:15 a.m. St Thomas Aquinas Church basement on Nahant Road.

Fridays: Alcoholics Anonymous meets at 7:30 a.m. Nahant Village Church Library on Cliff Street.

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