



Nahant Harbor Review

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

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

Volume 13 Issue 7

JULY 2006

State Government Day



This photo was taken at the Massachusetts State House during State Government Day, which is a program run by the Department of Education. Students from across the state are chosen to represent their high schools and are given roles as Senators and Representatives for the day. They then participate

in mock Senate and House of Representatives sessions, debating and voting on legislation. Elise Tufts, a Nahant resident, was chosen to represent Swampscott High School and was given the role of Senator Thomas McGee for the day. This picture was taken outside the House of Representatives chamber with (from left) Representative Steve Walsh, Elise Tufts and Nahant resident Lainey Titus, Chief of Staff for Representative Walsh.



Periwinkle's Poker Night a Big Hit

Pictured above, are the top three winners from Periwinkle Preschool's Texas Hold 'Em Tournament, held on May 13, at the Knight's of Columbus. From the left are: Paul Petrathelis who won third place, Harold Blank who won first and Dave Doyle, who won second place. Thanks to the 20 generous poker players we had, our Texas Hold 'Em Tournament was a success. Not only was a good time had by all, but Periwinkle Preschool netted over \$1,000.

Thank you!

Nahant Celebrates the Fourth FIREWORKS 2006!

We have hired a new company this year, to shoot our show. We are very excited to be working with this company, Ocean State Pyrotechnics. We will have a \$15,000 show. They will be including some of their special timed segments, to augment our display and delight us all. These segments give a multi-layered effect that is not usually seen in shows. The display will last approximately 22 -25 minutes, with only two to three seconds between shells. There will be over 1,100 shells during the show. It should be a great show.

It is not too late to make a donation, or to buy your tee-shirt. Please call Jen McCarthy at 781-592-5272, or Robyn Howard at 781-581-1373.

Enjoy the show! See you on July 4th at Short Beach! Submitted by Jen McCarthy.

Dennis Forbush Memorial Road Race on July 4th

The 27th Annual Dennis Forbush Memorial Road Race will begin promptly at 8:00 a.m., on Tuesday, July 4th. The race begins in front of the Nahant Fire Station at 67 Flash Road and goes past the golf course, the Wharf, up around Forty Steps and returns down Wharf St. Registration starts at 7:30 a.m. There is no entry fee. The main event is a 2.9-mile run with several age categories to compete in. 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.

Dennis Forbush was a Nahant native, who was killed in a car accident on October 1, 1976. He was active in the organization of Nahant's 4th of July events and many other community activities. His friends organized the first Dennis Forbush Memorial Road Race on July 4, 1980.

This unofficial race is sponsored by the Town and all human runners are welcome. We hope you will wake up early and join in the fun!

The Porches and Doorways of Nahant Submitted by Mark Cullinan and Robert Wilson

With the Spring rain finally behind us and the promise of another great Nahant Summer ahead, it's time to get your camera ready for a fun Summer project! The Porches and Doorways of Nahant will be a full color, limited edition, poster, containing pictures submitted by friends and residents of Nahant. We invite you to send in your favorite photograph of a Nahant Porch, or Doorway, for consideration to be included on our poster. All submitted photographs will be exhibited in an online gallery at

(Continued on page 2.)

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Porches and Doorways

(Continued from page 1.) www.Nahant.org. Approximately 8-12 photos will be selected for inclusion on this first-in-a-series of Nahant posters.

A few suggestions; for digital camera users, please use as high a quality setting as possible and save your original camera file. We will want a copy of the original file for the best resolution. For traditional film cameras, we would like to borrow your negative, or print, for scanning. All files, negatives and prints will be returned to you, once the scanning is completed.

If you have a favorite porch, or doorway, but are unable to take a picture of it, please let us know. We will arrange to take a picture for you.

The deadline for all submissions is Tuesday, August 1st, 2006. The poster will be premiered and available for sale at the Nahant Historical Society's "Harvest History Fair," to be held on September 30th, 2006, at the Nahant Community Center. All money raised from sales of the poster will support the Nahant Historical Society's Nahant Civil War project.

For more details, visit the Porches and Doorways of Nahant webpage at <http://www.nahant.org/poster/>. You may also call 617-312-5491, or email robert@collageworks.com. Thanks in advance for your participation!

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Children's Summer Reading Program and Magic Show at the Nahant Public Library by Rita Stepanova, Children's Librarian

Dear young ladies and gentlemen! You are invited to the summer reading program, "What's Buzzin,'" at the Nahant Public Library. To participate, please call, or walk-in to register and pick up your bright reading sheet. Borrow books to read, accumulate 10 to 20 reading hours, fill out your reading sheet (which is short and simple), bring it to the library and collect your little prize, such as bookmarks and coupons for discounted admission to museums, zoos and other entertaining and educational places. Certificates will be awarded to active participants who complete 20 hours of reading. A winner who reads 10 or more books, in 20 or more hours, obtains a grand surprise.

Nahant Public Library presents Steve Rudolph's "Salute to Reading Magic Show" on Thursday, June 22, at 3:00 p.m. The show, combining comedy, surprises and audience participation, with exciting magic, is inspired by children's books. Steve Rudolph, a former school teacher, with experience in professional theater, "really knows how to relate to children." The program is recommended for children ages 4 and up. Admission is free. Please come and enjoy the famous Magic Show.

Remember the dates of the children's summer programs and special events at the Nahant Public Library: Steve Rudolph's, "Salute to Reading," Magic Show (June 22, 3:00 p.m.); Mad Science of Greater Boston interactive workshops "Che-Mystery," "Optical Illusions" and "Stunt Planes & Gliders" (July 10, 12 and 13, 10:30 a.m.); "Insects Inside and Out" by John Root (July 26, 3:00 p.m.); and the Summer Reading Program by Davis Bates and Roger Tincknell (August 16, 11:00 a.m.).

Meet Me Downtown: Annual Festival of the Arts

Mark your calendars for Saturday, August 5th, 11 a.m. to 4:00 p.m., in Central Square, in Lynn. It's time once again, to meet downtown, for Lynn's Annual Festival of the Arts. This year's Festival opens with the Latin rhythms of Julio Bare, followed by a full day of music, art and performances. Nearly 40 vendors will be on hand, including Donna's Treasures and White Caps Creations from Nahant, offering an extensive array of arts and crafts, including jewelry, greeting cards, personal portraits, photography, homemade soaps, crystals, rock and mineral specimens and customized t-shirts. 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!

The Meet Me Downtown Festival is run by LynnArts, Inc., the Office of Mayor Edward J. "Chip" Clancy Jr., and The Office of Economic and Community Development. This year's Festival is sponsored by Salem Five Cent Savings Bank and our main stage sponsor is Albertsons/Shaw's. Meet Me Downtown is also made possible by generous donations from the following: Dunkin Donuts, the North Shore Spirit, Greater Lynn Senior Services, The Lynn Community Health Center, Columbia Insurance and All Care Hospice.

Around Town

Recreation News

The Recreation Commission will be running a free park program this summer, from July 10th through August 18th. There are two parks in town that will offer this program, Flash Road Playground and the Library Playground. The program will run Mondays through Fridays, from 9:00 a.m. till noon time. Each park will offer a variety of arts and craft projects, games and other activities. The Flash Road Playground also offers a free sports program, as well as a tennis program. All children are welcome to attend. Children under five must be accompanied by an adult. We are very fortunate to have Sue Rosa as our park supervisor, again this year. We are sure that she has planned a fun-filled summer for the children. We have also hired six terrific teens from town to work the tot-lot program. For more information, please call Jen McCarthy, at 781-592-5272, or Sue Rosa at 781-842-2448, or send an email to Nahantrec@aol.com. Submitted by Jen McCarthy.

Local North Shore Photographer, Stephen MacLone, was awarded top honors at the recent (WPPI), Wedding & Portrait Photographers International, convention in Las Vegas. Stephen's awards, in the Children, Family Portrait and Wedding categories, were judged from over 1,700 entries from around the world. Several of his award winning prints are currently on display at the Tide's Restaurant. For more information, please call MacLone Studios of Photography, 781-396-1500, or visit us on the web at www.maclonephotography.com.

Free Breakfast at the Village Church

The Nahant Village Church will host its monthly breakfast meeting on Friday, July 7th at 8:00 a.m. Judge Dunbar Livingston will be the featured speaker. He will give a presentation on what it is like to be a judge.

The breakfast is free and is held at the church. All are invited to attend; please feel free to bring more one more friends. Submitted by Marrit Hastings.

Nahant Council on Aging News

The Nahant Council on Aging will have their Annual Cookout on Tuesday, July 11, at the K of C. The Swampscott COA will be joining us. Reservations must be paid in advance. Tickets are \$2. For more info, call Nahant COA 781-581-7557 Mon.-Fri. 9:00 a.m. to 1:00 p.m. Submitted by Carmella Cormier.

Congratulations to Sean Dolan, who graduated from Marian Court College in Swampscott. Sean received an Associate in Science Degree, on May 14, 2006.

Congratulations to Matthew John Canty, who graduated from St. John's Prep on May 21, 2006 and received the Silver Medal in Art 3-D.

Play Group at Nahant Community Center Offers Music Classes with Carol Hanson

A music class for children, 0 from birth to kindergarten age, will be taught by Carol Hanson, on Friday, July 14 and Friday, August 11, from 9:00-10:00 a.m. The group will meet at Marjoram Park at the Town Wharf. In case of rain the group will meet at the School of Refrigerator Art, at the Nahant Community Center. The fee is \$5 per family and children must be accompanied by an adult. Please pre-register for one or both classes, by phone (School of Refrigerator Art, 781-599-2222), or email Refrigdoorart@aol.com. Thanks to Carol for offering these classes. The winter and spring classes were very well attended and enjoyed by all! Submitted by Carolyn Osbahr.

Save the Date !

Wednesday, August 30, 2006, for Girls Incorporated of Lynn's 2nd Annual Guys and Gals Teeing off for Girls Charity Golf Tournament, to be held at Gannon Golf Course, in Lynn, beginning at 9:30 a.m. with Registration and at 10:00 a.m. with a Shotgun Start. The cost is \$175 per golfer. Ask about our Sponsorship opportunities! Call 781.592.9744.

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**Saturday, August 12, 7:30 to 11:30 p.m.
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Town for ticket info in the coming weeks.
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Nahant Village Church Welcomes Settled Pastor

The congregation of the Nahant Village Church is delighted to welcome the Rev. Dr. Larry Titus, as our new settled pastor. He begins on July 1st.

He was selected from over one hundred candidates from as far away as Hawaii and the U.K. The Search Committee knew they had someone special, when they interviewed Larry. His love of ministry, his keen intelligence, down-to-earth manner and wry sense of humor was impressive. Larry has served churches in California, Wisconsin and most recently, in Massachusetts.

Larry and his wife, the Rev. Dr. Kathryn Titus, who specializes in interim ministry, will be living in the parsonage at 230 Nahant Road.

After receiving a B.A. in Psychology from the University of Wisconsin, his home state, he met and married Kathryn, while both were working for their Master of Divinity degrees at the Pacific School of Religion. They recently were each awarded the Doctor of Ministry from Hartford Seminary, with a focus on Congregational Studies and were the first couple to do so, since its founding in 1834.

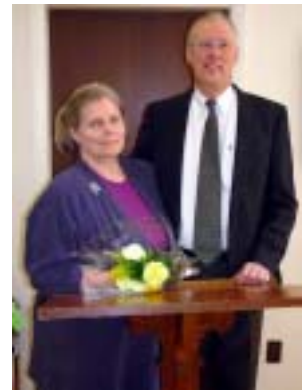
They both love classical music, history, sailing, the outdoors and traveling—especially their trips to England, as house-sitters for a fellow minister and his family. They both have a deep love for ministry and the community of faith.

We wish to thank the members of the Search Committee for their diligent and faithful work, over the past eighteen months. The members of the Search Committee were Polly Bradley, Janice Brathwaite, Trudy Joyce, Dunbar Livingston, Jackie Meuse and Chris Stevens.

We also want to express our gratitude to Pastor Roger Lier, for his wonderful work as a sustaining interim minister, since last summer.

On July 2nd, we will welcome Rev. Dr. Larry Titus at our 10:30 a.m. worship service, followed by a reception after the service. Everyone is welcome!

Beginning July 9th through September 3rd, Sunday worship services will be held at 9:30 a.m.



Victorian Day Ball

by Katy Bishop

It is time, once again, to celebrate Nahant's summers past. For the fifteenth consecutive year, we will be recalling Nahant's heyday as a summer resort, with the Nahant Victorian Day Ball. This year, the Ball will be held on Saturday, July 15th, from 7:30 to 11:00 p.m., at the Town Hall. Everyone is welcome to come and dance the evening away, or watch the elegant dancers from the balcony.

The music for the evening will be provided by Spare Parts, an ensemble experienced in "vintage" music appropriate for the evening. They will feature several Nahant related 19th Century tunes, such as the Nahant Waltz and the Sea Serpent Polka. Dance calls will be done by Patri J. Pugliese. In preparation for the Ball, we will be holding an afternoon dance workshop, from 3:00 to 5:00 p.m., on the day of the Ball. It will cover many of the actual dances for that evening, including The Nahant Quadrilles, a figured dance that was written in Nahant during the 19th Century. Give it a try and be ahead of the so-called "experienced" dancers, at the Ball itself. The dance workshop is free and open to everyone, whether you are able to attend the Ball, or not.

If you don't feel like stepping out onto the ballroom floor and want to just watch the Ball, there is a great view from the Town Hall balcony; the seats are free, although donations (to benefit the Nahant Historical Society) would be very welcome. The beautiful gowns worn by the ladies are as much a joy to watch, as they are to dance with.

Once again our caterers will provide a sumptuous assortment of period-style refreshments, for everyone at the Ball. We also plan to unveil a special treat this year: the Historical Society and Spare Parts are producing a CD, with recordings of the Nahant tunes we have been dancing to, for the last 15 years! We expect to unveil the CD at this year's Ball.

The Ball is not a fundraiser, the admission price has been kept low, to encourage all to attend. Any profit from the Ball will benefit the Nahant Historical Society, a worthy organization, dedicated to holding on to Nahant's place in history. Admission is \$25 for adults and \$15 for students (pre-registration discount: \$20 adults / \$10 students). Victorian dress is not required (but is encouraged!) for this event. For more information, visit www.vintagevictorian.com/nahant.html, or call Katy Bishop at (781) 593-3038, or email katy@vintagevictorian.com — we look forward to seeing you on the 15th!

Nahant Village Church Elizabeth Peterson Palmer Scholarship Awarded to Mariana Rauworth

The 2006 Elizabeth Peterson Palmer Scholarship was awarded during the Children's Sunday Worship Service, held on May 21, to Mariana Lynn Rauworth, 31 Summer Street, a graduating senior at Swampscott High School. Mariana will be attending Salem State College in the fall, where she will major in Biology. She will also study Secondary Education, and she plans to become a high school biology teacher. While at SHS, Mariana was a member and co-captain of the Swimming and Diving Team, and she will continue on the Diving Team at Salem State. She was also a member and co-captain of the SHS Tennis Team. Mariana has worked as a Sailing Instructor with the Nahant Recreation Sailing Program, a Life Guard and Swimming Instructor at the Cary Street Club.



Mariana was baptized at the Nahant Village Church and she was a member of the Confirmation Class of 2002. She has served as a Sunday School teacher for five years, and she will continue to teach while she attends college. Mariana's experience as a Sunday School teacher was an important factor in her decision to study education and to become a teacher.

Nahant Woman's Club Scholarship Award Submitted by Marrit Hastings

Every year, the Nahant Woman's Club awards a \$1,000 scholarship to a deserving young high school graduate from Nahant. This year's scholarship went to James Moleti, one of eight applicants, who recently graduated from Swampscott High School. James will be going to the Massachusetts Maritime Academy, where he plans to study marine transport, on a regimental campus, as well as on the 540-foot training vessel, The Enterprise.

For the past 8 years, James has lobstered during the summer. He began with a rowboat, a pair of oars, and ten traps. He now has an impressive 300 traps, and a 20-foot skiff, that he made with his father, in the cellar. Together, they installed the steering system, the hauler, and the electronics. He enjoys boating and being on the ocean—as many of us do in this very nautical community.

James has a strong academic record, volunteered at My Brother's Table in Grades 10 and 11, has played base- and basket ball, and is playing softball this summer. He delivered The Daily Item for three years, cut lawns and plowed snow. The scholarship was presented by Marrit Hastings, President of the Woman's Club, at the Johnson Elementary School graduation. "Congratulations, James, and all the best in your higher education pursuits."

Nahant Cub Scouts Visit Battleship Cove by Kevin Nugent

As part of their Memorial Day observation, the Nahant Pack 50 Cub Scouts visited Battleship Cove, in Fall River, Massachusetts, the Commonwealth's official memorial for Massachusetts citizens of all military branches who lost their lives in World War II, and the Korean, Vietnam, and Persian Wars. The memorial mission has also recently been expanded, to include the Commonwealth's victims of the September 11, 2001 terrorist attacks.

The Scouts were allowed to explore the world's largest collection of historic naval ships. The tour included the Battleship Massachusetts, the Destroyer Joseph P. Kennedy, Jr., a submarine, the Lionfish, PT Boats 617 and 796, as well as a Russian missile corvette, the Hiddensee. The Scouts were able to eat and bunk on the Battleship, just as the crews that served did.

The trip was a success, not only did the Scouts enjoy themselves, the trip also enabled the children to begin to understand and appreciate the sacrifices made by our veterans of all military branches.

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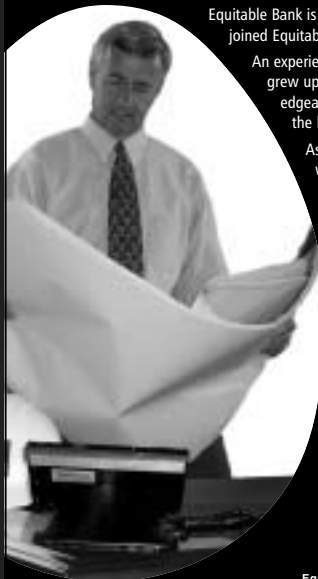
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News and Views from the School Department

by Dr. Denise Littlefield, School Superintendent & Principal

The end of the school year is always a hectic time for teachers, students, and parents. This year was especially busy, since we have the additional task of packing up in preparation for the continuing construction, looking to the classroom moves for the next school year. The part of the Johnson School that is being renovated has been turned over to the builder and all work will be completed by September. Suffice to say that everyone at the Johnson School is so looking forward to our "new home."

On June 13, 2006, our traditional 6th grade graduation was held, giving us the opportunity to send off 27 students, who will be attending Swampscott Middle School. The following students received their certificates: Meredith Ball, Jacob Bartholomew, Thomas Beaulieu, Mariana Bell, Abigail Caggiano, Alexandra Chasse, Elijah Clark, Shiloh Clark, Kristen Connor, Heather Doyle, Taylor Eaton, Joshua Gonzalez, Peter Klee, Ashiwan Kumar, James Lowe, Lindsey Marini, Madeline McKie, Colleen Meagher, Alexandra Moccia, Holly Noonan, Lenora Peluso, William Ross, Emily Samson, Mary Samson, Anthony Silva, Rita Tsokanis and Kita Wheeler.

In addition, each year, we present the President's Education Award. This is given to any students who has a B or better average and finishes in the 85th percentile on a standardized test. These students achieved that distinction: Jake Bartholomew, Mariana Bell, Elijah Clark, Shiloh Clark, Taylor Eaton, Peter Klee, Lindsey Marini, Madeline McKie, Alexandra Moccia, Mary Samson, Emily Samson, Anthony Silva, Rita Tsokanis and Kita Wheeler. Jake Bartholomew and Emily Samson received the Principal's Award, as the students who best represent the values of the Johnson School Community. We wish all our students the best and we will miss them.

Another good-bye and send-off was delivered to Mrs. Patty McSweeney, our beloved teacher, who is retiring after 35 years of dedicated service to the Nahant Public Schools. Mrs. McSweeney has touched countless lives in Nahant and she will be missed terribly. I know the entire Nahant community joins the Johnson School in wishing Patty the very best.

Over the summer, we will be implementing the Residency Verification Initiative. Any student who is scheduled to attend Swampscott Middle and High School will need to complete specific forms, in order for them to begin classes in September. These forms will be mailed home during July and will need to be returned by the end of August.

One of our teachers, Ms. Donna Page, applied for, and was awarded, a literacy grant, funded by the Hardscrabble Education Fund of the Essex County Community Foundation, (ECCF). The ECCF was established in 1999, to increase local philanthropy and provide support to organizations located in Essex County. The Education Fund was established to promote academic achievement in the public school system, by issuing grants to individual public schools. Ms. Page's grant will establish a lending library of high interest/low readability fiction and non-fiction books, to reluctant readers and non-readers. All books will be intertwined with the current curriculum and Massachusetts Frameworks.

We have had many people pulling for us this year. To all of the individuals who were mindful of our building project, thank you for your consideration. I am grateful to the Fire Chief and his firefighters, for all the times they responded, when the alarm went off and for keeping us safe; and to the Johnson School Families who walked through puddles and trusted their children to us. The Johnson School staff continued their hard work despite leaks, and concrete floors, and noisy workmen. Ted and Jimmy, our custodians, without complaint, emptied classrooms, filled dumpsters and moved all of our "stuff" to where it needed to be. Thank you to Mark Cullinan and Laura Michaud, for finding the time for all those Wednesday morning meetings and keeping me enlightened about RFPs and COAs; and the best students in the world who never noticed the inconveniences. We kept our eye on the prize and I look forward to the opening of the brand new Johnson Elementary School, on September 11, 2006.

In the meantime, may everyone have a safe and happy July. Updates on our Swampscott Middle and High School students will appear in the August issue of the Harbor Review.

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.

Refrigerator Door Art News

Submitted by Lois Andreassen

This has been a great year for The School of Refrigerator Door Art! We have lots of new energy, with the addition of new classes and new teachers, not to mention the ever-increasing number of talented students! At The School of Refrigerator Door Art, we nurture creativity, encourage emerging artists and engage the community with important art activities. Our goals include increasing the understanding of the creative arts, through hands-on experience and expanding our programs, to provide new and exciting opportunities for our students. We are looking forward to our Summer Program, beginning July 5 (if you haven't registered yet, please call us at 781-599-2222).

During the summer, we are pleased to have a student intern, Nicole Pero, from Montserrat College of Art. Nicole is interested in art illustration and, in particular, children's literature. She will be assisting with children's classes as well as offering classes for teens and adults. We are really happy to see professional students take an interest in our programs.

Our really big news is our new partnership with Soundreams Music. Soundreams Music has been operating for 8 years, first located in Chelsea and now in Lynn. Kelly Riley is the founder and senior instructor. Kelly is an award-winning performer and songwriter and a Berklee College of Music Alum. Over the course of her career, she has had performances in New England, NYC, Los Angeles, Paris and the Caribbean. Highlight performances include opening for Willie Nelson and Lyle Lovett. She is also a Lilith Fair Finalist and a winner in the Nashville Songwriter's Association Songwriting Competition for her original song, "Love Bug", from her CD, "Live and You Learn."

The School of Refrigerator Art and Soundreams Music will now be offering music classes right here in Nahant, at The School of Refrigerator Door Art! Classes include: Private and group lessons in Voice, Guitar, Piano, Bass and Recorder; Custom Made Songwriting Service (for any person or occasion); DJ services for parties, or functions at your home, or business. For more info about lessons, or our other services, call Kelly Riley at 617.699.6243, or email kelly-riley@usa.net, or visit www.kellyriley.net

The School of Refrigerator Door Art seeks to provide a fun, safe and nurturing creative environment, in which students can create art, while engaging in open-ended, process-based projects, with the focus on integrating music, story-telling, math and science into the art produced. We believe that all children are creative and when given a safe and comfortable arena in which to create, will blossom. We strive to have regular, open exhibits of the students' work, in an effort to include the families and the community in the creative process and to build the students' pride and confidence in their abilities.

Nahant Garden Club Scholarship

submitted by Carmella Cormier

The Nahant Garden Club's Scholarship Award recipient is Alex Kathryn Reeh, daughter of Bruce and Gailanne Reeh and a life-long resident of Nahant. She is a graduate of Johnson Elementary School and graduated in the top 10% of her 2006 class, from Swampscott High School, as a member of the National Honor Society. She plans to attend Northeastern University College of Engineering, majoring in Environmental Engineering. She was a member of the Spanish Club, the high school Science Team and traveled to Spain, on an exchange program. Living all her life on "our island" and spending summers off the coast of Maine on another island, she has learned the delicate balance of the environment and people, livelihood, the economy and the quality of life. In high school she played soccer and ran both indoor and outdoor track. She is a young woman who has overcome challenges, demonstrated a great work ethic, a determination in academic achievements and shown leadership.

Her community activities include (since grade school), participation in events for Help for Abused Women, organizing community service activities and packaging toiletries for the women and children, as well as clothing drives. She is also a leader and mentor for violence prevention and a Peer Mentor of the Interact Club, volunteered at Rosie's Place, the Boston Food Pantry and the Children Trust Fund.

In the 4th grade, as a Girl Scout, she started to volunteer at My Brother's Table, in Lynn and has continued for eight years and at the Lynn shelter and Bridge House, on holidays, for 5 years. Last year, she spent a week working for the Habitat for Humanity in Portland, Maine. Of her experiences, she said "it was a valuable one that enabled me to work in partnership with people less fortunate, by building a home and friendships. I learned that there are many ways you can make a difference in a person's life."

The Nahant Garden Club congratulates Alex-Kathryn Reeh on her academic achievements, her civic and community contributions. We wish her continued success at Northeastern University.

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THANK YOU!

I would like to send a heartfelt "THANK YOU" to all of my family and friends who took the time to come down to Kelley Greens on May 27 on my behalf. I feel fortunate to belong to such a caring community. I am most grateful to everyone for all your support and generous donations. — Terry Trentsch Ward

Stretching

by Sallee Slagle, Director, Dance Dimensions

There are three main components of fitness training: strength, cardiovascular and flexibility training. Most people who exercise spend most of their training on strength and cardiovascular, but the third component gets little attention. The first two help increase metabolism, help us lose weight and increase our energy and stamina. Though the rewards of flexibility may be subtle, they are equally valuable.

The American College of Sports Medicine includes in its general exercise recommendations that flexibility training should be done two to three times a week using stretching exercises for all the major muscle groups. Developing and maintaining range of motion helps prevent injury, improves performance, can help correct postural deviations and assists us in many functional activities in our daily lives.

When to stretch may be your first question. Stretching can be done anytime, first thing in the morning, before lunch, before bed, and should ALWAYS be done after any workout, sports activity or even a long walk. The maximum benefit will be attained if your muscles are warm. If you want to stretch before an activity, first do some full body movements, marching in place, brisk walking, dancing, calisthenics.

Also after activities, while you're still warm, stretching can be more intense to truly increase your flexibility. Notice your range of stretching and set goals to increase this. Consistency is necessary to achieve the desired results.

The second question is, how should you stretch? Avoid bouncing, called ballistic stretching, as this activates what is known as the "stretch reflex" which actually tightens and contracts the muscle you are trying to stretch! Static stretching is very effective. Slowly stretch to the maximum range where you can feel the pull on the muscle (some may find this uncomfortable but it should not be painful) and hold for a minimum of 10 seconds but preferably longer like 30 seconds or more. Count slowly, 1 Mississippi, 2 Mississippi, etc. Always listen to your own body on how far to extend any stretch. Active stretching involves using the muscles of one area to stretch another group of muscles like pulling your shoulder blades together and your shoulders back to stretch the chest pectoral and deltoid muscles. This is a very useful form of stretching for warming up before an activity and helping to reduce postural stress on the job or at home. Passive stretching is exactly that, passive. This can be done using a partner, gravity or some equipment. You place yourself into the stretch position and relax, allowing the position and the external force to maintain and increase the stretch. This is a very relaxing way to stretch. It's also a good way to end the day.

Breathing also is very important. Stretching the muscles increases the blood flow to the area and increases the oxygen demand. Well-oxygenated blood can help relieve the muscles so they will not be sore from over-exertion. Getting oxygen to the muscles is important at all times during exercise, but be sure to breathe especially while holding stretches. Deep breaths, in through the nose and out through the mouth, help the muscles relax and elongate. The body responds to stretches more readily if it is relaxed.

Stay consistent. You will see results over time if you are consistent. Make stretching a part of your life; try a class which includes plenty of stretches, a yoga class or pilates, or create your own stretch routine. Be sure to evaluate your own tight areas or imbalances, and address these or have a professional help you create a customized stretch routine. As we get older, maintaining range of motion with stretching and maintaining strength with exercise, we will maintain a better quality of life. Make it part of your life now. Don't overlook the benefits of stretching.

Wildness Awareness Day

Submitted by Ariana Clements

If you didn't make it to the Wildlife Awareness Day, held on May 20 at the Nahant Town Hall, then you really missed out. There was a great time had by all.

The live animals consisted of eight cute, scaly and amazing creatures. The show put on by the Animal Adventures program taught children about a bearded dragon, king snake, tarantula, coati, tree frog, boa constrictor, chinchilla, and even an alligator. Before and after the show the children could walk around and play games to collect prizes. Many of the children and adults alike were even lucky enough to go home with one of the many raffle prizes. One basket kindly was donated by the Nahant Garden Club, along with gift certificates donated by Tides Restaurant and Dunkin Donuts.

A great big "thank you" goes out to everyone who assisted in some way, especially The Friends of The Library in Nahant. If you attended, thanks for coming, and I hope you enjoyed yourself.

Photo caption: Four kids holding a boa constrictor while being taught by the Animal Adventures Educator.



Macular Degeneration

by Dr. Neil Gross

Yogi Berra once said: "You can observe a lot by watching." With that in mind, notice how often the eye is featured in the news. People want to know answers to questions like: How can I get rid of my glasses? Or, can a laser be used to remove my cataract? In this column, I will help you understand many common problems that affect the eye and the latest treatments available.

First, let's talk a little bit about how the eye works. The eye is like a camera-it admits light (the image), focuses that light with a lens and captures the image with a film-like substance called the retina. This image is transmitted to the brain via a cable called, the optic nerve.

Now, let's talk about a common topic: vitamins and the eye. One common question people frequently ask is: Can taking vitamins help my vision? There is no doubt that vitamins are critical to good vision. For example, Vitamin A (found in carrots) helps keep the retina healthy. Patients with intestinal problems, or eating disorders, who do not get an adequate amount of Vitamin A, can develop night blindness. However, most people eating a healthy diet should get adequate amounts of vitamins in their system and don't need a supplement; unless they have macular degeneration.

Macular degeneration is a retinal disorder that can lead to blindness. Most people with macular degeneration are over 70. Ten million people in the U.S. currently have macular degeneration. The macula is a specialized retinal area that helps us to see small print. In the early stages of macular degeneration, tiny dots of waste material called "drusen" develop. Eventually, these areas can scar, or bleed, and vision is lost.

In 2002, a scientific study showed that people with this problem benefited from receiving high doses of Vitamins A, C, E and zinc. In fact, the vitamins reduced the progression from moderate to advanced macular degeneration by 25%. Today, eye doctors routinely prescribe these vitamins for certain types of macular degeneration. So, if you have macular degeneration, should you be taking a vitamin supplement? The answer is probably yes. However, don't dose yourself. High doses of Vitamin A, in particular, can be dangerous. Also, an eye examination is required to see if you have the type of macular degeneration that lends itself to vitamins.

Macular degeneration also has a genetic component: people with a family history of macular degeneration are more at risk for developing the problem. If you have a family history of macular degeneration and want to avoid the problem, should you take the vitamin supplement? According to the 2002 study, the answer is no. Vitamins will not help you avoid macular degeneration; they only help those who already have the condition.

More research on the eye and vitamins is in the works. Scientists are excited about the possibility of decreasing the incidence of cataracts with anti-oxidants. However, the jury is still out on this one, so- stay tuned!

Yoga and Pranayama, the Science of Breathing

Submitted by Patricia McCallum

Can anything be more important than breath? It's the first thing we do when we are born! When we stop breathing, we die! Most of us never give it a second thought, but if we did, what would we notice? What benefits would we find?

If you're happy and relaxed, your breathing is calm and regulated. If you exercise, your breathing becomes rapid and shallow. If you're angry, nervous or depressed, your breathing becomes uneven and spasmodic. And while you sleep, your breathing is deep and rhythmic. Notice the link between breath and activity - ask a friend to spend the next thirty seconds concentrating on an object you're holding. Her breath will likely slow down, or she may even hold her breath, while she concentrates.

Pranayama, literally means, the extension, or control, of our energy, or life force, termed "prana," and is the name of the branch of yoga that focuses on breath. Utilizing yoga breathing techniques, you can increase your capacity to oxygenate blood, as well as train and strengthen the muscles which control respiration. Mastering the science of breath can relieve tension, curb the appetite, improve digestion, lower blood pressure, slow the heartbeat, increase energy, control emotions and calm the mind. Deep-breathing increases the supply of oxygen to the brain, improving thought and creativity. It's even possible to breath in a way that cleanses the lungs and prevents disease.

Pathways Yoga Nahant holds classes Monday mornings, at the Senior Center, at the Nahant Community Center from 10:00 to 11:00 a.m. On Thursday evenings, we meet in the Serenity Room from 6:30 to 8:00 p.m., at the Nahant Community Center. Private and Semi-Private Sessions are available in your home. Call Patricia McCallum at 781.842.3862 or PathwaysYogaNahant@comcast.net for details.
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Get your tickets by calling any of these folks, Peter Przybycien, 781.593.2511, Peter Barba, 781.581.5675, Frank Cardile, 781.581.1559, Mike Billias, 781.581.1338, NVA Commander Joe Fiore, 781.581.0414, Mike Karavich, 781.526.0544, Carolyn Cummings-Saxton, 781.581.0273, Brenda Cook, 781.598.6799, Milton Goode, 781.581.1819, or Bill Cullen, 781.581.1488.

"Hey Ponzie, This year they're honoring our dad at the block party, "Big Daddy Freddie Tudor, Nahant's own Ice King," by putting our company logo on the commemorative cocktail cup, Tudor Cocktail Ice Company, Nahant, Mass., est. 1805. Buy a drink and keep the cup, how cool is that!"

"Hey Duddie, any update on the Causeway toll booth?"

"Well Ponsie, rumor has it that they plan on putting a temporary toll booth on the Causeway to help pay for the cost of the new halfway house. They also plan on putting decoy seagulls, that are really cameras, on top of the light polls coming into town, to make sure nobody is blowing them tolls."

"Hey Duddie, good thing we donated \$5 for the Labor Day block party and got our Town of Nahant Causeway "FREE" Toll Pass. There were only 250 available and they are about two-thirds gone. The passes are numbered for authenticity. Tell folks to call the toll collectors, Frank Cardile, 781.581.1559, or Mike Billias, 781.581.1338 to get theirs.

"Oh Gawd, Folks," calm down, there is no toll booth coming, and "The Halfway House" is not an alcohol or drug treatment facility—it's a JOHN!" The 2006 Free Toll Pass is a "thank you" for your donation.

Now, for something near and dear to us two "Ice King Twins," June was Fathers Day month. It's a special time for Ponsie and myself to remember our dear ol' Dad. Was he probably the cheapest, most narrow-minded squire of Nahant history? You tell me. His idea of sending his twin sons on an all expenses paid, air-conditioned Caribbean winter get-a-way cruise to Martinique, was packing the two of us, along with the ice, in the belly of a cargo schooner, for the purpose of "melt check".

When I mentioned the invention of electrical refrigeration to him, he darted back with, "Dummy, it's only a fad, and people will always use ice to refrigerate." I had to remind him my name was Duddie and not Dummy, and if he listened to me, people would have "Tudors" in their kitchen today, instead of Frigid Aires. Also, Ponsie and I wouldn't still be cutting those 1" ice cubes by hand and delivering them, by horse-drawn wagon, across the Causeway, through the toll booth traffic, in order to service the Nahant summer party demand. Happy Father's Day, Love, The Boyz.



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Glucosamine & Chondroitin Sulfate

Q. There has been talk, recently, about whether glucosamine and chondroitin sulfate help arthritis. Should I take them or not. What is your suggestion?

A. The dietary supplements, glucosamine and chondroitin sulfate, are popular as alternative treatments for arthritis. These substances occur naturally in the body and are thought to promote healthy cartilage formation and repair, thereby aiding in pain relief for people with osteoarthritis. A large study, funded by the National Institutes of Health, was recently conducted to assess the safety and efficacy of these supplements. The results were published in the New England Journal of Medicine in February, 2006. The findings suggest that, aside from mild stomach upset, there are few side effects from the supplements. It appears that taking glucosamine and chondroitin sulfate together, is more beneficial than taking only one of the supplements. Some people, with moderate to severe arthritis, gained more pain relief than those with only mild arthritis. Further study is needed, to determine the relevance of this finding, due to small subject numbers.

This study looked only at the effect of glucosamine and chondroitin on KNEE arthritis. The implications for arthritis in other areas of the body are not clear. The question of what brand of supplement is most effective remains.

In conclusion, if you are already taking one, or both, of these supplements, or are considering taking either of them, consult your physician. People who are diabetic, who take blood thinners, or who are allergic to shellfish, may need to take special precautions. Pregnant women, or those considering childbirth, should seek medical advice, before using these supplements. Your physician can help you decide if your arthritis is likely to be helped by these supplements and may have recommendations regarding brands or dosages. The dosages used in most studies are 1500 mg/day of glucosamine and 1200 mg/day of chondroitin sulfate. Glucosamine and chondroitin sulfate may take up to 6-8 weeks to take effect.

Please submit questions about musculoskeletal problems to us in writing and send to: NSPT, 1Widger Road, Marblehead, MA 01945, c/o Nancy DeMuth. For more info, check these websites: www.arthritis.org or www.nccam.nih.gov (click on glucosamine).

Planning underway for Soap Box Derby 2006 by Suzanne Hamill

Last year's Soap Box Derby was a huge success, featuring the spectacular race, as well as pizza, music, and a fantastic food festival. It was a day of fast cars and lots of family fun! Planning is well underway for another great race. The 2006 Nahant Soap Box Derby will be held Sunday, Oct. 8th, beginning at 10:30 a.m., at the top of Little Nahant Road.

The race is open to children ages 8-16. Organizers will be accepting registrations on a first-come, first-served basis, until the end of July. Entrants receive two t-shirts, one for themselves and one for their sponsor or parent, as well as a trophy or medallion, and a DVD copy of this year's race, filmed by Nahant's own Doug Frauenholz, of Apogee Media Services.

Entry forms are now available by calling Suzanne Hamill at 781-592-1263, or Bumper Gooding at 781-599-6145.



Entry Form for 2006 Soap Box Derby Sunday October 8th

Location at top of Little Nahant Road (rain date Monday October 9th)
Open to children ages 8-16.

Entry form must be accompanied by a check for \$75 (add \$225 if ordering a new car kit) made payable to Nahant Soap Box Derby Fund. Mail to Nahant Soap Box Derby, c/o S. Hamill, 86 Little Nahant Road, Nahant, MA 01908 by July 29. For info call Suzanne Hamill at 781-592-1263, or Bumper Gooding at 781-599-6145

Donations and sponsorships gratefully appreciated!

Name (please print): _____

Address: _____

Phone _____ Email _____

Date of Birth _____ Weight _____

Racer's T-shirt size _____ Parent shirt size _____

I am using last year's car _____ I need a new car kit (add \$225) _____

I prefer a DVD copy _____ VHS copy _____ of the race

Name of parent or legal guardian _____

Signature of parent/guardian _____

To Design Homes IN Nahant, You Have To GET Nahant

by Michael McCloskey

Designing homes in Nahant has many pleasures. As a general rule, most Nahanters are easy-going, casual and a pleasure to work with. The island offers a wide variety of housing types, from small beach cottages to stately mansions; many of which are cheek by jowl. This unique mix of housing types and economic groups is probably one of the most striking features of Nahant living.

Most communities on the North Shore are pretty well-defined by economic and social classes; rich people live here, not so rich people live over there. Although Nahant has its more desirable areas, it's not necessarily divided socially. Whether residents are long-time townies or recent transplants, rich or not so rich, everybody seems to share the easy-going lifestyle of island life.

Understanding the nature of Nahant's casual demeanor is crucial, when designing houses on the island. Whether it's renovating small, cozy beach houses, or updating mansions on Nahant Road, it's always done with relaxation and family gatherings in mind. You might say it's like wearing a tuxedo, barefoot.

If there's an unwritten architectural language of the island, it is New England Shingle Style; steeply pitched roofs, dotted with gable dormers and lined with deep, shadowy overhangs, long wrap-around porches, to catch the sea breezes, decorative shingle siding, lots of big double hung windows, widow's walks, low, white picket fences and casual English gardens, with fresh herbs, lilacs and hammocks, of course.

While the exterior of the homes conform to this unwritten language, the interiors are quite another affair. Many homeowners are opting for eliminating walls between rooms and opening up the interiors all together. What was once kitchens, living and dining rooms are now large, multi-purpose living areas. Half-height walls and architectural columns imply rooms, rather than define them. Kitchens are areas for preparing, eating and enjoying food and are openly connected to family and entertainment areas. French doors, opening to trellis-covered, bluestone patios, seamlessly connect the interior living spaces with the outdoors. When the weather is less than perfect, deep, covered porches are very handy. To extend the all-too-short summer months, outdoor fireplaces and blanket-covered, wicker couches make outdoor entertainment a joy after Labor Day.

To successfully design homes in Nahant, means you have to "get" Nahant. It's not like other communities and that's the way Nahanters aim to keep it. There ought to be a sign at the end of the Causeway; "Welcome to Nahant. Leave your shoes here."

Michael McCloskey is a residential architect in Marblehead and a contributing writer for North Shore magazine. His parents met while summering in Nahant, in 1949.

Johnson School Playgrounds are Coming

Submitted by Chuck and Erin DiGrande

Almost a year ago, the Swing With Me Association met with other individuals to devise a plan for new playgrounds to benefit students at the Johnson School. After months of fundraising and planning, we are well on our way to reaching our \$45,000 goal for the two new playgrounds at the newly renovated Johnson School. Plans include a playground suitable for Pre-K to grade 3, a playground for grades 4-6, and a regulation middle school size basketball court.

We are very happy to announce that the Community Preservation Act has provided us with \$20,000 towards the project. We would also like to thank the Knights of Columbus for their donation. In addition, we recently received a \$2,000 donation from Periwinkle Preschool! It makes us very proud to recognize the Johnson School student body's efforts. As a result of two fundraising efforts of the Student Council, the student body raised \$215.60 and another \$292 for the playgrounds. How wonderful that the students are taking ownership!

We certainly would like to thank everyone who bought a Christmas tree, or a lottery calendar or supported any PTO sponsored event. We could not do any of this without our volunteers who raise the money, sell the trees and calendars, and help with the actual installation of the playgrounds. We plan to install the first playground in November (possibly sooner). We will NEED YOUR HELP. Details will come as the date approaches.

At this point, we continue to accept donations. If you think you might want to dedicate a bench for either of these playgrounds (cost is approximately \$400) or make a tax-deductible donation, please contact Erin DiGrande at (781) 593-0526 or send your donation to 47 Willow Road, Nahant. Many thanks!



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Nahant Girl Scouts at Hershey Park

Submitted by Mary Jo Ludke

Top photo: Sixty Girl Scouts and Leaders from Nahant and Swampscott joined over 4,000 Girl Scouts from around the U.S. at a Camp-O-Ree at Hershey Park, PA from June 9-11. They enjoyed meeting other scouts and experiencing all that the amazing amusement park has to offer...not the least of which was all that CHOCOLATE!

Photo below: Nahant fifth graders from Junior Girl Scout Troop #57 and HOOMPA were spotted as they entered Hershey's Chocolate World in Hershey, PA on June 10, 2006.



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Trash! It's Been Voted Off and Removed from the Island

By Linda Jenkins, Chairman, Nahant Beach Clean-up

Despite the rainy day, the first annual Nahant Beach Clean-up was an overwhelming success. The less than ideal weather did not dampen the spirits of the more than 150 volunteers, who came out to clean our beaches, on Sunday, June 5th. They came in body casts, they came with children in tow, they came in diving gear, but most of all they came with lots of energy and enthusiasm and removed several tons of trash from our beaches.

The sense of community was obvious, it seemed as if everyone knew their mission was important—to make Nahant an even better place to live. After spending five hours on each beach, I think it was well worth the effort. If you haven't already done so, I recommend you check your favorite beach. I think you'll find it great improved due largely to the coordination of the Nahant Woman's Club and the Town of Nahant, especially the efforts of Town Administrator Mark Cullinan, Marrit Hastings, Polly Bradley, Charlotte Dracousis, Karen Falat, Robert Wilson, Robert Ward (DPW) and Shawn Cauty.

We are thankful for the use of the Council on Aging van. A large part of the success of the clean-up was due to the financial support from our local businesses, which made the food, tee-shirts, publicity and other efforts a reality. Thanks to Nahant Associates, Poulin Electric, Quinn of Lynn, Oceanview, Equitable Bank, Darlene Conigliaro of Kelley Greens for the hot dog rolls, and thanks to a very supportive local resident who wishes to remain anonymous.

Our grateful thanks to the team leaders who volunteered their time: Pauline Anderson, Lois Andreasen, Nancy Cantelmo, Carl Jenkins (Dive Team), Linda Lehman, Rick Kennedy, Jennifer McCarthy and her daughter Rachel, Jean McCullough, Wendy and Bertie Payne Strange and Nick Strange, Linda Pivacek (Heritage Trail) and Mike and Sam Rauworth.

The Department of Public Works worked tirelessly to clear the debris off the beaches.

Thanks to Mike Collins, Scott Frary (He's a wonderful driver.), Jake Musman, Captain Walter

Spinelli and Dave Wilson, who really knows how to drive a front-end loader! Our thanks to all the groups who participated from the Boy Scouts, Cub Scouts, Girl Scouts, Friends of Lynn and Nahant Beaches, Johnson School, Lynn Classical High School, Masconomet High School, Nahant Open Space Committee, Nahant Recreation Commission, Dory Club and Nahant Woman's Club.

Thanks to the Nahant citizens who participated: Lydia Antrim, Charlie and Lisa Arena, Jacqueline Batres, John Blank, Alex Caloggero, Angela Carey, Molly and



John Cohen, Ralph Colson, Doug and Jodi Comfort, William Conigliaro, Bill and Carol Crawford, Maureen DeCenso, Barbara Deines, Jared, Jason, Jennifer, Molly and Ryan Dignan, Robert Dugan, Erick, Lisa and Taylor Eaton, Catherine Foley, John, Mariel, Maureen and Olivia Fulghum, Joyce and Russ Gaudet, Jill Gillis, Bumper, Matt and Ryan Gooding, Lowell Gray (Dive Team), Mike Jr. and Mike Griffin, Sr., Corrie Grieves, Frannie Hall, Linda and Gordy Hall, Cal Hastings (Fantastic cook!), Gene and Kees Hollenback, Deborah Horwing, Sue James, Jamie, Jim and Laurie Konowitz, Amy Kraft, Alicia Lenzi (Aquarium Dive Team), Cora, Laura and Mickey Long, William Ludke, Matt Luiti, Ted Maroney, Colleen, Kevin and Stephen Meagher, Erick, George and Mary-Lou Mihovan, Andrea Murphy, Dick Nagle (Shirt Designer), Kevin, Lori, Owen and Shea Nugent, J. Nardizzi, Charisse, Dawna, Mark and Miranda Nocera, Sis Oliver, Anthony Palumbo, Giovanna and Mario Pascuito (Saved us with a tent!), Jon Pelligrini, Eddie and Eileen Peterson, Tyler Peterson, Margaret Piccola, Lisa Pires, Stasi Priftakis, Ramon, Ray and Sue Rosa, Alec and John Roy, Alice Volk-Roy, Manny and Sue Santos, Michael Schruben, Calantha Sears (Fabulous Registrar), Sherry Smith, Fred and Maria Stanley, Julia Stoller, Becky Stover, Ann Marie Sullo, Julie Tarmy, Lea and Leah Trentsch, Adam Walker, John Welsh, Linda Werbner, Chris, Jake, James and Nancy Whitlock, Nancy Whitman, Adam and Ellen Wilson, Dave Wilson, Paul Wilson and Audrey and Misha Zhuykov and countless others who simply helped without registering.

The Nahant Woman's Club awarded more than 250 hours of community service time for the clean-up. If you were unable to participate in the Clean-up, you still have the opportunity by purchasing a Nahant Clean-up tee-shirt, for a donation of \$5, to the Nahant Woman's Club. Shirts are available at Seaside Variety.

With your help, we can continue the momentum. The next time you visit your favorite beach, tuck a garbage bag in with your beach supplies and "Be a Taker, not a Giver." Take yours, and any other trash that you see, off the beach and dispose it in a proper trash receptacle. Thank you.

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Handbells Ring Out At Memorial Day Services

Submitted by Thomas Bold, Director of Music, Nahant Village Church

During the annual observance of Memorial Day this past May, a new twist was added to an old tradition – handbells. Although it was my first Memorial Day observance in Nahant style, most of those present on that special day were long-time participants in this solemn event. Now I'm not usually one to throw a monkey wrench into a tried and true tradition, and I certainly am not a fan of fixing things that are not broke. But when I learned of the tradition of joining the two Nahant Church choirs to sing for the Memorial Day observance, I wondered about one large challenge – how does a choir sing outside and sing in tune? The solution was both reliable and instrumental, no pun intended – handbells!

The Nahant Village Church had recently acquired a two-octave set of handbells, just before Christmas 2005. By donating the required funds to acquire a set of handbells, members and friends of the Village Church paid homage to loved ones as memorials and honorariums. Each bell contains an inscription dictated by those making the donation. So with each swing of each bell the memorials and honorariums become living testaments to all those who hear the sound of these harmonious bells. So on Memorial Day, we solved a small dilemma and ushered in a new twist on an old tradition, but more importantly the handbells made themselves known to our friends and neighbors. Now we'd like to extend an invitation to any resident and friend of Nahant.



At the Village Church, we have more interest in the donating bells than we have bells to donate, so we are in the process of adding an additional octave to our original purchase. We have a number of bells still available for donation and we are also interested in beginning a community-wide bell ensemble. No prior musical education is necessary to become a "ringer," as all you need to know will be gradually taught as we come together for rehearsals in this unique music-making ensemble.

Ringling bells is simple to master and yet the benefits of participating in such a musical endeavor live on long after the bells cease to vibrate. I'll be happy to share my passion for music and the brain research. So who can benefit from this unique opportunity? It is my opinion that kids from one to ninety-two (isn't that song?) will all benefit tremendously from any musical education. But an ensemble like a bell choir provides benefits even the study of piano (long confirmed by brain researchers as the most unique whole-brained activity) cannot reach, for a bell choir offers the added dimension of ensemble. And unlike a traditional vocal choir, you don't have to be able to sing. In fact it's helpful if you can't carry a tune.

So, Nahant, give us a call at the Village Church, 781-581-1202, and let us know if you'd be interested in participating in a community bell choir. Bring along your suggestions of repertoire (that would be your favorite songs) and remember there's only one requirement—you must be willing to have fun!

IN MEMORY OF Brenda L. Boutwell, 46



Brenda L. (Warren) Boutwell, 46, died suddenly, Wednesday, June 14, 2006, at Salem Hospital. The daughter of Barbara (Danforth) Warren and the late Kenneth Warren, she was raised in Salem and graduated from Salem High School. She had been a resident of Salem all of her life. Brenda was an office administrator, very personable, dedicated and hard-working. She loved to collect koala bears. Her greatest joy was her family and most especially her children and grandchildren. She will be greatly missed by all.

Surviving, in addition to her mother, are two children, Justin Boutwell and Nicole LeBlanc, and husband, Jeff, all of Salem; two brothers, Kenneth Warren of Salem, David Warren and his wife Noe of Temecula, Calif.; five sisters, Donna Lee Hanlon and her husband Ron, of Nahant, Evelyn Ouellette of Gloucester, Barbara Thistle and her husband Bob, of Deering, NH; Tina Blazak and her husband Bill, of Salem and Judy Gagnon and her husband Norman, of Salem; four grandchildren, Cody, Cheyenne, Devin and Erin LeBlanc; her former husband, Kenneth Boutwell, Jr., of Salem, one aunt and uncle, many cousins, nieces and nephews. She was also the sister of the late Mark Warren. A funeral service was held at the Campbell Funeral Home in Beverly and burial was at the North Beverly Cemetery. Memorial donations may be made to HAWC (Help for Abused Women and children, 27 Congress St., Salem, MA 01970).

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Useless Information

by Ray Barron

New Nahant Law?

A new law in Nahant bans couples from "lip-to-lip kissing," or "touching each other in a sensual way," in public, for more than five consecutive minutes. Calm down! This is a new law in Indonesia.

Nahanters Thoughts About Kissing

The electricifying Ed Poulin, of Irving Way, says, "If your wife kisses you when you get home, is it affection, or inspection?"

Ed's sweet wife, Gayle, a native of New Orleans, says, "When a man tells you your kisses are intoxicating, watch out: he is probably mixing his drinks."

The gracious, Sheila Hambleton, Nahant's Assistant Town Assessor, says, "Any man who can drive safely, while kissing a pretty girl, is simply not giving the kiss the attention it deserves."

Cal Hastings, says, "Don't wait to know her better to kiss her; kiss her, and you'll know her better." Cal's alluring wife Marrit, says, "At twenty, a kiss is an experience, at forty a sentiment, and after that a compliment."

The New Generation of Conigliaro Brothers

Once upon a time, brothers Tony and Billy Conigliaro were popular baseball players, who played for the Boston Red Sox. Of the two, it would be Tony who would become noted as a great outfielder and hitter.

It was 1967, the year the Red Sox won the pennant—and the year that extraordinary young outfielder Tony Conigliaro was smashed in the eye by a pitched ball, that nearly ended his career and his life. Well, read his book, "Seeing It Through," to learn more about his comeback and life and times in baseball.

Here in Nahant we have a 5-year old Tony Conigliaro and a 2-year old Billy Conigliaro. They are the sons of Richie and Darlene Conigliaro. Yes, daddy Richie is the brother of Tony and Billy. According to Darlene, her sons are into baseball and they own bats and baseball gloves. In fact, it was on April 17, 2004, little Tony Conigliaro made his debut at Fenway Park! The three year older threw out the first pitch at the game!

Chances are, you can spot little Tony and Billy at Kelleys Greens Golf Course in Nahant, where their daddy Richie, manages the popular golf course. On Wednesdays, their beautiful mommy Darlene is in the kitchen, preparing spaghetti and meatballs for patrons and her family.

Not in Nahant!

Wow! It has been reported 74% of Americans say they encounter profanity in public frequently, or occasionally. And 66% say they believe people swear more than they did 20 years ago, while 64% say they, themselves, use the F-word, at least occasionally. So reported an Associated Press/Ipsos Poll.

Nahant's JULY Birthday Babies!

July 1 birthdays:
Lovely Jean Devereaux, Rafael Munoz, Melissa Legon, Paul Murphy, Matt Donaghey, handsome Tim Smith, and the diligent Jack Ryder.

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

July 3: Colleen Guiney, Rosa Galvao, John Delaney, Betty Sherlock, Pat Conlin and Matthew Morse.

According to Nahant's Residential Listing here are our Fourth of July birthday kids! Personable Hugh Mosher, Pamela Strong, Janet Boehler, Chris Scannell, Joe Delgrasso, Julie Forgione, Grace and James Whitlock, Teresa Kaplan, Cynthia Donofrio, Ellena Cant, Barbara Rourke, Nikki Granitsas, Mary Rouge, Gina Orsillo, Dot Morley, Jill Kark, Dan Donahue, Steve Lerman, Jonathan Locke, Rachel Oliver, Reha Oztekin, Ken Smith, John Delaney, Matt Wheeler, Yuri Kravchouk, Chris Green, Ryan Thibodeau and Bill Murphy.

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

July 6: Marianna Pezaris, Jessie Johnson, Sarah Scapicchio, Dave Churchill, Ryan Kane and the personable John Canty.

July 7: Peggy Cully, Nichole Yannetty, Michael McKie, Helen Clements, Allison Russell, Walter Goode, Steve Bulpett, Kevin Meagher, the tycoon Joe Machera, Dimitri Christoforidis and James Osborne.

July 8: The hunk, Joe Fiore, Peggy Uddam,

Ashley Corcoran, Pam Miraglia and singers, Billy Eckstine and Steve Lawrence.

July 9: Roger Sirois and actor, Tom Hanks.

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

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

July 12: 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 13: Cliff Flynn, Madeline Tanen, Brigit Scapicchio, Randy Gray and actor, Harrison Ford.

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

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

July 16: Eleanor John, Marsha Francis, Joey Giannelli, "big guy" Parker William Cook and Stephen Dickenson.

July 17 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 17, the congenial Cal Hastings, Deborah Savage, Anthony and Susan Caloggero, Chef

Vichai Thienprayoon, Mark McBride, Dan Landrigan and comedienne, Phyllis Diller.

July 18: Frau Ilona Connor, Evelina Simmons, Gerald Landry and Katherine Collins.

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

July 20: The captivating Sylviane Poulin, Julie Bryanos and Ann Gaffney.

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. And let us not forget Buffalo's gift to Nahant, the noted intellectual, Harvard University graduate, Joe Klink.

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

July 23: The creative Barbara Powers, Lee Trentsch, Julie Morse, Andrew Sigourney, Peter Foukal, Bill King and Paula Ashley.

July 24: Melinda Noonan, Jean Adamo, Deb Mahoney, Jim Cashman, Don Warner, Bill Morgan, Brian Robinson, Mike Urany and Henry Katelyne.

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

(Continued on next page.)

Birthdays (continued)

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

July 27: Gloria O'Shea, Rita Mitchell, John Brubacher, Clifford O'Neill, John Nichols and singer, Bobbie Gentry.

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

On July 28, The highly-respected Michael Georges will be a young 95! 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 29: Bill Johnson, Clarke, the charming Kathy Pecoraro, Joanne Laubner, Caitlin Collins, and Italian Fascist leader, Benito Mussolini.

July 30 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 Steven St. Ives.

July 31: Claire Hynes, Lisa Ruthig, Marlene Harris, Kathy Carter, Bill Todisco, Bill Lamando, Jim O'Connor and Bill Amero.

Nahant's Young Hunks!

According to Molly Bloom, Nahant is the home of some attractive young hunks. So who are they? Kyle Kelley, Sean Dolan, Matthew Colson, Jason Silva, Michael McKie, Ken Koehler, Christopher Jarruc, James Passanisi, Jonathan Morse, Matthew Morse, William Lowell, Erin Maher, Matt Champigny, Matt Canty, Matt Morin, Tim O'Keefe, Dan and Tim Collins, James Sanborn, Andrew Norton, Ivan Zhuykov, Stephen Viviano, Ryan Hambleton, James Whitlock, Sean Kaplan, David Moore, Eugene Howard, Max Kaspel, Anthony Alessi, Clinton Alessi, John Crowley, Matthew Dunn, James Moleti, Zachary Taylor, Steven St. Ives, Theodore O'Hagan, James Osborne, Clayton Purdy, John LaCorte, Dan Cadigan, Jeff Baldini, Ed Lent, Chris Hyde, Igor Babushkin, David Barile, Eric Pasinski, Dan Baker, Jonathan Paula, Brian and Erin Poth, Adam Wacker, John Bardgett, Nick Papagelis, Ryan Mahoney, Mackenzie Hall, Antonio Barletta, Alex Mazareas, Gregory and Eric Marie, Schuyler Livingston, Jake Lemle, Jonathan Tibbo, James Maguire, Garon Clements, Ozgur Simsens, Joseph Migliaccio, Jason Caloggero, Gregory Haywood, Michael Scalise, A.J. Markham, Michael Cullinan, John Barry, William Todisco, Matt Kennard, Matt Wheeler, Michael Cairra, Barrett Senk, Joseph Scapicchio, Ian Potts, Brian and Gregory Hawko, Sean Davis, Jay Cronin, Brice Taylor, Ron Petrucci, Phil Lessor, Stephen Dickenson, Jacob Musman, Michael Golosovker and Eric vonAschwege.

Basketball Our Official State Sport & Johnny Most

It's official! The House approved a bill, designating basketball as the state's official sport. Supporters note that the National Basketball Hall of Fame is located in Springfield and that the game was invented in 1891 in that city by James Naismith.

The mentioning of basketball reminded me of Johnny Most, former voice of the Boston Celtics. Well, it was yours truly in 1953 who recruited Johnny Most to audition for the job of announcer of the Boston Celtics' games. At that time I was the Promotion Director of WCOP Radio in Boston and along with three other members of the station we agreed Most was our man. Johnny Most always acknowledged I was the first man he met in Boston and was responsible for him landing the Boston Celtics' announcing job. Had to remind Most I was but one of four individuals who elected to approve him as the voice of the Boston Celtics.

In 1992, I recruited retired Johnny Most to record an announcement for the Registry of Motor Vehicles that urged people not to park in parking spaces designated for the handicapped. Well, a year later Johnny Most passed away at the age of 73. The Registry of Motor Vehicles' public service announcement would be his last radio broadcast.

How ironic! I was responsible for Johnny Most's first and last radio broadcasts. And that's the way it was.

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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.



A Letter Dated 1937

Nahant, Mass., July 26, 1937

Mr. James J. Devereaux
Chairman of Selectmen
Nahant, Mass.

Dear Jim:

Short Beach was taken over by our town so that it could be used by our townspeople who might have a beach for themselves. Lately, the American Legion parking space has been filled beyond its limits, the space reserved for parking Nahant cars has been overrun and the main road at Little Nahant and at Short Beach up as far as the cemetery gates has been full of parked cars.

Short Beach has again gone out of use for Nahanters. A large part of this can be stopped by our police being awake and enforcing our by-laws and traffic regulations. Stickers for Nahant cars, as used in other places would make it easy to identify out-of-town cars in our Nahant car parking area. Tagging cars parked on the streets will help some more and some of this has been done. The Legion area should not be allowed to overrun its allotted space. the guest privilege in the Nahant parking area, if abused, may be restricted. The important thing is to fulfill the obvious intent of the Town when it voted it wanted this beach within its control.

As a citizen of the Town, I protest that we have some rights as accorded by our by-laws and regulations. And there can be no reason why such radical overstepping of our desires and intentions should occur.

I realize that in these days, with the Eastern half of the state on wheels rolling toward the seashore, there is some question if any living by the shore and establishing themselves there, expecting reasonable enjoyment of shore privileges and access to and fro, have any rights. But I think they have. Our roads and our beach are our own and those who own property and pay taxes deserve some consideration and should not be called selfish, even in a hot weather rage, if they feel justly entitled to the use of these facilities which they provide and for which they pay.

I feel sure the Town would back up any action which relieved these conditions, even to cancelling the agreement with the M. D. C., which the Selectmen were authorized to do, I believe, and thus allowing us our free and untrammelled road by the State Bath House. The users of Long Beach are recreation seekers, perhaps escaping from hot weather. They can and should stand the delay of exit over the so-called traffic road to Lynn. Nahant residents should not be obliged to share in this delay except at a minimum. Their street should be kept as open as possible and should not share in any traffic jam, just because it is easier for visitors to the beach. We get a share, at best, from congestion in Lynn, which even makes our bus service use an hour on a trip with schedules knocked so far awry that no one knows how they run, or when to get one.

Each of all this trouble seems hard to stop or correct or ameliorate, but much may be curbed by proper attention to our own regulations.

Yours truly,
Fred A. Wilson

FROM SELECTMEN'S REPORT, 1931

During the year, the care and control of Short Beach reverted to the town by action of the Metropolitan District Commission, through the efforts of the committee appointed at the Special Town Meeting held in January. The committee consisted of Messrs. J. L. Mo—ey, Fred A. Pirie and Miss Kate Reynolds.

Years of more or less indifferent and unorganized agitation and protest concerning the use and abuse of Short Beach by multitudes of out-of-town automobilists during the summer months, especially on Sundays, resulting in the almost complete exclusion of the townspeople, culminated in a public hearing before the commission on March 26, at which time more than fifty of the townspeople appeared and offered their views on the subject with the result that the commission, after due consideration, turned back to the town the authority of "care and control" of this area, retaining the policing of the roadway. Later this too was surrendered, the State Reservation now extending only to Wilson Road.

The committee recommended, in its report at the Special Town Meeting held in June, that some means be taken to prevent automobile parking on both sides of the beach road and that a parking space for Nahant cars be formed in the Lowland Playground. The recommendations of the report were carried out by placing posts along the roadway near enough together to prevent automobiles from passing between and at the same time offering no obstruction to pedestrians, and a plank walk was installed from the roadway to the highwater mark. Regulations were made concerning the parking space prohibiting its use by any, save those residing in town. The easterly beach was cleaned and kept clean throughout the summer and hundreds of the townspeople avail themselves of the opportunity of enjoying the beach and the bathing for the first time in many years.

The benefit of this action was not long in showing itself; several summer houses that were vacant became rented and one large estate, long idle, became the property, as a result of the changed conditions, of a gentleman well-known for his civic activities in another town.

The thanks of the town are due the committee for its successful efforts in this direction.

Charles A. Phillips, Leon M. Delano, James J. Deveney, Selectmen



Above: The American Legion filling station, 1940. Alma Lewis

(Smith) and Jean Lewis (Dumain) worked there selling hot dogs for 25 cents each. FYI parking was 25 cents, gas was 7 gallons for \$1 and a Coca Cola cost five cents.



Left: American Legion gas station, Nahant Road. Thomas Prendiville, Manager. Pre-1940

Park Me At Short Beach

Early Nahanters Knew It As Little Beach in 1829



Below: Short Beach prior to 1898 (notice the Nahant Life-Saving Station has yet to be constructed).



Below: Fisherman's Dories on Short Beach late 1920s or early 1930s. Note MDC Police Call Box to right.



Above: Fourth of July Fireworks Display on Short Beach. A Nahant tradition. Photo not dated.



Above: A day at Short Beach, circa 1930s.

SOURCE: All photos and text from Nahant Historical Society archives.

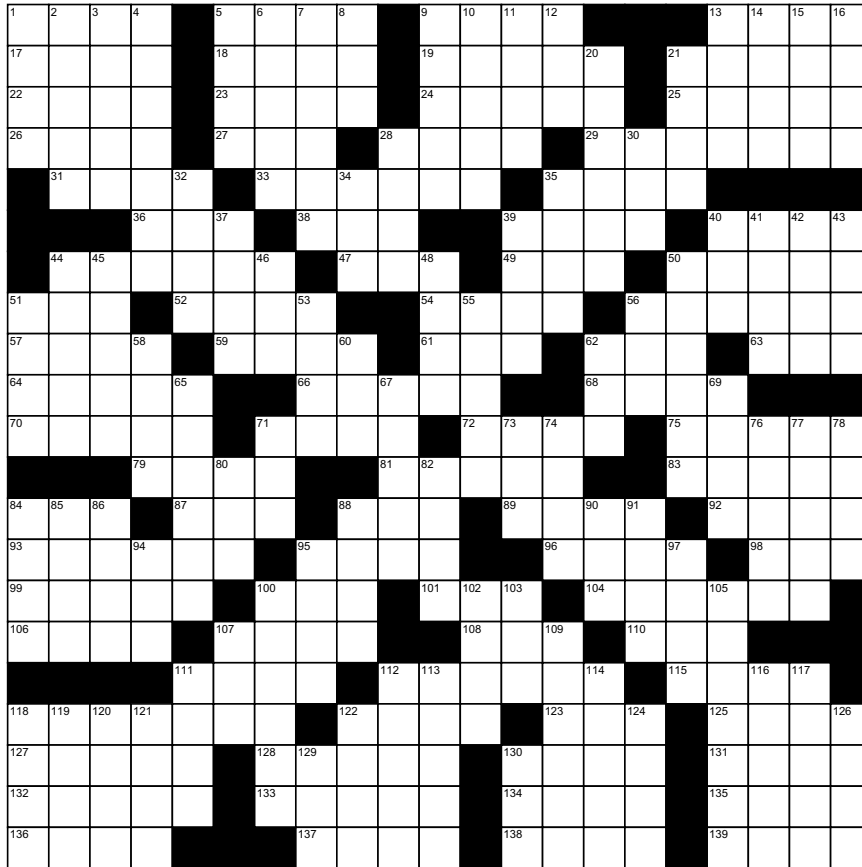


If you have something you would like to share on this page, please contact the author:

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

NAHANT PUZZLE PAGE

True Colors by Rick Kennedy



www.CrosswordWeaver.com

ACROSS

- 1 Fools
- 5 Web-like
- 9 Civil rights grp.
- 13 **Red-shouldered**
- 17 Women's magazine
- 18 Shrek, e.g.
- 19 **White** ____ (*random sounds*)
- 21 ____ Matisse
- 22 Complain
- 23 Competition at the Greek games
- 24 **White shark-like?**
- 25 Devoured
- 26 Small particle
- 27 Married woman
- 28 **Red, white and blue, e.g.**
- 29 **Red distractor**
- 31 **Soft white cheese**
- 33 Preoccupy
- 35 **Toronto's Blue team**
- 36 **White** ____ (*cigar brand*)
- 38 Vote in favor

39 **Red or White tree**

- 40 Willie Stargell, familiarly
- 44 Of this
- 47 High naval rank (abbr.)
- 49 Grand ____ Opry
- 50 Part of Hispaniola
- 51 ____ voyage
- 52 Smear
- 54 Nobleman
- 56 **White** ____ **crime**
- 57 Stringed instrument
- 59 Neck marker
- 61 Question
- 62 Bad start?
- 63 Compass pt.
- 64 Drug takers
- 66 **"Big Blue Marble"**
- 68 Arabic letter
- 70 Strange
- 71 Kingston group
- 72 First place?
- 75 Rope fiber
- 79 Repeat
- 81 ____ metabolism
- 83 **Red tree**
- 84 Nosh
- 87 Putrefaction

88 Free of

- 89 **Crimson rival**
- 92 Delta House dress code
- 93 **139 Across, e.g.**
- 95 **Red** ____ (*inside the 20*)
- 96 **"Blue** ____ **Records"**
- 98 **White tree**
- 99 Key
- 100 Greet the villain
- 101 Compass dir.
- 104 Petrol rating
- 106 Revolver inventor
- 107 Univ. faculty member
- 108 Loneliest number?
- 110 Boston, familiarly
- 111 Knots
- 112 Reply
- 115 Persia once
- 118 Juan's sister?
- 122 Milne character
- 123 Body part
- 125 Iron and Bronze
- 127 Single
- 128 Dumpy
- 130 **Red or white drink**

131 Lifted upwards

- 132 **Red** ____ (*Bush country*)
- 133 Light cake
- 134 Otherwise
- 135 Realm
- 136 ____ "R" Us
- 137 Pod vegetables
- 138 **Blue wood and anil**
- 139 **Red neighbor?**

DOWN

- 1 Big rig
- 2 Indifferent
- 3 **Blue** ____ **special**
- 4 Kerry or McCain
- 5 Dirt
- 6 Aggressive feelings
- 7 **"White Christmas"**
- 8 Hankering
- 9 Beef cattle
- 10 Centers
- 11 **White** ____ (*fibs*)
- 12 **Home of the "Red, White and Blue"**
- 13 Try

14 Start to freeze?

- 15 House or Marsh
- 16 Face card
- 20 Hydrocarbon
- 21 Towel word
- 28 **Red** ____ (*diving duck*)
- 30 **Red** ____ (*late flight*)
- 32 Reverent
- 34 **Red** ____ (*Moses' water body*)
- 35 Actress Clayburgh
- 37 Loiter
- 39 **"The other white meat"**
- 40 Crony
- 41 Fats
- 42 School grps.
- 43 Father
- 44 **The White** ____
- 45 Come on stage
- 46 Mink or sable
- 48 **Red** ____
- 50 The whole > sum of its parts
- 51 **LaBatt's** ____
- 53 **51 Down, e.g.**
- 55 **White or blue**

trees

- 56 Part of USC
- 58 Pennsylvania port
- 60 Randy's skating partner
- 62 **Blue** ____ **Group**
- 65 Clandestine
- 67 **Red spring harbinger**
- 69 Arbitrary order
- 71 Kid
- 73 **Red letter** ____
- 74 Zeal
- 76 Eating utensil
- 77 **Component of 111D**
- 78 Unauthorized disclosure
- 80 **Red** ____ **Chili Peppers**
- 82 Gulf of ____
- 84 "Beowulf", e.g.
- 85 Too
- 86 Latte size
- 88 **Red** ____ **Inn**
- 90 John of England
- 91 Engrave
- 94 www
- 95 Animal parks
- 97 Decorative needle case
- 100 **Red part of 67 Down**
- 102 Eat
- 103 Compass pt.
- 105 Biblical "father of many"
- 107 Excavation
- 109 Uncannily
- 111 **Red** ____ (*toxic bloom*)
- 112 Main artery
- 113 Do, re, and mi
- 114 Laundry cycle
- 116 Ancient marketplace
- 117 Not ever
- 118 Fitting
- 119 Golden Rule word
- 120 Not home
- 121 Seines
- 122 Read attentively
- 124 Quilting and spelling
- 126 The Seven ____
- 129 School dance
- 130 Newly ____, Nearly Dead

Land and Sea Breezes

by Rob Scanlan, Marine Surveyor

There is nothing that upsets a day on the water, more than finding a nice, romantic, secure anchorage, off a quiet beach, only to have the wind spring up from seaward. You have been caught by the sea breeze, a daily phenomenon, that occurs when the land gets heated by the sun, as the day progresses. This causes the air over the land to rise, drawing in cooler air from the sea.

By mid-day, there can be a steady, local circulation of air developing, with the rising air heading out to the sea, cooling, and then rejoining the low-level wind blowing in from the sea. You cannot change the sea breeze—it is a fact of nature, but you can choose your anchorage carefully, to try to avoid it. The breeze will be at right angles to the main trend of the coastline, so if you can find an anchorage where there is an offshore island, or a headland, between you and the open sea, you will be much less affected. A deep bay or a cove away from the general trend of the coast, will also help.

Land breezes are the same thing in reverse, with the land cooling in the evening and the sea staying much the same temperature. Now the wind will flow off the land and out to sea, but it usually will not bother you, because by the time it starts, around midnight, you are probably safe and sound in a sheltered port, or that quiet romantic anchorage.

Rob Scanlan is an Accredited & Certified Marine Surveyor in the United States, Canada, England & Australia. www.mastermarinesurveyor.com

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 May 15th and June 15th: Knights of Columbus, Nahant Dory Club, Patricia Adolph, Carmen Barile, Susan Branga, Judith Day, Jean Desilvestri, Lollie Ennis, Coleman Greene, James Konowitz, Mary Lermond, George Mazareas, Sherri McDermott and Ellen Steeves. Thank you all very much. Many "THANKS!!!" to Bumper Gooding for organizing a very successful subscription drive, and to Kevin Nugent, Den Master and to the Nahant Cub Scouts for all their hard work. Let's do it again next year!

JUNE 2006 PUZZLE WINNERS

There was no winner last month. Come on, Nahant! I know there are puzzle solvers out there. It is easy to enter and win FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. For more information, see Chris at Seaside Breakfast.

A Tribute to Fathers

by Rick Kennedy



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for AUGUST 2006

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

SATURDAY, JULY 15th • 5:00 P.M.

Mail Date: Wednesday, JULY 26TH

STAFF

Owner/Editor:	Donna Lee Hanlon	781-592-4148
Sales Director:	Suzanne Hamill	781-592-1263
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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.

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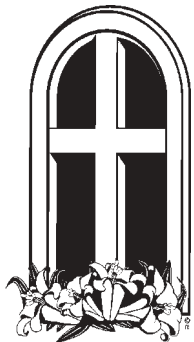
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at 9:30 a.m.



LynnArts News

Submitted by Steve Negron, LynnArts

LynnArts presents Summer ART CAMP for Kids in Theater and Visual Arts! Kids' Art Camp is two three-week programs with a variety of classes from painting to sculpture. Session I runs from July 10 - 28, from 9 a.m. to 2 p.m. Session II runs from July 31 - August 19, 9 a.m. to 2

p.m. Theatre Express is two one-week programs offering theatre games and exercises to free creative thinking. Session I starts July 17 and Session II starts August 7. Call 781-598-5244 or visit the LynnArts website at www.lynnarts.org for information and registration.

For the actor in the family, THEATRE EXPRESS frees the creative thinking skills and opens young actors to a wider world of 'play'. Students gain skills in movement and improvisation as they learn to use the body and voice as an instrument for performance. Session one of THEATRE EXPRESS starts on Monday, July 17 and session two begin on Monday, August 7. Hours are Noon to 2PM and the cost for each four-day session is \$40. For an additional \$10 participants can join the Art Camp students on Friday afternoons for Theatre Games.

TO REGISTER Call 781.598.5244, visit www.lynnarts.org to use PayPal. Scholarship applications available upon request. All classes have a minimum required enrollment, so tell your friends!

Celebrate THIRD THURSDAYS on July 20 in Lynn's Central Square. There will be live music, fabulous art and FREE activities for the whole family from 5-8 p.m. Raw Art Works invites children to create 'The Changing Faces of Lynn', a new portrait of Lynn in a collage workshop.

Slugger and the North Shore Spirit will be on hand with their pitching machine to test your fast ball! At LynnArts view PAINT, a juried painting show, including a gallery talk at 7 p.m. Also see Ken Reker's installation 'Ruminations on Birds and Worms.' The Lynn Museum presents 'Sea, Shore, and Land: Lynn Beach Painters at Home and Abroad' with a gallery talk at 6 p.m. by Curator Jane Bowers. Additionally, in the courtyard, hear Bluegrass & Folk Music by David Gass & Co. There's always entertainment and art at the Gulu-Gulu Cafe, with special libations. The Food Project's Farmer's Market stays late into the evening with featured produce. The Central Square Collaborative presents THIRD THURSDAYS every month. For more information see www.thirdthursdayslynn.com

Nahant Garden Club News

submitted by Carmella Cormier

The Nahant Garden Club's "Spring Plant Sale" was a success. Thank you to the residents and visitors, who helped to make it so. It was a fun morning. We were happy to see all of you. Proceeds are for our Scholarship Fund.

Our Recipient this year was Alex-Katherine Reeh, who was presented a \$1,000 by our President, Jeannie Delaney, on Graduation Night June 13th.

"Past Presidents Night" held May 25th, was a great success. The eight Past Presidents attending were; Muriel Mosychuk, Calantha Sears, Marie Ford, Lois Dobbins, Cay Cusack, Carmel Burrell, Helen Clements and Harriet Steeves. It was wonderful to honor them for all the time they gave in the past, and even now.

The Rosemary Bacheller Memorial Tray Recipient was presented to 1st Vice President, Carmella L. Cormier. The Tray is given once a year to honor a member in recognition of devoted service, who has exemplified outstanding dedication to the Club and contributed generously of her time, energy and spirit.

Memorial Day Wreaths, were created by Chairman Maddy Davis, Jeannie Delaney, Mary Irene Dickenson, Peggy Barile, and Carmella L. Cormier. They were placed in the Greenlawn Cemetery, Veteran's Memorial Park and one tossed into the sea from Tudor Wharf, in memory of those who served in the Military.

The Lilac Garden in Greenlawn Cemetery, has two more Lilac trees added, in honor of Past Presidents, Carmel Burrell and Helen Clements.

The Nahant Garden Club was presented with the Garden Clubs of Distinction 2006 award, on June 7th, at the Annual Meeting of the Garden Club Federation of MA., Inc.

The category was "The Conservation Award."

Our Annual Outing will be to Longhill Gardens on July 20th. Nancy Whitman will be our Hostess.

We wish all of you a wonderful July in our great Town of Nahant, or wherever you may be vacationing.

Please patronize our advertisers. Their ad \$\$ help us bring the Review to you! Thank you!

Community Calendar • JULY 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

JULY

SUN	2	10:30A	Sunday Worship Service at Village Church. We welcome new pastor, Rev. Larry Titus and wife.
TUE	4		INDEPENDENCE DAY
TUE	4	7:30A	Registration for Dennis Forbush Memorial Road Race at Fire Station
TUE	4	9:15P	FIREWORKS DISPLAY, Short Beach
FRI	7	8:00A	Free Breakfast at Village Church. Judge Dunbar Livingston, guest speaker
SUN	9	9:30A	Sunday Worship Services at Village Church.
TUE	11		Nahant COA Annual Cookout at Knights of Columbus.
FRI	14	9:00A	Play Group learns music at Refrigerator Art School.
SAT	15	5:00P	DEADLINE FOR AUGUST HARBOR REVIEW
THU	20		Garden Club Annual Outing to Longhill Gardens.
SUN	16	9:30A	Sunday Worship Services at Village Church.
SUN	23	9:30A	Sunday Worship Services at Village Church.
SUN	30	9:30A	Sunday Worship Services at Village Church.

AUGUST

TUE	1		DEADLINE FOR DOORWAYS & PORCHES ENTRIES
SAT	5	11:00A	MEET ME DOWNTOWN Art Festival. Lots of fun for everyone! Central Square, Lynn. Till 4:00 p.m.
FRI	11	9:00A	Play Group learns music at Refrigerator Art School.
SAT	12	7:30P	Jamaican Me Crazy party on Short Beach.
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.
-----	---	-------	--

OCTOBER

SUN	8th	10:30A	Soap Box Derby 2006. Little Nahant Road.
-----	-----	--------	--

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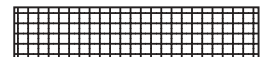
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Got a story, poem, or photo to share with your neighbors? Email it to donna@nahant.com, or mail to Editor, PO Box 88, Nahant, MA 01908.

EMERGENCY MANAGEMENT

Visit the [Emergency Management page](http://www.nahant.org/services/ems.shtml) 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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