

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.

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JUNE 2005



Ray Barron congratulation Richard J. Lombard on his years of dedication to the people of Nahant.

Richard Lombard Honored For His Dedication To Nahant

The Commonwealth of Massachusetts, House of Representatives, issued a proclamation to Richard Lombard in recognition of his 25 years of dedicated service to the Town of Nahant. The impressive proclamation was signed by Salvatore DiMasi, Speaker of the House. The document read, "Be it hereby known to all that: The Massachusetts House of Representatives offers it sincere congratulations to: Richard J. Lombard, in recognition of his 25 years of dedicated service to the Town of Nahant."

Richard Lombard also received an Official Citation from the Massachusetts State Senate that read, "In recognition of: 25 years of outstanding and dedicated public service to the Town of Nahant. Your devotion to your town and country is admired." The citation was signed by Robert E. Travaglini, President of the Senate.

Governor Mitt Romney and Lieutenant Governor Kerry Healey issued a proclamation in recognition of Richard Lombard's dedication to the citizens of Nahant. The proclamation also stated, "Which is deserving of recognition by all the citizens of Massachusetts."

Our Town Moderator, David Conlin, made the presentation of the impressive Official Proclamations to Richard Lombard at the annual Town Meeting. Needless to say, our distinguished Selectman Richard J. Lombard received a long standing ovation.

Well, Richard Lombard is not only a dedicated public servant, but also a highly respected Dial Corporation

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Nahant's Alex Moccia Sings National Anthem for Red Sox at Fenway Park

On Sunday, April 17th, 11-year-old Johnson School student Alexandra Moccia was invited by the World Champion Boston Red Sox, to lead the National Anthem at Fenway Park, before 35,000 fans. The Red Sox management was so impressed with Alex's singing, that she also was asked to sing "God Bless America," during the seventh-inning stretch.



Alex would like to thank all her friends and teachers, at the Johnson School, for all their wonderful support, along with her neighbors, who came to the game, watched on TV or listened on the radio. Special thanks to Captain Wolf Limousine for donating a limo for the event.

Congratulations, Alex! We all look forward to watching this young Nahanter's future successes. (See page 7 for more.)

June 3rd Breakfast at Village Church with Nahant Town Administrator

All are invited to the June 3rd breakfast of the Nahant Village Church Men's Group, to be addressed by Town Administrator, Mark Cullinan. Mark will give a presentation on town-wide issues and answer questions. This is the third year in a row that Mark is addressing the Men's Group.

The free breakfast is served at 7:00 a.m., with the presentation occurring from 7:30 to 8:00 a.m. Both men and women are invited to attend. To ensure an adequate food supply, please RSVP to Cal or Marrit Hastings by calling 781-581-5691, or by email: calhast@hotmail.com.

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If Dad — or Mom — loved the Nahant Life-Saving Station Private Label Chocolates, molded in the form of the Town's signature building, a new batch will be available before Father's Day. It's a great gift for a great cause.

The specially molded chocolates, designed by Roz Puleo, were custom-made by Harbor Sweets of Salem. The LSS molded candies can be purchased in a 12-piece bag for \$9.95 and are also available in sugar-free bags.

There are also boxed, mixed assortments of Harbor Sweets which feature the "Life-Saving Candy" on sale for \$11.95 (12 pieces), \$19.95 (24 pieces) and \$26.95 (36 pieces). A portion of the candy proceeds will benefit the NLSS Restoration Fund.

To ensure availability, candy should be ordered in advance via the Town of Nahant Website <http://www.nahant.org> — or by calling Roz Puleo, at 781-581-1034, or Mary Magner, at 781-581-1272.

In addition, the Nahant Quilters Club is completing work on its third distinctive quilt to benefit the restoration of this signature building. The antique-themed red, white and blue quilt will be auctioned off later this summer.

Second prize is a beautiful framed photo of last year's "Coast Guard" quilt and a third prize will be red, white and blue Red Sox and Patriots pillows.

Tickets are \$5 per ticket, or 6 for \$ 25 and are available from any of the quilters, at Town Hall, at the Library, or at special events around Town.

Call Esther Johnson at 781-581-1274 for more information.

Apollo Club Concert

The Apollo Club of Boston will hold its annual season-ending concert at the Nahant Town Hall, on Sunday, June 12th, at 3:00 p.m. Founded in 1871, the Apollo Club is the second-oldest men's singing club in the United States. In its 130 plus years of existence, the Apollo Club has evolved from a large chorus, with a classical music orientation, to a glee club, whose repertoire is composed of show tunes, folk and love songs, sea chanteys and other classical and semi-classical compositions. The club performs for a variety of civic, charitable, religious, social, business and professional organizations throughout the Greater Boston area.

Florence Dunn, a well-known teacher, director and performer of vocal and keyboard music, is conductor and music director, Rob Humphreville, accompanist, is widely known and active as a performer and educator. Admission is free.

Bloomsday

The 2nd Annual Bloomsday Reading from James Joyce's ULYSSES by Nahant's Joyce Voices will be held on Thursday, June 16th, (Bloomsday), at the Valley Road Community Center, beginning at 11:30 a.m.

This year, the chapter from ULYSSES to be read aloud, takes place in the Dublin Library, where Leopold Bloom has gone to do research for his ad work. Stephen Dedalus and his cronies are the major speakers and Stephen expounds some bizarre theories on Shakespeare. Copies will be distributed at the June 16th event. To review the chapter, see page 182 of the definitive ULYSSES edition. The first words are "Urbane. To comfort them, the Quaker Librarian purred."

For more information, please call Maureen Edison at 781 592-0029, or email her at medison824@comcast.net.

Last year's reading was a delight. Do join us to read or listen or both. Edison noted, "Reading Joyce aloud is virtually essential to understanding what's going on. We're not yet at FINNEGANS WAKE, where the sound actually becomes the sense, but ULYSSES is also great fun to hear."

C.A.M.P. Camp Fun For Kids

The School of Refrigerator Door Art is offering a camp-style summer program for kids, which goes beyond visual arts. Creative Arts, Movement and Play make up the basis for C.A.M.P. Camp and will also include music, science and cooking. We may even do some abstract math activities. Classes are now forming and some are already full. We are grouping the children by age range and have slots for pre-schoolers, elementary school-aged and middle/high school-aged students.

The summer programs are one or two day, 1.5 to 2.5 hour slots and will continue for six weeks, beginning the first week of July. Registration is on-going and interested families can call me, Carol Hanson, at 781-599-2222 for info.

New Spring Offering from the Nahant Historical Society

The Society is pleased to offer placemats, in sets of four scenic views of Nahant, reproduced from delightful historic color postcards dated from 1880 to 1910. They are laminated for easy care. Get one or more sets for yourself. Please consider them as gifts, too. They are priced at \$20, including tax, for each set. Placemats are available at the Society along with other mementos of Nahant, during our regular hours of each Wednesday and Thursday and, also, the first Sunday of the month, from 1:00 to 4:00 p.m. If you cannot drop by during these hours, we offer free delivery here in Nahant. Please send your check with name, address, phone and best delivery time to the Nahant Historical Society, 41 Valley Road, Nahant, MA 01908. Please phone 781-581-2727 for more information.

Iced Coffee House; A Cool Place To Be

The first in a three-part series of Coffee House-style, Open Mic nights, will take place at the Nahant Community Center, 41 Valley Road, formerly the Valley Road School, on Friday, June 24th, from 6:00 to 8:30 p.m. and will be held again, the last Fridays of July and August. The air-conditioned building is a great place to house a coffee house. Carol and Jeff Hanson will host the evening with acoustic music and provide a PA system. Performers are invited to play music, sing, recite poetry or read short stories, perform stand-up comedy, or run short films. Also, there will be art on display.

The admission is \$5 for guests. Performers are admitted at no charge. Coffee, tea and other refreshments will be available. Parking is limited and residents are encouraged to walk. The building is HP accessible. Please call me, Carol Hanson, at 781-599-2222 to sign up in advance or for more info. This event is sponsored by Nahant Arts 2005 and The School of Refrigerator Door Art.

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Nahant Town Meeting

I was getting lunch at Captain's Seaside, on the Town Meeting day and ran into a childhood friend, eating lunch. As I sat down with him to wait for my sandwich, we began to reminisce about what it was like, growing up in Nahant in the 50's & 60's. I guess that kind of dates me, oh well. We spoke of how safe it felt living in this small town, where the neighborhoods extended out to the ocean and then back again, almost cut off from the dangers of the rest of the world. The invisible gate at the end of the causeway keeping intruders out. At least that's how it felt, if not really true.

Neighbors were almost like extended family. You usually knew your friend's parents and their grandparents, as today I know their children and grandchildren. What a wonderful place to be brought up. It really felt, and still does feel, quite unique and special. I wouldn't trade those memories for anything in the world.

Sure, as a young teenager it often felt boring. So to liven things up, we often got lost in self-made fantasies, creating imaginary characters and our own language, to keep ourselves amused. We would, in later teenage years, take these characters and language over the causeway to Lynn high schools. It gave us a kind of uniqueness, and often, to our delight, confused our non-Nahant classmates and friends.

As my friend ate his lunch, we laughed about how Duddy Tombino would be rolling over in his grave, if he thought that the word, "Hoomba," would be attributed to him. How ironic that a word used to tease him, not compliment him, would later be thought of as originating with him. Ah, how history sometimes gets written. I guess you'd have to look up Billy Bow, and ask him how that all got started. You might still find him hanging out at the "Tunnels," sneaking an underage alcoholic beverage. And then, if you looked real hard, you might see the old Chief of Police, Melanson, yelling up to him from the swampy field below, now the parking lot of Kelley's Greens golf course, "What do you mean "Oink Bacon?" as he confused the words "point taken" in a response to his instruction that we all just better get out of there and stop what we were doing, or he'd bring us all up to the station and call our parents, some of whom were police officers that were standing by his side.

Then again, you might just be able to find Billy Bow in the crowd of kids on the balcony of the Town Hall on Town Meeting Day, yelling down "Hoomba," to the crowd of parents, so busy and preoccupied in conducting the affairs of the town. They were discussing, and arguing over the finer points of how to mold the town's future, so that we could eventually, in many years to come, move down from the safety of that balcony and help mold the future of the town ourselves. Oh, the raw irony of teasing our parents for that which we take so much pride in now doing ourselves.

Yet, I don't think that I heard anyone yell "Hoomba" from that balcony, as I sat on the floor of yesterday's Town Meeting. Although I did feel like yelling it myself, as I listened to some expressing their opinions so self-righteously on the floor that day. I guess that "the more things change, the more they remain the same." Billy Bow and his youthful, imaginary friends, would probably smile at being able to participate in such a long proud tradition. And that's not to say anything about how Rocco Banado and his girlfriend, Lolita, would feel. They'd probably just say, "Do know ya" and give everyone a big "Hunts Ner." If you tried hard enough, you'd probably be able to see them playing "rag tag" down at the Town Warf, or hiding under the floats, when the cops came down, to try to kick them out. Or maybe, on a hot summer night, you'd hear them laughing and screaming, as they went "pool hopping and skinny dipping," running through neighbor's back yards, as all the lights went on, because they were making so much noise. Oh the safety and excitement of living in the small town of Nahant, that we all call home.

But I'm straying from the point I'm trying to make, of why I left the safety of watching Town Meeting on TV at home, and went up to be on the voting floor. I was angry and wanted to rebut the strong opinion of a speaker on the floor, someone that I'd know all of my life. I was mad at his selfishness and his perception of what he wanted the town to become, or more accurately, stay. I couldn't believe how angry he was, yelling at everyone on the floor, as if his opinion wer the only opinion that mattered. As I sat there in the corner, I saw that type of anger come up more than once, with other speakers, on other issues. As I thought of what I would say, when it was my turn at the microphone, I looked around, and saw many of my childhood friends, sitting there in prominent positions, in official capacities, representing the town. I turned to a friend, who had just beaten a bout with cancer, and said, "What would Billy Bow do?" My friend told me that he'd probably just give a big "Hoomba," and he's probably right.

Needless to say, I never got up to speak on the floor that day. I guess just being on the voting floor among friends and neighbors, was good enough for me. Somehow, I wasn't as angry anymore. There's one thing for sure, death and taxes. And although I'd like to think that I could beat them both, in reality I know that will never happen. I think about the big "empty nest" house that I have, and how I live and would like to die in Nahant. I know that this dream does not come cheap, or without sacrifice. To have better

(Continued on page 5.)

Lombard Honored

(continued from page 1.)

executive. In brief, he is Dial's Division Vice-President of Sales, who for thirty-four years, earned a reputation as a dedicated team player, who is accustomed to a fast-paced environment, when results and deadlines are a priority. And Lombard has been described as an individual with excellent ability to handle multiple assignments simultaneously.

In brief, real brief! Mr. Lombard was a member of the Greenlawn Study Committee, Fourth of July Committee, and served as Commander of the Nahant American Legion Post. He also served as a Nahant Little League Coach.

Mr. Lombard founded the Nahant Beautification Committee. And he was also responsible for establishing the Nahant Veteran's Memorial Park. He is a member of the Nahant Democratic Committee, the Knights of Columbus and the Nahant Lions Club.

At the age of 21, Richard J. Lombard was a member of the U.S. Marines and served in Vietnam where he received the Meritorius Combat Promotion and 9 other awards and medals.

Well, as Richie has often said, "I love this town and I love the people. I can't imagine living anywhere else. It's an honor to be elected and to serve the town." And of course, he always recognizes his attractive, brilliant wife, Bonnie, as his source of inspiration and more.

Ah, Bonnie, whose maiden name is Mellen, and one of the many Mellens living in Nahant. Her father was a highly respected judge and her dear mother brought 12 beautiful, intelligent children into the world, half of whom reside here in Nahant.

The members of Nahant's distinguished Mellen clan, Nancy Locke, Debbie Cashman, Bonnie Lombard, Amy Tsokanis, Jim Mellen and Joseph Mellen. You can easily spot a Mellen! They are noted for their magnetic smiles and friendliness.

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Nahant Woman's Club News
submitted by Polly Bradley

The Nahant Woman's Club Board of Directors met in May, to brainstorm on ideas for the 110th Anniversary Year of the Club, which was founded in 1895 — the same year that electricity reached the new Nahant Public Library and local residents. Marrit Hastings, newly-elected president, received the gavel and a president's pin from retiring president, Calantha Sears, at the April Woman's Club meeting.

The restoration of the Bailey's Hill Gazebo, by the Town of Nahant, is planned for this summer and the Nahant Woman's Club will lead the dedication and celebration in late summer, or early fall. The restoration is made possible by an \$8,000 contribution, by the Nahant Woman's Club, to the Town and a Community Preservation Act grant of \$10,000, approved at the 2005 Town Meeting.

Calantha Sears, outgoing president of the Woman's Club, was thanked at the board meeting for her commitment to the Bailey's Hill Gazebo project, which she will continue to lead, as well as her leadership in the past three years as President and her contributions to the Club through the years. Calantha served another term as President, from 1968 to 1970 and in the years before and after, has been a mainstay holding up the Club, as it weathered the storms. (Of course, Calantha has been mainstay for a whole fleet of Nahant boats.) All appreciate her work, wisdom and cheerful warmth.

Calantha, in the outgoing president's annual report, says, "My grandmother, Lucy Jane Wilson, was a charter member of the Nahant Woman's Club, when it was formed 100 years ago. My great aunt, Sophila Wilson, was the first president. My mother, Faye Wilson Doane, was a long-time member and some of my earliest memories are of Children's Pageants and plays, sponsored by the Woman's Club." She adds, "I think our founding mothers must be very pleased and proud of all that the Nahant Woman's Club has been able to accomplish, for the betterment of the Town and its people, during the 110th year of its existence...and may it continue with its lofty aims for the next hundred years!"

Other Plans: The list of tentative Woman's Club events for the coming season, includes possible informal outings this summer. "Be on the lookout for a special event announcement, that may include Shakespeare's Romeo and Juliet and one of the musicals at North Shore Music Theatre," says the club's new president, Marrit Hastings. "If you have suggestions for other events, call Linda Jenkins (781-581-0660; or email: nahantenterprises@hotmail.com)."

April Theatre Outing: "The month of April featured a trip to North Shore Music Theatre, for a guided tour of the backstage areas, to see and appreciate the mechanics and logistics that make the productions possible," reports Lois Dobbins, outgoing recording secretary for the Woman's Club. "Lunch followed at the Danversport Yacht Club. A 'boat in a bottle,' the SS Comer of the Jundzilo Shipping Company, was presented to Carolyn Jundzilo-Comer, as thanks for the many original paintings she has given to be raffled, to benefit the club's treasury." The boat was created by retired Master Chief Boatswain Mate Maurice Poulin, United States Coast Guard, who shared his love of his hobby at the Woman's Club November meeting.

Newly Elected Officers: The April meeting included a brief business meeting, at which officers for the coming season were elected. Marrit Hastings, the new president of the Nahant Woman's Club, grew up in Holland and moved to the United States, at the age of nineteen. She retired in 2002, after a challenging career that spanned from early childhood studies, to management of international operations, at the Cambridge, Massachusetts consulting firm, Abt Associates Inc. Her consulting travels took her to South Africa, Egypt, Russia, Honduras, Guatemala and Tunisia. Marrit and her husband, Cal Hastings, are also active in the Nahant Village Church.

Other officers of the club are Linda Jenkins, First Vice-President; Wendy Payne, Second Vice-President; Polly Bradley, Treasurer; Joanne Laubner, Recording Secretary and Miriam Ostrovitz, Corresponding Secretary. In addition to the officers, the Board of Directors include Calantha Sears, Penny Billias, Cay Cusack, Fay Gray, Anna DiMascio, Margie Parisi and Federation Secretary, Charlotte Dracousis.

Brief Notes: The Club will be updating its annual directory and would like to include e-mail addresses for as many of its members as possible. This will help keep women up-to-date on any new plans. It will not replace, but will supplement, the traditional "Tell-Em Calls," made to members a week or so before meetings. Members are asked to send their e-mail addresses to Polly Bradley (pollybradley@comcast.net), or Marrit Hastings (calhast@hotmail.com).

The Nahant Woman's Club would like to reach new residents as a welcoming gesture and invite new women in Nahant to a future meeting. If you know of any new Nahanters, or if you've just moved to town yourself, please call Marrit Hastings, President of the Nahant Woman's Club (781-581-5691 or calhast@hotmail.com).

Nahant Public Library by Daniel A. deStefano

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

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

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

Travel to Nahant’s past when we visit *Nahant: the Painted Shore*, at the Nahant Community Center, at 2:00 p.m., Thursday, July 28th. Through the time machine of paint on canvas, see views of our island, created between the years 1800 and 1950, by masters and amateurs. Gathered to celebrate the 150th anniversary of the founding of the Nahant Historical Society, these paintings have never been shown together, and most have not been seen in public for many years. This exhibit will only be open during the month of July, so time is limited. Don’t miss this historic show!

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

Our reading logs this year will feature famous places in the U.S. and around the world. Each picture represents 10 minutes of reading time. Coloring or circling three pictures indicates that a child spent one-half hour reading. Each half-hour of reading entitles a child to an entry into a weekly raffle for books and other prizes. A winner will be drawn every Tuesday, beginning July 12th, and ending August 16th.

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

Town Meeting (Continued from page 3.)

schools for our children, to be able to maintain the quality of services provided to us all, to be able to grow old and die here. I know that taxes will go up. People live here in this town because they want to. They make sacrifices so that they can live here. That sometimes means more than one generation is living in the same house, at the same time. That’s not really a new concept. Maybe it means that you can’t buy that new car, or send your kids to that highly accredited private school. Maybe it means that we can’t afford to live in that house that we grew up in, with all of its warm fond memories, after we retire and try to deal with life on a fixed income. Maybe, it then becomes time to think about moving into housing, set up for 55-year-olds and above. But one thing’s for sure, you can’t do that, if the housing doesn’t exist.

As cold reality sinks in, I realize that it’s all a balancing act. The town’s books need to balance. My income, dreams and lifestyle need to balance. Planning for my old age somehow needs to balance. Hopes and dreams for my grandson need to balance. With all of these balls in the air, I hope that someone can find the foresight and compassion, on a Town Meeting floor, to appreciate what it means to “live in Nahant.” I guess that life is a series of compromises, sometimes you get what you want and sometimes you don’t. Life goes on, with you, or without you. You need to affect your own life, and by doing so, sometimes the lives of others. Nahant is, essentially, for better or worse, one big family. I guess that, in a town like this, everyone’s opinion matters. I wonder what Billy Bow would say, standing, on the top of “Clear Water,” or Castle Rock’s “Dead Man’s” precipice, staring down into the dangerous, swirling waters below, wondering if he was about to make the right decision to jump. “Is it safe? Is it worth the risk? Will I regret it?” Well I know what I’d do. I’d gather all of my courage and jump off, all the way down, yelling “Hoompa.”

But that’s just my opinion. Half in jest, Itchie.



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News and Notes from the School Department

by Cecilia M. Di Bella, Ed. D., Superintendent

Thank You Nahant!
 What better way to lead this, my last column as your superintendent, than with the wonderful news of the successful votes for the Johnson School Renovation Project! For all the voters that recognized the necessity for the project; for the School and Renovation Committee members who worked so hard to develop an efficient, cost effective and educationally sound plan; for the Town officials who acknowledged the urgency and stood behind the new design; for the parents and teachers who never lost faith in a positive outcome, you all have my heartfelt thanks and appreciation. I will watch the progress of the project from afar and will look forward to the day when I visit the new Johnson School knowing that the educa-

tional programs are no longer compromised by a tired building with many deficiencies. And I will return!

The end of the school year brings many special events in the school, that showcase the talents of our children. For several years, Mary Flannery has contributed her talents and worked with our students, on a whole school art project. This year's project will be featured during the week of May 23rd. Works from all art classes will go on display the following week: May 26th, at 7:00 p.m.

Building on last year's wonderful premiere, Miss Petrov will again present the Ceilidh (kay-lee), a traditional Celtic festival featuring individual and group performances, in the performing arts. It is truly a fun evening that includes

students in grades 2-6.

There will be two performances of the sixth grade play, a tradition for our soon to be graduating students. The evening performance will be on Monday, June 6th, followed by a matinee on the following day, Tuesday, June 7th.

The Johnson School Field Day is planned for Wednesday, June 15th.

The Johnson School Class of 2005 graduates on Monday, June 20th, at 6:30 p.m. And, on Wednesday, June 22nd, the School closes its doors for summer vacation.

On Tuesday, June 7th, three Johnson School students will be honored by the US Environmental Protection Agency. They are award recipients in the EPA's Annual Paul G. Keough Earth Artists Program. Congratulations to winners Kevin Quinlin, Jackie Kostenko and Jackson Allard. And congratulations to art teacher Sue Beebe!

As I close this column and my tenure as Nahant's superintendent, I look back on many wonderful days and some stressful ones, as well. The professionalism, dedication and support of the teachers and staff at the School have been phenomenal. The spirit of cooperation from staff at Town Hall helped me through some tight budgets. I applaud the parents who stepped to the plate many times with their support at Town Meetings and ballots. And finally, to the students of the Johnson School and in Swampscott, you always kept me on track, making sure that you retained the center of the universe; for that is what public school administration is all about! Good luck and best wishes.

Art School Offers Adult and Family Programs

by Carol Hanson

Sea Glass Mosaic, Stained Glass and Copper Foiling, Basic Drawing, Acrylic, Water Color, and Water-Soluble Oil painting classes, Printmaking, Paper-making, Photography, Sewing, Jewelry, Precious Metal Clays: These are just some of the classes available this summer, for Adults and families, at The School of Refrigerator Door Art. Artist/Instructor Carol Hanson is offering classes during the day and early evening, as well as on weekends throughout the summer.

Classes can be held as a one-time workshop for a family and friends group, or for a Girls' Night Out, or a shower-type event. How about a play date for the kids, while the parents go out to dinner, or a movie, or to the beach? Get a group of kids together and have an art class as an alternative to a babysitter! It is fun and safe and your house stays clean!

Please call, or come by, to check the space out. You'll be pleasantly surprised!

The School of Refrigerator Door Art is located in the Nahant Community Center, 41 Valley Road. Call 781-599-2222 for details.

Periwinkle Preschool's Spring Fling

Periwinkle Preschool's 2005 "Spring Fling" was a huge success, raising over \$4,300 for our little preschool, thanks to everyone's (especially the parents) generous donations! This money will not only go to offset operating expenses, but will buy some exciting new equipment for Periwinkle, as well as additional curriculum materials and continue to bring in special guests.

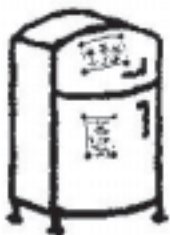
It's important to recognize all of our silent auction donors, who helped make this fundraiser so successful. They are: Erin Adams, Christine Blaski, Jim Caccivio, Marc Carbone, Linda Castetter, Maura Costin Scalise, Lisa Doyle, Patty Forster, Doug Frauenholz, John Fulghum, Carol Hanson, Tom Hosker, David Hunt, Richie Lombard, Rick Moleti, John Nicholl, Kevin Nugent, Carolyn and Tom Osbahr, Roger Peterson, Allison Russell, Patty Toomajian, Paul Wilson, Robert Wilson, Sallee Slagle, Jennifer and Chris Vecchia, Athletes Corner, Body Shoppe, Burritos, Children's Museum of Salem, City Fitness, Enzo's Garage, Eye of the Tiger Karate, Essential Friends, Gourmet Garden, Horizon's Edge, Kelly Green's Golf, LaBelle Femme, Marblehead Ballet, Mount Vernon at the Wharf Restaurant, Learning Express, Navy Yard Bistro, Papa John's Restaurant, Popo's Hot Dogs, Captain Seaside Pizza and Breakfast, Shaping Zone, Shortcuts for Kids, Spirit of '76 Bookstore, Summit Ski Shop, Tides Restaurant, U First Day Spa.

Also special thanks go to: Piper Haggett, who decorated our tables with beautiful spring tulips from Kabloom, in Swampscott; our cool band "Bob and Weave," with Carol and Jeff Hanson, Bob Bois, Julie and Evangeline Dukas; Marc Carbone, for lending his PA system; Kellie Frary, Phil Russell and Stacie Nardizzi, for helping the fundraising committee set-up. Of course, this fundraiser could not have happened if it weren't for the dedicated Periwinkle parents on the fundraising committee, who did so much: Christine Kendall, Erin DiGrande, Cora Long, Teresa Hill, Lisa Wrenn, Tracy Curtis, Allison Russell, Christine Blaski, Niamh Callahan, Maureen Decenzo and Tiffany Connolly.

Thank you!!!

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Happy Birthday!
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Murray, on June 5th!
From Mike

**Boston Celtics Honor Hero Among Us:
George Mazareas of Nahant**
submitted by Kevin Flight, Regan Communications

George Mazareas of Nahant, and his wife, Cynthia, joined Boston Celtics captain Paul Pierce, Indiana Pacers guard Reggie Miller and forward Austin Croshere at center court of the FleetCenter before the May 3rd home playoff game between the Boston Celtics vs. the Indiana Pacers. Mazareas was honored by the Boston Celtics as a local hero, as part of the team's "Heroes Among Us" program.

Two years ago, George Mazareas was diagnosed with ALS, which is commonly known as Lou Gehrig's disease. He previously spent most of his time working on volunteer boards, for various community, church, and charitable organizations.

Today, Mazareas has a new cause: raising money for ALS research and awareness. Despite the debilitating effects the disease has had on him physically, Mazareas has garnered the strength to raise more than \$150,000 for ALS research.

The "Heroes Among Us" award is presented to an individual, or individuals, who, through their unique commitment and humanitarian spirit, have made exceptional and lasting contributions to our community. At each home game since the program's inception, the Celtics and their fans have saluted the exemplary efforts of these citizens, during a special in-game presentation on the team's legendary parquet floor. To date, more than 300 individuals have received the "Heroes Among Us" Award.

A charter member of the Basketball Association of America (which evolved into the National Basketball Association) since 1946, the Boston Celtics have won a record 16 NBA Championships, including eight (8) in a row from 1959-1966, and have won NBA titles in three different eras. In addition, 29 former Celtics players, management, or staff, have been inducted into the Naismith Memorial Basketball Hall of Fame. For more information about the Celtics, log onto www.celtics.com.



Nahant resident, George Mazareas, honored by Celtics as a Hero. ©2005 NBAE/Sports Action Photography

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Dr. John Santos of Salem Presents Exciting Facts About Heart Health

submitted by Cal and Marrit Hastings

Cardiologist John Santos, of Salem Hospital, addressed numerous-heart related issues in an open forum on heart health, at the March 4th breakfast of the Nahant Village Church Men's Group. He has been seeing cardiac patients for 40 years, including multiple generations. The highlights of his presentation include:

Cardiovascular Disease no Longer the #1 Killer

Ten years ago, cardiovascular disease ranked as the number one killer. Today cancer is ranked number one. The gains in reduced cardiac mortality have been population-wide and the progress shows no signs of slowing down. The average longevity has jumped in the last decade, in large part due to treatment of the disease.

New Epidemic

Malnutrition and

widespread obesity are considered the new epidemic. It is evident in school systems and on the streets. Cigarette smoking is a problem for all ages. Computers, I-Pods, etc., have contributed to the lack of exercise. Everyone needs to form enduring habits that promote heart health.

Diabetes and Heart Disease

Diabetics are a growing group and the disease is a serious condition, particularly if coupled with heart disease. The diabetic group, unfortunately, does not share the same benefits as other patient groups and the long-term outlook is not as bright. The seriousness of the problem is under-recognized and physicians need to deal with this patient population more aggressively, bringing in people sooner, advising preventive measures and

intensive screening. In the past 5-10 years, the landmark discovery was made, that diabetics, uncomplicated with heart problems and not insulin-dependent, were more likely to have a coronary event, than people with already-diagnosed heart problems. In recent years, diabetics have started to be treated as if they were coronary patients and they benefit more from an aggressive treatment program and stricter guidelines.

Silent Heart Episodes

It is possible for a patient to have a heart attack, without any of the usual symptoms, also called a silent episode, but it can be diagnosed on an EKG, or scan, even after the event. In the Framingham Heart Study over the last 50 years, that involved a large population, 15-20% of the study participants annually showed new evidence of such silent episodes. EKGs are particularly important for diabetics, since such silent events occur more frequently. The advice to patients is to keep educated and to dial 911 if they think that something cardiac might be going on.

CRP – An Important and Newly Discovered Measurement

CRP was discovered in the last couple of years and it tests a chemical (c-reactive protein) in the blood. CRP is easily tested and is an indicator of inflammation. High CRP is a strong marker for developing a cardiac event down the road, because the inflammation signals changes in the arteries and the tendency for blood to coagulate. CRP is almost as powerful a predictor as cholesterol, but CRP is independent of cholesterol. The best situation is to have both low cholesterol and CRP. Statins seem to have a favorable effect on both and in reducing events. The race, right now, is on to

find more powerful lowering agents, with respect to CRP.

There is a link between arthritis and a higher CRP and hence leads to some increase in risk of heart and vascular disease. Regular testing is recommended.

Blockbuster Findings from Recent Studies

Two papers, published last spring, created a buzz about cholesterol levels. Patients taking the highest dose of the statin Lipitor (80 mg) did not form new plaque in their arteries, although there was no substantial reversal. This dosage resulted in a lowering of cholesterol levels down into 60-70 range. At the same time, the CRP level dropped by 35% and prevented events from occurring. The Pravachol dosage of 40 mg, lowered cholesterol only to 90-100 (barely to the old guidelines) and this group had more hospitalizations and events. More studies are needed, particularly concerning optimal dosage. The discovery led to a suggested change in LDL cut point and represents an aggressive alternative for secondary prevention, in high-risk groups. However, it should be noted that regulatory agencies did not make it policy for everyone. In summary, lower cholesterol is better and stops plaque. Patients with an LDL under 70 have a reduced CRP and fewer events. There is no clear detrimental effect related to the very low LDL levels.

Lowering Cholesterol

Basic effective ways are weight loss (calorie reduction and portion control), exercise and dietary manipulation (reduction of intake of saturated fats). The lower incidence of cardiovascular disease in France is attributed to the widespread use of olive oil, which is less likely to raise unhealthy

lipids and the recommended one glass of red wine per day, as a preventive measure (to get the benefits of a chemical in the skin of the red grape). White wine and hard liquor do not have the same preventive effect.

Preventive Measures

The first stage in treatment of Coronary Disease is to identify risk factors—high blood pressure, high LDL, low HDL, weight and smoking. Patients with these risk factors are followed closely and treated aggressively. Heredity is a real and powerful factor and since heredity cannot be changed, a patient's major hope is to reduce the other risks, smoking, high blood pressure, abnormal lipids, obesity and diabetes. There are four medical elements of preventive treatment: aspirin, statin, beta blockers and ace inhibitors.

Preventive medicine has its challenges. A patient taking penicillin for a pneumonia is usually better in seven days. A patient taking the statin, Lipitor, does not get a heart attack or stroke. It is easier to get people to take medications after an event has occurred. Statins are the best-studied drug class and are most effective and extremely safe. Statins also have a bad rap of adversely affecting liver function, muscles and brain, each of which occurs rarely. The most serious side effect is muscle syndrome. Fear of side effects keeps some people from taking medications, even though they can reduce heart attacks by 35%.

Stress factors in cardiovascular disease are difficult to nail down and measure. CEOs have been studied numerous times; some thrive on stress; it is their mind set. The little guy with a less stressful job may feel very stressed, however.

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Well, Why Not Walk?

by Sallee Slagle, Director, Dance Dimensions

Now that the weather is warming up, we are all thinking of how to get in shape for the summer and also, shed a few extra pounds we may have gained during our less active winter months. Well, why not walk? It's natural and great exercise for everyone and our town offers such great scenic views. Those who walk and are active, have a decreased risk for serious health problems such as heart disease, diabetes and other health risks.

You may have heard of this campaign, which began in Japan: a company making pedometers began a campaign to get walking clubs and others to take 10,000 steps per day. For anyone that is not fit or very active, that would be an impossible goal. Here in the States, the campaign was tailored to take 2,000 steps per day more, than you do now. This will raise your fitness level a notch and will keep you from gaining weight.

Pedometers are becoming a popular fitness tool. Even McDonald's, at one time, included one with their healthy meals!

Pedometers can be fun. It can help track your activity daily and motivate you to take those extra 2,000 steps. Pedometers can come with many features, but all you need is one that will accurately count your steps. Remember you will wear it all day, so it must be comfortable, too. Wear the pedometer through for a week, recording your daily number of steps. Be sure to read the directions and set the pedometer correctly. At the end of the week total them and divide by 7 to get your average. This plus an additional 2,000 steps is your goal.

That's equal to adding a half-hour walk, one mile, each day. Find ways to put those extra steps into your life. You may find that during the week, or on work days, you take less steps than on the weekends or non-work days.

Then, target to increase the workday totals first. You will be walking your way to a healthier active lifestyle.

So how do you add in more steps? Find ways like taking the stairs, or parking further away. Never use drive-thru windows. Pace while talking on the phone, or waiting for the bus or elevator. Better still, take the stairs at least 1 or 2 flights up to your office. Take a break and march in place. Walk 10 minutes before lunch. Even try to take a half-hour walk.

Once you have 2,000 more steps mastered, you may want to set a new goal depending on your activity level. In adults, less than 5,000 steps a day indicates a sedentary lifestyle. 5,000-7,500 is some-what active and health benefits have been proven at this range. 7,500-10,000 is more active with 10,000-12,500 as being active and over that is very active indeed!

If you are trying to lose weight, you should add the extra steps wherever possible and then you will need to increase even more. You can do this by adding a half hour or an hour walk daily, or at least 4 times a week. Be sure to get proper shoes. Good supportive walking or running shoes should be worn. Choose a pair that is lightweight and flexible.

Proper form and stride is important. Keep your arms swinging from your shoulders like a pendulum forward and back, with your elbows bent and close to your sides. Do not let the arms swing across the body. Step to the heel of the foot and concentrate on rolling through the foot and pushing off with the back foot to propel you forward. To increase speed, do not take longer strides, but short fast steps. Initially, go for distance, not speed, as this influences the amount of calories burned.

Your weight times distance travelled equals energy used. So 100 calories are burned per mile of a person weighing 150 lbs. To lose a pound of fat, you must burn 3,500 calories more than you take in. So diet is also essential. Make healthy choices and watch portion control.

Warm up is important before walking. Do some arm circles. Stretch your hips side to side, forward and back. Lunge and stretch your calf and Achilles. Stretch your quads by bending at the knee and holding the foot behind, pulling toward the buttocks. Bend the knee and extend the leg forward. Swing the legs forward and across the body. When you start walking, use a slow pace for 5-10 minutes, then increase your speed and walk as if you had to get there! Starting slow lets your body adjust and also sets you up to burn fat. A quick pace at the start, sends your body to burn your sugar stores first.

There are many walking resources for more information. Check online or pick up a walking magazine. Get a pedometer and get walking, get moving more every day. The benefits are numerous. Your health will be better.

You will look better and best of all you will feel better. Don't want to walk alone? Find a buddy, or join, or start a walking group.

Garden Club News for June

Submitted by Carmella L. Cormier

The Nahant Garden Club will have its Annual Meeting and Luncheon on June 30th, at Noon. Hostess Laurie Meagher, will host the meeting at her home, 339 Nahant Rd.

Guest speaker will be C.L. Fornia. Her topic is "In the Garden This Month." C.L.'s program includes mid-summer garden problem-solving, plantings and helpful products, for this time of year. She is a gardener, writer, consultant and the host on WXTK radio, in SE Mass. and Rhode Island. Sounds like great afternoon meeting.

Members are requested to wear a decorated hat.



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Locals Winding up for One-Pitch Tournament

by Carol Hanson

The Friends of Earl are putting the final touches on the planning of the fundraising One-Pitch Softball Tournament, scheduled for Sat., July 2, at the Flash Road Field. All proceeds go directly to the family of Gary "Earl" Hanson, who was diagnosed in 1994 with ALS, or Lou Gerhig's Disease, and has bravely been fighting to survive ever since and has done so for 7 more years than expected, by medical standards. We like to think that it is due, in part, to the angelic, round-the-clock, care he receives from his wife, Cindi and to the love and support he receives from this community at this annual event.

The family depends very greatly on this fundraiser. Earl, who was a longtime, successful lobsterman and athlete, has been unable to work, move, eat, or breathe on his own for many years. Cindi, who worked until the company she was employed by closed, has been his sole, full-time caretaker, in addition to raising their daughter, Mariah. She is never without a smile, though the family benefits from SSDI leave them in the well-below-poverty level income bracket. It is with much appreciation that the family so humbly accepts the fruits of the efforts of the Friends of Earl. You can help!

Teams are put together and pitted against each other with games beginning around 10:00 a.m and being played until around 4:00 p.m. The donation for players includes a Friends of Earl t-shirt, food, and beverages, all of which have been generously donated by local businesses and individuals. Please call Carol Hanson at 781-581-1271 for info about getting on a team, or signing up an existing team.

There will be many raffle items including World Series-winning Red Sox dugout and stands tickets, autographed sports memorabilia, gift baskets, antique jewelry, home-made items, gift certificates and more. Raffle items are graciously accepted and tickets are now on sale. All winners will be drawn at the tournament and you need not be present to win. We also welcome those who would like to help us sell the tickets in advance! There will be a 50/50 or two, the day of the event and families are welcome. We will have live entertainment by Carol and Jeff Hanson and friends, as well as things for the kids to do. Please stop by. You will be glad you did!

Thank You to the Town of Nahant

by Laura Michaud

A special thank you to all members of the community who took the time to go to Town Hall on Saturday and vote on the ballot question for the Johnson School. Whether you voted for the question, or against it, it is important with big issues such as this that you know you have the will of the community.

I was so overwhelmed at the Annual Town Meeting after the predominately positive vote for the Johnson School Renovation Committee's Proposed Project, that when a special thank you was address to me specifically afterward, I was remiss in not acknowledging the rest of the committee members who worked so hard to get us to that point. A committee is not one person, any more than a community is.

Many thanks are due to the long time members of the committee, Peter Barba, Mike Rauworth, William Crawford, Andy Puleo, Michael Manning and teacher representative Peg Silva. They had the determination and dedication to hang in there through this long process. I am so happy they were able to be a part of the process, as a comprehensive solution to the school building's issues, which met with the approval of the town.

The newer members, Luke Tsokanis, Mark Cullinan and Richard Lombard had many contributions that brought us to Town Meeting with the project now approved. Their addition helped to bring not only new ideas and perspectives to the committee, but helped to get the committee moving forward again, after January 2004.

Let us also not forget the members who were unable to stay on the committee, but made many contributions of time and effort, which served to lead us forward to this point, Steve Landry, John Mason, Don Weiss, Henry Clausen and John Livoti.

We all have shared in the work of this committee. I thank you all.

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NAHANT COA COOKOUT

Monday, July 11th, 12 Noon, at Nahant K of C. Al Mitchell's band will provide music for Line-Dancing. Tickets available at Tiffany Room-Town Hall, or from COA members. \$2.00 per person. Last day for tickets Thurs. July 7th.

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Useless Information

by Ray Barron

The Final Results!

On Monday, April 30, many of you made your way to Nahant Town Hall to cast your vote for a Moderator, Selectman, Town Clerk, Assessor, Public Library Trustee, Constable, School Committee, Planning Board and Housing Authority. Here's how you voted!

David Conlin who ran unopposed received 691 votes, 2 write-in votes and 91 blank votes. Richard J. Lombard, who also ran unopposed for Selectman, received 597 votes, 11 write-ins, and 176 blanks. As for our Town Clerk, Harriet Steeves, she received 667 votes, 11 write-ins, and 113 blanks. Perry C. Barrasso, who also ran unopposed, received 620 votes, 3 write-ins, and 161 blanks. As for John K. Dineen, unopposed for Library Trustee, he attracted 652 votes, 3 write-ins, and 161 blanks. Paul English, who also ran unopposed for Constable, received a grand total of 688 votes, no write-ins and only 96 blanks.

We had four candidates running for School Committee, for two openings. Peter R. Barba topped the ticket, with 477 votes and Peter A. Przybycien was also an easy win, with 461 votes. Brian Denham received 211 votes, and Ellen M. Christy received 126 votes.

Jane D. Wilson, an unopposed candidate for House Authority, received 618 votes, 4 write-ins and 162 blanks.

And finally, our distinguished Sheila K. Hambleton, who ran unopposed, for the Planning Board, attracted 635 votes, 2 write-ins and 147 blanks.

Well, as you can readily note, the top vote-getters were Dave Conlin, Richard Lombard, Harriet Steeves, Perry Barrasso, John Dineen, Paul English, Jane Wilson and Sheila Hambleton.

Nahanters Thoughts About Elections

The electrifying Ed Poulin, of Irving Way, says, "We are sorely in need of a voting machine with a space for Remarks."

Ed's sweet wife Gayle, a native of New Orleans, says, "It's useless to try to hold some people to anything they say, while they're in love, drunk or running for office."

Jayne Solimine, of Fox Hill Road, says, "The only race in which people pick the winner, is an election."

Joanna Reardon, of Nautical Lane, says, "The man who never bothers to vote, is always ready to tell you what's wrong with the government."

The compassionate Jean Hosker, of Valley Road, says, "A good citizen is one who continues to vote for school improvements, even after his children are grown."

Beverly English, of Little Nahant Road, says, "The drawback in voting for the man of your choice, is that he is seldom a candidate."

Lovely Carol Munnely, of Castle Road, says, "The whole purpose of any political campaign, is to stay calm, cool, and elected."

Believe it was the brilliant Mary Dill of Cary Street, who said, "Election is the time of year when candidates run for public office and America becomes the land of promise."

Nahant's June Birthday Babies

June 1st birthdays: Mike DePaolo, charming Angela Munro, Sarah Lique, Cynthia Gunnoe, Deb Beberardinis, Gina Elias, Angela Munro, June Carmody and Myron Polnicki hits 51. And my "Gaelic & Garlic" grandson, Kyle Waters, will be 10 years old. Also, born on June 1st, Marilyn Monroe and singer, Pat Boone.

June 2nd candle-blowers: Gennaro Angiulo, Hooper Sallee Slagle, Claire Julien, Betty Fortucci, Peggy Taylor, Janet Flaherty, David Quinn, Bill Hodgson, Stephen Kasper, Dave Lazzaro and Joel Marie.

June 3rd: Kelly O'Keefe, Jayne Dantona, handsome Charlie Arena, John Livoti, Joe McGrath, Jim Walton, Bill Fliegel and actor, Tony Curtis.

June 4th: Lovely Priscilla Culver, sweet Jude Shanahan, Kevin Shanahan, personable Travis Switzer, Pam Bynum, Mary Geary, the charming Cecelia Hill, Mary Donahue, Christine Fulchino, big Bill Robinson, the talented Gretchen Henry, Peggy Ackerman, "Admiral" Bob Scanlan, James Walton and Stephen Foster, songwriter.

June 5th birthdays: the charming Lorraine Sanphy, lovely Elaine White, Colleen Sheppard, Beverly Warner, Sally Murray, Kathy DiVittorio, Dale Warren, Owen Kane and Mike Moran.

June 6th: My beloved wife Marilyn's birthday, Martha Chepeleff, Phil Carney, Karol Jernigan, Claudia Orleans, Cecilia Ustaszewski, Doug Hartwell, Steve O'Malley, Doug Hartwell, Claire Flebbe and Tom Parrott.

June 7th: Craig Mosher, Andrea Zamejtis, Tom McKay, Bob Tarason and Tom Jones, Welsh pop singer.

June 8th: Kathy Jenkins, Susan Hooper, Ray Desmaris, Jim

Cardello, the hunk, Paul English, Jr., the distinguished David Wilson and comedienne Joan Rivers.

June 9th: Lovely Barbara Mackey, A.J. Markham, Diane Sirard, Kevin Carmody, Brian Abboud and actor, Michael J. Fox.

June 10th: Joe Caloggero, Dick McDonald, Kevin Howard, Todd Glasson, Kevin O'Leary, nice guy Bob McIlveen and singer and actress, Judy Garland.

June 11th: Fascinating Janine Galanti, Mary LeBlanc, Janine Freen, Jill Gillis, Stan Slonka, Charlie Dick, Bob Cronin, Bob Meuse, rug-cleaner Dick Fox and Polly Bradley's loving husband, Larry Bradley.

June 12th: Judy Larkin, Anne Cote, Elizabeth Welsh, Josie LaFalce, Mary Weeden, Kathy Moleti, Elizabeth Foukal, Chris Koch, Jim Daley and Anne Frank, Jewish-Dutch diarist.

June 13th: Shirley Sarpi-Brahm, William Rogers, Patricia Aldrich, Shirley Brahm, Lloyd Green, Dave Hussey, the former firefighter, Lou Crifo, Brian Hamill and the captivating Dorothy Vitale.

June 14th: Lovely Andrea Gaulzetti, Darlene Terminello, Suzy Karatzas, Frank Spinelli, sweet Jeannette White, Velia Chiaverini, Janet Rogalski, Marian Taylor, Scott Golden, Chris John and Joe Buckley.

June 15th: Kathy Hall, dedicated public servant, Lynne Spencer, Marie Burns, Dick Davis, Tom Hall, Conrad Squires, Bob Dent, Ken Ford, handsome Sal Cardile and Waylon Jennings, country singer.

June 16th: Lisa Wardsworth, Denise Johnson, Ellen Steeves, Kevin Solimine and Bill English

June 17th: Noah Musman, Monica Chamberlain, Kristina Etter,

Barbara Stamos, Diane Winters, Lana Morgan, Bill Caldwell, Dan Bennett, Pete Furlong, Sean Munnely and the highly-acclaimed plastic surgeon, Dr. Sheldon Sevinor.

June 18th: Sarah Kaplan, Ella Larocque, Mary Magner, Dorothy Modell, Tom Nielson, Dick Snyder and Paul McCartney, pop singer and member of the Beatles.

June 19th: Sweet Kathy deStefano, Alice Roy, Betty Palumbo, Susan Scaglione, Kristian Laliberte, Dick Hymoff, Ed Locke, Finlay McQuade, Jason Pivacek and Kathleen Turner, film actress.

June 20th: The enchanting, attractive, brilliant, Mary Dill, Lisa Doyle, Katie Brown, Susan DePaolo, Brad Metz, Dick Senk and Bill McDonald.

June 21st: Lovely Jane Lombard, Hope Vitale, Dmitriy Shub and film actress, Jane Russell.

June 22nd: Personable Steve Hyde, Martina Branga, Stephanie Brown, Jim Ward, Ed Zamejtis, Luke Conlin and actress, Meryl Streep.

June 23rd: Helen Taylor, Lindsey Baker, Geraldine Hynes, Janice Thorton, Greg Poth, Bob Baldwin, Bruce Tarney, John McDonough and Chris Peterson.

June 24th: Annette Cote, Susanne Mangano, Paul Wilson.

June 25th: Elizabeth Kelley, Kathy Glasson, Irene Purdy, Julie Sands, Peggy Hinrichs, Mike Cypher.

Also born on June 25th, singer Carly Simon, who recorded my former big band theme song, "When Your Lover Has Gone." We first met Carly on Martha's Vineyard, at the Judy Belushi and Victor Pisano wedding.

June 26th: John

(Continued on next page.)

June Birthdays, Continued

Fulghum, handsome Gaetano Barletta, Gerry Cote and Jim Summers.

June 27th: Lovely Margaret Antrim, Patty McCallum, Ken Taylor, Bill O'Connor, Bill Mahoney and Jason Goodell.

June 28th: Anita Smith, David Hegarty, Joe McDonough and Eileen Simons.

June 29th: The alluring Laurel LaLiberte, Lauri Allard, Chris Stamos, Gary Deines, the popular Francis "Enzo" Barile, Paul Duffy, Jenna Schumann, the captivating Dolores Merlino and Judge Richard DeBenedetto .

June 30th: The personable Dick Hagoort, Maria Brooks, John Powers, the wondrous Andre Sigourney. Also born on June 30, two old friends, singer, Lena Horne and drummer, Buddy Rich.

Questions People Ask

How many residents are there over 16 years of age in Nahant? Last count, 900.

Next question! How many registered vehicles are there in Nahant? We have a total of 3,070 registered vehicles. How many miles to Boston from Nahant? We are but 14 miles from Boston.

How many books are there in Nahant's Public Library? Well, we heard our dedicated director, Dan A. deStefano and his assistants, Jill Mattina, Carole Brophy, Martha Kane, Irene Purdy and Allison Twiss-O'Neill, personally counted all of the books in the library and came up with the grand total of 70,034 in the collection. The collection also includes two of my books, "The Forties: When We Were Dreamers of Dreams," and "Pick Up The Beat and Swing."

The well-read, well-bred, Lynne Spencer, of Trimountain Road, reminds us the two most important books in the American home are the bank book, and the cookbook.

The noted intellectual, Sheila Hambleton, of Kenney Avenue, quotes Horace Mann, who said, "A house without books, is like a room without windows."

Nahanter's Thoughts About Courtesy

Cal Hastings, of Nahant Road, says, "They tell us that courtesy is contagious. So why not start an epidemic?"

Cal's attractive and brilliant wife, Marrit, says, "A little of the oil of courtesy will save a lot of friction."

Henry Hanagan, Hasting's next door neighbor says, "Some people are so naturally courteous, they even say thank you, when the automatic door at the supermarket opens for them."

Henry's serene wife, Peggy, says, "Courtesy costs nothing, yet it buys things that are priceless."

Nahant Deadbeats!

For some of Nahant's deadbeats, who haven't paid their taxes, then we should do what they do in a province in southern India. The officials hire drummers, to play round-the-clock, outside the homes of people who hadn't paid their taxes. After a week, 18 percent of the delinquents rushed to government offices, with their full payments. Great idea!

As of 12/31/04, owed to Nahant's Treasurer/Collector's Office, a grand total of \$88,056.07. This is for Real Estate, Personal Property, Boat Excise Fees, Motor Vehicle Excise Taxes, Water/Sewage Fees and Rubbish Fees. Warning to you deadbeats, we will be drumming for you! Confident, Nahant's noted drummer, Jim Clements, can make himself available.

Frank Cusack, of Nahant Road, reminds us, the income tax, the property tax, and the sales tax are an unbeatable combination. "They get you coming and going. Add the inheritance tax and they get you after you've gone."

Religiously Speaking

Mother Superior, Cecilia Seagull overheard a little boy praying: "Our Father, Who does art in heaven, Harold is His name. Amen." And she heard a Sunday School teacher ask her children, as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping." Mother Superior overheard a little boy praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."



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Summer In Nahant



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

Flowers His Life Work

Mr. Roland has a large number of acacias—in fact, all but two of the varieties which he sold: but the collection itself could not be duplicated in many years, he says, since in addition to the difficulty of securing rare varieties, time is needed to get results. He tells of starting the strange and unparalleled collection, as you would tell of hoarding stamps or antique clocks.

“I love flowers,” said he. “It is natural. I’ve never worked at anything else, for my father in Chester, England, was a gardner.

“About 25 years ago, I set up in floral culture in Nahant. Fifteen years back I got interested in acacias. I had some and I started adding to the collection with no commercial intentions whatsoever. It was just a side issue I liked to put my spare time into.

“I didn’t gather all the varieties I could, for there are some which are neither pretty nor free-growing. But all those that were beautiful in form or flower I collected, gorwing most of them from slips and seeds that came from other countries.

“They are not tropical in the sense that a palm tree is: they grow in just a comfortable temperature of 60 degrees. I think I would still be collecting them, but they began to take up so much room in one of my greenhouses at Nahant that I decided I would have to get rid of them. So I did.”

Four of the 118 plants brought \$600 alone, according to Mr. Roland, while a fifth he valued at \$250. Other pieces he reckoned as low as \$2 each in the total amount paid for the collection. Before the sale to Mr. Widener, he had refused several offers of purchase.

Source: Lynn Item. Nahant Historical Society collection.

Acacias on Exhibition

Thomas Roland has the distinction of having on exhibition at the Boston Red Cross exhibition of the Horticultural society some of the wonderful acacias in the acacia tea garden, that among all the beauties of the flower show the tea garfden has proved the super-attraction, and the fact that one of the town’s citizens is among the exhibitors, has aroused much local interest.

The opening of the show took place in the tea garden and mayor Peters stood beside the acacia covered tables in making the opening address. Captain McMahon of the irish guards told of his experiences at Ypres, Loos and the Somme. The show will last five days and it is expected that many Nahant lovers of flowers will make a visit to Horticultural hall.

Source: Lynn Item. 3/14/18



Nahant Garden Club Arbor Dedication Slated

The Nahant Garden Club in memory of Thomas Roland, nationally known horticulturist, will dedicate a blue Atlas cedar tree on the lawn of Town Hall on Thursday at 3 p.m. (Planted in 1951, this tree still stands, 50 + years later.)

Roland was born in Birkenhead, England, November 27, 1862, and died in Nahant, December 11, 1929. As a youth, he followed in the footsteps of his father, a private gardener, until 1891 when he started the business of growing plants and flowers under glass, meeting with great success.

In 1912, he acquired land in Revere for three greenhouses, devoted tot he growing of roses for the cut flower market.

Many high honors were confered upon Mr. Roland in recognition of his varied horticultural achievements, including the society of American Florists’ gold medal in 1924 for distinguished service to horticulture.

When the news of Mr. Roland’s death was known, many tributes were printed nationally. In accounts of the last respects paid to him in the service building of the Nahant greenhouses, the music of stringed instruments, the singing of his pet birds, and the walls solidly banked with plants and flowers made an outstandingly beautiful setting.

Roland was married to the former Abbit May Hood of Nahant in 1897. They had four sons, Robert, Phillips, Thomas and Richard, and a daughter, Flora.

Source: Lynn Item. 7/18/51

Nahant, Mass.,
March 24, 1891

I beg to inform you that I have purchased the

FLORIST and JOBBING BUSINESS
and Premises of CHARLES F. JOHNSON

at Nahant, and I respectfully solicit your custom.

For eight years I have had care of the late Mrs. A. L. Moring’s grounds here, and my experience with the climate and conditions of Nahant will greatly aid me in selecting suitable Trees, Shrubs and Plants, and in giving them the care needed here.

I am prepared to give estimates for improving grounds, planting and maintaining flower beds, and for the care of grounds during the season.

I shall keep on hand Vines, Veranda Plants, Plants for decorative purposes and Cut Flowers. Also, Loam, Gravel and Dressing.

I am,
Yours most respectfully,

THOMAS ROLAND.

Source: Nahant Historical Society



Nahant Greenhouses

Thomas Roland world-reknown horticulturalist



Early Nahant Industry

NAHANT never was well suited to become an industrial town. Its isolation gave it a disadvantage over places nearer supplies and railroads. A manufacturing establishment using coal brought by water, and able to use water transport for its goods, is conceivable but has impractical factors. Doubtless people have pictured some manufacturing on Nahant, and at least one political circular of within thirty years has pleaded the desirability and possibility of factories on the low lands between Pond Beach and Lynn Harbor, near the Coast Guard Station. It seems unlikely that such development can come, but times change and conditions alter, and it is bold to prophesy from the assumptions that things will remain as they are. This, however, is a popular pastime with people, little and big, in their consideration of future affairs, even of international importance. The impossible is often achieved, and uncommon events happen quite commonly.

At the present time only two industries on Nahant do much more than supply the needs of the town. One of these is the commercial florist's business, built up and carried on by Thomas Roland. Roland came to Nahant in 1884, a young man, working as a private gardener until 1890, when he bought out the comparatively small greenhouse plant of Charles F. Johnson, son of C. Hervey Johnson and grandson of Caleb Johnson. Roland proved a man of exceptional skill and ability, who steadily added to his business and his reputation, adding more and more to his greenhouse plant on Nahant, and establishing a second one at Revere. He is today one of the best known, most successful and most highly respected men in his industry, past president of the Society of American Florists, and long-time influential trustee of the Massachusetts Horticultural Society. He was born in England something over sixty years ago, but long since became a thorough citizen of his adopted country. He married Abby May Hood, a descendant of the Hood who came to Nahant among the early settlers. There are several children, including sons who now assist him in his business.

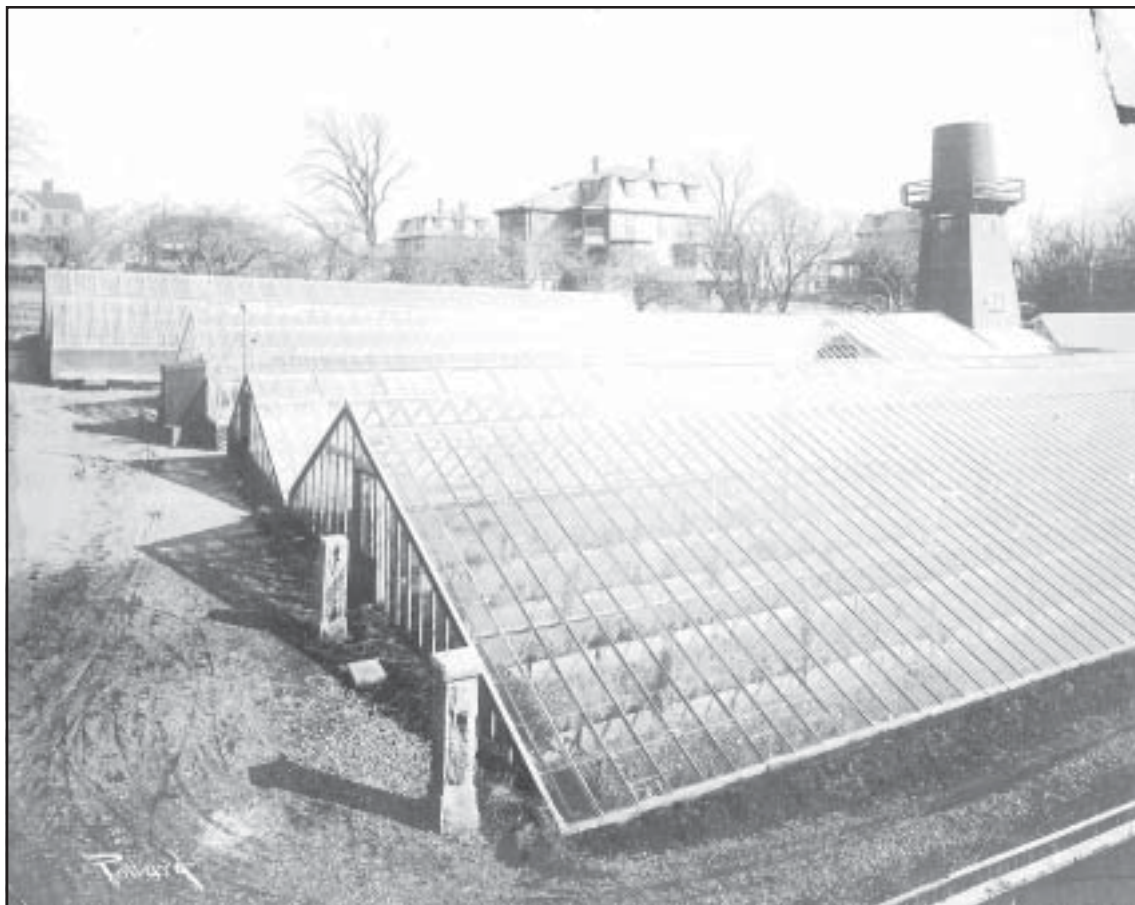
SOURCES

Above text from Annals of Nahant, Fred A. Wilson, 1928. Other text from the collection of the Nahant Historical Society.

PLEASE SUPPORT THE NAHANT HISTORICAL SOCIETY.
Hours: Wednesdays & Thursdays, 1:00 to 4:00 p.m.



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



Roland Greenhouses, 33 Summer Street, looking north toward Nahant Road. Copied from original from Mrs. P. H. Roland II (Pat). Gift of Mr. & Mrs. P. H. Roland, III. 1976. Nahant Historical Society.

These greenhouses of Thomas Roland were once located behind his home. Starting in 1891, with just a small business, Mr. Roland became an internationally-known horticulturist, specializing in acacias and orchids. His extensive business, both here and in Revere, provided employment for many Nahanters. When Mr. Roland died in 1929, the funeral services were held in one of his greenhouses — appropriately decorated with the plants and birds he so much enjoyed. In the early 1960's the business was sold, the glass houses removed, and the homes on Christopher Drive now stand on the site.

Nahant Roland's Blue Rose Unique at Boston Exhibition

Thomas Roland's blue rose is attracting more than ordinary attention at the outdoor garden exhibit which comes to a close next week, in Boston. The rose is one that has been greatly improved by Mr. Roland. It is a distinct novelty, and will in time perhaps, develop into the pure blue rose long dreamed by florists the world over.

The blue roses on exhibition have been grown from plants that were imported by Mr. Roland, and through cultivation have attained their present color.

Mr. Roland made the statement that obtaining a perfect blue rose is speculative, it being hard to tell what the ultimate results will be. That the work on trying to bring out a rose of that color will be carried on, seems to be certain, although the work for a time may be dropped.

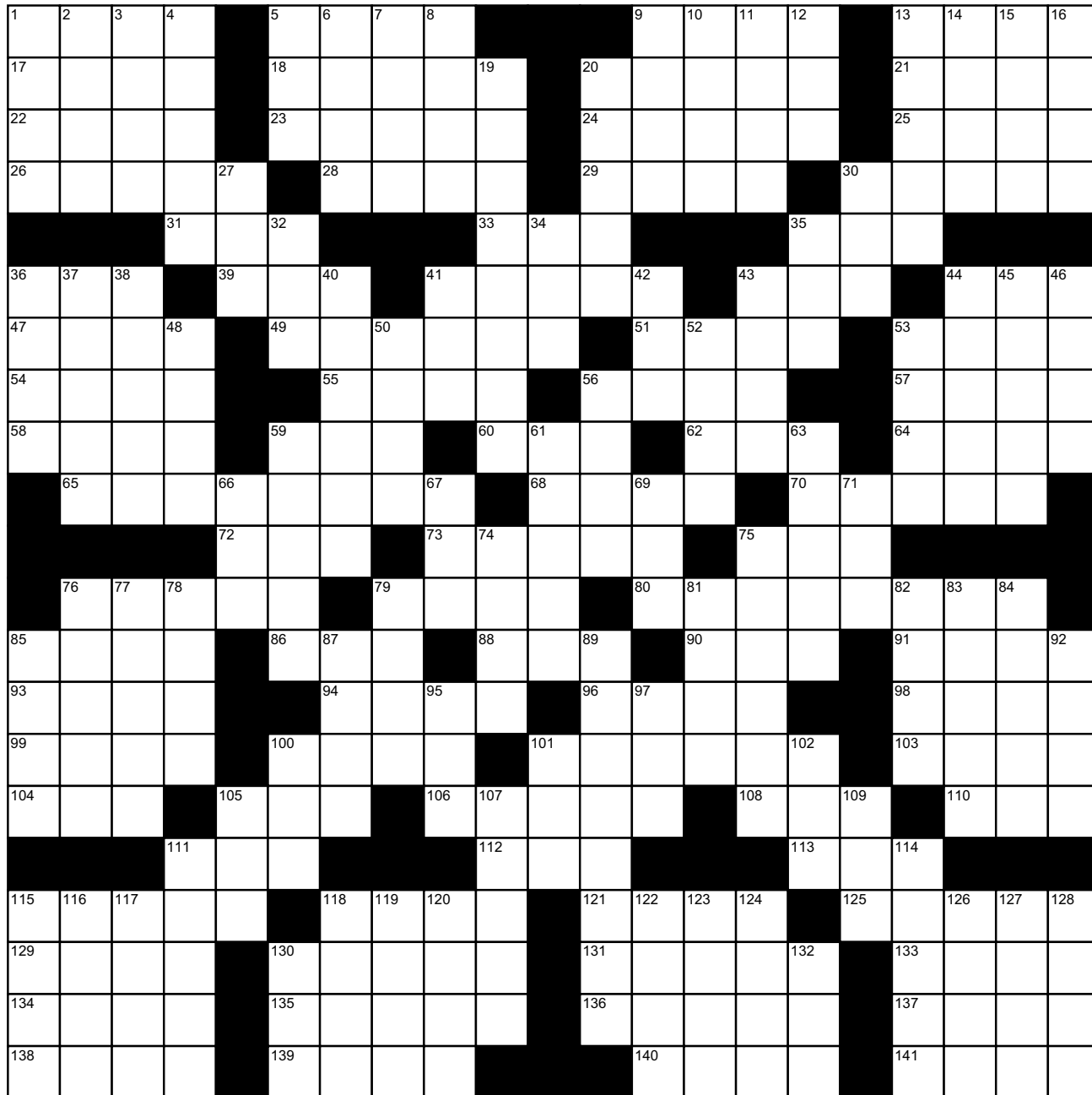
Source: Lynn Item. 9/25/17



NAHANT PUZZLE PAGE

GREEN THUMB THYME

by Rick Kennedy



vegetable

- 41 *Light provider*
- 42 Sister
- 43 Otherwise
- 44 Cloth
- 45 Presses
- 46 *Fragrant herb*
- 48 *Burpee product*
- 50 DNA component
- 52 *Salad veggie*
- 53 *Cabbage cousin*
- 56 Horse's walk
- 59 *67 Down, e.g.*
- 61 *Trim*
- 63 *Harvest, crop*
- 66 Abnormal
- 67 *See 59 Down*
- 69 Doctoral degree
- 71 Pair
- 74 *Acorn producers*
- 75 Parts of a wheel
- 76 *Root vegetables*
- 77 Tiny island
- 78 File
- 79 *Pollinators*
- 81 Fencing sword
- 82 Invitation abbreviation
- 83 Privileged
- 84 *Spring flower*
- 85 Military meal
- 87 Espy
- 89 Bright
- 92 High or low ____
- 95 Viper
- 97 Abort
- 100 *Cut grass*
- 101 Animal doc.
- 102 Tyrannosaurus

- 105 Radioactivity unit
- 107 Frank __ Wright
- 109 Be ill
- 111 Winemaking need
- 114 Type of Greek column
- 115 Wound
- 116 National capital
- 117 *Pickle herb*
- 118 Women's magazine
- 119 Fastener
- 120 *Garden tools*
- 122 Restaurant
- 123 Flattened circle
- 124 Entice
- 126 Sucker
- 127 Dorothy's dog
- 128 *Type of pea or bean*
- 130 Spr. month
- 132 Gender

ACROSS

- 1 *Maize*
- 5 *Maple juices*
- 9 Rhythm
- 13 Upper part of shoe
- 17 *Century plant*
- 18 Toothbrush brand
- 20 Makes warmer
- 21 Concept
- 22 Short durations
- 23 *Pesto herb*
- 24 Fable writer
- 25 Sailors
- 26 *Common perennial*
- 28 Wine bottle
- 29 Object
- 30 Sports
- 31 That girl
- 33 Central Standard Time
- 35 Yes
- 36 For
- 39 Abridged (abbr.)

- 41 Bundle of yarn
- 43 *Shade tree*
- 44 Dark
- 47 Dashes
- 49 Loaf of bread (var.)
- 51 CA University
- 53 Lotion brand
- 54 Off-Broadway award
- 55 Refuse to believe
- 56 Wildebeests
- 57 Soon
- 58 Ice sheet
- 59 __ Rummy
- 60 Environ. org.
- 62 Cay
- 64 Pocket fiber
- 65 Backer
- 68 *Ready for picking*
- 70 Objects
- 72 Morse code dash
- 73 Juvenile
- 75 Stitch
- 76 *Towhees and*

- phoebes*
- 79 *Pole or bush* ____
- 80 Lamented
- 85 Tableland
- 86 Compass pt.
- 88 Barrel
- 90 *Legume holder*
- 91 Louver
- 93 Snake-like fish
- 94 *Contents of 90 Across*
- 96 *Scallion*
- 98 MMCIV / CCLXIII
- 99 Tier
- 100 *Green seedless plant*
- 101 Thin covering
- 103 Post-traumatic disorder
- 104 Concord e.g.
- 105 *Plant root or crown problem*
- 106 Implore
- 108 Red or Black
- 110 Potato "seed"
- 111 *Evergreen shrub*

- 112 Long-term memory
- 113 Noon in Rome?
- 115 Computer device
- 118 Resound
- 121 Teen hero
- 125 Attics
- 129 East of the Urals
- 130 Mixture
- 131 Birthmark
- 133 Middy
- 134 Evils
- 135 Worked at
- 136 Give an angry look
- 137 Small particle
- 138 Shed
- 139 Agts.
- 140 *Holly genus*
- 141 56 Down sound

DOWN

- 1 Credit alternative
- 2 Bread spread
- 3 Fabled birds

- 4 *Homes for 76 across*
- 5 Weep
- 6 Type of horse
- 7 El __
- 8 Cut open
- 9 *Root vegetable*
- 10 Relieve
- 11 Speck
- 12 Cooking meas.
- 13 *Arbor* ____
- 14 *First gardener?*
- 15 Meager
- 16 Elapse
- 19 *Susan's shiner?*
- 20 Island nation
- 27 Expression of discovery
- 30 Exercise place
- 32 Recede
- 34 Collection
- 35 In the style of
- 36 Univ. lecturer
- 37 Russian currency
- 38 *Vidalia, e.g.*
- 40 *Sharp-tasting*

Lynn Arts Call for Artists and Vendors

We invite you to join us for "Meet Me Downtown," Lynn's Festival of the Arts, hosted this year by Lynn Arts, in partnership with the Office of Mayor Edward J. "Chip" Clancy, Jr. and the Office of Economic and Community Development. This year's festival will be held Saturday, August 6th 2005 from 10:00 a.m. – 4:00 p.m. in Central Square, Lynn.

The Festival features a variety of musical entertainment, dance performances, theater and gallery exhibitions alongside artisans and crafters selling their works. Other features include a variety of food, a sidewalk sale and children's activities. All activities are free to the public.

"Meet Me Downtown" will be promoted throughout the Greater Boston area and special school promotions guarantee a large youth audience.

If you're interested in participating in the festival please give us a call for a registration form.

Information for vendors:

* A participation fee of \$30 should be included with your registration form.

* If you would like Lynn Arts to supply a 6 ft. table with two chairs, please add \$10 to your fee.

* Volunteers will be on hand to help with the set-up starting at 8:00 a.m.

* Parking for Exhibitors is available in Central Square and adjacent lots

Important Dates:

* June 6th: Registration deadline

* July 1st: Confirmation packets with maps mailed to participants

* August 6th: "Meet Me Downtown" Festival

We hope you will join us for this annual festival which showcases the arts and culture of the North Shore. Please don't hesitate to contact me with any questions you may have, at 781-581-9399, or e-mail jlazure@broadviewnet.net.

MAY 2005 NO PUZZLE WINNER

Win a FREE breakfast for two. Just complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter.

SEE CHRIS AT SEASIDE BREAKFAST FOR DETAILS.

"Wait 'til Last Year" Solution - May 2005

by Rick Kennedy

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P	O	U	T			B	A	S	T		F	L	E	D		O	U	S	T		

Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA

DEADLINE INFORMATION for JULY 2005

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

WEDNESDAY, JUNE 15th • 5:00 P.M.

Mail Date: WEDNESDAY, JUNE 29th

STAFF

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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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10:00 a.m. to Noon. and 2:00 to 8:00 p.m.
Fridays: 10:00 a.m. to Noon and 2:00 to 5:00 p.m.
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Nahant Community Ad Page

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

Fill out the form below, cut out and mail to: Nahant Harbor Review, PO Box 88, Nahant, MA 01908.....OR..... Save a stamp! Take the envelope to the Equitable Cooperative Bank on Nahant Road and drop it in the black box on the Teller's counter. Payment must be included with the form. Make your check payable to Seaside Business Services. Photos will be returned if accompanied with a self-addressed, stamped envelope.
The deadline for the JULY issue is JUNE 15th.

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

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

Price List

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1" box	\$10.00*
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1" box	\$20.00*
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*Text Only

Community Calendar • JUNE 2005

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

JUNE

FRI	3	7:00A	Men's Breakfast Group w/ Mark Cullinan
MON	6		DEADLINE for Lynn Arts Vendors Registration
MON	6	Call	Ceilidh performance at the Johnson School
TUE	7	Call	Ceilidh performance at the Johnson School
SUN	12	3:00P	Apollo Club Concert at the Town Hall
MON	13		Dance Dimensions Summer Classes begin
WED	15	5:00P	JULY HARBOR REVIEW DEADLINE
THU	16	11:30A	Bloomsday at the Nahant Community Center
MON	20	6:30P	Class of 2005 Johnson School Graduation
WED	22		Johnson School Closes for Summer Vacation
FRI	24	6:00P	Iced Coffee House at Nahant Com. Center
WED	29		Summer Reading Program begins at Library
THU	30	Noon	Garden Club Annual Meeting & Luncheon

JULY

SAT	2		Earl Hanson One-Pitch Tournament Fundraiser at Flash Road Field
MON	4		4th of July Fireworks at Short Beach
MON	11	Noon	Council on Aging Cookout at Nahant K of C

AUGUST

SAT	6	10:00A	Lynn Arts Festival "Meet Me Downtown." Till 4:00 p.m., Central Square, Lynn
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Fireworks Need Your Help!

by Jennifer McCarthy

We are getting so close to reaching our goal of \$15,000 for this year's show. But we are not there yet. So, if you are like me and throw those donation papers into your bill basket and say that you will send your donation later, *later is here now!* We will be signing the contract for our show, just about the time you are reading this. And, by signing that contract, we are guaranteeing to pay for our show. So we are counting on those of you who have not yet donated, to help us out now.

I would also like to thank all of the people who have already made donations, bought T-shirts and cow plop tickets. You all have been extremely generous.

And just in case you are not sure, the fireworks will be held on July 4th, at Short Beach. So we will see you there! Thank you. Please mail your donation to:

Jennifer McCarthy 19 Range Road Nahant, MA 01908 01908 781-592-5272 Nahantrec@aol.com	Robyn Howard 4 Flash Road Nahant, MA 781-581-1373
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AA Meetings

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

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

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.

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