



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.

Volume 14 Issue 10

OCTOBER 2007

HOOMPA in Germany



Abigail and Rebecca Caggiano pose with their HOOMPA sign while attending a soccer game at Franken Stadium in Nuremberg, Germany, this summer!

Village Church Benefit at the Tides October 4th

Please join your friends from the Nahant Village Church at the Tides Restaurant, for a benefit event on Thursday, October 4th, from 6:00 to 9:00 p.m. In addition to good food and good company, you will be helping the Village Church by being there and participating in some fun raffles. Mark your calendars and we'll see you there!



Park & Rec Tennis Program 2007

Instructors: James Hooper and Kate Hall.

Students: Emily Schiffenhaus, Owen Russell, Owen Nugent, Nikki Rosa, Maddie Curtis, Lilly Sanphy and Liam Sanphy.

Nahant Youth Soccer Fundraiser

Nahant Youth Soccer will be holding a fundraiser at the Tides Restaurant, on Monday, October 1st, at 6:00 p.m. Please stop by and show your support by having dinner with friends. I know it is a busy time of year, so if you can not stay, then give Tides a call, at (781) 593-7500 and get something to go. It is that easy. — Submitted by Sue Rosa

Breakfast with Dr. David Torchiana at Village Church October 5th

Massachusetts Health Care Reform: "What does it mean?" "How did it happen?" and "Will it work?"

Answering these questions will be the focus of a presentation to be given by Dr. David Torchiana, Chief of Cardiac Surgery at Massachusetts General Hospital. As a member of the MA Medicaid Policy Advisory Committee, appointed by the MA Senate President and CEO and Chairman of the Massachusetts General Physicians Organization, he is well-versed on all aspects of the bipartisan health-care reform legislation.

The reform that went into effect in July of this year, shifts the state's health-care system in the direction of greater patient and consumer, empowerment and control. The Massachusetts basic model may well become the framework for health-care reform in other states.

The presentation will be held on Friday, October 5th, at the monthly breakfast meeting, at the Nahant Village Church, at 27 Cliff Street. Please join us for this informative talk and a great, and free, breakfast at 8:00 a.m. And please, bring a friend.

Observations from the First 9 Days on the Job

By Joseph F. Lisi, Ed.D., Nahant Superintendent

Living in Rockport and serving as Superintendent of Schools, in a district with one elementary school feeding a middle/high school complex, has enabled me to view and compare a similar situation in your community. Although smaller in size than the Rockport Elementary School, the Johnson School displayed many attributes associated with successful schools, happy children, teachers working hard to get classes off to a positive start, and parents, who seemed as happy as their children, that the school year had begun.

It became very apparent to me, that Interim Principal Hennessey and the Johnson School staff prepared well, to create such a positive school opening and this atmosphere has continued over the past 2 weeks. To sustain this atmosphere, and have students succeed academically and socially, requires a year-long commitment and active participation by children, parents and teachers.

I've met many parents who have welcomed me in the schoolyard, at the beginning of school, or at dismissal and I have learned a lot from their comments. Please feel free to call me, if you have questions. I welcome any comments you may have, that will help improve how we do things in the Nahant Public schools. I can be reached by email at jlisi@johnsonschool.org, or by phone, (781) 581-1600.

Support Our Troops Nahant Fire Local 2718

Help us show our support and let the troops know that they have not been forgotten. We are asking for donations of EVERYDAY items that will be put into care packages and mailed to our men and women overseas. Soldiers need: batteries, paperback books and magazines, shaving needs, shampoo, sunblock, lip balm, deodorant, eye drops, foot powder, hand sanitizer, baby wipes, tissue packs, moisturizer, toothbrush, toothpaste, dental floss, stationary, electronic games, DVDs, CDs, board games, playing cards, heavy duty zip lock bags (to protect items from sand), shipping supplies, air fresheners, postage stamps, paper, pens and envelopes.

Please bring your donations to: The Nahant Fire Department, 67 Flash Road, or call (781) 581-1235. The Nahant Equitable Cooperative Bank will also collect items for this support effort. All items must be received by Nov. 1st, 2007.



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Marine Science Lecture Series

All are invited to come and hear the story of "Penguin Rescue!", as told by Dyan DeNapoli, at Northeastern University, on Tuesday evening, October 16th, at 7:00 p.m.

Dyan DeNapoli will be presenting, "Penguin Rescue!" This presentation chronicles the rescue and rehabilitation of 20,000 penguins, that were caught in an oil spill, in South Africa. Dyan worked as a rehabilitation manager during this event, which is billed as the largest wildlife rescue in history. Due to the tremendous international response to the birds in crisis, more than 91% of the penguins were saved and released back into the wild. This amazing story is accompanied by compelling photographs, taken during the rehabilitation effort. For more information, visit www.thepenguinlady.com.

This will be the first program of the season, in the Marine Science Center's evening lecture series. Lectures are free and open to all. Light refreshment is served at 6:30 p.m. The presentation begins at 7:00 p.m.

12th Annual Christmas Parade Is Coming Soon!

Hi All! Welcome back to school, Happy Fall. Halloween and Thanksgiving will be here before we know it. It's time again to be thinking and planning for the 12th Annual Christmas Parade. This year, it will be held on Saturday, December 22nd. Same time and place! The annual Fundraiser will be held on December 15th, 6:00 p.m. to 9:00 p.m., at the Tides. Donations for the parade and raffle items for the fundraiser, are always welcome. Any ideas for decorating the Town are also welcome and volunteers are always needed. Tickets for the annual cruise to Bermuda are in print now and will be available soon. This year the cruise will be July 27th, 2008, for seven days, Boston to Bermuda, on the Norwegian Dream. Now is the time to start thinking about entering a truck, or a float, for yourself, or organization. The more, the merrier!!! Everyone is welcome. We will keep you up-dated, as the date of the parade gets closer. In the meantime, "Have a great fall!"

From the members of the parade committee.

COA Notebook

October brings a very important project for the Council on Aging: FREE FIRE ALARMS. (Refer to the article in this edition.) We hope many will respond to this opportunity, to apply for these alarms and have them installed. It can only make our Nahant residents more safe and secure.

If you receive this paper before October 4th, there might still be a seat on the "Turkey Train," October 5th. Any suggestions for more activities or classes? Oct. monthly plans are not always in place before the paper's deadline, so we ask you to call Diane, at 781-581-7557, for information and updates. Have a Great October!

Submitted by Diane Desmond, Director

For Seniors: Free Smoke Alarms

The Nahant Council on Aging and the Nahant Fire Department have received a grant, to provide free household smoke alarms to the seniors in Nahant. The funding for this project is provided by a grant from the Massachusetts Department of Public Health Injury Prevention and Control Program.

To obtain smoke alarms, seniors should call Nancy Wilson, at 781-581-0482. The names and addresses of those who request the alarms will be forwarded to the Nahant Fire Department. Our Nahant Fire Fighters will visit the home, determine the best locations for the alarms and will install them, at no cost. Fire safety information will be shared at the time of the installation, including determination of the best escape routes, in case of fire and a review of fire safety procedures.

Fire alarms should be replaced at least every 10 years. Improvements in technology make the newer alarms more reliable than earlier models. Alarms over 10-years-old, may no longer be sensitive enough to provide the protection that is needed. Changing the batteries in these older models is not sufficient.

Reliable smoke alarms help save lives, by alerting people in the house of danger and allowing them time to escape and get to safety. Further, early detection of fire helps to protect the immediate neighbors and the community from a spreading fire.

The Nahant Council on Aging and the Nahant Fire Department are very happy to be partners in this project. Call soon. It's never too soon to get safe!

Halloween with John Root at Nahant Public Library

The Nahant Public Library will present the interactive Halloween Children's Program with a musician, naturalist and educator, John Root, on Wednesday, October 24th, at 3:00 p.m. The Nahant Public Library is grateful to the Friends of the Library, for funding the program. Admission is free.

Submitted by Rita Stepanova, Children's Librarian

Opportunity to Learn to Ring Handbells



The Nahant Village Church now has three octaves of handbells, that were donated by many in the Nahant community, in memory of loved ones, or celebration of important events. While the history of handbells can be traced back to the earliest Christian Church, it still has wide public appeal. Handbells produce a unique almost angelic sound.

Rehearsals have started up again, under the direction of Allison Twiss-O'Neill. There are openings in the handbell choir for anyone interested in learning how to ring. No musical knowledge, or prior experience is required, but individuals must be nine years of age or older. Beginners, typically, can start ringing on the first day of rehearsal. At the same time, ringers can progress as much as they want, in musical skills and

in the techniques of ringing.

Rehearsals are held on Thursday evenings from 6:00 to 7:30 p.m., at the Nahant Village Church and performances occur at 10:30 a.m., during the first worship service of the month and on special occasions (Christmas, Easter, Memorial Day, etc.). For more information, please call Allison Twiss-O'Neill at 781-581-0698 or email alio40@verizon.net, or Marrit Hastings at 781-581-5691 or email calhast@hotmail.com.

Please come to one of our rehearsals, or to the October 7th worship service, at 10:30 a.m., at the Nahant Village Church, to hear our next handbell performance. It will be a memorable experience!

St. Thomas Flea Market on Saturday October 13th

The St. Thomas Aquinas Society of St. Vincent DePaul will hold a Flea Market on Saturday, October 13th, from 9:00 a.m. to 2:00 p.m., in the St. Thomas Aquinas church parking lot. For information regarding table fees, call Richie Adamo at 781-593-1185, or Penny Morse at 781-599-2554. All proceeds will go to continue the mission of St. Vincent DePaul, to help those in need.

Fall Library Book Sale

The Friends of the Nahant Public Library are pleased to announce a book sale which will be held Saturday, October 13th, through Sunday, October 21st, during regular library hours: Mondays – Thursdays, 10:00 a.m. to noon and 2:00 to 8:00 p.m.; Fridays, 10:00 a.m. to noon and 2:00 to 5:00 p.m. and Saturdays and Sundays, 2:00 to 5:00 p.m.

Books for sale will include best sellers, biographies, non-fiction, coffee table books, discards from the library attic and many other interesting books. Other items for sale include a limited amount of CDs, audio and video tapes.

We will accept your book donations at the library, beginning September 17th. We will not be accepting magazines. Thank you for supporting your library.

Study of Islam Offered at Nahant Village Church

By The Rev. Dr. Larry Titus

Have you ever wondered about the basic beliefs and practices of the major world religions? If so, join with others at the Nahant Village Church, on Wednesday, October 10th, at 7:30 p.m., as we beginning a three-week study of Islam. We will explore the history and basic beliefs, the impact of Islam on the world and on the last night of the study, hear first-hand, how Islam affects the life of a follower of Islam. In the coming months, overviews of Judaism, Christianity, Buddhism and other major religions, will be offered. For more information, or to sign-up, call The Rev. Dr. Larry Titus, at 781-581-1202, or email, pastor@nahantvillagechurch.org)

Mass Theatrica to Present Mozart's The Impresario

Mass Theatrica will present Mozart's comic one-act opera, The Impresario, in English translation, at LynnArts, 25 Exchange St., Lynn, on Saturday, October 13th and Sunday, October 14th, at 4:00 p.m. The production is directed by Angeliki Theoharis. Sharon Lee is Musical Director and pianist. Featured artists include Martin Fucio, Will Green, Meredith Lavine, Stephanie Mann, Kaori Emery, Kelly Graeber and Stanley Wilson. Tickets are \$15, \$13 seniors and students and \$8 for children 12 and under. For more information, please call Mass Theatrica, 508-757-8515, or email, masstheatrica@yahoo.com, or visit our website, www.masstheatrica.org

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Nahant Historical Society

Submitted by Bonnie Ayers D'Orlando, Assistant Curator

Fitz H. Lane: the Man and the Artist: The Nahant Historical Society cordially invites its members and the general public to our autumn illustrated lecture: Fitz H. Lane: An Artist's Voyage Through 19th Century America, on Sunday, October 21st, at 2:00 p.m., at the Serenity Room Assembly Hall, Nahant Community Center, at 41 Valley Road. Our speaker will be James A. Craig, the former Associate Curator for Permanent Collections, at the Cape Ann Historical Society. Mr. Craig is also the author of the 2006 book of the same name, which illuminates Lane's artistic genius and spirit. Lane's work is internationally renowned for its clarity and detail. But the man behind that Luminist style, grew up right here on our North Shore in Gloucester. Learn more about this elusive artist and the American maritime world that he loved, which included Nahant. Light refreshments will be served. Admission is free, but donations are gladly accepted. Due to limited parking, a shuttle van service is offered to and from the overflow parking area, courtesy of St. Thomas Aquinas Church, at 248 Nahant Road and the Historical Society, from 1:30 to 4:00 p.m.

Nahant Historical Society Wins 2007 Heritage Preservation Grant: Despite stiff competition from other institutions, the Nahant Historical Society will join 106 museums in 40 states and the District of Columbia this year, to have its collections assessed, through the Conservation Assessment Program. CAP helps small-to-mid-sized museums of all types, from art museums to zoos, obtain general assessments of the condition of their collections, environment and structure of the buildings where they are stored. The Society is most grateful to receive this federal funding, so we can plan better care for our unique collections. Following an on-site assessment, by conservator T. Rose Holdcraft and preservation architect, William Finch, the Society will receive a written report, recommending priorities to improve collections care. This survey will assist the Society in educating staff and board members about best collections care, creating long-range and emergency plans and raising funds to improve the care of collections and better serve our community.

Heritage Preservation's CAP is supported through a cooperative agreement with the Institute of Museum and Library Services, an independent federal grant-making agency, dedicated to creating and sustaining a nation of learners, by offering assistance to the 15,000 museums and 122,000 libraries in America. Since 1990, this collaboration of Heritage Preservation and the Institute of Museum and Library Services, has helped over 2,500 museums all over the United States. "The 2005 Heritage Health Index survey of our nation's collections, found that 65% of collecting institutions have experienced damage to collections, due to improper storage," said Lawrence L. Reger, President of Heritage Preservation. To learn more about Heritage Preservation go to www.heritagepreservation.org and the Institute of Museum and Library Services at www.imls.gov.

Nahant Woman's Club News

"Causes, Prevention and Treatment of Diabetes" will be the topic of a presentation by Joann Sampson, Diabetes Nurse Educator, at the October meeting of the Nahant Woman's Club, to be held Tuesday, October 9th, at 6:30 p.m., at the Nahant Village Church in Swansburg Hall. Joann works at the North Shore Medical Center, Union Hospital in Lynn. The program is being sponsored by Bayer Health Care. Attendees should bring a dish to share at the potluck supper event. Nahanters and others, who are interested in learning more and have questions about diabetes, are invited to attend. For more information, call hostesses Lea Hill, at 781-581-0555, email leamhill@comcast.net, or Patricia Lev, at 781-599-4167, email patricialev@verizon.net.

The Nahant Woman's Club has received a citation from Lorraine Gorham, President of the Massachusetts Federation of Women's Clubs, for its work in Resource Conservation, earned for its work at this summer's successful Nahant Beach Cleanup/Earth Fest, held jointly, in June, with Safer Waters in Massachusetts (SWIM).

A painting of Nahant, by Carolyn Jundzilo-Comer, is being raffled, to benefit the Nahant Woman's Club. Raffle tickets may be purchased now for \$5 per ticket, from board members. The drawing will be held at the February meeting.

Reservations are due October 9th, for the holiday luncheon, at the Johnson School on Tuesday, December 1st. Reservations are also due for the Living Harmony Seminar, to be held at the Nahant Village Church, on Saturday, January 12th and for the annual meeting luncheon, to be held on April 9th. Details for these events can be found in the Woman's Club yearbook.

September was a busy month for the Woman's Club, with a trip to the theatre to see Wendy Payne's production, "Simon Says," and on September 27th, the Gazebo Gathering. The Nahant Garden Club and the Nahant Woman's Club worked together, to beautify the landscape of the Sears Pavilion, at Bailey's Hill. The wine and cheese party held on September 6th, by the Woman's Club, at the Dory Club, brought over 80 people together, to enjoy camaraderie and a beautiful sunset over the water. Whole Foods generously donated a platter of cheese, crackers and fruit to this event.

And ten new members have joined the Nahant Woman's Club!

The New World Ball



Travel back to 1892 and celebrate the quadricentennial of Columbus' voyage to the New World. On Saturday, October 13, The Commonwealth Vintage Dancers and the Nahant Historical Society will be sponsoring the New World Ball, an 1890s ball. In 1892, a number of celebrations were held, to commemorate Columbus and his voyage; most notable among these was the World's Columbian Exhibition in Chicago (though actually held in

1893). With this ball, held so close to Columbus' birthday, we are hoping to recall their celebration of this anniversary. We do request that formal, or semi-formal dress, or 1890s-style period dress, be worn. This event is not a fancy dress ball, as such, but themed costumes are also appropriate.

The Ball will be held from 8:00 to 11:00 p.m., at the Nahant Town Hall. Live music will be supplied by the fine musicians of Spare Parts: Bill Matthiessen, Liz Stell and Anne Hooper. Once again, our refreshment committee will provide a sumptuous assortment of period-style refreshments for everyone at the Ball. The Hall will open at 7:30 p.m., for those who wish to dress at the hall. The Grand March will take place promptly at 8:15 p.m. Spectators are welcome to come and view the elegance of the ladies' gowns and the intricacies of the dancers' movements, from the balcony.

This event is open to the public. Previous experience with vintage dance is not required. To increase familiarity with the dances of the period, there will be a pre-ball dance workshop, at the Nahant Community Center (41 Valley Rd.), on the day of the Ball, from 3:00 to 5:00 p.m. Basics of 1890's dance will be taught, including waltz, polka, contra dances and our evening's quadrille, the Columbian Quadrilles. The level of instruction will be tailored to those who attend. The dance workshop is free and open to everyone, whether you are able to attend the Ball or not.

Admission for the ball is \$20 per person (\$10 student) in advance, or \$25 (\$15 student) at the door. To register, please send a check, made out to CVD, along with the names of all the members of your party, to CVD, c/o Katy Bishop, PO Box 9, Nahant, MA 01908. Complete information is on the web, at www.vintagedancers.org, or email Query@VintageDancers.org with your questions, or, you may call Katy, at 781-593-3038, or Barbara at 781-396-2870.

Miss Ann's Place - Fall Classes for Children

Ms. Ann's Place, located in the basement of the Community Center, on Valley Road, offers creative and imaginative play, for children ages 3 and up. Ms. Ann's playroom has a sandbox, a water table, a train table and lots of dolls, books and cars. She offers 1-hour, 2-hour and 3-hour classes in the mornings and afternoons, at a cost of \$10 per hour. Some of the activities include sewing pillows, teddy bears and doll clothes, painting jewelry boxes, cars and trucks, and a whole lot more arts and crafts. For more info, call Debra, at (617) 605-7464, or stop by the basement of the Community Center.

Classes are enrolling now.

Marine Science Center Open House Sat., Oct. 6th 2007, 10:00 a.m. to 3:00 p.m.

On Saturday, October 6th, the Marine Science Center is hosting its annual Open House, in association with CoastWeeks 2007. Come down and spend the day on guided tidepool and geology walks, tours of the solar observatory and World War II bunker, research displays and posters, a beach clean-up and more! A variety of children's activities will also be available, for children of all ages. This is a great day to check out what happens at the Marine Science Center, participate in some great activities, handle marine animals in the touch tanks and walk the grounds. Bring the whole family, it's a free event! Call 781-581-7370 for more information and details.

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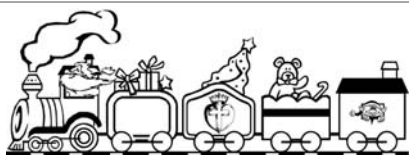
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Strength Training Benefits

By Sallee Slagle, Director, Dance Dimensions

The fall is such a beautiful time of year in New England, as we see the leaves turn, harvest the pumpkins and celebrate Halloween this month. Okay, the reality is the summer is over and we will increasingly spend less and less time outdoors. Well, don't let that mean increasingly less and less activity. Physical activities abound throughout the fall and winter. Why not try strength training? It's relatively easy. Equipment costs range from the expensive home-gym type to inexpensive hand weights, or even cheaper, homemade weights. And the benefits are well worth your investment of time and money.

Weight training will help sculpt your body, by adding toned, firm muscles to the areas you want. Nothing else firms your upper arms, especially the back of the arm, except working the biceps and triceps with weight training. Press-ups or push-ups are also weight training, as you are lifting your body weight. No equipment is needed!

For beginners, try push-ups with your knees on the floor, or press-ups on a wall or countertop. To advance, lift knees and do pushups on your toes, or lower the incline onto a lower bench or surface. A tricep press can be done by sitting with knees bent, hands behind you with fingers facing towards your feet, lift your buttocks and then dip, lowering by bending the elbows and press back up. Try it with your hands on a bench, or even the edge of the couch! Keep your tail high. With hand weights do bicep and tricep curls.

Weight training is recommended for both men and women. Men want to have muscles that show. Women may be afraid that they will become too muscular, bulky and unfeminine, but this is rarely the case as it is testosterone that allows men to build more muscle. Weight training should be done 2-3x a week, for best results. Training every other day gives the muscles a chance to recover, before they come under load again.

Building muscle increases your metabolism. Your body will need more calories, just to maintain these muscles. This means you will burn more calories sitting at your desk and even while sleeping! This can help keep those extra pounds from appearing, as we get older and help you maintain a healthy weight. There are recent studies that show weight training may actually help control the increase in abdominal fat, women experience as they age, while also decreasing body fat percentage.

Strength training is extremely helpful for individuals suffering from arthritis. It can help decrease the pain and help develop stronger muscles, bones and connective tissue around affected joints. Back pain is also decreased when strength training is done regularly. Training, with a combination of cardiovascular exercise and weights, has

proven to lower blood pressure levels. Any exercise will also increase HDL, good cholesterol levels. Exercise has been shown to even slow the onset of age-related macular degeneration, according to a 15-year study.

Other studies show that weight training increases bone density. It also has been shown to increase the release of growth hormones in women. This growth hormone is essential to muscle and bone increase. It is sold as a fountain of youth. Well then, I guess exercise is truly a fountain of youth!

Q & A with North Shore Physical Therapy

Q: I've always wanted to try a triathlon, but I am not an Ironman yet! Is there a way I could get started more gently with this sport?

Athletes of all ages and fitness levels can enjoy a triathlon! Triathlons are a great way to cross-train and keep you from becoming bored with your fitness program. Swimming, biking and running, work different muscle groups, which helps prevent overuse injuries, while delivering total body fitness.

Triathlons come in varying lengths. "Sprint distance" will typically include a half-mile swim, 12-15 mile bike and 3 mile run. "Olympic distance" doubles those distances and a half Ironman would be the next level up.

The typical triathlon season is June through September. Several triathlon training groups are available, here on the North Shore, during that time. For a fee, seasoned triathletes will help guide and monitor your training, to be ready for a sprint distance event. You'll also meet lots of fellow "first timers." You will probably want a wetsuit, both for insulation and flotation. But other than that, all you need is a cap, goggles, a bike, and some running shoes.

Make sure you check with your physician before you start training. Triathlons, even the shorter ones, can require 1-2 hours of continuous exercise, which is more than most of us perform regularly. Anyone new to the sport will want to work up to this gradually. The American College of Sports Medicine (ACSM) suggests that a parent's death, due to heart disease, cigarette smoking within 6 months, blood pressure greater than 140/90 (or on high blood pressure medication), LDL >130 or HDL <40, fasting glucose of 100 or greater, obesity, or sedentary lifestyle, place you at higher risk for coronary artery disease (GETP 7th edition). If you, or your physician, has concerns, physical therapy can address musculoskeletal problems and monitor vital signs, while you determine if this is the sport for you.

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

What Is Comfort?

By Susan Cadigan, LMT, NCTMB

I had just been diagnosed, for the first time, with a rare and aggressive form of acute leukemia. I awoke, surrounded by machines and had chemo being infused, along with other medicines, as I lay amongst the wires and tubes.

Needless to mention, it was a very difficult and scary situation for me. Then, in walked Dave Hill. He is the quiet and adoring husband of my dear friend, Loreen Hurley. He hugged the only place available—my foot. Actually, he gave my big toe an affectionate squeeze and looked at me with eyes that seemed to feel (and take away) some of what I was going through. I don't recall that he said much, but I do remember the comfort and relief I felt through his compassionate touch—that caring squeeze he gave my toe. That toe is a part of me and as close as he could get to my heart.

In times of stress and need, I have turned to that moment, over and over. Although it only took a moment, Dave did not give me a fleeting moment. He gave me one that has remained a part of me and that moment has been cultivated, to share with others, through therapeutic massage therapy, that I have been trained to provide.

Through this personal experience, I learned how important compassionate touch and positive energy are to healing. Touch, therapeutic or comfort, rebuilds hope, courage and positive energy. What is comfort? To me, comfort is the secure feeling when you need it most. Comfort is the heart at rest.

Giving the Gift of Comfort: A growing number of hospitals are recognizing the healing benefits of massage therapy. At certain hospitals, patients can now receive massage therapy. The massage needs to be approved and secured by a physician's order. To go about this, one would contact the patient's nurse, or the wellness coordinator. The nurse, or wellness coordinator, will then secure the massage session, after the doctor reviews the patient's charts and situation, then approves the session in writing. Gift certificates, or phone charges, can easily be made.

A qualified and experienced massage therapist will provide the therapeutic touch, while the patient remains in the bed, or the patient can be transported to the massage therapy room. Each massage is tailored to the specific needs and medical condition of the patient.

Massage therapy, therapeutic touch, can decrease anxiety and depression, increase the effectiveness of other treatments that the patient is receiving, relieve muscle soreness due to prolonged bed rest, moisturize the skin and help prevent problems, such as bed sores. Massage has a profound effect on the patient, as endorphins are released which enhances the feelings of well-being. Alleviating the stressors, opens the pathways to healing. For the cost of a floral arrangement, your loved one can be provided with healing energy, comforting contact with a caring, compassionate person and be induced to relax, breathe and feel better.

A heart-felt thank-you and appreciation to Annie Bakas and family, for the love, comfort, humor and warmth they provided to my two children, while I was in treatment. Warm thanks to Annie's mother, Alice Cheever, sisters, Ellen and Mary (and Tom) for the love and kindness they shared with my two young children. For Teddy and Heather, to have the refuge in smiles, laughter and joy during a very difficult time in life, is the ultimate gift. Their comfort gave me strength to fight the battle. Thank you all so much.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She is the proprietor of Nahant Therapeutic Massage, located at Dr. Devorah Feinbloom's Healing and Chiropractic offices at Nahant Natural Healing; 41 Valley Road (the Community Center). Ms. Cadigan is also employed with Partners and provides therapeutic massage at North Shore Medical Center, Salem/Union Hospitals. She is a two-time cancer survivor. Ms. Cadigan can be reached at 617-240-4252

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Mitchell's Cahnah Raises \$10,000

THANK YOU, THANK YOU, THANK YOU, Nahanter, past and present, for making the annual Labor Day Mitchell's Cahnah Block party a record success, and for the first time, all 5 cash prizes from the raffle, went to Nahant residents. The Tudor Cocktail Ice Co. delivered a check for over \$10,000 to the Nahant Ocean Rescue Squad, which will go directly towards the purchase of an emergency-response rescue boat. Squad members, Ed Steriti, Andy Puleo and Dennis Ball were on hand at the Selectmen's meeting, to receive the check, on behalf of their crew.

My brothers, the Tudor twins, Duddie and Ponsie and myself, would like me to give a very special thanks to Nahanter who went way beyond and above the call of duty. How about Brett Henry and Gennaro Angiulo, for donating the grills, beer taps and refrigeration, Mike O'Callahan, for donating the pizzas, John Connolly, for donating the pole lights, Wayne Wilson, for donating and erecting the stage, Dave Doyle, for donating and installing the power panel for the band, Joe Dowling, who every year let's us trash his lawn and electrical service, Ann Steriti, for donating the hot dogs and rolls, Harold Blank, CEO of Harry's World, for donating the popcorn, Ted and Chris Billias, for getting the extra sound systems for that fabulous rock band, The Austin Torpedoes, who, according to the feed back, knocked you out!

Hey, how about the volunteer Tudor Cocktail Ice Co. staff, that served you guys? They were incredible! After Duddie and Ponsie thanked them all for volunteering their bodies, their reply was in unison, "Are you kidding? We had a ball and we got to talk to "all" the people, while waiting on them, without moving!"

"The Cahnah" has taken on a life of it's own, keeping a Town farewell to summer tradition, extremely alive and well. See you all next year, same time, same place. "If it ain't broke, don't fix it!"

Duddie and Ponsie would like me to apologize for their untimely absence at the block party and not having time to submit this month's column. They do have a fabulous excuse, that will add to our Town's heritage. Huge news! A piece of Tudor family history is, as I submit this column, about to be unearthed. While clearing the land at the Tudor stone house, at the corner of High St. Ext. and Spring Rd., a 33" rooster leg bone was unearthed. As you avoid Ice Shaving readers know, the stone house was the original home of Dad's prize 4'3" rooster, "THE GREAT FANDANGO."

The bone was immediately brought over to the Nahant Archeological Committee for authenticity. Their findings confirmed this "was" Fandango's leg bone.

Ever since the confirmation, Duddie and Ponsie, along with the NAC (Nahant Archeological Committee) have camped out on the property, unearthing more skeletal remains of this incredible creature, putting to rest any rumors that the abutters may have of what's really going on at the site.

The hope is to have the complete skeleton reassembled in time for public viewing at this year's "Visions of Nahant," held in November, at the original Tudor homestead, now the Nahant Country Club. After that, the boys are thinking of donating a wing (not the rooster's), giving a permanent home for "The Great Fandango" to the Nahant Historical Society. How fitting it would be, to honor this majestic bird, on the anniversary of his accidental demise.

As you all may recall, mi amore, that great French chef, Lucky Pierre, mistakenly served up Fandango at our family's Thanksgiving dinner, after Pierre sampled a jug of Dad's hard cider. We fled to France before dinner had commenced and no one ever knew what happened to Fandango's remains. Stay tuned...

Submitted by Ophelia Payne, CEO, Tudor Cocktail Ice Co.

Letter from Ocean Rescue: Thank You!

Members of the Town's Ocean Rescue, would like to express their thanks to all who attended the recent Mitchell's Cahnah fundraiser. The event raised \$10,000, or about half the cost of a new, rapid-response inflatable rescue boat.

Special thanks goes out to Frank Cardile and The Bishmans for orchestrating the event, the Tudor Ice Co. for its support, Doyle Electric for providing light, Wilson Brothers Construction for building a band stage, Brett and Marty Henry for the beer works and cooking grills, The Tides restaurant for donating pizza, Periwinkle's Food Shoppe for additional foodstuffs and supplies, Joseph Dowling for allowing the band to play in his front yard and the police officers and firefighters who helped make the night a success. The Ocean Rescue is both proud of and grateful to the people of Nahant.

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Global Warming: A Primer

By Larry O'Hanlon

In the simplest terms, global warming is just what it sounds like: the worldwide rise in surface temperatures. The National Academy of Science has put the rise at 1 degree F over the course of the 20th century, but measurements from satellites of both land and sea surfaces are showing that the rate of warming is increasing sharply.

It's more than just surface temperatures that are going up, however. A lot of research into temperature changes in the upper layers of the atmosphere, as well as the deep oceans, is showing warming. Then, there are the more obvious signs: the rapid retreat of glaciers in Greenland, Alaska, the Himalaya, the Antarctic Peninsula and on high tropical mountains; the thinning and disappearance of sea ice in the Arctic Ocean during summer; the melting of permafrost in Canada, Alaska and Siberia; and the rise of sea level and an increase in extreme weather.

The cause of global warming is what's called the "greenhouse effect." That's shorthand for the ability of gases in the atmosphere to slow down the release of heat into space at night. Some gases are better at this than others. Carbon dioxide, methane and nitrous oxide are the top three "greenhouse gases." They are very good at absorbing sunlight and converting that energy into heat - rather like a rock does just sitting in the sun.

Surprisingly, the greenhouse effect isn't a bad thing. It's essential for life on Earth - when it's not too vigorous. If not for the greenhouse effect, the temperature on the surface of Earth would be like that of the airless moon - swinging wildly from 225 degrees F (107 C) during the day to -243 degrees F (-153 C) at night. Not a good place for life.

The greenhouse effect is only troublesome when it gets too strong and warms things too much. And that's just what scientists say has happened over the last 150 years or so as the people of industrialized nations have extracted Earth's vast buried stores of fossil fuels and burned them. Since the start of the Industrial Revolution the atmospheric concentration of carbon dioxide has increased nearly 30 percent, methane has more than doubled, and the nitrous oxide concentration is up about 15 percent. All those extra greenhouse gases mean more and more solar energy is being trapped in the atmosphere, exacerbating the greenhouse effect and making things warmer.

The result: 2005 was Earth's warmest year in a century, according to NASA climatologists. The years 1998, 2002, 2003 and 2004 were the next four runners-up. The year 2005 was also a record-breaking year for Atlantic hurricanes in which the coastal city of New Orleans - made all the more vulnerable because of sea level rise - was almost wiped off the map by Hurricane Katrina.

Of course, because the effects of global warming on local climates are very complicated, it remains to be seen exactly how different regions will feel the heat.

"Global warming is a term that's extremely useful when you're running a planet," says John Cox, author of the book *Climate Crash*. "But it's regional change that affects people. It's the wet and cold and hot and dry."

That's why climate modelers are constantly refining their simulations and climate scientists continue to refine our view of past climate changes to create a better idea of what to expect.

For more information, visit the Discovery Channel web site at http://dsc.discovery.com/news/2007/09/19/greenhouse_pla.html

SEND your ideas, pictures and articles for this page, to:

Let's Green Up Nahant!, Nahant Harbor Review,
PO Box 88, Nahant, MA 01908.

OR send an email to: donna@nahant.com
or harold@steamtrapconsultants.com



Safer Waters in Massachusetts (SWIM)

Calendar - Fall 2007

Tuesday, October 9 - SWIM October Meeting. 7:00 p.m., Northeastern University Marine Science Center, East Point, 430 Nahant Road, Nahant. On the agenda: "No Discharge Area" for boaters for North Shore; renewable and alternative energy; Johnson School Outreach/Enrichment Program; update on status of LNG terminals; planning for fall and winter. All are welcome. Call: Julie Arnold, 617-309-7967, or email nahantswim@comcast.net.

Thursday, October 25 - HealthLink Essex County Renewable Energy Forum. 5:30 - 8:30 p.m., Torigian Life Center, 79 Central Street, Peabody. Wind, solar, green building, climate, geothermal, energy efficiency. For more info, call HealthLink at 781-598-1115, or email healthlink@healthlink.org.

Thursday, November 1 - Massachusetts Ocean Awareness Day. 10 a.m. to 2 p.m., State House, Boston. Massachusetts Ocean Coalition organizations, including SWIM, will be exhibiting in the Hall of Flags and speaking with their state senators and representatives. For more info, call Rob Moir, 617-661-6647, or email robmoir@tiac.net.

To carpool from Nahant to events on the mainland, call SWIM at 617-309-7967, or email nahantswim@comcast.net.

Submitted by Polly Bradley.



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Useless Information

by Ray Barron

October is Italian Heritage Month!

A reminder! America is a beautiful Italian name. Say it out loud! "America is a beautiful Italian name." In the year 1507, a German cartographer (map maker) Martin Waldseemüller, referred to the New World as America, in his book "Cosmographiae Introductio" to honor the Italian navigator, Amerigo Vespucci.

Autumn Leaves

Some of Nahant's women, who are as refreshing as the Autumn season: Marcia Gaudet, Sheila Hambleton, Peg Hanagan, Joanna Reardon, Emily Crawford, Mary Barletta, Coreen Sullivan, Maureen Viviano, Aimee Meuse, Gayle Poulin, Gina McCoy, Peggy Silva, Lissa Keene, Aislyn Arlene O'Neill, Cynthia Christ, Alicia Yannetty, Paula Smith, Pamela Osterlin, Mary Dill, Donna Foti-Scovell, Barbara Lombard, Anne Bolthrunis, Maura Graul, Melissa and Peggy Barile, Anne Spirn, Diana Meyer, the Kavanaghs, Jessica, Julia and Mary, Elizabeth Maroney, Elizabeth Cullinan, Jaclyn Davis, Jennifer and Lauryn Trentsch, Amy Famulari, Ashley and Maureen Palangi, Rebecca Pillsbury, Christina Roberto, Jayna Migliaccio, Ellen Keefe, Jennifer Carbone, Joanne Marie, Colleen and Kathy Edwards, Gina and Elaine DeGangi, Alexandra Markos, Emily James, Nicole Alessi, Moira Crowley, Mary Donovan, Karen and Kerry Gordinas, Mariana Rauworth, Maria Welsh, Michele Dougherty, Wini Hodges, Anne Senk, Susan Tracy, Karen Hill, Karen Canty, Janet and Courtney Dolan, Cynthia Pierce, Stacey O'Brien, Priscilla Culver, Heather Scanlan, Ellen Klink, Christine Howard, Bonnie Blydell, Barbara Collins, Ruth Brownell, Suzanne Bailey, Marie Pasinski, Lynne Spencer, Anne O'Brien, Judith Walsh, Maura Devereaux, Susan Pillsbury, Jane Lombard, Barbara Mackey, Gayle Billias, Angela Bonin, Sallee Slagle, Beverly Dawson, Angela Lowell, Anna Manzano, Pam Motley, Sara Riley, Julie Tarmy, Diane Palumbo, Paulette Marie, Linda Kane, Molly Conlin, Lisa Perella, Darlene Conigliaro, Barbara D'Amico, Patricia O'Shaughnessy, Marie Meyer, Melanie Opacki, Annie Li, Joan Kavanagh, Allison Twiss-O'Neill, Lisa Scourtas, Noel Spinney-Costin, Jennifer Sullivan, Katherine Tarlov, Kellie Frary, Mary Jo Gavin, Susan Shipman, Donna Lee Hanlon and the leggy, Maura Costin-Scalise.

Ah, Maura Costin-Scalise, of Nahant Road! Maura, a graduate of Harvard, who coached Harvard's women's swimming and diving teams. Maura is married to the illustrious Bob Scalise, Harvard's noted Athletic Director. Maura and Bob are the parents of four exceptionally active children, Michael, Mark, Matthew and Rosemary. Yes, they are members of the "Gaelic and Garlic Society."

Reminiscing! The Year 1958

One night, early in January, 1958, the Nahant Public Library was broken into and the new typewriter, purchased only two weeks before, was stolen. The thieves were apprehended, taken to court and ordered to make restitution to the parole officer. Late in the year, the Town Treasurer received this reimbursement in full. In the meantime, it was necessary to purchase another new typewriter out of the 1958 budget. In 1958, we had 41 individuals in Nahant, who neglected to pay their Motor Vehicle Exercise Taxes. Yes, their names were published! And in 1958, we had 15 individuals, who failed to pay their Poll Taxes.

OCTOBER BIRTHDAYS

October 1 birthdays: Eleanor DalPozzal, Marion Capano, Lillian Carr, charming Ellen Foley, Patricia Dawson, Antonina O'Connor, Tracy Peterson, Alicia Canali, Bill Clarke, Jim Hickey, Bill King, actress and singer Julie Andrews.

Our October 2 birthday-babies: Jean Kapaon, Caroline Delori, Bruce Kutcher, Ken Taylor, Andrew Bisignani and English rock singer, Sting.

October 3: Debbie O'Shea, Mary Ann Putnam, Sherry Smith, Gina Macone, Candida Cuellar, Ed Hyde, Ken Mostone, Dan Kane, Bob Madden, Lauryn Trentsch and Chubby Checker, rock n' roll singer, who popularized the Twist dance.

Our October 4 birthday kids: Cistina Paixao, Monica Odoy, Deb Murphy, actor Don Gavin and film actor, Charlton Heston.

October 5: Kim Miele, Davida Block, Cornelius Ahern, John Bray, Charlie Hansell, Walter Sheppard, papa Terry Ledger and the noble Hollis Hunnewell. Remember, behind every famous man, there is a woman telling him he's not so hot.

October 6 birthdays: Educator Mary Mahoney, Lilly Scapicchio, Sandra Adams, Anthony Alessi, Dan Cadigan and Martin Pothier. Nahant's noted musicologist Frank Cusack reminds us that on this date, October 6, 1927 *The Jazz Singer*, the first talking feature film (starring Al Jolson), premiered in New York.

October 7 birthday babies: The attractive physician, Marie Pasinski, Lorna Circiello, Courtney Whalen, Dawn Savino, Brice Taylor, John Reis and Art Monteith.

October 8: Ellen Donahue, Cecile Delaney

and film actress, Sigourney Weaver.

October 9: Educator Gregory MacDonald, lovely Dianne Johnson, Susan Macarelli and John Lennon, singer-songwriter and member of the Beatles.

October 10: The lovely Monica Hanson, Johnny Middleton and comic Chevy Chase.

October 11 birthdays: Nurse Sue Hendrickson, John Magro and actor Richard Burton was also born on this day. If he had lived, he would be celebrating his 79 birthday.

Columbus Day, October 12 birthdays: The personable and charming Patricia McDevitt, Roberta Oliver, Betty Sarpi, Henry Clausen, Robert Inello and Danny Swaine.

October 13 birthday-gift-openers: The attractive Giovanna Pasciuto, Alan Brooks, Eugene Howard, Steve Barlock and singer, songwriter, Paul Simon and singer Marie Osmond.

October 14 birthdays: Joyce Haynes, Georgianne Merigo, Tiffany Connolly, Marion Alimenti, Rosario D'Agata, Dwane DeCastro, Andrew Norton, Dan Murphy, Jeremy Hutson, Coleman Greene and fashion designer, Ralph Lauren.

October 15: Christine Jantz, Betty Desmond, Ian Croall, the popular Bill Bonner and auto executive, Lee Iacocca.

October 16: The personable Meredith Tibbo, handsome Ken Smith, Toni Harris, Judy Steriti, Joey Colonna, Tom Gallery, Mike Caprio, Danny Desmond, Stan LeFave, Matthew Dunn, Meaghan Graul and Irish author, Oscar Wilde.

Our October 17 birthdays: Betty Jelly, Dave Hunter, Joe

D'Amico, Nahant's "first lady," Calantha Sears and film actress, Rita Hayworth.

October 18 birthday kids: Anne Bolthrunis, John Quinn, Jackie Meuse and actor, George C. Scott.

October 19: Brian Cox, Dennis Urany, and Nahant's former gallant Fire Chief, Lee Fox.

October 20: Wish a happy birthday to Tricia Herman, Lisa Rizzo, the charming Betsy Wachtel, John Proudian, Tom Mitchell, Russ Derderian, Fred Szczechowicz, congenial Manny Speare and handsome Bob Cook.

Our October 21 birthdays: The brilliant Cynthia Christ, Judy Shea, Beverly Belliveau, Theodore O'Hagan, Paul Sanborn, Frank Leja and film actress, Carrie Fisher.

October 22: Patricia Toomajian, Dick Batchelder, Joe Riccio, the Ritz-Carlton's noted sommelier Nicola Pecoraro and Mike Cullinan.

October 23 candle-blowers: Therese Holdcraft, Madelyn Davis, Alice Hall and Mike Roberto.

October 24 birthday cake-eaters: Sandra Cavallaro, Cheryl Lefave-Amirault, James Maguire, Jackie Paldi, Joanne Hunter, man's best friend Andy Puleo and Sarah Hale, poet who wrote "Mary Had a Little Lamb."

October 25: Marie Lea Conley, Peggy Waters, Marilyn Mahoney, Tom LeBlanc and artist, Pablo Picasso.

October 26: Mary Ann Godoy, Jeanie Murphy, Kristina Cifuni, Amy Tobin, John Sereda and Senator, Hillary Clinton.

Continued on next page.

Birthdays

October 27 gift-openers: Lovely Carolyn Fowle, Laura Hollingsworth, Nahant's noted hair stylist, Shane Cullinan-Codispoti, Michele Sher, sweet Nancy Whitman, Valerie Potter, Dianne Greenstein, Jayne McCarthy, Pete Famulari and Ray Hoke. Also born on October 27, US president, Theodore Roosevelt.

October 28 birthdays: The fashionable and artistic Gloria Ventura, Jennifer King, Brendan Olmstead, Kathy Edwards, Steve Toomajian, Ken Black and the former Tonight Show trumpeter, Bob McCoy, who now makes his home with his lovely wife, Gina, a journalist and playwright, at 267 Nahant Road.

October 29 birthdays: Lovely Heather Scanlan, Joe Scapicchio, Mary Ellen Schumann, Gary Recchia, sweet Emily Ann Cook and film actress, Winona Ryder.

October 30 birthdays: The congenial Ken Cormier, popular real estate executive, Lisa Scourtas, Jane Wilson, Andrea Voegtlin, Linda Cunningham, Len Frisoli, Erin Maher, good sport Richie Conigliaro and poet, Ezra Pound. Which reminds me, Nahant's Tom Hambleton resembles Ezra Pound. Also celebrating a birthday on this day, the One and Only, Bob Steeves!

October 31 Halloween birthdays: The alluring Yvonne Abraham, Jaclyn Cassidy, Lisa Benson, Phyllis Peterson (Yay, Phyllis!), Elena Howley, Sandra Bingham, Tim Noonan, musicologist Victor DalPozzal and the noted, creative advertising genius, John Welch. Also born on this date, newsanchor Dan Rather.



Remembrance Marilyn Barisano October 23, 2002

*Across the years I will walk with you-in deep, green forests; on shores of sand: and when our time on earth is through, in heaven, too, you will have my hand.
Your loving husband*

The Way of The Cross for the Bereaved

By Rev. Terence P. Curley

The following is taken from Father Curley's introduction to his book, "The Way Of The Cross For The Bereaved."

"When someone close to us passes away, it is as though some part of ourselves has died in the process. Our grief is often so painful, that it defies any complete description; it is intensely personal, agonizing and inescapable. It is, in every spiritual sense of the word, a crucifixion—a journey to the cross we all must make, at one time or another.

"When we grieve, our lives are turned upside-down. Chaos reigns and confusion is the order of the day. We just don't know how we're going to carry on. And so we relive the final hours together and find a need to tell our story. Very often this story has to be repeated over and over again. The story-telling is in itself a personal way of ritualizing our loss, in our efforts to come to terms with it."

In 1953, Radio-TV Mirror Magazine ran a feature story about Marilyn, who was then the host of children's radio and television shows. The story mentioned her birth in Meadville, Pennsylvania and her being an honor student at Meadville High. After graduating, she packed her belongings and ventured to New York, to study drama and acting at Hunter College and the Academy of Dramatic Arts. By 1952, Marilyn had amassed a wealth of experience as a stage actress, having appeared in many off-Broadway productions, and as a model. She was also featured on the "Fun And Fashion Show," on WPIX-TV, New York. Marilyn also worked at The Voice of America, a government agency. Fast forward! Next was Boston! Marilyn joined WCOP Radio and hosted the popular "Young Timer's Club." Quicker than you can say Rumpelstiltskin, Marilyn found her way into the hearts and imaginations of thousands of youngsters all over New England. What's more, she became the Princess of a children's show on WBZ-TV. She became the subject of many newspaper stories!

Settling in Nahant, Marilyn became active in The Nahant Garden Club. She also appeared at the Nahant Public Library, to read stories to the kiddies. She never talked about her life and times in the world of broadcasting and theater. She was the proud mother of two lovely daughters, Karen and Robyn and enjoyed becoming a grandmother! As they say, the rest is history.

Please patronize the advertisers of the Nahant Harbor Review. Thank you.

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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.



Downslope operations in progress showing thickness and growth of tree and brush. Left: Mark Cullinan, Adjacent: Frank Pappalardo. Photo by Gerry Butler, 8/07.



Bulldozing operations creating downslope to beach area in the forward area of Battery Gardner. DPW Supervisor Robert Ward operating machine, 8/22/07.



View of rear corridor from the edge of Gun Room 2 of (Casemate Number 2) Battery Augustus P. Gardner, looking toward rear entrance proper, 8/07.



View of rear corridor leading into Gun Room of Casemate Number 2 of Battery Augustus P. Gardner. Temporary gate to the right, 8/07.

Guest Author:

Gerald W. Butler, Captain, Massachusetts State Guard

It is with profound pleasure that I report and acquaint the readers of this periodical, the essential facts of the reuse program of Battery Augustus Peabody Gardner—also known as the “tunnels,” “bunker,” or the “fort”—now in effect at what I personally prefer to call “Gardner Park.”

Beginning in early July of this year, a most industrious effort took place involving the Nahant Department of Public Works (NDPW), under the overall direction of Mark Cullinan, that involved the opening and reuse of a former coastal defense gun battery and the area above it. An earth moving machine, under the apt control of Mrs. Susan Snow, cleared the initial path from Goddard Drive to the original entrance of Gun Number 2, of the gun battery proper. This was followed by subsequent clearing operations by “Chuck” Jessome who opened the sealed entrance, but further cleared the area around the entrance as well.

An effort, under the direction of General Foreman Tim “Timbo” Lowe, took place which included clearing and the massive task of removing debris, plus power-washing certain areas of the emplacement interior. A major portion of the power-washing of the corridor and hall of the emplacement, was done by Mike Collins, while the Gun Room and Hall were done by a number of NDPW senior personnel, which included Tim Lowe, Mike Collins and “Scott” Frary.

It was a most challenging and extremely dirty operation. Nearly sixty years of smoke, dirt, grime and filth, were gradually eliminated and washed out.

Immediately following the cleaning of the Gun Number 2 (Casemate Number 2) area, the firm of Poulin Electric Company, Inc., under the direction of Edward Poulin, began to bring in electricity and affix new lighting to the entrance, hall, gun room and corridor, using the latest lighting fixtures and systems.

Upon completion and testing, the new lights provided illumination equivalent to that of an operating theater in a modern hospital. Within days, the Hall, Gun Room and Corridor of the “tunnels” became filled with small sailing craft from the Town’s Sailing Program. The “fort” will be a safe, storage facility, during the winter months.

Shortly thereafter, the Town of Nahant began the “topside” program involving the former coast defense installation.

The firm Frank’s Firewood, under the direction of Frank Pappalardo, began clearing operations atop Battery Gardner, in early August of 2007. The entire “topside” reuse program may be attributed to our Town Administrator, Mark Cullinan and the Open Space Committee, chaired by Linda Pivacek. A most industrious project, to say the least!

The original road atop the gun battery, that led from what is now known as Goddard Drive which runs parallel to Trimountain Road to the top of Gun Number 1, has been bulldozed, cleared and paved using crushed stone and gravel.

The contractor spent three weeks—under the most severe conditions of heat and humidity—clearing paths infested with poison sumac, poison ivy, dead trees and choked with vines and growth, which included debris that had been buried since 1946.

The contractor was further assisted by the NDPW by bulldozing and clearing tree-infested areas, that were near jungle-like conditions. The members of the contractor’s force suffered greatly from poison ivy and sumac, as they cut swathes through the jungle-like areas. This trail system will connect to the “Heritage Trail” that begins at Howe Road, in Little Nahant, and passes through Lowlands and the Flash Road Recreational Area. The end result is magnificent! (See photos on opposite page.)

Subsequent operations, during the month of August, have allowed the NDPW to final grade and pave the trails and paths of this new park area. These new trails will allow the citizens of Nahant, access to some of Town’s most magnificent overall views.

For example: from atop the area of Gun Number 1 (facing Bayley’s Hill and the Sears Gazebo) inspiring views of Boston Harbor are unequalled. Looking toward the left from this vantage point, the Town Wharf and Nahant Bay, with its many sailing, pleasure and commercial lobster boats, are all within plain view.

Looking toward the right, this area also overlooks Bayley’s Hill and the main shipping channels of Boston Harbor—also known as “President’s Roadstead” and “Nantasket Roadsteads,” while in the distance, most of the Boston Harbor Islands may be identified, both Graves and Boston Lighthouses are easily seen, while Hull and Point



Gardner Park

A Presentation by Jerry Butler.



Allerton are quite visible. From this standpoint, the Quincy Dynamic Shipyards (marked by the massive gantry crane,) Weymouth, Deer Island with the treatment plant and park, and Grover's Cliff, both in Winthrop, are easily recognized. In the far distance, Scituate and the Blue Hills are viewed. From this vantage point, it is quite easy to understand why Nahant played such an important role, in the defense of Boston Harbor, from 1898 through 1961.

Atop Gun Number 2, Kelly Greens can be seen and it will be no small matter to view the carrying-ons of what takes place on the Town's Golf Course. This ideal site may require many a golfer to re-arrange his, or her, score in future times!

This area also provides superior views of Lynn Shore Drive, Little Nahant, Swampscott, Lynn, Marblehead, nearly the entire length of Willow Road, Tudor Beach, the East Point "twin-towers," activity at the Town Wharf, plus Nahant Bay and the shipping channels leading to and from Boston Harbor. A few remaining trees block the view of Bayley's Hill, but the this view is carried through upon approach to the Gun Number 1 area of the new park.

What absolute magnificent views! In all of Boston Harbor, no land area provides such captivating and encompassing views.

Many new plans are in the "works" with great expectations of this new park area, in the future. It will be an ideal location to walk, bicycle, picnic, rest, spend time reading, or just enjoying the magnificent views. Wintertime use may involve safe sledding and skiing areas.

On good authority, I have knowledge that picnic tables and comfortable benches will be established, in the future, throughout the site and will be available under the identical conditions that exist within the Town's Veterans Flag Memorial, Lodge Park at East Point, etc.



In conclusion, I might only praise Mark Cullinan and the Open Space Committee for their foresightedness, along with the Nahant Department of Public Works Superintendent, Bob Ward, and the indefatigable members of the work force for their exhausting efforts to provide us with a most delightful and meaningful reuse project.

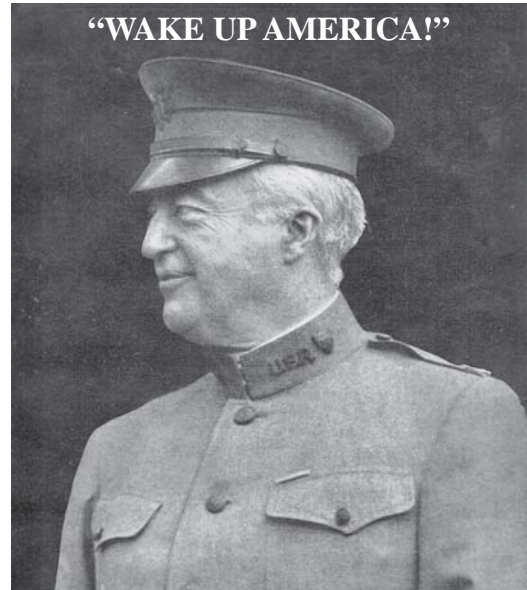
Like the story? Get the book! Buy online at nahanthistory.org/giftshop

Military Annals of Nahant • \$30

Softback reprint of 1996 edition, back by popular demand! Written by Nahant resident, Gerald W. Butler, Captain, Massachusetts State Guard, retired. Crammed with rare photographs and superb illustrations, this history of Nahant's military coastal installations is a powerful depiction of how our tiny Town helped protect Massachusetts Bay from 1886 to 1960s.



If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at harold@steamtrapconsultants.com



Augustus Peabody Gardner Major, United States Army Member of Congress

Born on November 5, 1865 at Boston, Massachusetts, he was a long-standing Member of Congress from Massachusetts. He resigned his office at the outbreak of World War I and at the time was the second ranking Republican on the Ways and Means Committee and there were only thirty-four Members of Congress who had more service than he. He died on January 15, 1918 at Camp Wheeler, Georgia, while on active duty with the Army. He was returned to Washington and buried in Section 3 of Arlington National Cemetery. His wife, Constance Gardner (the daughter of Henry Cabot Lodge) is buried with him.

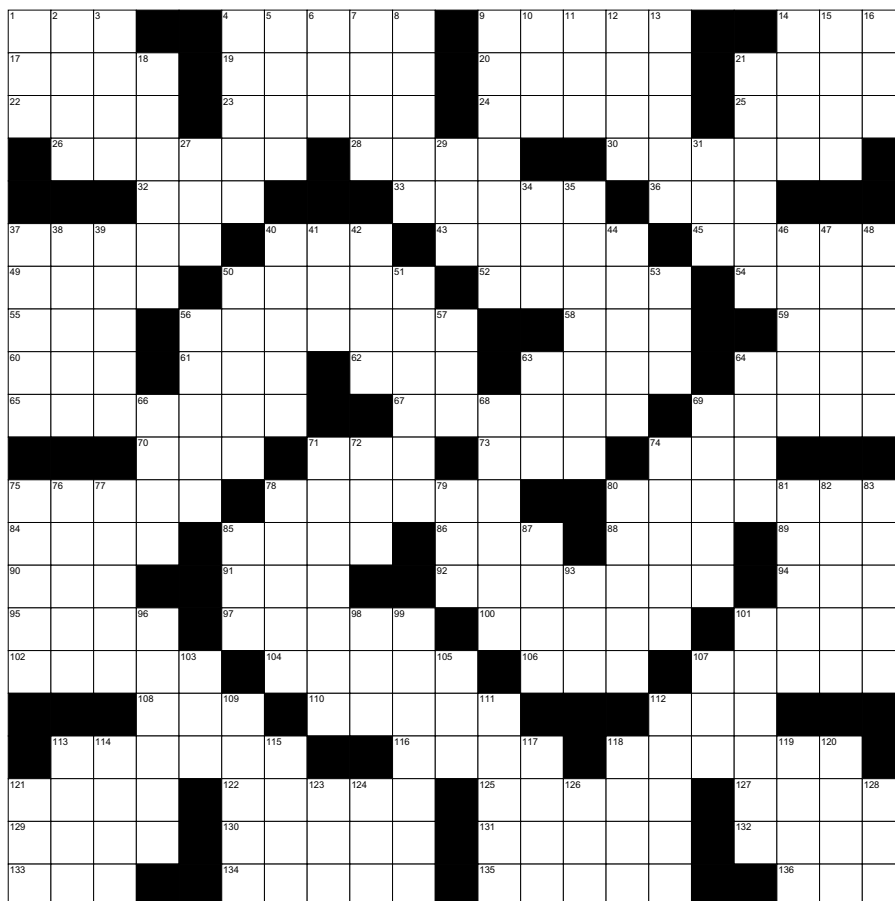
GARDNER, Augustus Peabody, (uncle of Henry Cabot Lodge, Jr.), a Representative from Massachusetts; born in Boston, Mass., November 5, 1865; attended St. Paul's School, Concord, N.H. and was graduated from Harvard University in 1886; studied law in Harvard Law School, but never practiced, devoting himself to the management of his estate; captain and assistant adjutant general on the staff of Gen. James H. Wilson during the Spanish-American War; member of the State senate 1900 and 1901; elected as a Republican to the Fifty-seventh Congress to fill the vacancy caused by the resignation of William H. Moody; reelected to the Fifty-eighth and to the seven succeeding Congresses and served from November 3, 1902, until May 15, 1917, when he resigned to enter the Army; chairman, Committee on Industrial Arts and Expositions (Fifty-ninth and Sixtieth Congresses); during the First World War served at Governors Island and in Macon, Ga., as colonel in the Adjutant General's Department, and later was transferred at his own request to the One Hundred and Thirty-first Regiment, United States Infantry, with the rank of major; died at Camp Wheeler, Macon, Ga., January 14, 1918; interment in Arlington National Cemetery.

GARDNER, AUGUSTUS P
MAJ 121ST INF USNG 31ST DIV
VETERAN SERVICE DATES: Unknown
DATE OF DEATH: 01/14/1918
DATE OF INTERMENT: Unknown
BURIED AT: SECTION S DIV SITE LOT 3891

NAHANT PUZZLE PAGE

Octoberfest

by Rick Kennedy



ACROSS

- 1 Candle count
4 Degrade
9 Lined
14 Air rifle ammo
17 Horner fruit
19 Slacken
20 Preceding
21 *Fermenting malt*
22 *See 112 Across*
23 *Pauli Girl*
24 Gasoline company
25 Desktop item
26 *Harpoon Brewery locale*
28 Lifeless
30 Attacks on the king
32 *Bottle alternative*
33 Speak without preparation
36 Squid defense
37 *Open a bottle*
40 Viper
43 Capital of South Korea

- 45 Coffee shop order
49 Hammer's partner
50 *Beer vessel*
52 Sheikh, e.g.
54 Child's toy
55 Trinitrotoluene
56 Football play
58 Rest
59 John of England
60 *Molson*
61 Wing
62 First lady?
63 Sheltered bay
64 Menageries
65 Musical
67 NE French region
69 Vassals
70 Danish krone (abbr.)
71 *Killian's Irish*
73 Annoy
74 School grp.
75 *With 21 Down, San Antonio ale*
78 Act
80 Main event precursors

- 84 Blue shade
85 Slap
86 April org.
88 Prevaricate
89 Tangle
90 Hero
91 For
92 *Guinness home*
94 Expert
95 Binds
97 Quiver item
100 Concerning
101 Seaweed substance
102 School assignment
104 Nebraska city
106 *With 76 Down, Mexican beer*
107 *With 128 Down, Newcastle brew*
108 Thickness measure
110 Forte
112 *With 22 Across, New Belgium Brewery ale*

- 113 Floral counterpart
116 *Barley*
118 *With 8 Down, Mexican beer*
121 *Part of IPA*
122 Lasses
125 Musical instrument
127 Hawkeyes' school
129 Truant
130 Chew the scenery
131 *Fermenting aid*
132 Close off
133 Compass pt.
134 Slender
135 Roll tops, e.g.
136 Caustic substance

DOWN

- 1 Likely
2 Fluent
3 Monetary unit
4 Malicious burning
5 Noodle
6 "The Greatest"
7 Make smooth
8 *See 118 Across*

- 9 Longwinded person
10 *Hefeweizen, Harpoon beer*
11 Throw
12 Little Mermaid's love
13 Northern India city
14 *Dark beer*
15 Some sibs
16 Terminal (abbr.)
18 Colorless agave liquor
21 *See 75 Across*
27 *"What's on ___?"*
29 Paid announcements
31 Tip
34 Promissory note
35 Actress Sandra

- 37 To that time
38 Sluggo's friend
39 Quoter
40 Coral reef
41 Adjust
42 Heap

- 44 Depart
46 Pigmentation
47 Standoffish
48 Brush and ___
50 ___ panels
51 *See 68 Down*
53 Grain
56 *Bremen Germany beer company*
57 Hair stuff
63 Amtrak unit
64 Ardor
66 Whim
68 *With 51 Down, Chico, California brewery*
69 Warhorse
71 Changes
72 Extremely high freq.
74 Computer command
75 Adhesive
76 *See 106 Across*
77 Hoses
78 Donkey
79 Caesar's seven
80 Blueprints
81 Adult insect
82 Long-tailed parrot
83 Harsh
85 Tax preparer
87 E-mail command
93 Zodiac sign
96 *Adams, Boston brew*
98 Red or white tree
99 Fanciful idea
101 *Stella*
103 Yang's partner
105 Yellowhammer state (abbr.)
107 *Tavern*
109 *Light-colored beer*
111 Frank __ Wright
112 Word choices?
113 Bambi, e.g.
114 Lotion ingredient
115 *118 Across flavorer*
117 Elder or alder
118 *Barrel*
119 Christmas song
120 Gone
121 Barrie boy
123 Eggs
124 Inc. in the UK
126 Argon, e.g.
128 *See 107 Across*

Molly Cohen Nahant 30K Road Race Winner

Congratulations to the three Nahant women, Molly Cohen, Ellen Goldberg and Erica Olandt, who ran the Nahant 30K Road Race (18 miles), on Sunday, September 16th.

Molly was the first Nahant finisher, with a time of 2:35:58. She holds the course record for Nahant women. No Nahant men ran the race this year.

Many thanks to the wonderful group of forty Nahant volunteers, who manned the water stations and crossroads, along the course.

Submitted by Nancy Wilson. Photo by Susan Wilson.



Say Hello to the Harbor Review Delivery Crew!

For the past two issues, the Harbor Review newspapers have been processed and delivered to each home in Nahant. Many of your friends and neighbors have "stepped up to the plate" and are delivering the newspapers to their community, early in the morning, on Delivery Saturday, usually the last Saturday of the month. Others come by the ITC office on Nahant Road, on the Friday before, to prepare the papers for delivery. They insert the advertiser's flyers and package the papers in plastic bags. They all deserve a tremendous round of applause: Suzanne Hamill, Sue, Cindy and Samantha Goudreau, Bumper, Matt and Ryan Gooding, Will Letourneau, Stephanie Lukes, Katherine Coffey, Laura Sipriano, Mary Cuddy Cormier and me, Donna Hanlon.

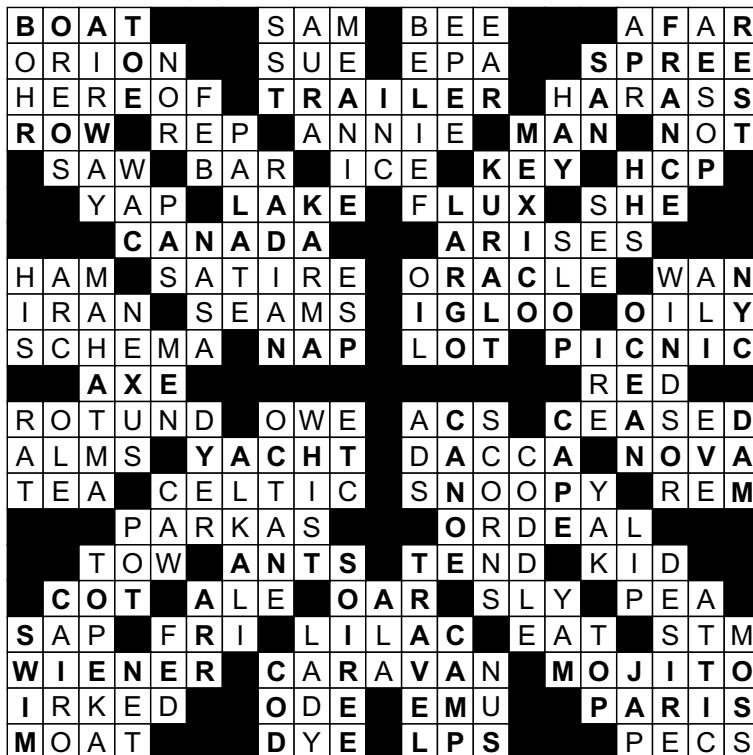
You too can join the Harbor Review Delivery Crew. Call me at 781-592-4148, for more information.

September 2007 PUZZLE WINNER

Emily Potts, was the winner of last month's puzzle contest. She has won a "breakfast for two" at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible, complete the crossword puzzle, bring it to Captain Seaside Restaurant on Nahant Road and put it in the PUZZLE BOX on the counter. One winner will be selected each month. See Chris, before 11:00 a.m., for more details.

On Vacation

by Rick Kennedy



Nahant Harbor Review

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DEADLINE INFORMATION NOVEMBER 2007

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

MONDAY, OCTOBER 15th • 5:00 P.M.

Home Delivery: Saturday, October 27th

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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 **mail**, Editor, PO Box 88, Nahant, MA 01908, or to our **drop box** at the **Equitable Cooperative Bank** on Nahant Road. For ad rates and dates, call Suzanne Hamill, Sales Director, 781-592-1263.

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

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.

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Got something to share...

with your neighbors and friends? Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the Equitable Cooperative Bank. As space allows, items will be published. If you want photos back, please send a SASE with them.

Introducing Red Carpet Event Planning

The ambulance has just arrived. You need oxygen right away! It feels like your heart will beat right out of your chest! You are saturated in a cold sweat! All of this as a result of: your guests arriving early.

The caterer is late and brought the wrong food causing your Aunt Melba to have a severe allergic reaction to shellfish. And, the DJ is playing rap music so loud, it rattles the windows, even though you asked him to play classical and holiday music.

My dear friends, don't let this happen to you! Have no fear, Red Carpet Event Planning is here to save you! Allow me to arrange everything. No matter what kind of event: wedding, holiday party, Bar/Bat Mitzvah, anniversary, birthday, etc., I can guarantee that you will never have to worry about these issues. I will.

From here on out, all you have to do is sip your wine, mingle with your guests and enjoy the refined music of our distinguished partnership with In the House Entertainment by Chuck Uglietta. A professional DJ company offering complete service for events of all occasions. Everyone will recall your event as flawless, down to the very last detail. Call me, not the ambulance. Doesn't everyone deserve to be treated like a star on the Red Carpet?

Stephanie Lukes is a Life Saving Event Planner. She is a resident of Nahant and can be reached, by phone, 781-581-9812 or 978-210-0191, by email, s.m.lukes@comcast.net or caglietta@yahoo.com

The Colors of the Trees

My grandfather left the family, in 1903
And with nine Albanian village young adults
Emmigrated to Maine.
For five years, the ten boys
Lived and worked in the dense wood
Without leaving.
The ten Albanian woodcutters became famous
For their skills and qualifications as lumberjacks.
They were named "Maine's horses."
Also, they were illustrious at nighttime,
Playing enchanting folk melodies and forest bird-song imitations
On woodwind instruments of their creation
Becoming an extension of the woods itself
Living together as brothers, in a wood shack-they named it "konak"
Cooking their country's delicious food,
Celebrating with enthusiasm, their native holidays
Reading the future in the crosscut circles of the trees
And marking time by changing leaves' hues.

In 1908, my grandfather and his friends
Moved to the city of Millinocket
For the first time, they saw an American city,
Where they worked at the Grenot Company, a paper factory.
From time to time, they came back to Albania, to marry, or to have children.

Unfortunately, in 1962, my grandfather suffered from diabetes
And eventually became blind.
He insisted on returning to Albania,
To the village of Dardha,
Hoping that he "May see again."
In Dardha, our family: his
Old wife, children, grandchildren and great-grandchildren
Greeted him with love and joy
He touched our faces and named us.
He liked to sit in a chair in front of the woods
He sighed all the time: "Maine!
Ah, you don't know how beautiful they are
The color of the trees in Maine. I can see them now!"
He was stricken and died with words, "Maine, Maine!"
With tears streaming from his eyes.

— ROZI THEOHARI

Nahant Dory Club Cruising Class Racing

The Nahant Dory Club will host one final event of the cruising class racing season on Saturday, October 6th, the annual By George Race. The race starts outside of Nahant Harbor. The boats will circle George's Island, in Boston, by any route they choose and return. This is a pursuit race, where each boat has a unique starting time, based on its handicap. The first boat to cross the finish line wins.

The 14th Annual Centennial Cup Race, originating on the centennial anniversary of the Dory Club in 1994, was held on September 8th and the strong, warm winds and calm seas made for a splendid day of sailing in Broad Sound. Fourteen boats competed in this race, approximately 15 mi. mark-to-mark, and 20 mi. overall, with the winner finishing in just over 2½ hours. Philip Kersten, in Tioga, took first place, Jody Gaul, in Akeepah, took second and Ed Tarlov, sailing Presto, placed third. The Dory Club hosted a post-race party, with chowder and barbeque for the skippers and crew.

The largest event this year, was the second annual King of Clubs Regatta, held on July 28th, when boats from Swampscott, Nahant and Lynn Yacht Clubs competed, on their own and as groups, to determine the "King of Clubs." The race was held during a brief window of opportunity, between squalls and the shortened course was completed in under 45 minutes, by the lead boats. Twenty-one boats competed. Jim McCully, of Swampscott Yacht Club, took first place in Expatriate, Bob Cusack, of Nahant Dory Club, placed second in Skedaddle and Jody Gaul, sailing for Lynn Yacht Club, placed third in Akeepah. Based on total points, the Dory Club won overall and will host the race again next year. The race was followed by a full-moon party on the Dory Club patio, with live music by singer-guitarist, Chris Bonoli. The thunderstorms cleared away before the end of the day, providing a beautiful sunset over Bailey's Hill and a bright moonrise over East Point. A good time was had by all.

Three other races were held during the summer, including a "frostbite" race, a chowder race and a race around Egg Rock. Participation in the cruising class racing program, has been increasing each year. Fellow sailors from neighboring communities are now finding friendly competition and camaraderie, sailing with the Dory Club in Broad Sound.

Submitted by Kevin Gregory, NDC Cruising Fleet Captain, NDC Council Secretary

The Day the Dragonflies Came

By William J. Cullen

It was the end of an unusually cool August, when the sun rose early and hot. This did not deter the Boy from his endeavors. All summer long, he had been waging war in the jungle of his parents' lawn, with his bag of army men, including two jeeps (with howitzers included!). He considered himself fortunate that he had lost just a few of his men to the landscapers, during the summer.

The Boy was conscious of only one outside influence that day, the gnats that flew up from the grass, to nip at him, whenever he moved one of his army men. This did not bother him all that much, in the way that nothing much bothers young boys at play.

It was towards the end of the heat of the day, when the gnats, answering some primordial call, suddenly rose up from the ground and began to swarm above the Boy's head, in a thin black cloud. The Boy noticed only that the cursed things were no longer a distraction. As the Boy continued his campaign with his army men, the first dragonfly appeared. The Boy paid no attention even as the fifth and then the tenth dragonfly arrived.

Soon, however, the Boy became drawn from his private war. A swarm of dragonflies appeared, seemingly from nowhere. The Boy's attention was now fully diverted to the carnage above. Transfixed, he watched as the dragonflies began to decimate the gnats. Immediately he rooted for the dragonflies. "GO GET EM'!" he cried. Enrapt with the battle above, The Boy found himself acting as a spotter for the dragonflies. "THERE'S ANOTHER ONE!"

Then the birds came. Just one at first. The Boy paid it no mind. Then there were more. Gulls. Flying in from the east. The Boy's new-found avengers were being wiped out, in turn, by these creatures from the sea. He screamed at them to stop. "You're KILLING them!" he cried. On and on, he screamed at the birds to stop killing his allies. He screamed until he could scream no more. Spent, he lay back in the grass, a silent witness to the final mayhem.

After a time, the sky cleared. As the sun went down, at the end of the day, the crickets began their night song and lulled the Boy to sleep.

Community Calendar • October 2007

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

SUPPORT OUR TROOPS COLLECTION BOXES AT NAHANT FIRE STATION & EQUITABLE COOPERATIVE BANK TILL NOVEMBER 1ST.

MON	1	6:00P	Soccer Fundraiser at the Tides.
THU	4	6:00P	Village Church Benefit Night at the Tides, till 9:00 p.m.
FRI	5	8:00A	Breakfast with Dr. David Torchiana, Village Church
SAT	6	TBA	Charles Kelley Scholarship Golf Tourney, Kelley Greens
SAT	6	10:00A	Marine Science Center Open House, till 3:00 p.m.
SAT	6		Dory Club final cruising class race outside Nahant Harbor
SUN	7	10:30A	Worship Service & Sunday School, Village Church
SUN	7	10:30A	Nahant Soap Box Derby. Call Suzanne FMI 592-1263.
MON	8		COLUMBUS DAY
TUES	9	6:30P	Woman's Club meeting at Village Church. Diabetes topic.
TUE	9	7:00P	SWIM October meeting at NE Univer., MSC at East Point.
WED	10	7:30P	Study of Islam at Nahant Village Church
SAT	13		Start of Library Book Sale during regular library hours.
SAT	13	9:00A	St. Thomas Aquinas Flea Market in church parking area.
SAT	13	8:00P	The New World Ball at Nahant Town Hall
SUN	14	10:30A	Worship Service & Sunday School, Village Church
SUN	14	1:40P	Ice Skating Begins at Lynn Connery Rink
MON	15	Midnight	NOVEMBER HARBOR REVIEW DEADLINE
TUE	16	7:00P	Penquin Rescue! at Marine Science Lab
SUN	21		End of Library Book Sale during regular library hours.
SUN	21	10:30A	Worship Service & Sunday School, Village Church
SUN	21	TBA	3rd Annual Sea to Shining Sea 5-Miler starts at Life-Saving Station. Info: 781-581-1034.
SUN	21	2:00P	Fitz H. Lane: NHS Lecture. Community Center.
WED	24		UNITED NATIONS DAY
WED	24	3:00P	Halloween program with John Root at Nahant Library
THU	25	5:30P	HealthLink Essex County Renewable Energy Forum. Till 8:30 p.m. at Torigian Life Center, 79 Central St., Peabody.
SAT	27		NAHANT HARBOR REVIEW DELIVERY
SUN	28	10:30A	Worship Service & Sunday School, Village Church
WED	31		HALLOWEEN
NOVEMBER			
THU	1	10:00A	Massachusetts Ocean Awareness Day at State House, Boston, till 2:00 p.m.
SUN	4		DAYLIGHT SAVING TIME ENDS
COA CALENDAR			
MON	1	Noon	Blood Pressure and Glucose Testing Clinic
FRI	5		Turkey Train
WED	17	Noon	October Birthday Cake in the Tiffany Room
TUES	ALL	9:00A	Quilting at the Community Center
TUES	ALL	9:30A	Cribbage, cards, games, puzzles at the Community Center
WEDS	ALL	9:20A	Watercolors at the Community Center
WEDS	ALL	12:30P	Shopping from the Tiffany Room, or call for pick-up

Monday thru Friday: Lunch, Tiffany Room, 11:30 a.m.

Public Library Hours

Mon. thru Thurs. 10:00 a.m. to Noon. & 2:00 to 8:00 p.m.

Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.

Saturdays and Sundays: 2:00 to 5:00 p.m.

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SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Town Hall.

School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.

PTO • first Monday • 7:00 p.m. • Johnson School

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NHT and HOOMPA Stickers are available FREE by calling 781-595-6225. 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.

Nahant Village Church

Join us for Sunday School and Worship Service at 10:30 a.m.
All are welcome!



EMERGENCY MANAGEMENT

Visit the **Emergency Management** page 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 Town of Nahant's website:
<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.



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