



# 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 9

SEPTEMBER 2007

## Alex Moccia meets an American Idol!



Young Nahant singer, Alexandra Moccia, age 13, recently was invited to be one of four contestants on "Community Auditions," a smaller version of "American Idol." The program is taped at Mohegan Sun, in Connecticut.

Contestants were judged on performance and audience applause. The grand prize is a recording contract with legendary record producer, Bob Johnson, plus a new car. Performers must win four shows in a row, in order to win the grand prize.

Alexandra was very excited about this show, since Ayla Brown, a finalist on "American Idol" last year, was one of the three judges.

Ayla was very nice and she and Alexandra spoke quite a bit about "American Idol" and host Simon Cowell, reported Alex. Ayla, a student at Boston College on a full basketball scholarship, invited Alexandra to come watch one of her basketball games during the season.

Doing "Community Auditions" was a lot of fun, Alex said, especially since her cousin won on the program in 1977. To find out who is going on to the finals for the grand prize, tune in to Channel 18 (MYTV) on Sunday, Sept. 23rd, at 7:30 p.m. The program also will air the following Tuesday, Wednesday and Thursday, at 11:00 a.m. and Friday and Saturday at 11:30 p.m.

## Soap Box Derby Planned for October 7th

Race fans, get ready once again for the Nahant Soap Box Derby, to be held on Sunday, October 7th, beginning at 10:30 a.m., at the top of Little Nahant Road. This year celebrates the fifth running of the Derby, which was reinstituted in 2003, when Nahant celebrated its 150th anniversary.

The race is open to all girls and boys, ages 8-15; racers or sponsors must be from Nahant. Co-chairs Bumper Gooding and Suzanne Hamill are looking forward to another day of fast cars and fun times. Bring your friends, bring your neighbors, come enjoy a day at the races, Nahant-style!

### Racecar

drivers who have cars from previous years, may use them once again, as long as they are in safe working condition. If you know of a car which is not being used, ask the owners if they are willing to let a young racer use it for the Derby. This year, race officials have changed the method of ordering car kits. Racers who need new kits must order their GT 2000 Soap Box Derby Racer, directly from the manufacturer, waycoolkits. Check out their website, waycoolkits.com, for details on ordering. (By the way, the photo labeled "Start a Club," on the site's home page, was taken at the Nahant Soap Box Derby in 2003.) Racers also must supply their own wheels, which must be 1.75" x 10" utility wheels. A limited supply of those wheels is available at Mahan's Hardware Store, on Boston Street, Lynn. Racers must build and decorate their own cars; however, an adult may help.

Entry fee is \$50, payable to Nahant Soap Box Derby and sent to Suzanne Hamill, 86 Little Nahant Road, Nahant, MA 01908, by September 15th. Include the racer's name, address, phone number, date of birth, gender and t-shirt size for racer and sponsor shirts. The entry fee covers the cost of a DVD of this year's race, a t-shirt for the racer and one for parent/sponsor and a medallion, or trophy, for each participant. As in years past, there will be prizes given for best appearing car. We encourage racers to seek sponsors from family or friends, in order to offset costs of the cars. Also, the Derby is looking for sponsors willing to contribute to the race. Call Suzanne Hamill, at 781-592-1263, or Bumper Gooding, at 781-599-6145, for more information.



**Town-wide Blood Drive**  
**Wednesday, September 19th**  
**1:00 to 6:00 p.m.**  
**Nahant Town Hall**  
**Call Harriet Steeves**  
**for an appointment,**  
**781-581-0018, or 781-581-0715.**

## School Days • School Days • Back To School Days

Johnson School • September 4th

Lynn Schools • September 5th

Marblehead Schools • September 4th

Swampscott Schools • September 5th

*Please drive with care. The children will be everywhere.*

## Fall Migration Birding Field Trip with Linda Pivacek September 23

This Birding Field Trip is co-sponsored by the Nahant Open Space Committee and the Brookline Bird Club. Fall migration will be in full swing. We will be looking at butterflies and dragonflies, as well. Please bring binoculars.

On Sunday, September 23rd, meet at the Heritage Trail kiosk, at the Ward Road parking lot, at 8:00 a.m. FMI call trip leader, Linda Pivacek, at 781-581-1114.

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## Nahant Garden Club holding September Garden Tour

The Nahant Garden Club is holding a tour of thirteen, lovely seaside gardens on Saturday, Sept. 15th, from 10:00 a.m. to 4:00 p.m., and again on Sunday, Sept. 16th, from 1:00 to 4:00 p.m. Come see how Nahanters' gardens are designed for late summer and early autumn!

This tour is the Garden Club's major fund-raiser for civic beautification. Chrysanthemums and garden accessories also will be sold at the homes on the tour. Several of the featured gardens are located close to each other, making it simple to park in one spot and visit more than one location at a time. Garden Club hostesses will be on hand at each garden, to explain the plants and features of every garden.

Tickets are \$20 and are available from Marie Ford, 781-581-0736. Tickets are also available, on the day of the tour, at Nahant Associates' real estate office on Nahant Road.

Submitted by Suzanne Hamill.

## Like to Sing? Join the Village Church Choir!

Where can you find a singing group that includes brand new singers and people who have been singing all of their lives? What choral group truly includes all ages — teenagers, seniors and everyone in between? What church choir really has tenors and basses? What group sings everything from Bach to spirituals?

The Nahant Village Church Choir, of course! We're starting our 2007-2008 season on Sunday, September 9th. We rehearse at 9:00 every Sunday morning, in preparation to sing for the 10:30 Sunday service. Being a church member is not a requirement for singing in the choir—just a willingness to sing, a sense of humor and a brief conversation with Joe Stoddard, the choir director.

If you're interested in joining, or for more information, call Joe at (781) 599-6932; you can also email him at, [jstoddard@world.oberlin.edu](mailto:jstoddard@world.oberlin.edu), or stop by the church on a Sunday morning.

Submitted by Joseph W. Stoddard, Jr., Village Church Choir Director.

## Nahant Village Church Benefit Night at Tides Thursday, October 4th

You are invited for an evening of dinner and camaraderie, for the benefit of the Nahant Village Church, on October 4th, from 6:00 to 9:00 p.m.

You will have the opportunity, not only to enjoy fine food and good company at the Tides, but also to participate in our raffles, that evening. So mark your calendar and plan to join us!

## Nahant Youth Soccer

Registration is now open at [www.nahantsoccer.org](http://www.nahantsoccer.org). In order to register, you must be at least 5-years-old by Dec. 31, 2007. The first day of soccer is September 8th, down behind the fire station, at 8:30 to 10:00 a.m. Please bring a size 3 soccer ball, shin guards and a drink. As always, we are looking for parents who want to help. No experience is necessary. If you have any questions, please call Sue, at (781)842-2448.

Submitted by Susan Rosa

## Attention All Runners!

And those who like to watch and cheer them on. We have two fundraising races coming up this fall, to help raise funds to complete the restoration of The Nahant Life-Saving Station.

The first one, Nahant 30K Road Race, is being held on Sunday, September 16th. Put on by the Northshore Striders. Applications and information about this race are online at: [www.northshorestriders.com](http://www.northshorestriders.com). Prizes will be awarded to the 1st Nahant male and female to finish the race and Tee Shirts will be given to all volunteers. Volunteers are needed for water stations and support along the race course. Anyone interested, call Nancy Wilson at 781-581-0482. Your help will be much appreciated.

The 3rd Annual Sea to Shining Sea 5-Miler is being held on Sunday, October 21st, starting from the Life-Saving Station. An application and more information are available online at [www.active.com](http://www.active.com). Paper applications are also available from Roz Puleo and local businesses in Town. More information will follow.

We are looking for sponsors and donations to make this race a continued success. Call Roz Puleo, 781-581-1034, or Jim O'Brien for donations or sponsorship. Thank you and happy running!



## Rebuilding After Katrina Free Breakfast on Sept 7th at NVC

The September breakfast, at the Nahant Village Church, will be held on Friday, the 7th, from 8:00 to 9:00 a.m. Brett Kimball will give a presentation on his trip to New Orleans, to work with Habitat for Humanities, to build homes in the aftermath of the Katrina hurricane.

Also, mark your calendar for the October 5th breakfast, that will feature Dr. David Torchiana, on a very current topic: "Massachusetts Health Reform—what it means, how it happened, and will it work?" The reform legislation recently went into effect. Dr. Torchiana, a resident of Nahant, serves on the Medicaid Policy Advisory Committee, appointed by the MA Senate President and is well informed on this topic.

He is Chief of Cardiac Surgery at Massachusetts General Hospital and CEO and Chairman of the Massachusetts General Physicians Organization.

The breakfast is free and ALL ARE WELCOME. Please bring one or more friends for a great breakfast and an informative talk.

## Nahant Democratic Town Committee Seeks New Members

The Nahant Democratic Town Committee is seeking new members and associate members. Members of the Committee represent the Democratic Party at the local neighborhood level, promote the objectives of the Party and work for the nomination and election of Democrats.

The committee's next meeting will be held on September 10th, at the Nahant Town Hall, at 7:30 p.m. All interested Nahant Democrats are welcome to attend.

Being on the Nahant Democratic Town Committee is a great way to meet people who share your interests and passions. We have lively discussions and fun working together towards our common goals. We're looking forward to the opportunity to meet with other Nahant Democrats.

Those who are registered as of Tuesday, August 21st, are eligible to seek membership. Under Massachusetts General Law, Democratic Committees reorganize every four years. Current members will be forming a slate that will run for election in March of 2008. Generally people serve as associate members for a time, before becoming full members.

Submitted by Susan Bonner, Chair, Nahant Democratic Town Committee

## Jump-In...To Girl Scouts

This year's Girl Scout registration will be held at the Clark School's side yard, on Paradise Road, in Swampscott, on Sunday, Sept. 9th, from Noon to 2:00 p.m.

New and returning girls are encouraged to stop by. Join us for a demonstration of Dutch jump rope. Try your skills at jump roping and join in doing crafts. Enjoy a treat.

If you have already registered, come and join us for an afternoon of fun and games. Call Roberta Oliver with questions, or for more info, at 781-581-0945.

Submitted by Roberta Oliver.

## US Coast Guard Auxiliary Boating Course

The US Coast Guard Auxiliary will be offering a basic boating course, starting September 19th. Entitled, "America's Boating Course," it will consist of five two-hour classes on September 19th, 20th, 26th, 27th and October 3rd. Classes will be held at the Nahant Dory Club and cover topics such as the rules of the road, aids to navigation, safety equipment, safety issues, trailering your boat and legal requirements.

Many states now require a boating course to operate a motor boat on inland waters. By completing the course and passing the final examination, you will meet that requirement. In addition, many insurance companies reduce your insurance premiums, upon proof of successful completion.

The cost is \$30.00 per person, which covers the course material, examination and certificate of completion. Part of the proceeds will be donated to the Nahant Sailing Program. The class size will be limited to twenty. Should it be necessary, an additional class will be scheduled later in the Fall or next Spring.

Registration will be held at the Nahant Dory Club on Tuesday, September 11th, starting at 7:00 p.m. This will allow a week for students to prepare for the start of class.

For more information, please email Bob Cusack at [rjcusack@verizon.net](mailto:rjcusack@verizon.net), or call 781-581-1159.

## Lynn's Farmers Market Now Open on Thursdays

Farmers Market Now Open on Thursdays, through October 25th, at the corner of Exchange and Union Streets, next to the LynnArts building, between 10:00 a.m. and 3:00 p.m.

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## Evening Classes at Marian Court College Starts September 4th

Marian Court College, 35 Little's Point Road, in Swampscott, is starting a new session of evening classes, the week of September 4th.

Associate degree programs include Business Management, Computer Forensics, Criminal Justice Administration, Healthcare Administration, Medical Office Administration and Paralegal Studies. Certificate programs, which can be completed in less than a year, include Medical Office Administration and Paralegal. Beginning and advanced classes in Microsoft Office are being offered, among many others. To learn more about these and other continuing education opportunities at Marian Court College, visit our web site at [www.mariancourt.edu](http://www.mariancourt.edu), or call 781-595-6768.

Submitted by Nicole Goguen, Marian Court College

## COA Notebook

I would like to begin the notebook, this month, with a very large thank you to Maura Costin-Scalise, Lisa Biggio and their wonderful staff at the Jesmond Nursing Home. Twenty two of our seniors were invited to an indoor barbecue, at their dining room. The meal was great and the treatment royal. The best part was they thought of us and provided us with a lovely afternoon. Thanks Again!

July and August were busy months for us. Lots of activities and good times. In order to keep the good times rollin' we do need HELP. We do need volunteers! We can use computer, phone and office help, event planners and people to help keep our center ship shape. We also need help to sort out and inventory years of storage items. Volunteers do not have to sign up, but can come anytime, between 9:00 a.m. and 1:00 p.m., Monday through Thursday. If you can come one hour a year, it will be important to us. Please consider this request and call Diane Desmond, at 781-581-7557, if you can help.

We are still planning our September activities, as we are moving into another season. You can always call the number above and see what's "going on". We wish to update you on an October trip, as it will be held the first part of the month, on October 5, 2007, the Winnepesaukee Turkey Train, Merideth, NH. COA is already signing up people for this very popular trip. If interested, please call soon for details. The dates we do have, can be found in the Harbor Review Calendar.

Submitted by Diane Desmond, Director

## Village Church News

Comedienne Gracie Allen once said, "Never put a period where God has put a comma!" That exclamation is now being used in Congregational UCC churches across the nation, and at the Village Church here in Nahant, to invite continued thought about faith and religion in our time.

At The Nahant Village Church, 27 Cliff Street, her expression means you'll find a warm welcome, a sense of humor and caring people who worship, study, play and work together, as they unfold more of life's meaning and purpose.

The new faith season at the Village Church begins with Rally Sunday, on September 9th, at 10:30 am. That day marks the start of the young people's Christian Education program (no pre-registration needed), the return of the choirs (including the Bell Choir) and a picnic for visitors, members and friends, following worship.

The Rev. Dr. Larry Titus says "Put September 9th on your calendar! Bring the kids, wear your picnic clothes to worship and meet neighbors and friends at the cookout."

The Village Church welcomes all who are seeking a spiritual connection in an inclusive, forward-looking and faithful environment. For more information, visit [www.nahantvillagechurch.org](http://www.nahantvillagechurch.org) on the web, or call (781) 581-1202, or email [pastor@nahantvillagechurch.org](mailto:pastor@nahantvillagechurch.org).

Submitted by The Rev. Dr. Larry Titus.

## Local students make UD Dean's List

Nahanter Zachary J. Liscio, a full-time student at the University of Delaware, has been named to the Dean's List for the 2007 spring semester. Liscio has declared two majors, an English-Bachelor of Arts major, in the College of Arts and Sciences AND a Psychology-Bachelor of Arts major, also in the College of Arts and Sciences.

Members of the Dean's List are full-time students with grade point averages of 3.33 or above (on a 4.0 scale) for the semester, with no temporary grades as of July 6.

Congratulations, Zachary!

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## Women of Nahant - You're Invited!

Nahant Women, one and all! You're invited to the Wine and Cheese party, sponsored by the Nahant Woman's Club, on Thursday, September 6th, from 6:00 to 8:00 p.m., at the Nahant Dory Club. Spouses and significant others are welcome, also.

"Spectacular Women" is the theme of the 2007-2008 Woman's Club year. The September 6th party will be an opportunity to meet other spectacular Nahant women and to find out whether you'd like to join in our 2007-2008 season. You'll also get to enjoy the sunset from the Nahant Town Wharf and see the newly renovated Nahant Dory Club, that you may have been curiously peeking into all summer.

Guests of honor will be the eight Nahant women who became new members of the Woman's Club during the past year: Patricia Demit, Ellie Foley, Maryann Lermond, Judi Moccia, May Ann Putnam, Judy Robidoux, Edie Roland and Anna Rooney.

## Gazebo Gathering

The Nahant Woman's Club and the Nahant Garden Club will meet together on Thursday, September 27th, at 10:00 a.m., at the Sears Pavilion at Bailey's Hill, named after Woman's Club past president, Calantha Sears.

The two clubs will work together to beautify the Gazebo landscape and John Benson will lead a tour of the new Nature Trail. John, a lifelong resident of Nahant and a Nahant Open Space Committee member, is known for his depth of knowledge about the wildflowers and nature of Nahant and his talk and tour should be both enjoyable and enlightening.

Wear comfortable clothes and bring your chair, your lunch and planting tools. Dessert and beverage will be provided.

## "Simon Says" Matinee

Nahant Woman's Club second vice-president, Wendy Payne, is the producer of the new PSFilms show, "Simon Says: a Play about Love Transcending Through the Decades," written by Mat Schaffer and directed by Myriam Cyr. This matinee performance will be held at 3:00 p.m., on Sunday, September 23rd, at the Boston Center for the Arts, Plaza Black Box Theatre, 527 Tremont Street, Boston. Meet at 2:00 p.m., at the St. Thomas Aquinas parking lot.

The mission of PSFilms, founded and operated by Wendy Payne, is "to encourage love and acceptance through performing arts." 10% of all profits from "Simon Says" will be donated to the Multicultural AIDS Coalition.

Reservations for "Simon Says" must be made by August 31st, if you would like to attend. Cost is \$10 per person, plus a share of carpooling. Send your \$10 check, payable to the Nahant Woman's Club, to Marrit Nauta Hastings, Treasurer, 42 Nahant Road, Nahant, MA 01908 (e-mail: ccalhast@hotmail.com; phone 781-581-5691.)

Submitted by Polly Bradley

## Nahant Library Survives A Crisis of Pipes

Much hard work on the part of Nahant's Department of Public Works and Russo Plumbing, allowed the Nahant Public Library, which suffered a failed sewer pipe on Monday, August 6, 2007, to return to a full schedule on Friday, August 10th.

The Library apologizes to any patrons who experienced inconvenience due to the evening closings. The Library Trustees and the Librarian agreed that proper hygiene and security demanded that the building be closed, during those hours that staff was reduced. The Library opened 31 hours and seven days that week.

Both the Town and the plumber responded immediately and efficiently, and all concerned have earned the thanks of the Library. David Wilson and Susan Snow, both of the Nahant DPW, deserve special mention for hard work well done. The Library appreciates the efforts of all involved in this repair, including Russo Plumbing, Nahant DPW and the staff of the Nahant Public Library.

Thanks to all who worked so hard to keep the Library open each day and to accomplish the repair.

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## Ice Skating Classes at the Lynn Connery Rink

The Lynn Connery Memorial ice rink is scheduled to hold a fall semester of ice skating classes. Lessons are available to children ages 4 ½ and up, as well as to adults. Separate skill classes are held at the beginner, intermediate and advanced levels. Skaters can wear either figure or hockey skates, and helmets are required for ages 4 ½ through 7. Each class includes a small group lesson and a supervised practice.

The Lynn Connery rink is located at 190 Shepard Street, off the Lynnway. Classes are held on Sundays at 1:40 p.m., for 7 weeks, starting October 14th. The Lynn Connery rink is convenient for residents of Saugus, Revere, Nahant, Swampscott, Peabody, Salem and Marblehead.

Come join the fun at the Lynn Connery rink. To register for classes, or for more information, please call the Bay State Skating School at 781-890-8480, or visit [www.baystateskatingschool.org](http://www.baystateskatingschool.org). Ice skate and feel great!

## Open Auditions

Follow Hymn Interfaith Choir is a North Shore-based community chorus. The choir is one of the programs offered by the Follow Hymn Interfaith Music Ministries, Inc ([www.followhymn.org](http://www.followhymn.org)). It is an interfaith, multi-ethnic, multi-cultural performance organization. If you are an experienced singer, with sight-reading skills (not required but helpful) and interested in exploring a range of music genres, then Follow Hymn Interfaith Choir is for you!

All adults (18 and older) are welcome to audition on Tuesday, September 4th, from 6:00 p.m. to 9:00 p.m. These auditions are in preparation for the season opening concerts on November 2nd and 3rd. Rehearsals are on Monday nights, from 7:00 p.m. to 9:00 p.m., at Lynn Arts Inc., 25 Exchange Street, in Lynn.

Interested singers must have choral experience and commit to regular rehearsals. This is an excellent opportunity to offer one's musical gifts, as a part of a vitally important ministry to the community. For more information, or to arrange an audition by appointment only, please call Doreen Murray, at 781-953-1849, or email [dmurray@followhymn.org](mailto:dmurray@followhymn.org)

The Follow Hymn Music Ministries is committed to promoting cultural enrichment, spiritual uplifting, multicultural education and community experience, utilizing gospel, spiritual and inspirational music. It is also committed to using the power of music through song, movement and spoken word, as a tool to bridge cultural gaps and provide greater understanding and awareness of all people.

The Follow Hymn Interfaith Choir itself is made up of men and women from a diverse set of religions and ethnicities, that join together in song. The music comes from the varied backgrounds of the members and includes: spiritual, gospel, and inspirational and dramatic presentations. Repertoire is sung in English, Hebrew, Spanish, and/or Swahili. Submitted by Alvah Parker, 781-598-0388.

## September at LynnArts: Call for Work!

Volume: On and Off the Wall, a juried show of mixed media at LynnArts. Drop-off dates: Sept. 15, 10:00 a.m. to 4:00 p.m and Sept. 18, 9:00 a.m. to 5:00 p.m. Max. three entries, \$12 per entry, 3 for \$30. Visit [www.lynnarts.org](http://www.lynnarts.org) for show call and entry forms.

In the Community Gallery. Imposing Order/Setting Free. Recent paintings by Donna DiGiovanni. Saturday, August 29th, 2:00 to 4:00 p.m. LynnArts, 25 Exchange St., Call 781-598-5244, for more information.

Third Thursdays in Central Square: September 20, 5:00 to 8:00 p.m.

The First Annual Central Square 5K Race. For more information and registration forms, call Steve Negron at LynnArts, 781-598-5244.

## Walk of Hope for ALS

The 6th annual Walk of Hope for ALS, to benefit The Angel Fund, will be held on Saturday, September 8th. This is a 3.5-mile walk around Lake Quannapowitt, in Wakefield. Rain or shine. Registration at 9:00 a.m., on Wakefield Common, followed by the start of the walk, at 11:00 a.m.

To register as a walker or to register a team, call The Angel Fund, at 781-245-7070, or log-on to [www.theangelfund.org](http://www.theangelfund.org) to download a brochure and a team captain's manual.

Information about sponsorship opportunities can also be found on the website, [www.theangelfund.org](http://www.theangelfund.org), or by calling 781-245-7070.

\* The Angel Fund is an independent, nonprofit organization dedicated to supporting Amyotrophic Lateral Sclerosis (ALS) research at the Cecil B. Day Neuromuscular Research Center at Massachusetts General Hospital. ALS, more commonly known as Lou Gehrig's Disease, is a progressive, always fatal neuromuscular disease.

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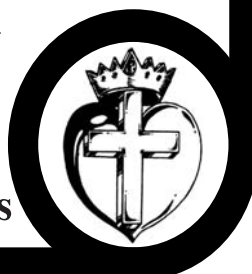
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## **Walking**

**Submitted by Sallee Slagle, Director, Dance Dimensions**

Now that the summer is almost over, we want to stay in shape, or we may still need to shed a few extra pounds we may have gained during our vacation. 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, etc.

I have written in the past, about a 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, which will get you in shape, burn more calories and keep you in shape.

Pedometers are now popular fitness tools. Pedometers can be fun. They 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 is accurate and will count your steps. Remember you will wear it all day, so it must be comfortable, too. Wear the pedometer 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, 1 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 than on the weekends, or non-work days. Target to increase the workday totals first. You will be walking your way to a healthier, active life style.

So how do you add in more steps? Find ways like taking the stairs, or parking further away. Never use a drive-thru window. Pace while talking on the phone, or waiting for the bus, or the elevator. Better still, take the stairs for 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. Anything over that is very active indeed!

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

Proper form and stride is important, too. 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 X distance travelled = energy used. So, 100 calories are burned per mile, of a person 150 lbs. To lose a pound of fat, you must burn 3,500 calories more than you take in. So diet is also essential for weight loss. Make healthy choices and watch portion control.

Don't forget to warm up! 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 start, sends your body burning 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 numurous. 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.

## **Just a Thought!**

What happened to the 5:00 p.m. bell? I spoke with older children, now adults, who say they loved that growing up. So did the parents. Can we bring that back?

~ A question from a new Nahanter.

## **The Latest News Regarding Donated Yachts & Boats**

**by Rob Scanlan, CMS/MMS/ACMS,  
United States Master Marine Surveyor**

A new law states that the deduction value of a donated yacht or boat, is limited to the gross proceeds of a sale by the charity, on the open market. There are, however, exceptions to the gross proceeds rule which will allow you to deduct the boat's fair market value on the date it was donated. They are as follows:

a.. An acknowledgement, by the receiving charity, that it will make a significant, intervening use of the boat, a detailed statement by the charity of its intended use, the duration of that use and a certification that the boat will not be sold for a period of at least three years.

b.. An acknowledgement, by the receiving charity, that it intends to make material improvements to the boat, increasing it's value, a detailed description of the intended material improvements and a certification that the boat will not be sold before completion of the improvements.

c.. An acknowledgement, by the charity, that it intends to give, or sell, the yacht, or boat, to a needy individual(s), or to a charitable institution, at a price significantly below fair market value. This provision applies only if the gift is in furtherance of the charity's purpose.

d.. A special rule applies for boats with a value under \$500. In this case, a donor may claim a deduction for less than the boat's fair market value, or \$500.

Most charities will provide the acknowledgment required, by submitting to the donor and to the IRS, form 1098-C. If the charities acknowledge, on this form, one of the four exceptions noted above, then the donor is entitled to take the full appraised value of the boat, as a charitable deduction, on their federal and possibly state tax returns, in the year in which it was donated.

Any boats having a fair market value in excess of \$5,000, must have a written appraisal by an Accredited & Certified Marine Surveyor.

Currently, the donor of a vessel, with an appraised value in excess of \$5000, submits a form #8283 and #1098C tax form to the IRS, showing the appraised value verified by an Accredited & Certified Marine Surveyor and the intended use by the charity. I have these forms, which the charity receiving the vessel, must sign and certify that it will not sell the vessel within three years.

The exception to this three-year rule is if the donor accepts the immediate sale price realized by the charity, as his tax deduction for the donation. After three years, there is no reporting requirement, as the donated asset is considered depreciated to a point where the appraised value is no longer meaningful.

If, for some reason, the IRS should take the gigantic step of completely changing its existing procedures and tax forms for charitable donations of boats, I would be notified immediately. Donating your boat, yacht or commercial vessel, is still a very viable financial alternative to an actual sale, with many tax advantages.

Make sure that if you donate a yacht or boat to any foundation, they put it in writing, that the foundation will keep the vessel for three years. Please call me, if you have any questions about the new tax law and how it might relate to donating your boat or yacht. To date, I have appraised 1,075 yachts and ships nation-wide and attended the seminars recognized by the Internal Revenue.

**Thank you for subscribing to the  
Nahant Harbor Review.**



## Civil War Evening

The Swampscott Historical Society has invited members of the Nahant Historical Society to enjoy a Civil War evening on Thursday, September 20th, from 7:30 to 9:00 p.m., at the Church of the Holy Name, on Monument Avenue, in Swampscott. Two unique speakers will be featured. First, an Evening with General Ulysses S. Grant, portrayed by acclaimed Pennsylvanian lecturer and film producer, Sam Grant. Second, Pepperell history teacher, Julie Martin, will share insight into heroic women, from both the North and South, with Courageous Patriots in Petticoats. Enjoy a reception with 1860s music and refreshments of ginger cookies and apple cider. Admission is free and the public is welcome.

### Save That Date!

The Nahant Historical Society will feature a special lecture on Sunday, October 21st, at 2:00 p.m., in the Serenity Room of the Nahant Community Center. James A. Craig, former associate curator of Collections of Cape Ann Historical Society and author, will give an illustrated talk: Fitz H. Lane: An Artist's Voyage Through 19th Century America. Members will receive advance invitations. Admission is free and the public is welcome. More information will follow in the October issue of the Nahant Harbor Review.

Submitted by Bonnie Ayers, Historical Society.

## Letter to the Editor

I just want to say thank you to our fine police officers here in Nahant. I recently moved here and although I love it already, my last occurrence totally convinced me. My 2-year-old had an accident last weekend (like most 2-year-olds do!) But, being a new mom, of course, I was panic-stricken. I was rushing her to Children's, with a head injury and noticed an officer, in his car, patrolling the beach. I immediately got his attention for help. He calmly said, "Meet me at the end of the causeway in 30 seconds."

He notified another extremely helpful officer. His last name was Conti. They had the Fire Department and EMTs there immediately. They helped her and myself by letting me know it wasn't as bad as I thought. Although, we still had to go to the hospital. She needed staples. I was much calmer going there and waiting for 2.5 hours, just because they looked at her and helped. So, "Thank You!" to the Nahant Police, Fire and EMTs!

Much Love from a happy, new Nahanter!

## Lizzie Borden and the 40 Whacks

The Devena Theatre Company will be presenting Lizzie Borden and the 40 Whacks, at the Nahant Public Library, 15 Pleasant Street, on Sunday, September 30th, at 3:00 p.m. The show is sponsored by the Friends of the Nahant Public Library and is offered free to the public. Joseph Zamparelli, Jr. is the director of the production.

An "edutainment" production, the show will feature Lynne Moulton in multiple roles, depicting the story of the infamous Fall River native, Lizzie Borden, who was acquitted of the ax murders of her parents, in August of 1892. The audience will have the opportunity to participate in the production, by way of a mock trial, with the ability to question Lizzie, decide if she is innocent, or guilty and agree on a sentence, if necessary. Will history repeat itself, or will the audience feel differently in 2007?

Lynne Moulton has performed several roles for Delvena Theatre, including her IRNE-nominated Martha, in Who's Afraid of Virginia Woolf? and Sissy, in Piece of My Heart and also for numerous other theatre companies in the New England area. She received her acting training at the Royal Academy of Dramatic Art, under the direction of Sir Robert Palmer and at Trinity Rep Conservatory.

Joseph Zamparelli, Jr., is a professional actor, director and producer. A graduate of Boston College (Psychology/Theater Arts), he went on to the professional training program at Circle in the Square Theater School in NYC. In addition to commercial film and television work, he is Producing/Artistic Director of BostonAlive.

The Delvena Theatre Company was founded in 1992 and has performed at various venues, most often at the Boston Center for the Arts. The company was nominated for five Independent Reviewers of New England awards. Its production of 'Who's Afraid of Virginia Woolf?' was on Theatre Mirror's Best List for acting, directing and production. Presentations of 'Anna Weiss' and 'Beyond Therapy' were included on Theatre Mirror's best play list and 'Blue Heart' was placed on Aisle Say's best list.

Lizzie Borden and the 40 Whacks is recommended for ages 12 and older. For more information, call the Library at (781) 581-0306.



## The One and Only

### A Memory by William 'Bill' Brown, Jr.

As I look back over the years, I have come to realize how unique and happy were the pre-teen years I spent growing up in Nahant. From 1936 to 1946, the Browns were the only 'colored' family living in Nahant. We first lived at 43 Irving Way and later lived at 1 Highland Avenue.

My fond memories and experiences included being one of the boys, bicycling all over the town. A trip down memory lane brings back some of the good times spent attending Valley Road school, roller skating at Comfort's Roller Skating Rink, fishing off of Bass Point, watching the soldiers training at Fort Ruckman – occasionally being allowed to see movies in the recreation hall - sitting on my daddy's shoulders, observing the Roosevelt wedding at the Country Club, playing football on the Greens and ice hockey and baseball at the park – after taking short cuts through the marshes and learning to swim at Short Beach. Most friends' and playmates' names are lost to time, but I recall Comfort, Sherber and LeBlanc.

Several people have said that it takes a village to raise a child. Nahant was my village. Almost everybody knew who we were and kept an eye on me. In fact, my youthful misdeeds did not go unnoticed. Now I understand how my mother, who owned and operated a photo-finishing service in Lynn, was aware of the times I deviated from her advice. Thanks for the memory.

## Welcome Fall!



Stop by the Wild Birds Unlimited store in Danvers on Route 1, to learn all you need to know about Blue Jays and how to attract them to your feeder. We will help you pick out all that you need to

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## From Nahant Historical Society Memories Project: A Childhood in Nahant By Marilyn Matthews (Steele)

My impressions of Nahant, at the age of six, in 1942, were the distinct smell of the sea, and then the amazing blueness of the Atlantic Ocean, Lynn Harbor, Egg Rock and the causeway to Nahant.

My mother, father, brother, dog and I, had arrived from Newton, Mass., to live in an apartment over Ryan's store, next to where the Post Office now is, on Nahant Road.

The nearby Town Hall, with its side door basement was one of my elegant 'pretend' homes for me and my doll and doll carriage. How amused the workers inside the Town Hall must have been, to peer out the window and see my friend and me with our 'babies' as we went about our homemaking duties.

Another elegant 'pretend' home was the Nahant Public Library, which became our 'Castle,' with its many stone stairways and balconies!

No one ever told us to "go home."

In that day and age, our parents didn't seem to worry about our wandering all over town. I remember running everywhere to East Point, Forty Steps and all around the (then public) rocky coastal path to Short Beach and beyond. Another friend and I would go down to Tudor Beach and make mud pies with the mucky sand by the rocks.

When we were a little older, my brother and with our dog would go swimming at the Wharf and jump off of the tall pilings at high tide (a frightening ritual for all newcomers)! The Wharf has been rebuilt since then, after several storms over the years.

When school began in the fall, a group of us would walk all the way past the Village Church (which has since become a

YMCA, then a home), the Country Club, the Catholic Church and on to the J.T. Wilson School, near Short Beach and across the street from Greenlawn Cemetery.

What I remember most about grades one through five are the 'Travel Club' trips, to places such as the Pequot Mills in Salem, Gorton's Fisheries in Gloucester, the Arboretum in Boston and Pioneer Village.

Our family moved to Fox Hill Road when I was age 10 or 11. The new route to school went down Flash Road to Spring Road and up over the hill behind Irish Town, past some chickens and scary goats, on my way to my friend Anne's house. If we were lucky, we might pick up discarded flowers from the cemetery waste pile on our way home!

Short Beach was my favorite destination in summer and winter both. The playground and swings were on one side of Nahant Road, with beautiful wild roses next to the beach on the other. In the summer, we had to walk a long way out to the water to swim, when the tide was low. We had no place to sit on the beach, at high tide.

In the winter, we would ice skate on the small frozen ponds in the middle of the bulrushes, which meandered down toward the Lowlands, behind my house on Fox Hill Road.

Nearly every day I would walk down Fox Hill past the Coast Guard station to play with friends in Little Nahant. There used to be a neat boardwalk, along the rocks at the edge of Short Beach, which made a nice shortcut to my friends' homes. I remember that seaweed would collect in one corner of the beach and give off quite an aroma!

I also recall playing

under the old skating rink at the tip of Bass Point (where the apartments are now), while my father fished off the rocks. At age 11 through 14, I made good use of the 'new' skating rink, also in Bass Point, where I skated to live organ music. Kids from all over used to come to the Nahant skating rink by bus and sometimes by motorcycles.

During the war, when a lot of things were rationed, my friends and I would walk across Lynn Beach, to a little store on Washington Street, in Lynn, to buy bubble gum, which was the only place that you could get it. The gum was pink and flat with a colorful wrapper, but I can't remember the name.

My first job at 13 was handing out towels at the bathhouse, at Lynn Beach, on the Little Nahant side.

'Big doings' for us were the movies shown at Fort Ruckman, across from Fox Hill, where we could get in with a much-coveted pass! We would also go to the movies in Lynn by bus, on Saturdays, to the Capital Theater, the Warner Theater, or the Paramount Theater, to watch westerns, musicals, cartoons, the newsreels and live stage shows.

Around that time and through my high school years at Lynn English High, the buses to Lynn ran every hour on the hour, if I remember correctly! As they drove the circle around Nahant, the bus drivers would sometimes go to Bass Point first and if I missed the bus at Fox Hill, I would run down to the Coast Guard station and catch it, as it came down Nahant Road, from East Point. I think it took about 10 minutes for the bus to make the circuit, so I really had to hurry!

Other great memories were the Village Church

musicals, written and directed by Mrs. Annie Tibbo. She would recruit a lot of kids and townspeople to be in the shows, which benefited the Village Church. We were taught songs and dances, and performed on the stage at the Town Hall, with opening and closing curtains and a full orchestra, in front of a large audience. It was a very exciting time for a 13-year-old!

We attended the sixth grade at the Valley Road School, where we were the underlings, until we got to Junior High (grades 7 through 9) and finally became VIPs in the ninth grade. In Nahant, the

number of students in each grade averaged about 30, but high school classes in Lynn were 350.

We had a choice of going to Lynn English, or Classical, most of us going to Lynn English then. But after I graduated, most kids attended Lynn Classical.

I left the fun of growing up in Nahant, to a member of a new generation, my little sister Nancy, as I prepared to move to Florida at age 21.

A lobster fisherman friend of my father's said to me at the time, "You'll be sorry if you leave Nahant. You will miss it!"

And, I most certainly do!

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## The Tudor Cocktail Ice Company Presents MITCHELL'S CAHNAH

The Tudor Family, along with the complete Tudor Cocktail Ice Company Staff, have volunteered their bodies to put on this year's Mitchell's Cahnah Annual Block Party, Sunday, September 2nd, from 7:00 to 11:00 p.m. (Rain date: Monday, September 3rd, 1:00 to 5:00 p.m.). All the proceeds from this year's event will go directly towards the purchase of an emergency response rescue boat for our Nahant Ocean Rescue Squad.

As usual, all of the raffle tickets for the \$7,500 cash prizes have been sold (thanks to all who bought and sold them). This drawing will be at 9:00 p.m., on the evening of the event, with a \$5,000 first prize, a \$1,000 second prize and three \$500 third prizes.

This year's block party will feature popcorn, hot dogs and pizza, along with soda, beer, wine and our commemorative 24 oz cocktail, "the COCK-A-DOODLE-DOO" (Dang, how downright American).

When the last ball hits the hole at the annual Calcutta golf tourney, we'll be rockin' live to the tunes of the Austin Torpedoes, in the heart of "the Cahnah." Get there early, it's a quick four hours, trust me. You will see folks you haven't seen all summer, for that matter, you'll probably see folks you haven't seen in years!

If you're new to town this IS the place you want to be. This IS Nahant, in its true form. (SINSA) Summa In Nahant, Sum Aren't!

Come on down, spend some money, BUY A BEER, GET A BOAT!

Hey guys, we would appreciate your not bringing your own stash of "refreshments," aw com'on, remember, it is a fundraiser. Our staff is psyched do their part to serve you quickly. They will be wearing their "ICE IS NICE" Tudor Cocktail Ice Company Shirts. And yes, they will be shamelessly available in three different hip styles at the block party. Great Christmas gift!

Heck, that's about it folks, hope to see you at "the Cahnah".

P.S. If you don't know where Mitchell's Cahnah is, ask any Moleti on Spring Road. There is no truth to the rumor that they're trying to change the name to "Moleti's Cahnah," trust me.

On another note, the annual Tudor Cocktail Ice Company Staff outing was held on Short Beach last month, on a steamy August afternoon. We had our mulooster-drawn wagon chocked full with our signature hand-cut, 1" cocktail ice cubes, food and beverages. Our 2007 Nahant Parking Sticker was proudly attached to the mulooster's bridle, giving us access to the parking lot, but alas the Short Beach lot was full, no room to park the weary mulooster.

A few Little Nahant Beach-goers stated that our super friendly little village, along with some townies with extra vehicles, "donate" tons of our beach parking sticker gems to out-of-town friends and municipalities. We had no idea how gracious a town we really are.

All beaches in Nahant are public, but alas, the only public lot is at Short Beach, causing a parking dilemma for true Nahant residents on those summer dog days.

As a civic-minded company in town, the Tudor Cocktail Ice Company would like to volunteer the mulooster-drawn wagon as a trial for the 2008 beach season. We can expand the beach-parking-sticker-clad non-residents horizons to "all" our public beaches, with the mulooster to lead. He can guide them to park on all the side streets that surround the other fabulous Nahant beaches. I'm sure the "gracious ladies" at Canoe Beach would love to share their picnic baskets with non-resident guests, or maybe open up the access road at the corner of Cliff and Willow Roads so they can enjoy a fabulous Boston skyline sunset from Joe's Beach, or even better, how about the beach named after our family, "Tudor Beach." I'll tell you there is nothing like the pleasure of a long-time Nahanter, walking on a crowded beach that they have walked on for most of their lives and not know nary a soul.

As the Little Nahant beach-goers stated, "We feel privileged, but we would love to spread the "joy" to all the other Nahant residents. Why should we have all the fun?"

Submitted By: "The Entire Tudor Cocktail Ice Company Family "

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## Town Class Nationals

Submitted by Rex Antrim

The National Town Class Association Annual Regatta was held on the weekend of August 4th and 5th, hosted by the Nahant Dory Club. Fifteen boats competed, with fleets from Nahant, Marblehead and Touisett, Rhode Island, represented. The visiting sailors enjoyed the venue of the restored Dory Club and the racing on Broad Sound, outside Nahant harbor.

The wind started out light and shifty from the South, on Saturday morning and ended with a strong steady breeze from the West, in the afternoon. Sunday's breeze filled in nicely from the Southeast. Rex Antrim, of Nahant, won all three races on Saturday, with Austin Antrim crewing, and both races on Sunday, with Heidi Bleau crewing.

Peter Shaw, of Rhode Island, took second place in the regatta, with his friend, Jim Falcon, crewing. Jonathon Tilton, of Marblehead, and son-in-law Jason Barnes,



of Salem, took turns skippering and crewing, to finish third overall. Peter and Mark Maitland, of Salem, also alternated skippering and crewing, to beat out John Barker and Jonathan Smith, of Rhode Island, on a tie breaker for fourth place.

Rounding out the Nahant Dory Club fleet were Pete, Steven and Ellen Dickenson, Ed Younie of Dublin, New Hampshire, with his son Greg, Nick Strange and

Holly Payne-Strange, Jacquelyn Tibbo Connolly and Caitlyn Connolly, Robert and Abby Wilson, Bob Vanderslice and Bill Brown.

Judge Dave Kerman, of Swampscott, served as Race Committee Chairman for the nth time and was asisted by Bob Cusack, Pat Morse, Chris Burke, Jim Connolly and Dave Conlin. Rob Scanlan was on hand, once again, to ferry sailors out to their boats and transport photographers. Also helping out for the event were Ellen Steeves, Dawn Crowe, Nancy Antrim, Mary Irene Dickenson, Wendy Payne, Debby Vanderslice, Mary Jane Cusack and many others. Co-chairs for the regatta were Nick Strange and Wendy Payne.

In addition to the National Regatta, the Walsh Cup team racing was held on Friday, August 3rd, and was won by the Nahant team, with Ed and Jacob Younie leading the way, winning both races.

Photo: Caitlyn and Jacquelyn Connolly racing in the Town Class Nationals on Saturday, August 4th. Photo by Marc Dufour.

## Where's Hoompa?



Where's Hoompa? Joe and Judi Moccia in Rome next to a Smart Car, which will be coming soon to America.

### PLATONIC LOVE (Dedicated to my daughter and her husband)

Summer  
On the beach  
He tramples  
Following in  
Her footprints  
On soaked sand  
Seeking the sentiment  
The caress, the freshness  
Of her skin.  
In winter  
She walks  
In the imprint  
Left by  
His footsteps  
In the snow  
Dipping into his warmth  
In every season warm waves wrap  
Around her legs.  
Unknown to one another there can be  
Nothing else.  
Nothing...until Spring...

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**Banned in Boston, but Not in Nahant**  
by Polly Bradley, Safer Waters in Massachusetts (SWIM)

Boston’s new “No Discharge Area” could have the effect of encouraging ships and boats to pump out their sewage in Nahant waters, increasing pollution on the south side of Nahant, including Bass Point, Tudor Beach, Joe Beach and the Nahant wharf area.

The Environmental Protection Agency plans to approve a dumping ban in Boston, that would extend three miles out from Boston Harbor. As the adjacent map, adapted by Emily Potts, indicates, the ban on pumpouts would extend around Winthrop, cutting back towards Revere. Hull would be included, but not Nahant. The article “EPA to approve dumping ban,” in the August 7th Boston Globe, included a front-page map that cut off the Town of Nahant, as if it did not exist.

Nahant needs to act quickly to protect its shores and beaches from this threat, according to Safer Waters in Massachusetts (SWIM). Perhaps the best solution would be for Massachusetts to declare all the coastal waters, out to the three-mile limit, a No Discharge Area. This has already been done by New Hampshire, Rhode Island and Connecticut. Another solution would be for Nahant to join with Lynn, Swampscott, Marblehead and communities up the coast, to declare a No Discharge Area for the North Shore. Nahant could also declare a No Discharge Area, in its own waters.

Linda Pivacek, chair of Nahant’s Open Space Committee, points out, “When Mass Fish & Wildlife and the MWRA became involved in the Boston Harbor cleanup and secondary sewage treatment, they began monitoring the Harbor. The Boston Harbor area was defined by its logical geographic borders including Hull, as the southern border and Nahant, as the northern border. I have personally participated in waterfowl surveys including Revere to East Point, Nahant, for this monitoring project for several years. The current proposal limiting dumping from boats, should continue to include Nahant as the northern border. Then a scientific evaluation of the impact of this proposal, on the health of Boston Harbor, can be made using invaluable historical data and continued monitoring.”

Most boat owners thought it was already illegal to dump sewage of any kind within the three-mile limit separating state from federal waters, but apparently not. Boats and ships with minimally treated sewage can dump into Boston Harbor now, polluting the harbor and creating an excellent reason for the new No Discharge Area. The ban just needs to be extended to protect Nahant and other communities. The ban, as currently proposed, would send polluters out of Boston Harbor and into Broad Sound and the coastal waters and beaches of Nahant.

Below is the definition of No Discharge Area, from the Massachusetts Office of Coastal Zone Management.

A No Discharge Area, or NDA, is a designated body of water in which the discharge of ALL boat sewage, even if it is treated, is prohibited. A body of water can become an NDA if a community, or state, believes that the waters are ecologically and recreationally important enough to deserve further protection, than that provided by current Federal and State laws.

Federal Law prohibits the discharge of untreated sewage from vessels within all navigable waters of the U.S., including coastal waters (within three miles of shore). Boats with functioning Type I and Type II Marine Sanitation Devices (MSDs) may discharge treated effluent in coastal waters UNLESS they are in an NDA. A Type III MSD, or “holding tank,” is the only type that can be used legally within an NDA.



Map at left  
adapted by  
Emily Potts

**Massage...Relax, Breathe, Feel Better**  
Submitted by Susan Cadigan, LMT, NCTMB

Massage is one of the oldest and most effective forms of the healing arts. Ancient Egyptians used oils and massage for illness, aches and pains and Chinese records date back over 3,000 years, to document the use of massage. Even Hippocrates recognized the importance of massage by writing papers recommending the use of rubbing and friction for joint and circulatory problems.

Massage is considered a holistic therapy. Holistic therapies encompass views that believe medical care should closely interconnect the physical, mental and spiritual aspects of a person, as well as approaching and treating the needs of one needing care, with the same view - that a patient is a person with mind, body and spirit, not just a diagnosis, or that the pain is a separate issue.

There are many different types of massage therapies available. Each has its own style, purpose and origin. Some well-trained massage therapists may integrate different techniques within each treatment, that a client receives. This specialized treatment assures the client gets a massage that addresses his or her unique needs.

Some massages help keep the body healthy, toned and relaxed, while other therapies work to relieve different types of stress, tension and pain. Massage therapy also helps to improve the functions of the skeletal, nervous, circulatory, lymphatic and muscular systems.

Swedish massage is used widely to promote relaxation. This type of massage is known as the “classic” massage. The techniques used increase the circulation of blood and oxygen, and relax the mind and body. Swedish massage integrates a variety of gentle massage techniques, such as long, slow, gliding strokes to relax the muscles and shorter, faster strokes with gentle, deeper pressure, to warm muscles, kneading, bending, stretching and tapping. A Swedish doctor developed Swedish massage in the seventeenth century. Even then, our ancestors had a need to relax, breathe and feel better. A variety of oils, creams and natural scents are used, to enhance the outcome of this therapeutic massage.

Deep tissue massage focuses on the deeper layers of the muscle tissue. Usually, deep tissue work is applied to unresolved issues, such as knots, adhesions, and tight, stiff muscles, from injury to chronic over use. The techniques and strokes of deep tissue massage are slower, shorter and with more pressure applied to the area. Faster strokes are controlled and very fast, concentrating on the area of need. Hands, forearms, elbows and knuckles are used to support the massage therapist in applying the deeper work on sore and tightened muscles. The deeper work will eventually resolve tension and loosen up the muscle. Freeing up the area of tension and adhesions will result in better circulation of blood and oxygen, which will lead to faster healing and healthier muscle tissue and function. Creams for deeper work, lotions for frictioning and specialized products (deep heating Prossage, Polar Ice, etc.) are usually applied to muscles during deep tissue work.

A nice massage will lower the heart rate, help relax all muscles of the body, rest the mind of worries and anxieties and give the body a chance to recover from the stresses of the day. A good massage can help create a stronger, healthier body, by boosting the immune system and restoring energy, which leads to a better quality of life. In a nutshell, massage can leave you feeling happy and healthy.

Susan Cadigan is licensed and nationally certified in therapeutic massage & bodywork. She is the proprietor of Nahant Therapeutic Massage, at Dr. Deborah Feinbloom’s office, at Nahant Natural Healing; 41 Valley Road (The Community Center) She can be reached at 617-240-4252. Ms. Cadigan is also employed with Partners and provides therapeutic massage at the North Shore Medical Center/Union Hospital.



## Back to School for Kids, But What About the Parents?

Summer is coming to a regretful close. It is time for back-to-school shopping, setting up schedules, getting the kids signed up for activities, and let's not forget the mental preparation, for both kids and parents, once Labor day rolls around and the easy summer beach life, as we know it, comes to an end.

Once the children are settled and off to school, I suggest that all moms and dads give themselves a day of pampering! Let's face it, you have earned it! Give us a call and we can help you decide what would be the best spa treatment for you. If you are pressed for time, try our mini facial, 30-minute chair massage, foot massage, or even a manicure, or pedicure. For those of you who need more than a half-hour of bliss, we offer full body wraps, salt glows, full body massages and of course my favorite, facials!

For the month of September, we are offering 20% off our Age Defying Facial. Our new Age Defying Facial will rejuvenate your skin with powerful antioxidants. This facial combines ingredients that redefine skin texture, improve skin tone and fine lines. Perfect for clients who have signs of sun damage, or wish to use as preventative maintenance, to combat the effects of aging.

We look forward to seeing you to help you relax, enjoy some well-deserved "me time" and replenish your skin from all those beach days.

*Written by Tabatha Kempton of Seaport Salon and Day Spa, located at Seaport Landing, on the Lynnway. She can be reached at 781-593-5410.*

## Nutrition Response Testing

**Dr. Devorah Feinbloom, Nahant Natural Healing**

People often ask me to explain how I decide what nutrition program I will put them on, so here goes. The truth is, I never decide. Instead, I listen to what my clients' body tells me. I use a procedure called Nutrition Response Testing. Unlike a medical practice that is designed to diagnose the disease, or symptoms, and then treat the symptoms, my approach is done with an analysis, that identifies weak reflexes and then I design a natural health improvement program, to handle what I find in our analysis of your body and condition. The analysis is done through testing the body's own neurological reflexes and acupuncture points, using a technology called KINESIOLOGY, or MUSCLE TESTING. The body has many neurological reflexes. Reflexes are like circuits. The reflexes are derived from the part of the nervous system that regulates the function of each organ. So, if a certain reflex is weak, it will give you information about a specific organ, tissue, muscle, or function in your body. By using Kinesiology, I am able to identify all the weak reflexes, hence which organs are weak.

If I were to hook up an Electrocardiograph (EKG) and take a reading, that would make perfect sense to you. With an EKG, electrical energy from the heart is running over the wires. This electrical energy makes the electrocardiograph record the energy pattern in the form of a graph. This gives information about the health of your heart. In Nutrition Response Testing, instead of connecting electrodes to the specific points being tested, I will touch the point with my own hand. With my other hand, I will test the muscle of the client's extended arm. If the reflex point is strong or healthy, the client's arm will remain strong when I push lightly on the arm. If the reflex is weak, or "active," when I touch it, the nervous system will respond by reducing the energy to the extended arm and then, when I push lightly on the client's arm, it will have very little strength and drop. This drop signifies underlying stress and dysfunction.

Continuing along these same lines, once I know which reflexes are weak, then my next step is to figure out why the reflexes are weak, using the same muscle testing procedure. There are five major stressors that cause organs to be weak. One of the most common stressors is food allergies, or sensitivities. Some people tend to eat the same foods every day and sometimes the body loses its ability to tolerate these foods. Part of the program may involve taking a certain food out of the diet, for about 3 months.

Each reflex is evaluated for all 5 stressors. Once I understand which reflex is weak, and why it is weak, I will then design a natural health improvement program, based on how the body responds to the nutrition being tested. Each program is designed to help your body heal in the quickest way possible. What makes this system even more amazing is that I can have 5 clients with the same "symptoms" and yet their weak reflexes might be different, the stressors may be different, therefore the nutrition program would be totally different. Each person's natural health improvement program is a uniquely-designed program, specifically based on the muscle testing responses.

For the month of September, I am offering a free screening, to see if you have any weak reflexes and if a natural health improvement program would benefit you. Lastly, the "Love Your Liver, Live Your Life, liver-cleanse program is starting on September 16th. I hope that answers all your questions.

*Dr. Devorah Feinbloom's office, Nahant Natural Healing, is located in the Nahant Community Center, at 41 Valley Road. She can be reached at 781-592-5500.*

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## Useless Information by Ray Barron

### Interesting Useless Facts

Sheila Hambleton: Kissing is not only nice. It's also good for your teeth! It's because, when you kiss, your mouth produces saliva and saliva helps protect against dental plaque.

Barbra D'Amico: It has been proven that taller people score better on intelligence tests.

Lisa Scourtas: The word "school" comes from the Greek word "skhol," which means leisure time, time for spiritual exercises.

Stephen Collins: The odds of dying, while falling out of bed, are 1 in 2 million.

Nancy Smith: Ice cream contains a thickening substance extracted from seaweed.

Tim Moran: Sharks are the only fish that can blink both eyes simultaneously.

Peggy Barile: The pig is the only animal that, like humans, can get a suntan.

Maureen Palangi: You can't sneeze in your sleep.

Henry Hanagan: The only visible human muscle is the tongue. And Henry's wife Margaret, says, Cleopatra could speak 13 languages.

Ed Poulin: Winston Churchill was born in a ladies' lavatory.

Mary Dill: The language with the greatest number of words is English. It contains more than 455,000 active words and 700,000 dead words.

Darlene Conigliaro: There are 336 dimples in a golf ball.

Barbara Powers: Alexander Graham Bell, who invented the telephone, could never talk to his mother, or wife, on it. They were both deaf.

Melissa Barile: Nearly all lipsticks contain fish scales.

Kerry Gordinas: Nobody knows why, but 90% of all women walk directly to the right, when they enter a department store.

Michael Georges: During an average lifetime of 70 years, you will breathe 600 million times, feel 125 million heart beats and your eyes will blink 350 million times.

Nancy Gallo: Most people fall asleep within 7 minutes.

Maura Scalise: During a lifetime, you will produce enough saliva to fill two swimming pools.

### Interesting Facts About Nahant

Nahant has streets representing three seasons of the year: Spring Road, Summer Street and Winter Street. How come no Autumn Avenue?

Two streets in Nahant are gems! Pearl Road and Emerald Road.

There are no castles on Nahant's Castle Road!

Nahant has a Valley Road, a Trimountain Road and a Cliff Street, but no Prairie Road.

We have a Harmony Court, but no Melody Lane!

We have a Sunset Road, but no Sunrise Road!

We have a Pond Street, but no Lake Street!

Streets honoring women! Karolyn Circle, Linda Lane and Rosemary Road.

## SEPTEMBER BIRTHDAYS

September 1: Martha Taylor, Jeanne Baranek, Ingrid Weber, Ann Graul, lovely Meggan Bailey, Marianne Letourneau, Marilyn Clausen, Rocky Marciano and comedienne, Lily Tomlin.

September 2: Karen Boginski, Constance Duffy, Sean Hanlon, handsome Lew Fiske, Bradley Coletti, lovely Mary Liz Cort, Ron Butman, the dedicated town employee, Walter Spinelli.

September 3: Nurse Lisa Torchiana, Kathy Barry, Lorraine Locke, Peggy Messina, Chris Hollenbach, Dave Doyle, Mike Russo, Bob Comito, artist Pete Rogers, Scott Lishia and the dedicated public servant, John Lowell. Hang in, John! Happy birthday! Save me a piece of cake.

September 4: Women's best friend, Milton Goode, Kristina Beaulieu, Carol Delaney, Patricia McSweeney, Dick Nagle, candyman Tom Mazzaferro, Gene Hollenbach, Bill Peterson and "blue-eyes," Donna Foti-Scovell.

September 5: Dick Brown, John Benson, Francis Hunter, our inspirational "kissing cousin," Maria Welsh and her double, actress Raquel Welch.

September 6: Ann Callhan, Jean Inglis, Joan Piazza, Alan Pearson, Martin Vangrouw, good fella, Robert Caggiano and Swedish film actress, Britt Ekland.

September 7: Krystal Seger, Robin Byron, lovely Suzanne Bailey, Gwen Upton, Carl Maccario and rock'n'roll singer, Buddy Holly.

September 8: David Morton, John Seger, Paul Aurite, handsome Jim O'Brien and Aaron Hanson.

September 9: Handsome Dr. John Keller, Rose Novello, Sheila Champigny, Peggy Levangia, Ryan Mahoney,

Mary Sweeney, the alluring Barbara Jay Angiulo, Kendra Brackett, Tim Demakis and Bruce Marshall.

September 10: John Bardgett, Mariana Rauworth, Natasha Lebel, Beverly Quinn and sweet Cynthia Mantzoukas.

September 11: R.J. Barisano, Tracy O'Shea, Karol Borys, Marvene Kasper, Karol Lebel, John Kasper, Nahant's screenwriter, Joe Ciota, Dot's loving husband, Tom Johnson, short-story writer, O. Henry, English writer D.H. Lawrence and singer, pianist and songwriter, Harry Connick, Jr.

People ask how old I will be on September 11. One hint, I no longer buy green bananas.

For those of us born on September 11, we are constantly reminded of that date, now known as "9/11." So how will we observe our birthdays on September 11? Like all of you, we will be paying our respects to those who perished on that day.

September 12: Allison Deines, Ralph Clark and Marissa McKie.

September 13: Roxanne Gillard, Malcolm Chamberlain, John Michaud, Roger Locantore and actress, Jacqueline Bisset.

September 14: Dianne Cadigan, Dianne Dunion, Elaine Salvato, Nahant's best cake baker, Roz Puleo, educator Mike Tanen, Peter Fintonis, Mike Conley, Phil Russell, Peter Mazareas and Margaret Sanger, the nurse who pioneered birth-control education.

September 15: Patricia Kane, Marie Petrucci, the alluring Nancee Peters and the captivating, Mary Mackey.

September 16: Nice guy, Charlie Jessome, Jonathan Tibbo, Diane Horne, John Hirsh, Fred Quinlan and actors, Peter Falk and Lauren Bacall.

September 17: Charles Crocker, Susan Kerr,

Michelle Hurley, Karen Hawko, Zapata Conchitina, Julie Desmarais, Lana Proia, adorable Christine Howard, Jeff Mueller, mein Herr, Knut Fischer and actress, Anne Bancroft.

September 18: The brilliant Debra Glidden, who authors Nahant News for the Daily Lynn Item, Carol Mason, Carol Cartmell, Tim Hackett, Jim Keen, Tony Macone, actress Greta Garbo and singer Frankie Avalon.

September 19: Lovely Karen Canty, Kathryn Bezemes, Tom J. Costin, Larry McDonough, Joe Carmody, and English model, Twiggy.

The September 20 birthday cake eaters: Lovely Colleen Poth, Lea Hill, Janet Livoti, Christian Similio, and the creative chef, Antonia Steriti, the proprietor of the popular Periwinkle Food Shoppe, on Loring Avenue, Salem. Also born on September 20, my paesano, Sophia Loren.

September 21: Cindy Donahue, Thomas Wrenn, Donna Breithaupt, Matt Hendrickson, the brilliant Jason Silva and Stephen King, writer of horror novels.

September 22: The personable Helen Savino, Maty Morin, Katy Dolhun, Victoria Fortino, Leah Canali, Eva Cronis and Patrick Murray.

Our distinguished publisher, jewelry designer and singer, Donna Lee Hanlon, celebrates her birthday on September 23. Donna was born the year Frankie Lane was singing "Mule Train," and Nat "King" Cole's big hit was "Mona Lisa."

Also celebrating their birthdays on September 23, Xaviah Bascon (4-years-old), Jan Flaherty, Eileen Walsh, Jennifer Coffey, Lester Plummer, Russell Cole Gaudet and Spanish singer, Julio Iglesias.

September 24:

Continued on next page.



## Birthdays

Nahant's first woman to serve as a Selectman, Jayne Solimine, Linda Peterson, Kathy Hatfield, Mary Buckley, Kathleen Baldwin, gorgeous Gail Boyan, Kirk Castetter, Francis McCarthy, Tom Dwan, Larry Scaglione, Kris-Tina Beaulieu, sweet Darlene Conigliaro and F. Scott Fitzgerald, novelist.

September 25: Wish a happy birthday to the popular Paul English, Ellen Keefe, Roger Bourque, Carol Ann Nelson, Stephanie Passino and TV's Barbara Walters.

September 26: Mary Ellen Catoggio, Gail Kasperowicz, Doris Hefler, lovely Theresa Bacheller, Mary Krol, Mary Doucette, the wondrous Rosella Lent, Bill Gallant, Clint Norton, Tom Butler and pop singer, Olivia Newton-John.

September 27: Brian Blair, Natalie Petrovick, Caroline Nagle, Mike Belliveau, Ted Lewis and Jim Carr.

September 28: Personable Bob Tavares, Edna Doran, George Markus, Jim Estrella, Mark White and French film actress, Brigitte Bardot, who will be a beautiful 73-years-old.

September 29: Anne Carter, Alyssan Noangan, Nancy Locke, Sara Ashodian and Kathy Watson.

September 30: Bethany Maher, Paul Lospennato, Steve Postma, Joey DeVito, handsome David Barile and Antonio Granfone.

## Joining Voices to Protect Our Ocean September 10th at Nahant Town Hall

by Polly Bradley, Safer Waters in Massachusetts (SWIM)

Rob Moir, Director of the Ocean River Institute and Manager of the Massachusetts Ocean Coalition, will be the featured speaker on Monday, September 10th, at 7:00 p.m., at the Nahant Town Hall, at a meeting hosted by the Nahant-based environmental group, Safer Waters in Massachusetts (SWIM), which, since 1984, has worked to protect the waters and shores around Nahant and beyond. The theme of Moir's illustrated talk will be, "Joining Voices to Better Manage Our Ocean for Healthy Waters and Clean Energy."

Sponsors of the meeting are the Massachusetts Ocean Coalition and the Ocean River Institute.

How can we plan ahead for ocean management, not just react to outside proposals, some of them not really good for the environment, or for people? How can we work together to safeguard our shores and waters?

Moir will explore the ocean management challenges and opportunities, that face the state and local communities. A Massachusetts Ocean Act is proposed that would encourage planning. Moir is working with the Massachusetts Audubon Society, the Conservation Law Foundation and the Ocean Conservancy, to raise public awareness of this Act. Come on September 10th and judge for yourself, whether this proposal will be good for the North Shore and the environment.

Rob Moir was a founder of Salem Sound Coastwatch. He was curator of Natural History at the Peabody Essex Museum and spent three years representing the advisory committee on the Boston Harbor Islands National Park area partnership. A former schoolteacher, Rob has a Ph.D. in Environmental Decisionmaking from Antioch, which he attended as a Switzer Environmental Fellow.

Co-hosting this meeting with Safer Waters will be several other groups devoted to safeguarding the North Shore: HealthLink, Friends of Lynn and Nahant Beach, Saugus River Watershed Council, Salem Sound Coastwatch and MassAudubon: North Shore. Each will take a few minutes to tell about its current activities and concerns. Come to this meeting and find out the many different ways you can help defend the environment for nature, the ecology and humanity. Polly Bradley, cofounder of Safer Waters, will welcome all to the meeting.

Julie Arnold, president of Safer Waters in Massachusetts, will speak for SWIM and introduce the other co-hosts. SWIM has been a cooperative effort of the citizens of Nahant, working to safeguard both Boston Harbor and Massachusetts Bay.

Gail McCormick, Board Member of HealthLink, will speak for this group that works to protect and improve public health by reducing and eliminating toxic substances from the environment.

Friends of Lynn and Nahant Beach, which promotes wise use and preservation of the beaches of Nahant Bay, including the Nahant causeway and the Lynn Shore Drive waterfront, will be represented by its president, Robert Tucker.

Joan LeBlanc, Director of the Saugus River Watershed Council, will speak for the Saugus River Watershed Council, which works to protect and restore the natural resources of the Saugus River watershed.

MassAudubon: North Shore works to protect the nature of Massachusetts for people and wildlife and, of particular interest to Nahanters, cares for the small MassAudubon sanctuary, the Nahant Thicket. The speaker from MassAudubon has not yet been announced.

Also co-hosting will be Salem Sound Coastwatch, whose vision captures Salem Sound as a thriving regional centerpiece, attractive to environmentally friendly business ventures, where shore and sea renew and replenish the spirit.

Refreshments will be served and all are invited to attend.

*Photo Caption: Rob Moir and son, Ryan Czekanski-Moir, at Nahant Beach CleanUp/EarthFest 2007, giving out rubber duckies for Mass Ocean Action. Rob will speak Monday, September 10th, at 7:00 p.m., at Nahant Town Hall on, "Joining Voices to Better Manage Our Ocean for Healthy Waters and Clean Energy." Photo by Linda Jenkins.*



## Join the Harbor Review Delivery Crew



Calling all community-minded early risers, walkers, runners, joggers, dog walkers, bike riders, male, female, youth or senior, etc... JOIN the Harbor Review Delivery Crew. HELP deliver the Nahant Harbor Review to YOUR neighborhood. We especially need help in the Big Nahant areas. There are four routes of about 150 papers each. Please call Donna, at 781-592-4148, for more details.

The Nahant Harbor Review is seeking those who love to be outdoors early in the morning, for about two hours, no matter what the weather, on one Saturday morning of the month, to deliver this newspaper in Nahant. The pay is minimal, but the walk in the early morning in Nahant, is, in itself, a great reward.

This is truly the one and only independent newspaper that is committed to the Nahant Community. Help us stay that way! Join the Harbor Review Delivery Crew today.

Call Donna at 781-592-4148 to sign up today!

Thanks for your consideration!







# Summer In Nahant

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



## Doubled Tracked from Mitchell's Corner

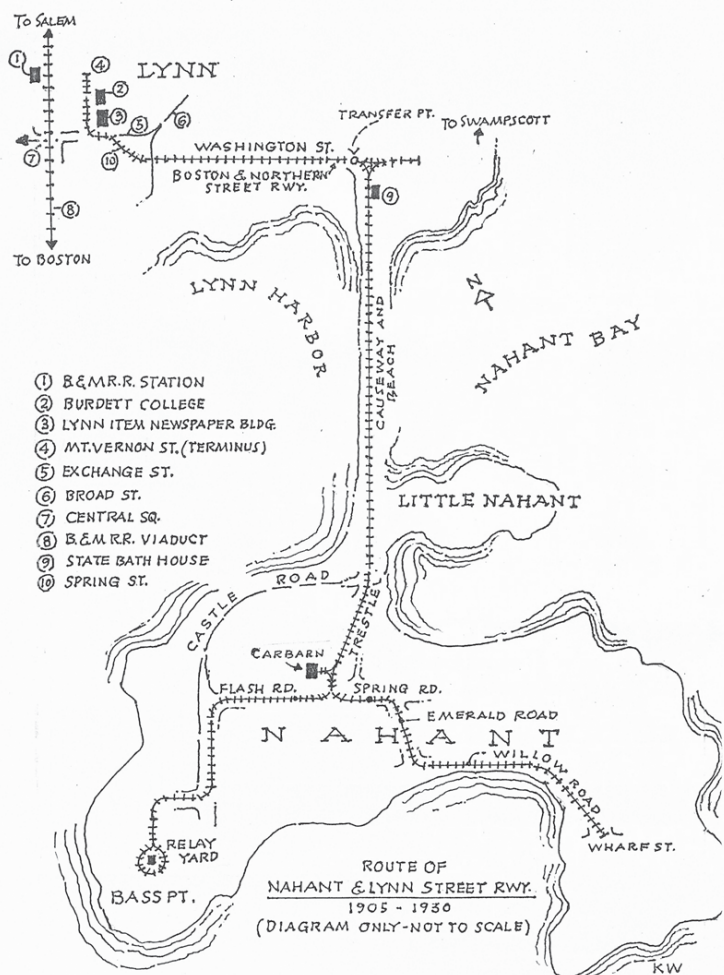
The earliest mention of any possible railroad to Nahant appears to have been in 1845, when a group met at the Nahant Hotel to consider if anything could be done to improve the communications over Long Beach. A wide-open discussion seems to have resulted, and one of the factors is indicated by an item in the "Lynn Whig" of September 13, 1845:

"A correspondent to the 'Transcript' states that the committee will probably report in favor of building upon this beach (Long Beach, Nahant) a branch for the Eastern Railroad."

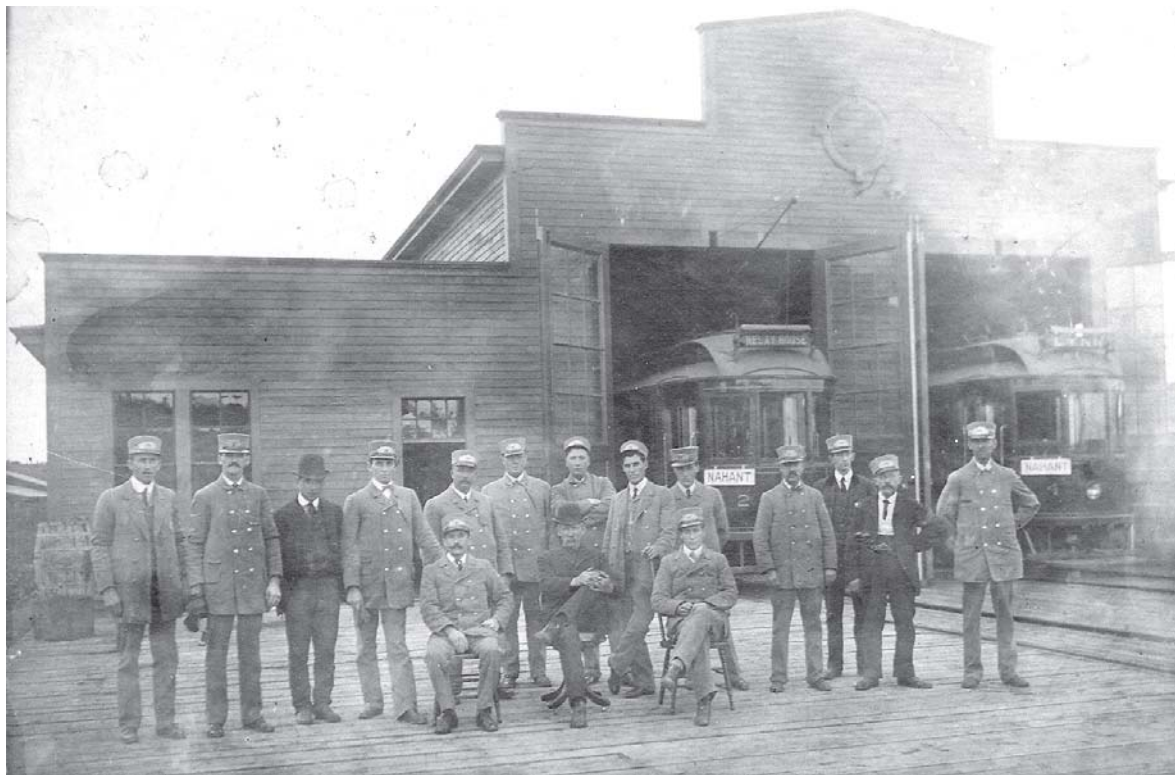
It might be interesting to speculate on how far from its present state the town would be if this plan had been adopted.

Thus the railroad question hung fire until 1887, when again in town meeting the opinion of the voters, this time on an Electric Road, was obtained. There were 127 against it and 50 for it. At the annual town meeting in 1900 the question rose again, and by a yea and nay vote it was decided to postpone consideration indefinitely. By this time the selectmen, of which Wilson was still chairman, had become convinced that the road was coming. A few men, some recent comers to Nahant, were working actively for it, and their success seemed probable. The summer residents had mostly become acquiescent, though not wholly convinced that the movement was for the good of the town. Their own wishes were not so important to them. While they liked Nahant they could leave it and choose another place more desirable. In March, 1903, the Town again expressed its opinion, and this time it was in favor of an Electric Railroad by 120 to 88.

Edward E. Stout, a contractor of experience, was an active man in this construction. He had come to Nahant to live, building nearly on the site of the "Old Castle" property. He died in 1915 at the age of fifty-nine. By valiant efforts the road was regularly opened for traffic on July 20, 1905, with an official car and guests in the afternoon and passenger service in the evening. A few years later it was doubled tracked from Mitchell's corner to Bass Point, with the loop in the Relay House yard, and thus it came to its position in 1928. SOURCE: Annals of Nahant. 1928. Fred A. Wilson.

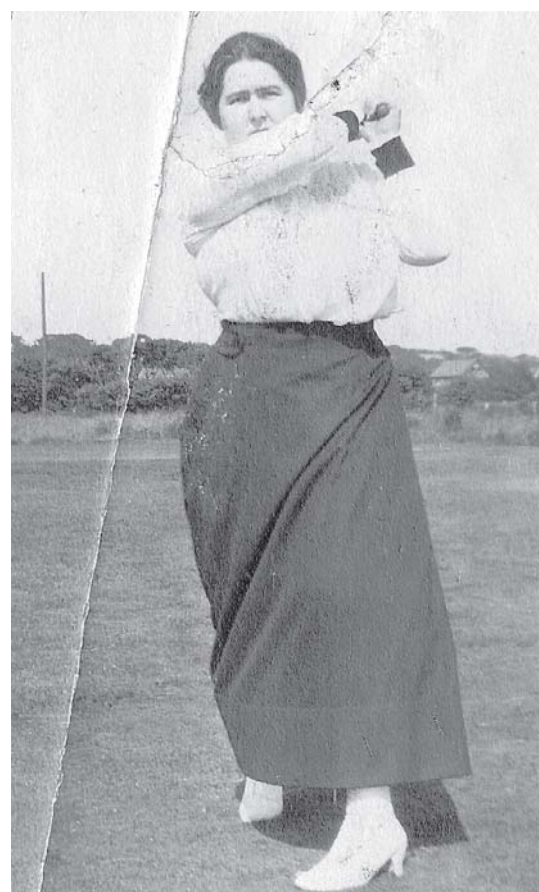


Drawing by Ken Wilkie.



The Nahant and Lynn Electric Railway provided public transportation over the Causeway from 1905 until 1930—closed cars in the winter, open in summer. The track ran along the water on the Lynn Harbor side of the beach, coming into Nahant on a trestle over the marshes behind Lowland Playground, to the car barn at Mitchell's Corner. There the track divided and one car went to the Relay House at Bass Point, while a smaller car went to Wharf Street. Many familiar Nahant faces can be seen among the management, motormen, and conductors pictured in front of the car barn.

Gift of Harriet Shaw Downs. June 1975. NHS.



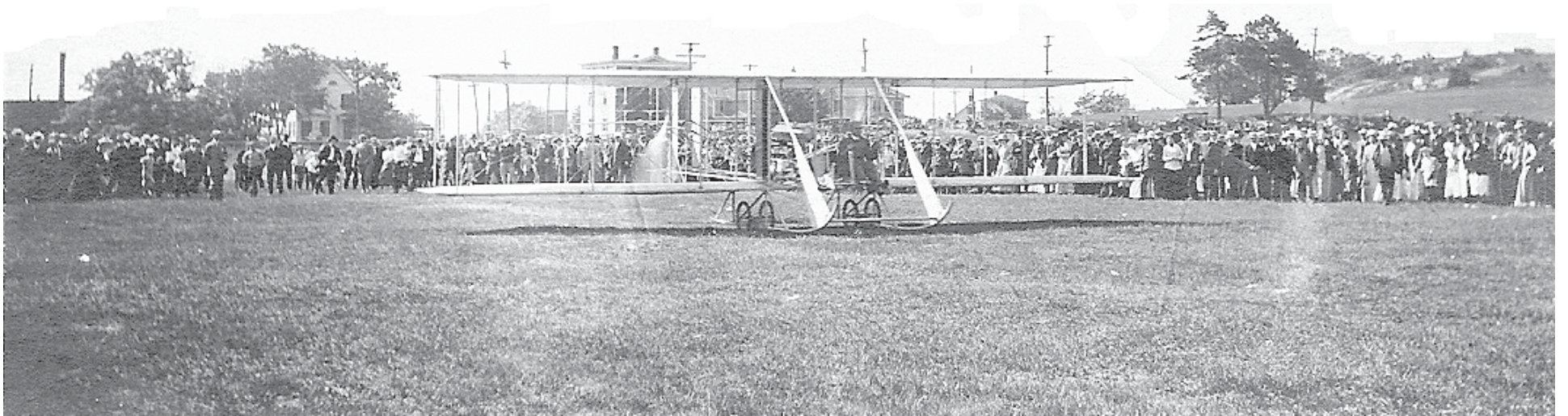
Winifred Mitchell, 1916. Golfing at Mitchell's Corner. Gift of Eleanor Mitchell Richards.





# Mitchell's Corner

## And The House That John Built



### Top Picture:

First Airplane to land on golf course in Nahant. (Date unknown.) Gift of Dante Cenci. July 1991.

### Picture at right:

136 Flash Road, home of Mitchell family for many years. Decorated for 1928 incorporated celebration. Gift of E. Richard.

### Picture at bottom left:

Mitchell's Corner block, corner of Flash and Spring Roads. Copied from Eleanor Richard (Mitchell) original. July 2000.

### Far right:

Excerpted from Nahant Town Meeting Annual Report. 1920.

### Page corners:

Conductor's Hat, early 1900s.



### TOWN REPORT - 1920

#### APPOINTED OFFICERS

|                     |                   |
|---------------------|-------------------|
| Police              |                   |
| T. H. LARKIN, Chief | GEO. H. COLE      |
| N. MITCHELL         | PETER TIERNEY, J  |
| HAEL H. HEALEY      | TIMOTHY L. DEVENE |
| P. CURRAN           |                   |
| Harbor Master       |                   |
| R. H. ROBERTSON     |                   |
| Wharfinger          |                   |
| B. FRANK TAYLOR     |                   |



If you have something you would like to share, or an idea for this page, please email the author, Bumper Gooding, at [sumnerkimball@aol.com](mailto:sumnerkimball@aol.com)

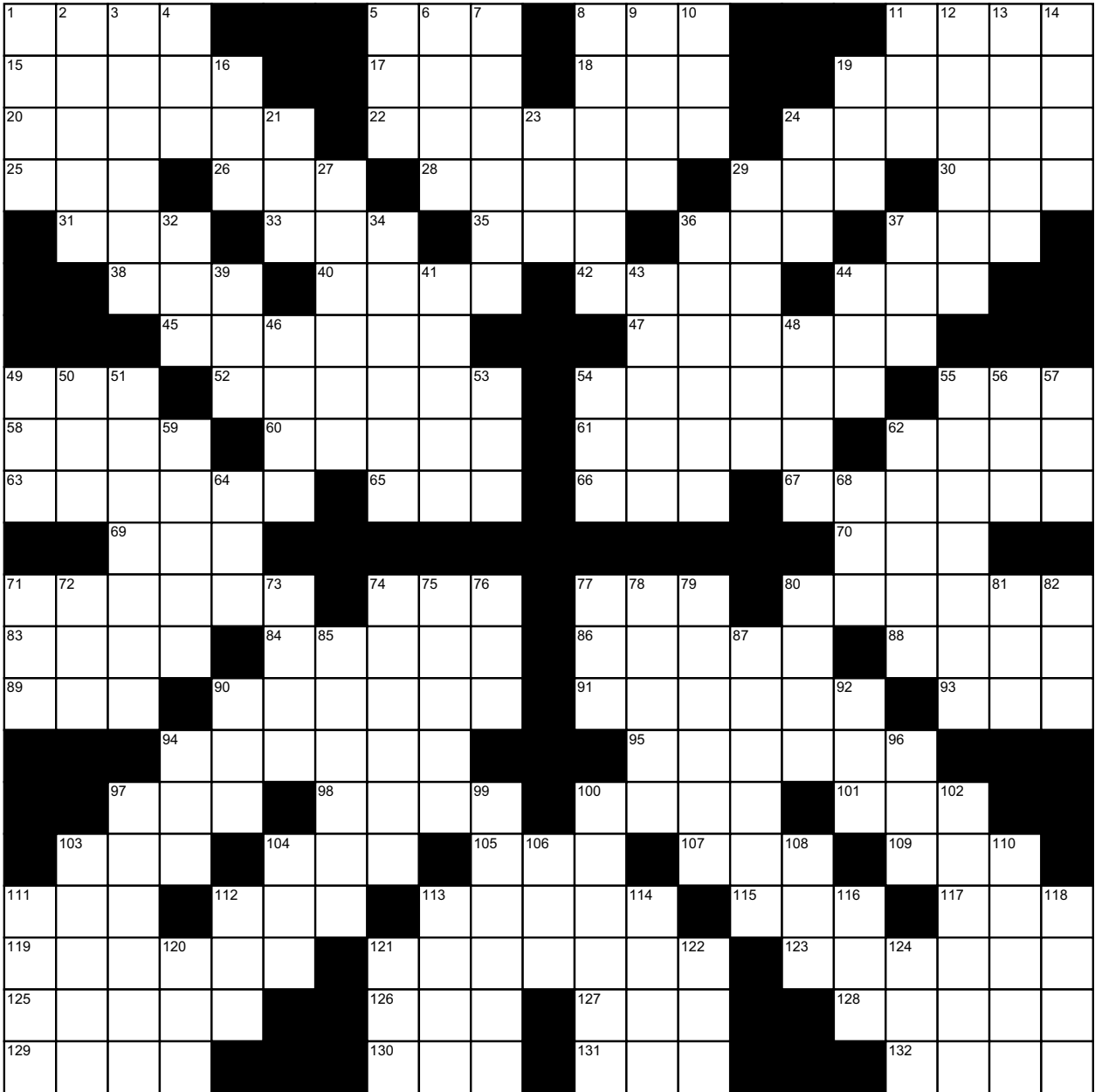


NAHANT PUZZLE PAGE

"On Vacation"  
by Rick Kennedy

ACROSS

- 1 *Catamaran, e.g.*  
5 "Cheers"  
bartender  
8 Stinger  
11 From a great  
distance  
15 Heavenly hunter  
17 Take to court  
18 Gov. agency  
19 *Shopping* \_\_\_\_  
20 Concerning this  
22 *Camper*  
24 Pester  
25 *Move a boat*  
26 Agt.  
28 Red-headed  
orphan  
29 Isle of \_\_\_\_  
30 Negative  
31 "... ere I \_\_\_\_  
Elba"  
33 Saloon  
35 33 Across item  
36 *With 43 Down,*  
*Florida*  
*destination*  
37 *GHIN figure*  
38 Kennel sound  
40 *George, e.g.*  
42 Flow  
44 Haggard novel  
45 *88 Across*  
*country*  
47 Springs up  
49 Porcine meat  
52 Irony  
54 Shrine  
55 Ashen  
58 Persia today  
60 Thin layers  
61 *Cooler brand*  
62 Fatty  
63 Outline  
65 *Snooze*  
66 Tons  
67 *Park dinner*  
69 *Camp tool*  
70 Crimson  
71 Rounded  
74 IOU part  
77 Window boxes?  
80 Stopped  
83 Charity  
84 *Expensive*  
*vessel*  
86 Capital of  
Bangladesh  
88 \_\_\_\_ *Scotia*  
89 Drink  
90 Gaelic  
91 "Peanuts"  
character  
93 Rock group  
94 Ski coats



- 95 Trial  
97 Pull  
98 *67 Across pests*  
100 Incline  
101 Josh  
103 *Camp bed*  
104 33 Across  
beverage  
105 *78 Down*  
*propeller*  
107 Foxy  
109 Pod vegetable  
111 Drain  
112 Part of TGIF  
113 Light purple  
flower  
115 Consume  
117 Short-term  
memory  
119 *Campfire staple*  
121 Traveling group  
123 *Rum drink*  
125 Peeved  
126 Poem  
127 Flightless bird  
128 *Capital of 12*  
*Down*

- 129 Ditch  
130 Color  
131 *CD*  
*predecessors*  
132 Upper body  
muscles

DOWN

- 1 Danish physicist  
2 Sandwich  
cookies  
3 Vent  
4 *Water*  
*temperature*  
*gauge?*  
5 Fast plane  
6 Halo  
7 Nasty person  
8 Faith  
9 Dueling sword  
10 Corn unit  
11 Rainy mo.  
12 *European*  
*destination*  
13 Fable writer  
14 *Part of R&R*

- 16 Neither's partner  
19 \_\_\_\_ *Diego*  
21 Calendar abbr.  
23 Business abbr.  
24 Livestock food  
27 Taste  
29 *Cancun country*  
32 Football conf.  
34 Degree's  
alternative  
36 *"On the Road"*  
*host*  
37 U.S. cabinet  
agency  
39 Dogpatch fathers  
41 Fate  
43 *See 36 Across*  
44 Visit  
46 Discovery  
makers?  
48 Swill  
49 Towel word  
50 Part of a circle  
51 \_\_\_\_ Gandhi  
53 Clairvoyance  
54 Lube  
55 Tie knot

- 56 "The Greatest"  
57 *Big Apple*  
*(abbr.)*  
59 Connection  
62 *Body of water*  
64 "\_\_\_\_ in Trees"  
68 Wrath  
71 Gnawer  
72 Bullfight cheer  
73 Colorer  
74 Anti-knock rating  
75 Card game  
76 And so forth  
77 Spots  
78 *Long, skinny*  
*boat*  
79 Disdains  
80 *With 121 Down,*  
*Massachusetts*  
*destination*  
81 Garden dweller  
82 *Hoover* \_\_\_\_  
85 Strong chemical  
base  
87 Pamper  
90 Crow's cry  
92 Sherpa beast

- 94 Kitty  
96 Sass  
97 State capital  
99 *Evening*  
*gathering*  
100 *Go abroad*  
102 Long  
103 The Triumphant  
City  
104 *Logan info.*  
106 Wing  
108 Root vegetable  
110 Garret  
111 *Take a dip*  
112 \_\_\_\_ up  
113 Tramp's  
companion  
114 *Pitch a tent*  
116 Summit  
118 Green seedless  
plant  
120 Surfer's milieu  
121 *See 80 Down*  
122 Greek letters  
124 Daisuke's  
country (abbr.)





# Nahant Harbor Review Subscribers 2007

THANK YOU • THANK YOU • THANK YOU • THANK YOU

## Thank you! Thank you! Thank you!

I can't thank you all enough for the outpouring of support that I received from my fellow Nahanters. The list has been updated below. If you have sent in a subscription for 2007, and do not see your name below, please let me know. I will make sure your name is included.

The subscription drive for 2008 will begin in the November issue. An envelope will be included for your convenience. In the meantime, if you send in a subscription for 2008 before then, please put "2008 sub." in the memo section of your check. A hearty, "Thank you all very much!"

Just a reminder: The Nahant Harbor Review newspapers are generally hand-delivered on the last Saturday of the month. The first class mailing to OOT subscribers is usually mailed on the Monday or Tuesday following the Nahant home delivery. After the home delivery in Nahant and the Out-Of-Town (OOT) subscription mailing are completed, the remaining copies are left in local shops and businesses including Nahant Town Hall, Nahant Public Library, Richdale Convenience, Nahant Equitable Cooperative Bank, Nahant Associates, Robert's Cleaners, Captain Seaside, Seaside Variety, Nahant Market and Christies on the Lynnway. If you need additional copies, get them fast! They are usually gone by the first of the month.

Many, many thanks to all who take the time to write a check to help keep the Nahant Harbor Review an independent, community newspaper.

Have a healthy, happy and safe September! - Donna Lee Hanlon

## Thank you to Harbor Review Subscribers for 2007

**NOVEMBER 2006:** Carmella Cormier, Nancy Forsell, Gail Landry, John Lowell, Ruth Maurer, Tom Price, Marianne Putnam, The Olson Family and The Sigourney Family.

**DECEMBER 2006:** Cal & Marrit Hastings, Lea Lewis, Dana Lewis, Jeffrey Lewis, Alan Lewis, Jean & James Hosker, Joan & Ralph Lowell, John & Muriel Webster, Marion Lester, John Landry.

**JANUARY 2007:** Pat & Bob Del Castillo, Julia Elassaad, Mary Evos, Betsy Hickey, Pauline Howarth, H. Hollis Hunnewell, Robert Lewis, Shaun McCormack, Donald McCormack, Faith Peterson, Joanna Reardon, Judy Robidoux and Linda Tanfani.

**FEBRUARY 2007:** Doris Bongiorno, Larry and Polly Bradley and for their children, Randolph, Scott, Cynthia. Judith Bryant, Carmella Cormier, Bill and Carol Crawford, Pat & Bob Del Castillo, Julia Elassaad, Mary Evos, Karl Forsell, Lucy Grimm and subscriptions for two friends, Betsy Hickey, Pauline Howarth, H. Hollis Hunnewell, Gail and John Landry, Mayland P. Lewis, Jr., Robert Lewis, Joyce Loguercio, John and Eleanor Lowell, Kevin and Terri Maguire, Ruth Maurer, Shaun McCormack, Donald McCormack, Pamela Motley, John and Elizabeth Olsen, Faith Peterson, Joanna Reardon, Jean Sigourney, Linda Tanfani and Dave and Jane Wilson.

**MARCH 2007:** Margaret Antrim, Doris Barrett, John Benson, Joanne Bryanos, Maureen Edison, Shirley Fessenden, John and Nora Gergely, Maral Gunduz, Cathleen A. Hartmann, Patricia Johnson, Jim & Laura Konowitz, Melissa Kasper (gift of the Konowitz), Nahant Knights of Columbus, Mary K. O'Connor, Margaret M. Piccola, Dolores Scanlan, Bob & Harriet Steeves, Robert A. Steeves, Donald Steeves, Donald Huston, Penny Billias, Bill & Nancy Kinley, (gifts from the Steeves), James and Emlen Wheeler, Art Wilson (gift from Gretchen Szczechowicz).

**APRIL 2007:** Frances Casey, Tim & Sam Culver, Aubrey Cyr, Helen Cort, Liam Doyle, Linda & Doug Eveleigh (NJ), The Eveleighs (IA), Carolyn Fowle, Mac Goodchild, Lillie Johnson, Lola Latis, Jay Marden, Leah & Colin Piepgras, Barbara Powers, John & Joy Pratt, Joseph Stoddard, Patricia Sullivan, Gretchen Szczechowicz, Dr. Nick Tarlov, Suzanne Tarlov, Maria & John Welsh, Nancy Wilson.

**MAY 2007:** Joseph Balsama, Robert Del Castillo, The Hastings, Leslie Holmes, Michael Kairevich, Stojan Maksimovic, Ernie Messina, BD Gift for Sage Urban.

**JUNE 2007:** Sue & Bob Branga, Rachael & Ted Brown, Ed Coakley (gift from Gwen Lightsey) Carmella & Bob Cormier, Jean DeSilvestri, Dan & Robin deStefano, Bonnie Ayers D'Orlando, Marie Donovan, Jacob & Laura Erlich, Virginia & John Kerr, Susan Kerr, Michelle & Paul Lenzi, Claire & Tom Loftus, Margaret Makris, Debra & David Morin, Barbara & John Mulkern, Margaret Pelley, Effie Taylor Smith, Edward Ustaszewski.

**JULY 2007:** Anonymous, Patty Aswad, Richard Bailey, Marsha Billias, Doris Bongiorno, Norma Brooks, Martha Brown, Karen Canty, June Carmody, Kathleen Carroll, Joe and Fran Casey, Monica Chamberlain, Patricia Clements, Arthur & Claire Collins, Dale Cullinan, Susan DePaolo, Catherine Demidenko, Manuel DeSousa, Stephanie Doucette, Kathryn Famulari, Barbara Fischer, David Fitzpatrick, Ellen Foley, Karl & Nancy Forsell, Joanne Fucile, Rev. Francis D. Garrity (Gift from Claire & Tom Loftus), Marcia Gaudet, B.M. Gaynor, Brenda Gaynor, Nora Gergely, Cecelia Hill, Don & Barbara Hodges, Robert Irvine, Mary Katherine Ioven, Virginia Kane, Martha Keller, Norman LaLiberte, Joyce Loguercio, Augustine Lombardi, Madeline Long, Franco & Rose Macera, Isabelle Maddock Weinstein, Edwin & Anna Marie Manzano, Dennis Maroney, Ruth Maurer, Robert & Gina McCoy, Michael Murray, Jeffery Musman, Thomas O'Connor, Muriel O'Neill, Thomas O'Toole, William Peterson, Linda Pivacek, Gregory Poth, Mary Ann Putnam, Edward M. Ted Roy, Dorothy Santosuosso, Sheryl Savino, Effie Schmidt, Calantha Sears, Margaret Silva, Christine Sonis, Joseph Stoddard, Linda Tanfani, John Van Maanen, Alice Volk-Roy, Ruth Titus, K. Wallace, Robert Wilson.

**AUGUST 2007:** Robert & Christine Alexander, Nancy Cantelmo, John Carr, David W. Carter, Helen Clements, Council On Aging, Francis Cusack, Judith Day, Frank Deiulis, F. Thom & Mary Donahue, Diane Dunfee, Kristina Etter, Leslie Holmes, Valerie King, Barbara Capodilupo, Jane & Richard Lombard, William Ludke, Joe Moccia, Deborah O'Connor, Ann-Margreth Peterson, Rebekah Richardson, Sarah Risher, Christopher Rogers, Carol Sanphy, Richard Snyder, Kenneth C. Turino, Nancy Reid Whitman, Rudolf Zuckerstatter.

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Robert & Harriet Steeves (& gift subscriptions to Penny Billias, M/M William Kinley, M/M Robert Steeves, M/M Donald Steeves).

### Become a home delivery subscriber.

Help defray the cost of the door-to-door delivery of the Nahant newspaper to your home in Nahant.

Send \$20 today to: Nahant Harbor Review, POB 88, Nahant, MA 01908.

Help keep the Harbor Review coming to your door! Thank you.



# Community Calendar • September 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](mailto:donna@nahant.com)

### Nahant Historical Society Exhibit

Don't miss the rare chance to step back into the Nahant of 1860s past. See "Sacrifice of Self: Nahant and the Civil War," now on view at the Nahant Community Center at 41 Valley Road, through September 2nd. Admission is free.

|     |    |          |  |
|-----|----|----------|--|
| SUN | 2  | 9:30A    | Sunday Worship Service, Village Church   |
| SUN | 2  | 7:00P    | Buy a Beer - Get a Boat Block Party at Mitchell's Corner   |
| MON | 3  |          | LABOR DAY  |
| TUE | 4  |          | SCHOOL BEGINS in NAHANT & MARBLEHEAD   |
| TUE | 5  |          | SCHOOL BEGINS in LYNN & SWAMPSCOTT   |
| THU | 6  | 6:00P    | Wine & Cheese Party, Woman's Club, at Dory Club  |
| FRI | 7  | 8:00A    | Breakfast with Brett Kimball, Village Church, till 9:00.   |
| SAT | 8  | 8:30A    | Soccer begins behind Fire Station on Flash Rd.   |
| SUN | 9  | 9:00A    | Choir Rehearsal in the Loft, Village Church  |
| SUN | 9  | 10:30A   | Sunday Worship Service, Rally Day, Sunday School Registration, Bell Choir & Vocal Choir Returns, Nahant Village Church. All are welcome! |
| SUN | 9  | Noon     | Girl Scout Registration. Clark School, Swampscott, till 2:00 p.m.  |
| MON | 10 | 7:30P    | Democratic Town Cmte Mtg at Town Hall  |
| TUE | 11 | 7:00P    | USCG Auxiliary Boating Course Registration. Dory Club.   |
| SAT | 15 | 10:00A   | Garden Club Garden Tour. Till 4:00 p.m.  |
| SAT | 15 | Midnight | OCTOBER HARBOR REVIEW DEADLINE   |
| SUN | 16 | 1:00P    | Garden Club Garden Tour. Till 4:00 p.m.  |
| SUN | 16 | TBA      | Nahant 30K Road Race. Info: 781-581-0482.  |
| WED | 19 | 1:00P    | Town-wide Blood Drive, Town Hall, till 6:00 p.m.   |
| THU | 20 | 7:30P    | Civil War Evening with Swampscott Historical Society, Church of Holy Name, Swampscott  |
| SAT | 22 |          | NAHANT HARBOR REVIEW DELIVERY  |
| SUN | 23 | 8:00A    | Fall Migration Field Trip with Linda Pivacek   |
| SUN | 23 | 2:00P    | Woman's Club go to Boston Center of the Arts   |
| THU | 27 | 10:00A   | Woman's and Garden Club planting at Bailey's Hill  |
| SUN | 30 | 3:00P    | Lizzie Borden & 40 Whacks. Nahant Library.   |

### OCTOBER

|     |    |        |  |
|-----|----|--------|--|
| 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                                   |
| SUN | 7  | 10:30A | Nahant Soap Box Derby. Call Suzanne FMI 592-1263.  |
| SUN | 14 | 1:40P  | Ice Skating Begins at Lynn Connery Rink  |
| SUN | 21 | TBA    | 3rd Annual Sea to Shining Sea 5-Miler starts at Life-Saving Station. Info: 781-581-1034. |
| SUN | 21 | 2:00P  | NHS Lecture. Nahant Community Center.  |

### COA CALENDAR

|   |      |   |
|---|------|---|
| Mon.  | 9/10 | COA Blood Pressure Clinic, 12:00 noon       |
| Wed.  | 9/19 | COA Birthday Cake and Ice Cream, 12:00 noon |
| TBA   |      | Movie Theater Trip                          |
| TBA   |      | Shopping Mall Trip                          |
| TBA   |      | Ice Cream Mystery Ride                      |
| Monday thru Friday: Lunch, Tiffany Room, 11:30 a.m. |      |   |
| Wednesdays: Shopping Trip, 12:30 p.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.  
**781-581-0306**

### 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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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 Summer  
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Service at 9:30 a.m.



### EMERGENCY MANAGEMENT

Visit the **Emergency Management** page at [www.nahant.org/](http://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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**Where in the World is HOOMPA?**



Jill and I got married recently on Short Beach. We booked a trip to the Bahamas for our Honeymoon with every intention of bringing a Hoompa sticker with us. We were going to take a picture with it and send it to you. Well, we forgot the Hoompa sticker and we were a little bummed out.

On our 4th day there we had booked a trip on a party boat that included snorkeling, lunch, a swim at Paradise Island, dancing and drinking. While cruising along I happened to look at a boat that seemed to be following us, on the engine was a Hoompa sticker. I had to take a second and look again, yes there it was a Hoompa sticker. The owner of the boat was so close to us I was able to yell to him Hoompa and he replied with a big smile and said you know this, pointing at the sticker. He followed us to the beach and let us take a picture with him and the Hoompa sticker, it was perfect. He couldn't remember who gave him the sticker but he was proud of it and he said when he saw it he had to have it on his boat. Thanks to [www.action-limbo-king.com](http://www.action-limbo-king.com), our Honeymoon was complete.

Thanks. Lee and Jill Trentsch.



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