

Nahant Harbor Review

Celebrating 15 Years • 1994 - 2009

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 16 Issue 7

• Celebrating 15 Years • 1994 - 2009 •

JULY 2009

Strike Up the Band ! The North Shore Concert Band



The North Shore Concert Band will once again join us, to add to the celebration this Independence Day Weekend. They will be performing on the Gazebo, at the Sears Pavilion, at Bailey's Hill, on Sunday, July 5th, from 3:00 to 5:00 p.m. The band returns to Nahant over the Fourth-of-July weekend, following last year's most memorable performance. This two-hour, full-length concert will include many patriotic standards, along with Hollywood and Broadway favorites and Disney classics, for the children in all of us. Who could forget the wonderful sight of the children parading throughout the crowd to the Mickey Mouse March. We ask all of you, who attended last year's concert, to tell your friends and neighbors about the wonderful performance that day.

The North Shore Concert Band has been performing for over thirty years and is composed of 25 union musicians of Local 126, the North Shore Musicians Association of the American Federation of Musicians.

Plan to end your weekend activities with your friends and neighbors at an old-fashioned, open-air, band concert. Pick up the phone now and invite someone to join you. Bring your blankets and chairs. Nahant Recreation will be selling light refreshments. Support Nahant Rec in their many endeavors by buying a beverage and snack from them and lighten your load. (One less thing you'll have to carry to the gazebo!) There is very limited parking available for those unable to walk, or bicycle, to the Gazebo.

Funding for this concert is provided, in part, by a grant from the Nahant Cultural Council.

Let's show off our Nahant spirit. Wear your red white and blue and bring a flag! After all, this is Summer in Nahant and there is no better place on earth to spend it!

Admission is free. For more info, call Skip Frary, 781-581-0019.

Save The Fireworks! Donations Needed!

We are writing this article with only 18 days left until the 4th of July and the funds for this year's show are very low. We currently have \$6,000 of the \$15,000 we want to raise for this year's display. By the time this article is published and you get to read it, we will be 7 days away from the 4th of July.

For the past 8 years, that Robyn and I have been raising funds for the annual fireworks display, donations have never been so low at this stage of the fundraising. Many donations have already been received. The donations just seem to be smaller this year.

Whatever the reason may be, the poor economy, or if you can believe it, we are still hearing that the change of location is causing a lack of donations.

Robyn and I are still working very hard to raise the funds for your 4th of July show. We are currently talking with Ocean State Pyrotechnics, the company that shoots off our show, to explore some of our options, if we don't meet our fundraising goal.

As you may guess, there are really two options to explore. First, cancel the show. Second, reduce the size of the show. We really do not want to do either. So please, it is not too late. If you have not yet donated, do so today. You can call either of us and we can come and pick up a donation, or you can stop by one of our houses. You can also make a donation at the square dance on July 2nd (see other article).

Did you know that there are just about 1,500 houses in Nahant? If each household donated just \$10, we would easily meet our goal. We still have t-shirts available and we are still selling raffle tickets to win a whole book of \$2 scratch tickets. So please give us a call today! Jen McCarthy 781-592-5272, 19 Range Road, or Robyn Howard 781-581-1373, 4 Flash Road.

Horribles Parade July 3rd

The Nahant Horribles Parade is scheduled for Friday, July 3rd. The Parade starts at the entrance to the Dump, on Spring Road, at 6:00 p.m. Registration will begin at 5:30 p.m. All kids and babies are invited to dress up in a fun, or patriotic costume and march with us, to the Flash Road playground. Decorated bikes, scooters, wagons and strollers are also encouraged. All participants will get a prize and refreshments. Join us for music, clowns and more!

Dennis Forbush Memorial Road Race July 4th

The 30th Annual Dennis Forbush Memorial Road Race will begin promptly at 8:00 a.m., on Saturday, July 4th. The three mile race begins in front of the Nahant Fire Station, at 67 Flash Rd. and goes past the golf course, the wharf, up the hill on Willow St., past the Village Church, around Forty Steps, then returns down Wharf St. and back to the fire station. There will also be a one mile race for ages 16 and under.

Registration starts at 7:30 am and there is no entry fee. Prizes will be awarded to the top finishers in each age category. The courses are well marked and the race is led with a police escort.

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

This unofficial race is sponsored by the Town and all runners (no dogs please) are welcome. We hope you will wake up early and join in the fun!

Fourth of July Races

By Susan Rosa

The annual 4th of July races will be held down at the Flash Road ball fields, right behind the fire station. They will begin promptly at 9:30 a.m. There will be races for everyone, from age 2 and up. We are also bringing back the three-legged race this year and will end the morning with the ever-so-fun egg toss. Medals, ribbons and prizes will be given for many of the races.

For more information, call Sue at 781-842-2448, or Jen at 781-592-5272. It is not too late to volunteer. A few judges are still needed for the races. If you are interested, let us know. Have a safe and happy 4th!

Town Square Dance July 2nd

By Jennifer McCarthy

On Thursday, July 2nd, there will be a town-wide square dance at the Wharf from 7:00 until 9:00 p.m. The event itself is free for all, so come on down and get ready to promenade and dosado. I've danced with this caller in the fall and he will make a room full of non-square dancers dance. It is a lot of fun and will be a great way to start the 4th of July weekend.

So come by yourself, grab a partner, or bring the whole family. Don't forget your cowboy hat, or bandana. It will be a night of fun.

We will be selling pizza, soda and dessert starting a 5:30 p.m., so bring a blanket and plan on having a picnic with your family beforehand. During the break, we will be having a watermelon-eating contest. And in a last ditch effort to collect more money for the fireworks display, we will have a table set up to accept donations and sell raffle tickets to win the book of scratch tickets. For more information call 781-592-5272. You are guaranteed to have a great time!

To advertise in the Nahant Harbor Review, call 781-592-4148, or email donna@nahant.com.

Summer Worship Service Time Change at Nahant Village Church

Members and friends of the Nahant Village Church invite you to join with them, for worship, on Sunday mornings. The worship service during the summer will begin at 9:30 a.m., starting July 5th and will return to 10:30 a.m. on September 13th. Summer services are informal, featuring musical soloists. Families are welcome to attend. For more information, call Rev. Larry Titus, at 781-581-1202.



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Tennis at the Nahant Country Club

There are four beautiful clay courts available, at the Nahant Country Club, from 8:00 a.m. to 10:00 p.m., every day, with lights for night play. Play begins in May and continues through October. Membership is open to all area residents. Lessons for all ages and levels are available with the Club Pro. Tennis fees for the season are \$95 for Junior players, ages 13-18; \$200 Individual; and \$275-\$300 for a family membership.

The Tennis Committee also hosts a tournament for junior players ages 8 through 14, every year. This year, the tournament will be held June 29th-July 3rd, with participants from Nahant and area communities. Please come to the courts to watch the juniors play!

Questions: email NahantCountryClub@yahoo.com

Nahant Dory Club News

Submitted by Mary Jane Cusack

The Nahant Dory Club opened the 2009 boating season with a Members Party under clear skies, on May 30th, at the Dory Club. Over Memorial Day, the Dory Club hosted an Open House, after the parade, for the residents of Nahant. In addition, Wharfinger Paul English and members of the Dory Club, welcomed the Crew of the U.S. Coast Guard Cutter, Flying Fish. The Flying Fish was docked at the Town Wharf and was opened for tours. An estimated 1,000 local residents toured the Cutter! The Dory Club provided a cookout for the crew of the Flying Fish. Commodore Dan McMackin presented Skipper, Master Chief Mark Cutter, with a Dory Club burgee. Master Chief Cutter presented the Nahant Selectmen with a plaque, commemorating the Cutter's visit to Nahant. The Club is now ready and open for the many events planned for the season.

On June 7th, we had our first a Full Moon party of the summer.

On July 7th another Full Moon party is being held. On July 11th, the Nahant Sailing Program will be holding a Fiesta Party, at the Town Wharf, with assistance from the Dory Club. All Nahanters are encouraged to attend and help support the Sailing Program. A Chowder race is also being planned for that day.

The annual King of Clubs Regatta, involving boats from the Nahant Dory Club, Lynn Yacht Club and Swampscott Yacht Club, will take place July 25th. As the 2008 winner, the Nahant Dory Club will again host this event.

At a recent council meeting, Kevin Gregory announced unanimous support for a scholarship to offset fees for the Nahant Sailing Program. The Dory Club will continue its ongoing program of racing for Town Class, Lasers and PHRF boats.

For information on how you can join the Dory Club, ask a Dory Club member.



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Susan Maguire to speak at July 10th Breakfast on Peace Corps Work in Afghanistan and Iran

Nahanter Susan Maguire will recount her experiences as a Peace Corps Volunteer in Afghanistan and Iran, at the July Nahant Village Church breakfast. Susan taught English as a Foreign Language in those two countries, from 1968 to 1974 and speaks Dari and Farsi. She will tell some comical stories about language mix ups/play, what it was like to find an apartment, food and cooking. She will bring her burkah (also called chadori) and clothing that men typically wear and other artifacts from those countries. She also will read some of her poetry. To get a glimpse of her talent, read her moving poem about her love for Afghanistan that appeared on page 17, of the June edition, of the Nahant Harbor Review.

The free breakfast will be held on Friday, July 10th, at 8:00 a.m., with the presentation to follow at 8:30 a.m. All are welcome. Please come and bring one, or more, friends for an informative presentation, a wonderful breakfast and great camaraderie.

All Kids Invited to Summer Tennis at the Nahant Country Club

The Nahant Country Club Tennis Program announces a 2-week tennis clinic in July, for kids ages 6 – 12. The 1-hour clinics will be held on Tuesdays, Wednesdays and Thursdays, from July 7th through July 16th. The 6-year-olds and the 9 - 10-year-olds will be taught from 9:00 to 10:00 a.m. We will teach the 7-8-year-olds and 11-12 year-olds from 10:00 - 11:00 a.m. The cost for the 2-week session is \$50. Instruction will include all the tennis basics in a kid-friendly format. Tennis balls will be provided, but players are required to bring a Junior Racket.

Questions: email NahantCountryClub@yahoo.com, or call 781-599-3259

SWIM Meeting July 13th

Safer Waters in Massachusetts (SWIM), will meet Monday, July 13th, at 7:00 p.m., at Northeastern University Marine Science Center, Nahant. On the agenda, Susan Maguire will report on the plan to prevent oil spills from reaching sensitive coastal areas. (See her article on page 12.) All are invited. For more information, please call Polly Bradley, at 781-581-0075, or email nahantswim@verizon.net

Sail in Nahant 2009!

Come join us for food, wine, beer, kids, fun and music, all to benefit the Nahant Sailing Program, on July 11th from 5:00 to 10:00 p.m., at the Town Wharf. The Tall Ships will be in Boston from July 8th through the 13th. What better way to enjoy watching them sail by, than coming down to the Wharf, getting a bite to eat, having a drink, buy some cool sailing attire, enjoy the kids being entertained and listening to some great music. (Don't forget your binoculars for viewing the Tall Ships!)

All money raised will help to purchase and repair sailboats, for the Nahant Sailing Program, which will benefit all children that participate. For more information, please call Corinna Kersten, at 595-4901. See you at the wharf on July 11th!

Boating Safety Tips: Fire Extinguishers

The last couple of years have seen a realization, that storing dry chemical fire extinguishers in a vertical position on boats, may be a mistake. The motion of the boat tends to compact the chemicals into a solid block, and when you attempt to activate the extinguisher, it will not discharge.

The solution is to store them in a horizontal position where the motion of the boat shakes the chemicals back and forth in the cylinder and does not compact the chemicals. To check on whether your extinguisher is in working order, make sure the pressure gauge needle is in the green, and when shaking the cylinder, you can hear the contents moving inside. You may also invert the extinguisher and hit it on the bottom with a rubber mallet. In some cases, that will loosen the contents so, you can hear the contents moving back and forth. If there is any doubt, dispose of the extinguisher in a proper manner and replace it with a new one(s).

To be on the safe side, it is also advisable to replace your fire extinguishers every seven (7) years, if they are not refillable.

Submitted by Bob Cusack, USCG Auxiliary

Please help support Nahant Home Delivery. At this time, please send in your subscription or donation, in the 2009 Subscription Envelope enclosed with this issue. If you have any questions regarding your status, please call 781-592-4148, or email donna@nahant.com. **THANK YOU!**



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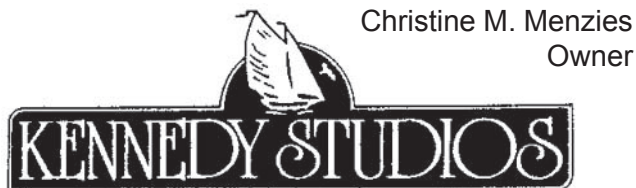
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Celebrate Yachting in Nahant at the Nahant Historical Society

The Nahant Historical Society cordially invites its members and the public to a special illustrated presentation, the *History of the Dory Club and Yachting in Nahant*, by master mariner, astrophysicist and author, Peter V. Foukal, on Sunday July 12th, at 2:00 p.m., in the Serenity Room of the Nahant Community Center.

Come celebrate summer and the 115th anniversary of the Nahant Dory Club. Hear surprising tales, such as the legendary, record-setting trans-Atlantic voyage of the *Alice*. Dr. Foukal wrote the History of the Nahant Dory Club for the club's centennial celebration in 1994, based on research from Nahant Historical Society archives and illuminating interviews with NDC members, among them, Don Hodges and Herb Motley.

Foukal's interest in sailing began as a child in Montreal reading the "Swallows and Amazons" children's books, learning to sail on his family's 21-foot F-class sloop and racing in college and graduate school. After moving to Boston, he searched for the best spot to race his Laser and discovered Nahant. As a NDC member, Foukal has promoted sailing education, water safety and fun, early on with the Laser class and, then with Karen Falat, re-invigorated the junior sailing program, which continues to flourish, thanks to its various devoted volunteers. Having acquired his own Bridges Point 24 sloop, Mischief, in 1990, he worked to have the club adopt the Performance Handicap Racing Fleet system, which allows differing types of boats to race together on an equal basis.

It should be noted that Dr. Foukal's ability to steer by the sun and stars stems from his career as a renowned astrophysicist. He is the principal of Heliophysics, Inc., a founder and past president of Cambridge Research and Instrumentation and author of Solar Astrophysics.

Come and enjoy! Admission is free and light refreshments will be served. Parking is limited at the Nahant Community Center, so shuttle van service will be available from 1:30 to 3:30 p.m., from the additional parking site of St. Thomas Aquinas Church, at 248 Nahant Road. Those Nahanters requiring an assisted ride, should reserve through the COA at 781-581-7557.

Submitted by Bonnie D'Orlando and Calantha Sears, NHS.

Blackberry Jam To Highlight Ellingwood Concert Series

This year's Summer Sundays in Nahant, will present four concerts in historic Ellingwood Chapel. The series is a cooperative effort between the Nahant Historical Society and the Society for Historically Informed Performance [SoHIP]. Concerts begin at 4:00PM, on Sunday afternoons, as a way to gently end a hectic weekend, or as a prelude to a pleasant evening meal.

Each ensemble features period instruments and is a window into the music-making of the Renaissance & Baroque Eras. All of the musicians are classically trained professionals, based in New England. Nahant's intimate stone chapel has wonderful acoustics and is the perfect venue for chamber music.

July 5: Duo L'Inconnue features Ching Wei Lin, a rising star on the international recorder scene. Douglas Freundlich, nationally-known lutenist, will provide continuo.... and maybe something special on the theorbo.

July 12: Amphion's Lyre returns from last year's series, with two great sopranos: Shannon Canavin and Junko Watanabe.

July 19: Musica Nuova presents Blackberry Jam: Modern Romance in 17th Century Style. Staring Amanda Keil and Thann Scoggin, this delightful one act opera received a standing ovation at this year's Boston Early Music Festival.

August 2: The 7 Hills Renaissance Wind Band returns from last year's series, with a 16th century German program. The band plays sackbuts, shawms, dulcians, cornetto and recorders.

Admission is \$15, payable at the door. For more information, call Jim Walsh, (781) 598-1177, or Bob Anderson, (781) 581-1471.

Photo above: Soprano Amanda Keil stars in Blackberry Jam, at the Ellingwood Concert Series.



Amanda Keil

Mass Audubon BIRD-A-THON 2009

By Linda Pivacek

Our North Shore Team found 123 bird species during the Mass Audubon's 2009 Birdathon! Many thanks to the Nahanters who contributed to this event in support of the Nahant Thicket and other Mass Audubon wildlife sanctuaries on the North Shore.

The Birdathon is a "friendly" competition between sanctuary teams to raise money. The teams compete to find the most bird species during a 24-hour period, from 6:00 p.m. Friday until 6:00 p.m. Saturday. This year, on May 15 – 16, the North Shore Team represented the Ipswich River Wildlife Sanctuary, which manages the Nahant Thicket. Sherry Smith, of Nahant, Jim McCoy, of Medford and I, were teammates for the event. Here are some of the highlights from our feather quest.

We started in Nahant, on Friday at 6:00 pm, and ticked off Common Eider, White-winged Scoter, Horned Grebe and several common land birds. However, we tried in vain to pick out one of our target species, Great Cormorant, among the many Double-crested Cormorants along the rocky shore. As the day waned, we headed to Revere Beach, for another target species, Manx Shearwater, which is usually found near dusk. Oops, an unexpected problem: traffic. Revere Beach was crowded on this lovely evening. We finally got a parking space and dashed onto the beach, as daylight faded. Within 10 minutes, we had Manx Shearwaters in our scopes! We were off to a great start for the Birdathon. But later in the evening, we were not quite so lucky, when we struck out on Nighthawks.

At daybreak, we started again in Nahant, at East Point, for another target bird, Ring-necked Pheasant, which we expected to be crowing at dawn. As we scanned the rocks for sandpipers, we heard the pheasant. Bingo, so we were off to the Nahant Thicket. After ticking off several warblers, Carolina and House Wrens, we crossed Walton Rd. onto the trail at the Costin property. As we quietly scanned the trees and shrubs, Sherry Smith spotted the bird of the day, a beautiful Chuck-Will's-Widow! A rare Massachusetts bird. This was big news. Although we were "competing" for the highest number of species, we had to get the word out about this rare find. I called it in to other birders and to the Massbird listserve. We spent some time photographing and helping others to see the chuck, then took off for Heritage Trail, at the Lowlands—where our list grew longer with thrushes, woodpeckers and waxwings. A stop at my house, in Little Nahant, finally snagged us Purple Sandpipers and a very welcome pit stop. We were grateful for the fine weather, during this Birdathon—Nahant birding had been productive and a pleasure with lots of birds, song and beautiful scenery.

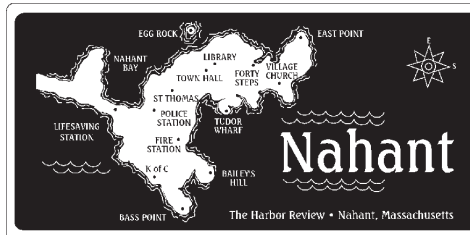
Time was flying, so we started on our quest northward, to the marshes of Essex, for target birds: Tri-colored Heron and Little Blue Heron, both difficult species. We would use the time in the car to eat lunch, strategize and tally the list. Along Lynn Shore Drive, we checked off Sanderling and gulls, including Bonaparte's. Thanks to Jim's scouting, a quick stop at a pond in Beverly netted us a Shoveler (duck), elusive bird at this time of year.

Finally out of the car and gearing up in Essex, we were reminded that mosquitoes and ticks do exist! Our long trek into the vast marsh was beautiful and relaxing. Time for a deep breath. We had found lots of birds and nailed several of our targets and a pleasant tiredness was taking hold, as we put the competition aside and enjoyed the fresh spring marshes. Soon, we were rewarded with great looks at a stunning Tri-colored Heron and a Little Blue Heron. Along with these key birds, we found collateral species: Great Blue Heron and Snowy and Great Egrets. Our strategy was paying off.

Back in competitive-mode, we picked a few ticks off our legs, then into the car on a quest for Cattle Egret. On the way, we stopped at a horse farm, in Ipswich, and found Bobolinks singing and displaying among the wildflowers in a field. Yes! Then off to a place where Jim had found Cattle Egret a couple of days earlier. There they were with a small herd of cattle by the roadside - a drive by species! Just what we needed, as 6:00 p.m. was fast approaching.

Off to Ipswich and Rowley, for Wilson's Phalarope. We pulled over at the phalarope spot and found only other disappointed birders, no birds. At this point, the clock was running out and so was Jim, who was quite exhausted and queasy. We made it to the Rt. 1A bridge in Rowley, where Cliff Swallows have nested in the past. We searched under the bridge - no swallows! Fifteen minutes to go – we could either make it to the next bridge for the swallows, or to Plum Island for Purple Martins. A toss of a coin, chose the bridge with Cliff Swallows still our goal. It was our last stop. As we stood on the bridge looking over the river, there were no swallows in sight. But, we were rewarded with a flight of Glossy Ibis and it was high-fives all around! It was 6:00 p.m. and the Birdathon was over. We had tallied 123 species!

Our final mission was to check the bird list and get it in to "headquarters," at Ipswich River Wildlife Sanctuary, but we had to make some stops for poor Jim, who was now dehydrated and sick. We finally got our list in, but it would take a couple of days for the final results, as the lists from all of the teams would be checked and verified. At this point, we looked forward to some much-needed sleep. When the final results were announced, we found that we missed second place by only 2 species! We did great, it was a blast, and we are ready to rumble next year! The best news is, the Ipswich River Sanctuary, who is responsible for the management of Nahant Thicket, reached its goal of \$11,000 in donations for the wildlife sanctuaries. Mission accomplished! Thank you!



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We Want You!

By Wayne Noonan, Sergeant at Arms, Mortimer G. Robbins American Legion Post 215

Gone are the days when financial conditions, predicated by operating restrictions mandated on a yearly basis, that we, as our Town's veterans, collectively swallowed our pride and dutifully stationed ourselves before Town Hall, hat in hand, and pled to the assembled multitude, a vote in favor of an article in the Town warrant to "award" us our annual stipend to cover operating expenses of our Post, on Coolidge Road. The American Legion was chartered by an Act of Congress 90 years ago and charged with the responsibility to "Foster American Values & Nurture a Civic Consciousness." As a national entity, the American Legion boasts a dues paying membership of over two million veterans, who proudly served their country, during all periods of armed conflicts. The American Legion is a strong national body, which is relentless in its lobbying for veterans' benefits and advocating for veterans' rights.

The Mortimer G. Robbins Post 215, had been granted quarters on a sparsely populated lot of land, on Coolidge Road, by the Nahant Veteran's Association in the 1920's. Generations of proud Nahant veterans have passed thorough this Post and at times, were lionized, while at other times, villainized. Through tough times that only seemed to be getting tougher, we were always able to draw a measure of strength, knowing we always had our Post, our building—our home to meet, socialize, praise each other and, at times, console each other.

Moving forward, we all know that life is a series of tradeoffs. Over the decades, our once stately building fell into a continuing spiral of disrepair and dilapidation. Fresh young, new, comrades were finally able to coax our membership, out of a state of denial, that continued hard work could save our Post. We could no longer throw good money (which we didn't have) after bad money (which we didn't have) to maintain what we sadly reaffirmed had become an eyesore.

After months of discussions, strategizing and deep soul-searching, the membership loudly resolved, "We are not going to become a dying Post!" Our property went up for sale.

Those of us who have been associated with the Post for many decades (and we have members who have been fighting the good fight for 60 years) are now astounded, when we attend a monthly meeting and are not subjected to a balance sheet drowned in red ink! However, the sad fact is, we are now homeless. On the plus side, we have substantial war chest backing our ongoing search for new quarters.

We want a new home of which all Nahant veterans can be proud, but we need your help. Don't panic! We aren't asking you to break out the paint brushes, rakes and shovels—yet. We need you, Nahant's vets. We want to pick the brains of all vets from WWII, Korea, Viet Nam, Persian Gulf and the ongoing War on Terror. To this end, we have initiated a vigorous membership drive to recruit our more mature veterans, to draw on their strategic forethought and cautious oversight, to temper the youthful enthusiasm, vitality and sweat and muscle, of our most recently-separated veterans. The input of veterans across the entire spectrum of service is sorely needed, as we march forward with our ongoing search for new quarters—our new Post, our new home.

For your info, Article IV, Section 1 of the American Legion has the following requirements for eligibility in the American Legion: "Any person shall be eligible for membership in THE AMERICAN LEGION, who was a member of the Army, Navy, Marine Corps, Coast Guard, or Air Force of the United States and assigned to active duty at some time during any of the following periods: April 6, 1917 to November 11, 1918; December 7, 1941 to December 31, 1946;

June 25, 1950 to January 31, 1955; February 28, 1961 to May 7, 1975; August 24, 1982 to July 31, 1984; December 20, 1989 to January 31, 1990; August 2, 1990 to the date of cessation of hostilities, as determined by the Government of the United States; all dates inclusive, or who, being a citizen of the United States at the time of his entry therein, served on active duty in the armed forces of any of the Governments, associated with the United States, during any of said periods; provided, however, that such service shall have been terminated by honorable discharge, or honorable separation, or continued honorably after any of said periods; provided, further, that no person shall be entitled to membership who, being in such service during any of said periods, refused on conscientious, political, or other grounds, to subject himself to military discipline or unqualified service."

Applications can be obtained at our next meeting, scheduled to be held at Kelley Greens on July 7th, 2009 at 7:00 p.m. Bring your DD214.

Photo: On April 7th, 2009, Post 215 Commander Peter Przybycien (front and center) presents Andre Sigourney with a certificate of Appreciation, for 60 years of continuous membership in the American Legion. Pictured in the rear (photo left to right) are members Fred Gove, Tom Gallery and Philip Joyce.



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A special thanks to all of you who have already sent in your voluntary subscription for Home Delivery 2009. For those of you who have been meaning to send in \$20 for the convenience of receiving the Nahant Harbor Review at your home, but for one reason or another, have not, enclosed is a subscriber envelope for your use. Please take the time to send in a voluntary subscription of \$20 or more, for the convenience of Nahant Home Delivery. Your subscription helps pay the kids from your neighborhood, who keep the paper coming to your door, each month. In these financially challenging times, these kids are happy to earn a few extra dollars, which comes from the voluntary subscriptions we receive from all of you. With the price of everything rising all around us, the little paper is not exempt. Rising postage, printing and transportation costs make it even more of a challenge to keep the little paper coming to your door at no cost.

So, please, summer is a wonderful time of year to kick back and enjoy the beauty that surrounds us here in Nahant, but don't forget, we here at the Harbor Review office are doing all we can to keep the Nahant community's little newspaper coming to your door all year round! In the fall, we will provide another envelope for voluntary subscriptions for the 2010 home delivery. If you have any doubt as to whether you have subscribed for this year or not, please email donna@nahant.com and I will let you know. Thanks again for helping us bring the Nahant Harbor Review to you. Have a very safe and enjoyable "Summer in Nahant!"

Keep Our Waters, Harbors and Country Safe—Be Nahant’s Eyes and Ears

Submitted by Cal and Marrit Hastings

At the June Nahant Village Church Breakfast, US Coast Guard Auxiliary member, Bob Cusack and Nahant Police Officer, Armand Conti, enlisted the help of Nahant citizens, to keep our community and country safe, in an informative presentation about America’s Waterway Watch Program. Officer Conti spoke of the grueling testing and training he received at the Terrorist tactical training center in preparation for what may come. Upon completion, he was appointed liaison to the US Coast Guard and the US Department of Homeland Security for Nahant.

Keeping our waters and harbors safe is a formidable task. Our nation has 95,000 miles of coastline, over 350 ports, the Great Lakes and river systems and 3.4 million square miles of exclusive economic zone. It is the Coast Guard’s responsibility to patrol these waters and keep our coastline and waterways safe. That is a tall order, with only a force of approximately 43,000 active-duty personnel, 14,000 reservists, 6,000 civilian employees, and 30,000 volunteers in the Coast Guard Auxiliary. Compare that to the New York Police Department with about 37,000 police officers.

Active citizen participation is needed, to watch over our waterways and the important infrastructures that



surround us— the LNG storage facility in Lynn, Logan Airport, LNG tankers anchored in Massachusetts Bay, or entering Boston Harbor, to unload cargo at the LNG terminal in Everett, the city of Boston, to name just a few. It is in the best interest of us all to safeguard against foreign or domestic terrorist attacks. And, there is no one better equipped than you, to



know what is normal within your community. Be observant. If you see, or smell, something that appears to be out of the ordinary, on land or on water, please report it immediately to the authorities. Explain what is going on, where and how many people are involved. The severity of the observation determines who you call—911 in an emergency, or our Nahant Police Department at 781-581-1212. If you are on the water and observe suspicious behavior, use your cell phone, if at all possible, to alert the authorities. Try to

avoid using a marine radio, since the communication channels are open and may be monitored by the very people you are concerned about.

Never attempt to intercede in a suspicious activity. This is the job of the police, or the Coast Guard, if in a marine environment.

This program is designed, also, to protect the public from harm, that might be caused by hazardous and toxic materials, that might be used in dirty bombs, or in a terrorist attack. To counter this threat, Officer Conti recently completed an extensive training program, which will allow him, with appropriate safety gear, to go into suspected hazardous and dangerous situations, to defuse and neutralize the area and rescue all people affected by the attack. He is planning to take another training course that will qualify him as an instructor, so that he can train additional policemen. Officer Conti’s description of this one-week intensive training program, makes one realize what an incredible effort and job our first responders do, to keep us safe from harm.

Our first responders were applauded for doing a wonderful job. This program underscored that they can only do so much and can only be in one place at a time. So be aware and vigilant and observe what is going on around you. If it appears to be out of the norm, report it immediately, by calling either 911, or 781-581-1212, depending on the situation.

Thanks for helping to keep our community and waterways safe.

Summer Garden Party to be held August 13th at Nahant Country Club

Submitted by Mary Magner, 781-595-3224

My Brother’s Table (MBT) will hold its Annual Summer Garden Party, on August 13th, at 7:00 pm., at the Nahant Country Club. Last year’s party, at the historic club, was a huge success, with plenty of food and live music. The fund-raiser will benefit this essential non-profit feeding program, located in Lynn, MA

Tickets to the Summer Garden Party are \$65 per person and may be reserved by calling My Brother’s Table at 781/595-3224, or thru the website, www.mybrotherstable.org. Space is also available in our program book, with quarter-page ads starting at \$185, which includes two tickets to the event.

For the second year, Nahant residents, Tom and Beverly Quinn and Skip and Kellie Frary, will serve as co-chairs of the event. “This event is a critical fund-raiser for the North Shore’s largest soup kitchen,” said Dr. Mark Messenger, of Swampscott, president of the Board of Directors for MBT.

To ensure the privacy of its guests, My Brother’s Table receives no government funding and is not a United Way affiliate. Instead, it relies on funding from private and corporate donations. About 90 percent of the proceeds from the party directly supports the operation of My Brother’s Table.

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Creativity

By Sallee Slagle, Director, Dance Dimensions

Special note: Sallee Slagle has been travelling abroad and delivering her workshop, "Increasing Creativity through Movement" and will be offering it in Nahant, July 25-26.

Creativity, what is it? The dictionary defines it as "the use of imagination, or new ideas, especially in the production of an artistic work." Isn't the production of any artistic work creative? I guess you could create a work of art that lacked imagination. Imagination is defined as "the ability of the mind to form new ideas, images, or concepts; to be creative or resourceful." These two words are interdependent. You really can't have one without the other.

Creativity is all about choices. How creative can you be, if you are not given choices? Not very is right! Okay, how many choices can you have, if you don't use imagination? Right again, not many. Being creative is a skill that is needed in our lives. Artists are not the only ones with this skill. We have all known creative people. Even admired them as unique. But everyone needs this skill. It makes you a better thinker, problem solver, worker, manager, teacher, parent, friend, as well as artist.

Many of us don't include producing an artistic work in our day-to-day lives. But we do so many things that require our creativity. Planning events, preparing a meal, writing an agenda, planting a garden. Creativity can help keep the mundane from becoming boring. Why not get creative everyday? Find new ways and make choices that make things more fun, more involving for everyone. Find ways to put more "art" into your day.

Okay, so why not create an artistic work? Maybe you would say, but I am not an artist. Take a creative class in art, dance, singing, writing. Try something new. Exercise your imagination. Flex your creative muscle. The quality of our lives and our culture depend on art.

Imagine a day with out music. What if nothing was created with aesthetics in mind, but only function. It would be a very drab world without great architecture, paintings, photographs, films, books, or music. It would be depressing. We need art in our lives. Help our future to have more art. Educate our children to choose to express themselves with art. Create art as a family. Play music together, dance, sing. Art in our day helps lift us up.

Art is therapeutic. If you are feeling depressed, drab, or even stressed, art can help change that. Finding an artistic outlet in your life can truly serve you in so many ways. Even if done with a group, it gives you time to just be you. Time to be expressive. You can express your own ideas, images and emotions and share them, through your art. An artistic outlet has all the benefits of therapy and only good side effects!

Art is an investment in yourself, but the benefits are greater. Your job, your home, your relationships will all benefit from your artistic workout. You may experience more mental clarity, a greater sense of accomplishment, a joy of expression, a feeling of calm and a pride in your art. Art is a human thing, created without function in mind, but I don't see how the world can function with out it. Take time for it. Create your own and admire others.

Send Us Your Pirate Wannabes!!

Submitted by Julie Tarmy

Summer is upon us and the Johnson School Summer Day Program is set to begin an exciting program. This summer, we are offering eight sessions, each with its own theme. The program begins on June 29th, with our Pirate week. Be prepared to meet some real pirates and go in search of the buried treasure. Build your own model ship and create your own pirate flag. Find out if you are a Captain of the ship, or a member of the pirate crew. The program will run until August 21st. Our final session will be loaded with "Super Soakin" water fun! Sign up for as many sessions as you want. Full-days/half-days. Drop-ins are welcome at a slightly higher daily rate. For a complete list of sessions, log onto www.johnsonschool.org/ and click on summer program themes. Print out a registration form online, or stop by the school. We look forward to an action-packed summer of fun in Nahant.

On another note, we would like to take this opportunity to publicly thank the people who have helped us with recent fundraisers: Bill Morella, for cooking our wonderful spaghetti meal, Lissa & Greg Keane, Stacey & Rich Reiling, Marie Reenstierna, Gretchen Vasquez, Andrea Alberti, Robyn Howard and the Knights of Columbus. Matthew Hubauer won the free golf lessons, with John Fennell, Kelley Greens Golf Pro and Cora Long was the winner of the 50/50 raffle at the Spaghetti dinner, which she very generously donated back to the program. The proceeds from these events will help pay for the special events we have planned for the program. We are truly grateful to these people for their continued support.

You Inspire Me

By Susan Cadigan, LMT, MLD/CDT, NCTMB, Nahant Therapeutic Massage

Often, when one is required to hold a certain posture, or do repetitive tasks, the body will develop postural distortions and pain patterns. Over time, the muscles and tissue can develop very tender knots, mixed within very tight muscles. These areas can create pain directly where the knot is, or the knot may refer them to other locations. These knots and tight areas are often referred to as trigger points and myofascially restricted areas. Over use and repetitive tasks may be the obvious way that trigger points and fascia problems occur, but not so obvious ways can be from trying to get into shape with “too much, too soon”, awkward sleeping positions, walking the dog, to name a few. Pain, from trigger points, can be quite intense. The sensations are not always pain, but can be tingling, hypersensitivity, a burning feeling (often between the shoulder blades), stiffness, aches and reduced range of motion. Often we can have many long-term body aches, years after an auto accident. This may be due to trigger points in the chronic stage, or fascia that has been injured. Headaches and pain in the forehead, or back of the neck, can be the result of these knots in the trapezius (“shoulder”) muscles. It is very important to have your headaches checked by your primary care doctor, to rule out important health issues. If he, or she, comes to the conclusion that it may be stress, or due to an imbalance of muscle, from the demands of work, or can find nothing wrong, then addressing your discomfort with bodywork will be appropriate.

The trigger points and myofascially-restricted areas don't often respond to gentle, superficial warming, or rubbing. It may feel better, but the source may remain. This is where the myofascial mobilization and neuromuscular techniques (Trigger Point) can truly make a difference. For the “team work” approach, one would wear shorts and a sports bra, or bathing suit top at times. Men do not need to adhere to the sports bra/bathing suit top, during sessions. We work as a team to remedy the situation. This does require your feedback to the level of intensity, when I hold onto the knot. or lengthen the area with my hands, knuckles, or forearms. I work the area as fast (or slow) as the tissue is willing to move. I follow the tissue's lead, with a gentle nudge in the right direction. It may be gentle, but there will be times that you will feel some discomfort, but it results in relief. Often, it is described as “good pain.” It may take more than one session to remedy the situation. Your compliance to breaking the patterns, that created discomfort, and some lengthening and/or strengthening, will play an integral part in alleviating the issue at hand. Team work should result in longer periods of freedom from the distraction of pain, or discomfort.

I have honed my practice to get to root of the root problems that are presented to me. With your trust and support, by your visits, I continue to endeavor to be the best I can be for you. Thank you for inspiring me.

Susan Cadigan is licensed and nationally certified in therapeutic massage and bodywork. She holds a diploma in Advanced Massage Therapy, is certified in Advanced Myofascial Mobilization and has many hours of continuing education and experience, and other certifications. Nahant Therapeutic Massage is located at 41 Valley Road, the Nahant Community Center. For more information, or to schedule an appointment, please visit; www.nahantmassage.com, or call 617-240-4252.

Q. My doctor measures my height every year and I am shrinking in height, why does this happen?

A. Your spine changes over time, creating a loss in height. These degenerative changes occur as part of the normal aging process and may begin during your 20's or 30's. The spine is made of a column of vertebral bones and a disc that lies between each vertebrae. The spine has three normal curves. The spinal canal runs through the lumbar vertebrae and contains the nerves supplying sensation and strength to the legs. Arthritis may form in and around the facet joints, which are part of the vertebrae. With aging, the bones that make up the vertebral column begin to model, or change, in size or shape. Sitting in a slouched position, working in sitting with a rounded upper back, lifting objects repetitively, without bending your legs, or standing in a bent position, are examples of poor postural habits, which contribute to the aging process. Over a prolonged period of time, the spine begins to change shape from lack of muscle support, and the discs become less spongy fluid-filled. The vertebrae and disc go through the aging process and the curves change causing loss of height.

There are four phases of spinal degeneration. During phase 1, there may be some loss of height and changes in the normal spinal curves. During phase II, disc-narrowing and bone spurs may occur. Postural changes become more evident and spinal canal narrowing (stenosis) may occur. This phase may be characterized by aches, pains and fatigue. Height continues to decrease. Phase III can be characterized by significant postural changes, scar tissue formation, bone deformation and possibly physical weakness. During the fourth and most advanced phase, there may be nerve damage due to the vertebrae shifting and spurring occurring from arthritic changes.

Even though spinal degeneration begins to occur as part of the normal aging process this does not mean everyone goes through all the phases or has severe postural changes. Strengthening the back and abdominal muscles is very important for keeping your spine upright. Postural changes in the spine resulting from poor sitting or standing habits may lead to adaptive changes in the muscles that support the spine and may influence the curve formation of the spine. Remember to sit and stand upright, keep active, and strengthen your back and abdominal muscles.

If you are experiencing back pain, or if you want to learn more about strengthening your postural muscles, please discuss your concerns with your doctor and consider a course of physical therapy treatment. Please contact North Shore Physical Therapy in Marblehead, 781-631-8250, or in Swampscott call 781-592-2773.

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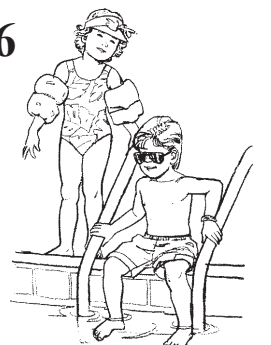
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News From the Johnson School

By Diane Mulcahy, Johnson School Principal

The school year is quickly coming to a close. The students are enjoying the end-of-the-year activities. Field Day was held Monday, June 15th. Due to the rain of the previous week, we gambled and postponed the event. The gamble paid off and the Monday was a beautiful day. Sue Rosa and her team of wonderful, dedicated parent volunteers planned a grand day for students and teachers. The sixth-graders particularly enjoyed the traditional water balloon fight with the fifth graders, following tradition and picking up the field. We're grateful for the community support for Field Day. The Tides Restaurant supplied the food for lunch, the Knights of Columbus donated water and juice, Periwinkles Food Shoppe supplied the watermelon and the DPW supported us, with the logistics of the day. Thank you for the continuing support to our school.

The last meeting of the Johnson School PTO was held on Monday evening, June 1st. The election of officers was held. Patty Toomajian was elected as President, Cora Long was elected Vice President, Kellie Frary was elected treasurer and Mary Brown was elected secretary. School Council elections were held. Mrs. Gene Hollenbach and Ms. Kathi Kougiaris were elected as the new parent representatives, replacing Steve Toomajian, who had served three terms on the Council. We thank Steve for his dedication and service.

The Sixth-Grade Moving On Ceremony was held on Thursday evening, June 15th, at the Johnson School. Family and friends joined the School Committee to celebrate this milestone for the twenty-five sixth grade students. Shea Nugent, as class president, made remarks, which opened the ceremony. Several Johnson School students won awards, including the Citizenship Award, presented by the American Legion, to Victoria Laurano and Jason Dignan. Mark Rittiboon won the Lowland Math Award. Kristian Hosker was presented with a commendation from the State House for his recital of the Gettysburg Address. Olivia Aswad, Emma Bartholomew, Miriam Mangold, Shea Nugent and Barry Tevrow, were presented with Presidential Academic Excellence Awards. Jason Dignan, Brian Fitzpatrick, Mark Rittiboon, Ramon Rosa and Anne Toomajian, were presented the Presidential Achievement Awards.

This month, the Johnson School Community is saddened to say farewell to Dr. Joseph Lisi, who has served as our Superintendent for the last two years. Dr. Lisi has overseen many changes during his tenure and we have all enjoyed working with him very much. The Johnson School is in a much better place as a result of his service to us. We are grateful for the help and guidance he has given us. We will always remember him, for his easy manner and professionalism. The entire staff wishes Dr. Lisi well, as he resumes his retirement.

The last day of school was Friday, June 19th. Have a happy, safe and restful summer! See you in the fall!

SHS Underclassmen Awards to Nahant Students

Swampscott High School held the annual underclassmen awards ceremony Tuesday, June 9th. Below is the list of awards and the Nahant recipients:

Williams Book Award: Amelia Antrim; Univ. of Pennsylvania Book Award: Patricia Silva; Excellence in TV Production: Dimitri Christoforidis; Harold Martin Freshmen Scholar Athlete Award: Lindsey Marini; Freshmen Presidential Fitness Awards: Taylor Eaton and Lindsey Marini; Physical Education & Health Outstanding Performance and Character Award: Maggie Osbahr and Patrick Gavin

Brown Book Award – Top All Around Junior English Student: Amelia Antrim; Top Sophomore English Student: Alexander Billias; English Teacher Awards From Ms. Holly Tatum: Nicole McDermott; Grammar God – Sophomore: Ian Antrim; Coaches Award – Debate Team: Patricia Silva; Undergraduate Work In Clay: Jaimie Konowitz; Outstanding In Drawing/Painting: Frank Barba; Outstanding Performance In Piano Lab – Sophomore: Alexander Billias and Casey Shanahan; Outstanding Performance In Drama - Sophomore: Thomas (TJ) Lamando and Junior: Olivia Barba;

Foreign Language Department Awards: Spanish IV Honors: Patricia Silva; French III Honors: Alexander Billias; French IV Honors: Amelia Antrim; National Foreign Language Contest Winners: National Spanish Exam: Spanish II: Anthony Silva; Spanish IV: Patricia Silva; National French Contest/LeGrand Concours: French III: Alexander Billias; French IV: Amelia Antrim;

Excellence in Algebra I: Elijah Clark, Shiloh Clark, Madeline McKie, and Alexandria Moccia; Excellence in Algebra II: Monique Bleau; Excellence in Geometry: Jennifer Desmond and Lindsey Marini; Introduction to PreCalculus: Amelia Antrim

Career Tech Awards: Computer Applications: Monique Bleau, Shiloh Clark, Kate Hall and Nicole McDermott; Exploratory Technology/Engineering: Anthony Silva; Rensselaer Medal: Amelia Antrim (academic excellence in both math and science); Excellence in Honors Physics: Amelia Antrim; Excellence in Chemistry: Hugh Mosher and Kyle Spencer; Science Team: Ashiwan Kumar

Expression of Curiosity About All Living Things: Lindsey Marini; Superior Achievement In U.S. History: Amelia Antrim; Waldemar Kester Award/Most Improved Student In U.S. History: Alexandra Savino; Jennie McVey Memorial Award for Superior Achievement In Modern World History: Ian Antrim; Superior Achievement In Ancient History: Anthony Silva; Political Activist Award: Patricia Silva.

NVC Awards 2009 Elizabeth Peterson Palmer Scholarship to Owen Welsh

The Elizabeth Peterson Palmer Scholarship, awarded annually to a graduating high school senior, was presented to Owen Welsh, during the Village Church Sunday worship service, on June 14th. Owen, son of John and Maria Welsh, 7 Harmony Court, graduated with High Honors from Swampscott High School.



Owen plans to study mathematics and education at the University of Massachusetts - Lowell, where he has been named a Commonwealth Scholar, providing a scholarship for full tuition, room and board. Owen was confirmed as a member of the Village Church. He has served with the Board of Missions, at My Brother's Table, in Lynn and has been a scripture reader for the NVC Congregation. Owen worked as a Page at the Nahant Public Library, for almost three years.

At Swampscott High, Owen was president of the Anime Club, an officer of the Gay-Straight Alliance and a member of the Math Team. Owen is fascinated with mathematics and he genuinely enjoys studying this subject. His interest in teaching stems from his experiences in explaining math homework problems in class and from the pleasure he derives from seeing that "Ah, I get it!" look, in the eyes of his fellow students.

Congratulations, Owen, and best wishes for continued successes at UMass Lowell!

Nahant Students Inducted Into the National Honor Society



From left to right: Senior Kelly Walton, Juniors: Amelia Antrim, Juliana Liscio, Patricia Silva and Kate Hall (not pictured) were inducted into the National Honor Society, at a ceremony held at Swampscott High School in May. In order to be selected, students must maintain an unweighted high school average of 90, or above, and have demonstrated leadership and community service.

Congratulations on your success. Keep up the excellent work. We are proud of you!



Job Searching in 2009 Focus and Organize Your Job Search

by Deborah Barnes

Do you have a good grasp of what you have to offer a prospective employer? Are you marketing yourself as effectively as possible? Is your value coming across clearly in your

résumé, cover letter, “elevator speech” or 60-second commercial, and your interviews? Remember, your résumé is a marketing brochure and the product is you.

What are your unique differentiators? What makes you stand out from the competition? Are you able to speak clearly and concisely about your accomplishments, soft skills, and hard skills? Remember, accomplishments are not tasks you have performed. They are actions you took to improve a situation, solve a problem, or institute a change, to name a few. Don’t be vague; you should use specific examples, including numbers, percentages, or dollar amounts whenever possible. Be sure to include industry key words, or buzz words.

Soft skills are adjectives that describe you and are appropriate and relevant to the position for which you are applying. For example, it is more important for an employee to be patient and empathetic when applying for a patient care position in a hospital than it would be for other positions, such as a security guard.

Hard skills are skills you have learned. You either know them or you don’t, and they are expressed as nouns. We all have hundreds and have learned them on the job, volunteering, and just plain living. Microsoft Word, Excel, PowerPoint, and Peachtree accounting software are examples.

Transferable skills are skills that you can take from one occupation to another, such as gathering information, writing effectively, editing, persuading, and negotiating. These can be in five broad categories: communication; research and planning; human relations; organization, management, and leadership; and general work survival.

Are you spending your job-searching time effectively? Are you targeting specific job titles, industries, and companies, and then networking? Knocking on employers’ doors? These strategies are at the top of the rung on the effectiveness ladder. At the bottom rung is responding to Internet job board ads, such as craigslist. You should use three to four different strategies to be most effective. A great resource is *What Color is Your Parachute*, by Richard Nelson Bolles.

Every person you know is a networking contact: family members, every co-worker from you last five jobs, every person in your church, synagogue, or religious assembly, to name a few. Get up to speed on LinkedIn and Facebook. Check out the job search networking groups at The Career Place in Woburn (www.careerplacejobs.org), the Peabody Institute Library in Danvers (www.danverslibrary.org), and Wind Job Search Networking Group (www.windnetworking.net). Look into the many workshops offered at The North Shore Career Centers of Lynn and Salem (www.nscareers.org), as well.

Over 50% of jobs on the North Shore can be found in companies that hire 99 employees or fewer. Are you targeting small companies? You should be. It’s easier to identify the person who does the hiring, there is no HR department whose job it is to screen applicants out, and it’s easier to make yourself known.

How are you doing on time management? It takes self-discipline to schedule your time when you are not working. Schedule 25–30 hours per week for job seeking. If you don’t schedule time to get out and have fun or visit with friends and family when you’re not job hunting, it may not happen. Give yourself down time, time off; schedule healthy activities including exercise. Get out of the house—don’t isolate yourself. You’ll be fresh when you get back to business and you won’t burn yourself out.

Finally, make sure you have a system for tracking your job search, whether it’s Microsoft Word, Excel, or even sticky notes. Remember, you have to be on the ball when a potential employer calls or e-mails you; you need to have the relevant information easily at hand.

Keep your sense of humor, practice visualization, and don’t “water the weeds.” What you focus on expands; that goes for both positive and negative thoughts.

Deborah Barnes is a Certified Professional Résumé Writer (CPRW) and Graphic Artist; active member of The Professional Association of Résumé Writers & Career Coaches; Myers-Briggs Type Indicator® (MBTI®) qualified; and published in *Cover Letters for Dummies*, 3rd Edition, by Joyce Lain Kennedy (Wiley Publishing; First Place Winner in the careers category of this year’s national Benjamin Franklin Awards—Best Career Book of the Year). She can be reached at debnaht@comcast.net or 781-598-1127.

Children’s Summer Reading by Rita Stepanova, Children’s Librarian

For years, generations of people have been curious about Space. What does the Universe look like? Does life exist on other planets? How can people travel in Space? The endless, fascinating questions create an unlimited potential for exploration, for the participants of the Children’s Summer Reading Program “Starship Adventure at Your Library,” offered by the Nahant Public Library from June 25th to August 13th. The Library, located at 15 Pleasant Street in Nahant, welcomes young patrons, of all ages, to a variety of educational and entertaining events of the “Starship Adventure,” during the Summer Reading Program.

The Library will present Mad Science® of Greater Boston, three amazing interactive workshops: “Rocket Demo,” “Life in the Sea” and “Space...the Final Frontier,” on Wednesdays, July 8th, 15th and 22nd, at 10:30 a.m.

Next, the Parents’ Choice award-winning performers, Davis Bates & Roger Tincknell, invite the kids and families to the concert on Wednesday, August 5th, at 10:30 a.m.

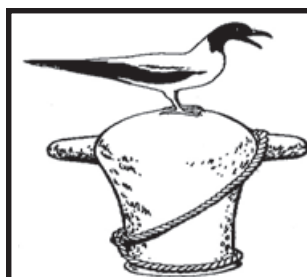
The Library concludes the celebration of the Summer Reading Program 2009, with the play, “Pinocchio,” performed by Hampstead Theatre, on Thursday, August 13th, at 3:00 p.m.

During the summer, the story-hour program “Read with Your Kids,” for children aged 2 to 5, is available on Thursdays, at 11:00 a.m. Parents can call in advance (one week) to request the books they would like to read to the group of children, meet other parents and children and have funny children’s book discussions.

As usually, the Nahant Public Library offers a book collection for any sphere of interest, age and taste. Please look for our postings and updates about other summer reading activities.

To participate in the Summer Reading Program, please call (781) 581-0306, or walk by to register and pick up your Reading Record form. Borrow books to read, fill out your Reading Record (which is short and simple), bring it to the library and collect your prizes, such as bookmarks, or special pencils. Certificates will be awarded to active participants, who read 20 or more books. A winner obtains a grand surprise.

“Starship Adventure” materials are sponsored by the Library, the Massachusetts Regional Library Systems, and the Massachusetts Board of Library Commissioners. The Nahant Public Library is grateful to the Friends of the Library and the Nahant Cultural Council, for financial support. All programs are free for the community. However, in return, twenty years from now, the staff expects the participants of the Summer Reading Program “Starship Adventure at the Nahant Public Library” to find some answers to the questions about Space and Time which are unknown today.



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Protecting Nahant from the Ravages of Oil Spills A Report on the North Shore Geographic Response Plans by Susan Maguire

On May 14th, representing Safer Waters in Massachusetts (SWIM), I attended a meeting with the National Oceanic and Atmospheric Administration (NOAA) and the Department of Environmental Protection (DEP) in Gloucester, MA. The purpose of the meeting was to learn about the DEP Geographic Response Plans (GRP), and to begin the work on a GRP for Nahant. The GRP is a consensus plan, developed before an oil spill. In the case of a spill, the DEP will quickly develop a four-page plan, with maps and tables, and send it to the local officials in the affected site.

The meeting was conducted by Ben Bryant of NUKA Research Planning Group LLC. The goal of the GRP initiative is to identify North Shore sites (Nahant is a site), and work with the site communities to: create and implement plans in coastal areas, away from oil spills, set up response trailers with equipment, and train first responders (usually fire department personnel) in the use of the equipment. The criteria for implementing a plan are: 1) sensitivity: salt marshes are the most sensitive, 2) probability: from ships, marinas, and tankers on highways near coastal areas, and 3) feasibility: coastal habitat and strength of currents.

Ben reviewed the 27 North Shore sites (which may become 30), gave an overview of the GRP initiative, conducted a Q&A session, and then divided us into small groups for a workshop. During the workshop representatives of each site were given maps of their locales and were asked to label them, for 11 criteria like fish, birds, threatened species, human use, and coastal habitat, etc.

After the meeting, I brought the maps and the criteria charts back to Nahant, and met with Polly Bradley, from SWIM, to discuss next steps. She and I organized a series of meetings, to move the Nahant GRP forward. We met with Mark Cullinan, Town Administrator, to review the Gloucester meeting and the GRP, and to discuss next steps (with Polly & Susan). We met with John Benson and Linda Pivacek, from the Open Space Committee, to more precisely label the Nahant map (with Polly & Susan). A meeting with Director Geoffrey Trussell and Professor Joseph Ayers of Northeastern University Marine Science Center to discuss sensitive areas and ocean current maps, plus phone consultation with Professor Donald Cheney of Northeastern about current patterns in Nahant Bay (with Polly). We met with James Ward, Nahant Harbormaster, to review the GRP and discuss next steps (with Polly & Susan).

(Continued on page 14.)



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Protecting Nahant from the Ravages of Oil Spills (Continued from page 12.)

Mark Cullinan, James Ward, Fire Chief Robert Ward, Ben Bryant, Linda Pivacek and the head of the DEP in MA, met to discuss the GRP for Nahant, and then do a site visit, by boat, around Nahant, to further refine the labeling of the Nahant map and our GRP (with Susan)

James Ward conducted a boat tour of Nahant for Ben, the DEP representative, Linda, and Susan. The goal was to have a first-hand look at our coastline, in order to determine the locations of birds, seals, shellfish beds, and eel grass, and to pinpoint locations where GRP tactics might be implemented and equipment deployed. During the boat trip, Linda Pivacek spotted Common Eider sea ducks, that are now successfully breeding in Nahant, 6 ducklings with 2 female adults! A few days later, a jet ski was seen driving through the ducks separating the ducklings from the adults. Skiers: please be on the alert for our dear feathered friends!

The meeting and boat trip were very productive. NUKA and the DEP understand who we are, how precious our island is, and how they can help us maintain the pristine nature of our coastline.

Time line: Draft GRPs will be ready for a review meeting in August. Local teams will approve the Plan in September, and the Plans become official in November.

If you have any questions about this plan, please call Mark Cullinan, Robert Ward or Polly Bradley.

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Nahant's Own Jimmy Malone & Band to Rock Mitchell's Cahnah!

Calling all Aunties- Mark your calendars for Sept. 6th, 7 to 11PM (rain date Sept 7th, 1 to 5 PM), that's the date for this year's Mitchell's Cahnah Block Party. This year we're featuring some home-grown talent as Jimmy Malone and his band "The MERJ" will rock the block!

Featuring Jimmy's wife and fellow Nahanter, Roze Tyler-Malone, on electric fiddle, The MERJ play a mix of classic rock, Motown, R&B, country, folk-rock, Irish and even some Texas Swing. Heck, they'd probably play some Klezmer or Hawaiian slack key favorites, if you asked them. Add in Charlie, Melissa, Mike and Robb, and you better bring your dancin' shoes and be ready to boogie, starting with the first note.

"We're so excited to play the Cahnah this year," said Jimmy. "Ever since I started playing guitar, the day after The Beatles were on The Ed Sullivan Show, it's been my dream to play the Cahnah. I may even buy some new strings for me and Roze, if the tomato crop comes through."

Jimmy credits a roster of influential Nahanters for his and Roze's musical endeavor. "The Billias brothers were key, because they were often locked in the cellar by their parents, providing us with a rehearsal space," he said. "My coach, Mr. Brown, who almost kicked me off the baseball team, when I missed a game, because of a gig at the Cafetorium; Vic DalPozzal, who survived his first year in Nahant, to emerge as a rock 'n' roll fan; and Fr. Dacey for providing me with a solid foundation in Latin."

See you there!

Mitchell's Cahnah has become "THE" town reunion event of the year and after an amazingly long hiatus, another fellow islander will be making his return for the evening's festivities. Our Dad, "The Ice King," Frederic Tudor promised to be thereto supply the event with, (what else), Tudor Cocktail Ice for the 24oz Commemorative Cock-A-Doodle-Doo Cocktail, named in memory of his famed mystical rooster, "Fandango."

Two Nahanters joining in and doing their thing along with Mike O'Callahan's pizzas, JC Connelly's lights, Brett Henry's beer wagon and BBQ, Joe Dowling's front yard, Wayne Wilson's stage, Dave Doyle's Electric power board, Tom Demake's Old Neighborhood hot dogs and Duddie and Ponsie's latest bizarre Tee shirt offerings it's going to be an EL-BLASTO!

So, buy your raffle tickets by calling 781.581.1559, 617.543.3942, or 781.581.1338. A \$100 donation to the Johnson School PTO will put you in a select pool of only 15-0 chances sold to win five huge cash prizes: 1st Prize - \$5,000, 2nd Prize - \$1,000, Three 3rd Prizes - \$500 each.

They go fast every year because it's the best deal in town!

All proceeds from this year's event will go to the Nahant Police Elderly Call Care Program and the Johnson School PTO.

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



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Reverend Terence Curley, pastor of St. Thomas Aquinas, congratulates Kelly Walton and Jonathon Poth, recipients of the 2009 Church Sodality Scholarships. Kelly is the daughter of John and Katie Walton and will be attending the University of Massachusetts, Lowell. Jonathon is the son of Greg and Colleen Poth and will be attending Stonehill College. Submitted by Diane Desmond.

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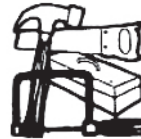
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Useless Information...By Ray Barron

Nahant's July Birthday Babies

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- 2 Heather Callahan, Joan Colantuoni, Matthew Fitzpatrick, Brigid Houlihan, Sheridan Maguire, Elaine Mavros, Pamela Oesterlin, William Palmer, Michael Quigley, Geraldine Scigliano, Jeanenne Vangrouw, James Ward, Jr.,
- 3 John Delaney, Juliana Liscio, Matthew Morse, Charles Pritchard, Wylie Roossien, Elizabeth Sherlock, Marilyn Stevens, Ryszard Wabno, Justice Wright,
- 4 Belkadi Abdennour, Arianna Alberti, Frances Alberti, Mary Ellen Alessi-Goodwin, John Antonelli, Claude Aube, John Barnes, Timothy Bell, Robert Birenze, Jean Botta, Gretchen Brien, Alexandra Chasse, Guy Chretien, Andre Comeau, Jordan Cummings, Shawn Cummings, Mark Davis, Danissa Dejesus, Joan Denham, Daniel Donahue, Christopher Duncan, Kevin Durand, Carrie Ennis, Marlene Evos, Julie Forgione, Russell Gale, Jonathan Gerweck, Lisa Hartford, Olivia Hartford, Toby Hartford, Linda Hoffman, Jackson Scott, Paul Jamgotchian, Joseph Jojlo, Teresa Kaplan, Jeanette Kelley, James Koutroubis, Constance Lamas, Stephen Lerman, Fred Lessor, Salvatore Lombardo, David McDuff, Diana Marion, Edward Marion, Alexander Matiushin, Marybeth McCarthy, John McDonough, Marvin McKinnon, Rosemarie Moody, David Moore, Peter Morelli, Hugh Mosher, Jack Mulkern, Steven Niketakis, Anthony Nicosia, Sis Oliver, Olson, O'Shea, Cameron Parascondola, Orlando Pellegrini, Timothy Pesco, Richard Poole, Gregorio Procopio, Raffaele, Bob Risch, Christopher Rizzo, Mary Rizzo, Pamela Rogal, Shawn Rowe, Alexis Russo, Hailey Russo, Jessica Russo, Marissa Salamon, Martin Samuels, Joseph Sardone, Michael Schena, Travis Scofield, Therese Southam, Nancy St. John, Elaine Sullivan, Gerald Sullivan, Jordan Sullivan, Kerri Sullivan, Elizabeth Sweeney, Paul Swirling, John Taglieri, Tuccero, Iris Tufts, Robert Vallee, Jr., Irene Vartabedian, Catherine Voto, Bruce Wade, Jr., Ann Marie Watt, Edward Williams,
- 5 Achilles Bryanos, Matthew Callahan, Daniel Forster, Ryan Gooding, Ashiwan Kumar, Michele Maher, Eleni Mazareas, Charles Riley, Jr., Jeanne Savage,
- 6 James Basford, Margaret Forrest, Jessieann Johnson, Ryan Kane, James Osborne, Jr., Marianna Pezaris,
- 7 Stephen Bulpett, Dimitrios Christoforidis, Helen Clements, Walter Goode, Joseph Machera, Kevin Meagher, Paula Pascucci, Carolyn Porfert, Eric Reiser, Allison Russell, Casey Shanahan,
- 8 Ashley Corcoran, Kathleen Cronin, Dena Kivett, Tiara Palmer, Tyler Peterson,
- 9 Devin Denham, Joannis Glavas, Kyle Spencer,
- 10 Pamela Lessor, Sarah Walsh Mellen, Charles Messina, Suzanne Provencher, Janet Taylor,
- 11 John Beaulieu, Margaret Bigler, Samantha Gray, Betty Macarelli, Deborah Noah, Daniel O'Connor, Conor Olmstead, Charles Sanphy, Manuel Santos, Lauren Schiffenhaus, Janice Taylor, Doris Thompkins, Mary Walters,
- 12 Linda Castetter, Stephanie Dent, Robert Emery, Ryleigh Hatfield, Shannon Kelley, Cynthia Mazareas, Cadenci McNair-Labrecque, Michael Meyer, David Walsh,
- 13 Richard Alfonsi, Anna DiMascio, Brendan Donovan, Clifford Flynn, Sharilyn Gasparrelli, Randy Gray, Paul Kalapinski, Anne Marie Liston, Karen Marshall, Lori Nugent, Madeline Tanen,
- 14 Michael Spring, Thomas Walsh, Jr., Gene Yoon,
- 15 Rex Antrim, Juliette Guidara, Laura Konowitz, Margaret Lewis, William Mantzoukas, Daniel McMackin, Heather Meitner, Theresa Riddle, Edward Sheehan, Rita Tsokanis,
- 16 Abigail Caggiano, Parker Cook, Stephen Dickenson, Jaeson Dubrovay,
- 17 Katherine Burke, Anthony Caloggero, Susan Caloggero, Cal Hastings, Mark McBride, Margaret Silva, Vichai Thienprayoon,
- 18 John Anderson, Katherine Collins, Ilona Connor, Heather Doucette, Noreen Gachinard, Nancy Smith, Robert Sullo, Dean Warren,
- 19 Jamie Bryanos, Megan Carey, Stephen Carr, Coleen O'Leary, Margarida Torchiana,
- 20 Julie Bryanos, Zane Eskandar, Linda Pesco, Sylviane Poulin,
- 21 Gerard Alimenti, Ronald Buckley, Richard Capozzi, Lisa Eaton, Joseph Klink, Alexa Krauter, Anne O'Brien, Sarah Quigley, Patricia Sullivan, Valeria Ventura,
- 22 Kosta Daras, Paul Delaney, Valeriy Kostenko, Gregory Marie, Paul McCormack, Katherine Walker, Carol Wasserman,
- 23 Linda DeBenedetto, Heidi Fiore, Peter Foukal, Anna Greene, Robert Hunt, Valerie King, David Marshall, Bianco Munoz, Stephen Pasinski, Paula Ashley, Barbara Powers, Andrew Sigourney,
- 24 Jeanne Adamo, Sebastian Flacke, Katelyn Henry, Roger Kautz, Ethan Kondev, Debra Mahoney, William Mogan, Melinda Noonan, Brian Robinson, Robert Ross, Michael Urany,
- 25 Deborah Cashman, Michael Cutillo, Albert Divenuti, Jr., James Mellen,
- 26 Richard Behen, Joanne Bryanos, Matthew Canty, James Cashman, Elizabeth Johnson, Sui Chang Li, Elizabeth Quinn,
- 27 Bruce Bennett, Gina DiGangi, Taylor Anne Eaton, Rita Mitchell, John Nichols, Clifford O'Neill, Gloria O'Shea,
- 28 Francis Barile, Jr., Aimee Chasse, Matthew Colson, Elaine DiGangi, Robert Doran, Michael Georges, Emma Greene, Miriam Mangold, John Ryan, Timothy Shockro,
- 29 Kelly Grady, Olivia Herman, Simon Klee, Joanne Laubner, Kevin Maguire, Christopher Pantano, Olympia Wiggin,
- 30 Claire Collins, Diane Desmond, Kathleen Eaton, Timothy Long, Katherine Lowell, David Moran, Caroline Munnelly, Ryan Provencher, Octavia Randolph, Steven St. Ives, Nichole Yannetty,
- 31 Amanna Bartram, Bridget Brewer, Katharine Carter, Emmet Corcoran, Michael Flynn, Marlene Harris, Clare Hynes, Katherine Irvine, Anthony Kallianiotis and Rita Tully. Pasinski, Paula Ashley.
- Happy Birthday!
Have a Safe Fourth!

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By Rob Scanlan, USSMMS

There is a saying in the marine profession industry; "If it was so easy - everyone would be doing it themselves." In truth, it's not so easy to sell a yacht or find a yacht or boat that is a good match for you, your family and crew on your own. It takes time, commitment, know-how, and the right resources. If you are ready to buy or sell your yacht or boat, this is what I will do as your Professional Yacht Broker & Consultant ~

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I will help you establish the fair market value of a yacht or boat to help you determine a fair asking price or a realistic offer price. There is a bit of an art in pricing any yacht or boat. I will have access to comparable boats and yachts where it fits in the marketplace. If you are a seller working on your own, improper pricing means fewer qualified buyers will be attracted to your yacht or boat and it will likely sit on the market piling up expenses without selling. A realistic price is key to successfully selling your yacht. Anyone can look up asking prices on boats in the marketplace, but it takes someone well-educated in the business to accurately assess all the factors that determine the value of a specific boat (e.g. condition, outfitting, location) and to be familiar with selling prices.

Get Your Boat To Market

As a professional yacht broker, I will prepare a complete and accurate listing of the specifications of your yacht or boat that will be used to develop the print advertising, electronic advertising, and entry into the multiple listing services (MLS). In a matter of hours, a full detailed description and extensive photographs of your yacht can be made available to brokers and buyers worldwide, or right next door, with a central contact person—your broker—available to answer questions, eliminate the "tire-kickers", qualify buyers, and arrange showings.

As your professional yacht broker, I will help you prepare your boat for sale by evaluating its current condition, advising how to put it in "show" condition, and recommending services specializing in whatever type of work may be required.

I will also outline an advertising and promotion strategy that is tailored for your yacht or boat. This will include print advertising, electronic promotion, MLS systems, and boat shows.

As your professional broker, I will respond to inquiries and arrange for showings. A seller working on his own can be swamped with unqualified inquiries, no-show appointments, people "just looking," and maybe, somewhere in that flood, a few people actually ready and willing to buy your yacht or boat. I will take care of this for you and ultimately find the buyer for your yacht.

Build a Professional Relationship

You will find that working with me, a broker you can trust, you will build a lasting relationship and partnership. I will be available to answer questions and provide assistance even after the transaction is completed. I value your loyalty, anticipate referrals, future business, and find my own fulfillment in having helped you fulfill your boating dreams.

GOOD MORNING AMERICA

A Poem by Rozi Theohari

Land of Indians
Land of Pilgrims
Land of Americans
Land of my dreams.

I saw you the first time and said, "Hi"
From the sky...
While I flew over the Atlantic
While I tasted Coffee Aromatic
I imagined the small ship Mayflower
Between stormy billows
There, in the ocean below.
Then I envisioned the pilgrim's cape
Puffed up by wind
And though covered myself, I shuddered...
But when I put my foot on your continent
I felt content
That I didn't receive any arrowed greeting
From an Indian.
Instead, at the Community Minority Center,
I met Samoset
A white-haired old Indian man
Who invited me
Saying "Welcome to our hearth!"
Good morning America... Thank you!

TIDES

AT THE END OF THE NAHANT CAUSEWAY
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- Functions & Platters to Go for All Occasions!
- Full Service Lottery & Keno!
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- Breath Taking Ocean Views!



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- Dave Conlin Jazz Quartet, Sundays 4:00 -7:00 pm, Rain or Shine!

Kelley Greens Dinner Specials:

Every Night After 5:00 PM

- WEDS: Italian Night...
3-Course Dinner, \$14 per Person!
- Thursday – Chef's Specials
- Friday – Couple's Night...
4-Course Dinner for Two, \$32!
- Saturday – BBQ Night!

FRIDAY, JULY 31

Join the Open Space Committee, to witness the shorebird migration at Short Beach. Meet on the beach, at the Life-Saving Station, at 6:00 p.m. FMI call the trip leader, Linda Pivacek, at 781-581-1114, or click on "What's New" on the Nahant website, at www.nahant.org. Rain date is Wednesday, August 12th.



Summer In Nahant



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



Photos: Top: A Nahant Life-Saving Station boat crew, circa 1910-20, with Little Nahant in background. Center: An early postcard depicting how the Station looked just following its construction. Notice the little building to the right, the original garage, that was removed and replaced with the current structure. Bottom: Picture of how the station looked in the 1950s. In 1915, the U.S. Life-Saving Service was changed to the U.S. Coast Guard.

U.S. LIFE-SAVING STATION Nahant, Massachusetts

"A rehabilitation project of the Nahant Preservation Trust"

YOUR CONTRIBUTION TO NAHANT HISTORY Immortalize Your Photos of the Life-Saving Station

Think about those family photo albums that go back a generation, or two, or that box in the attic with all those "pre-digital" family photos, you've been meaning to get organized. Some of those photos will show the Nahant Coast Guard Station, or Station crewmembers doing their work, or marching in a parade. Maybe your family even posed with them. These photos can be very helpful to the restoration of the Life-Saving Station (that's what it was called before today's Coast Guard was invented in 1915).

The Nahant Preservation Trust will be starting restoration work on the main building at the Station, soon. And while that's going on, we'll be working on designing the displays that we'll use to show the place off, to visitors once the construction is done. These materials will help people understand how the Life-Saving Station came to be, how it worked and how it looked through its history.

For example, many of us know about the surfboats and breeches buoys, but did you know that Nahant's Station had an amphibious DUKW, at one point in its history, a lot like the Boston Duckboats! Somebody out there must have a picture of a child in their family, snapped on board that thing!!

These days, with the ease and economics of digital photos, we can all have our cake and eat it, too.

If you have good photos, you can do the Station some good and still keep those photos. We would like to make a digital scan of your photos, then we'll give 'em right back to you.

That means your photos will be in our collection of the history of the Life-Saving Station. Part of the material will be worked into displays that will help visitors absorb the rich history of the Station.

If you find some photos that show the Coast Guard Station in the frame (whether it was called Coast Guard Station, or Life-Saving Station at the time), then please give Robert Wilson a call at (617) 312-5491. He'll arrange to meet with you — probably at the Nahant Community Center on Valley Road — and make a quick scan of your photos and give 'em right back.

You can also check in via the internet, at <http://www.nahantpreservationtrust.org>.

Of course, the Historical Society already has some valuable materials about the Station, but we want to be sure we don't miss the "undiscovered gold" still hidden in Nahant's attics.



If you have something you would like to share, or an idea for this page, please email the author,
Bumper Gooding, at
h.gooding2008@gmail.com

Nahant Life-Saving Station

Preserve the past, promote the future.

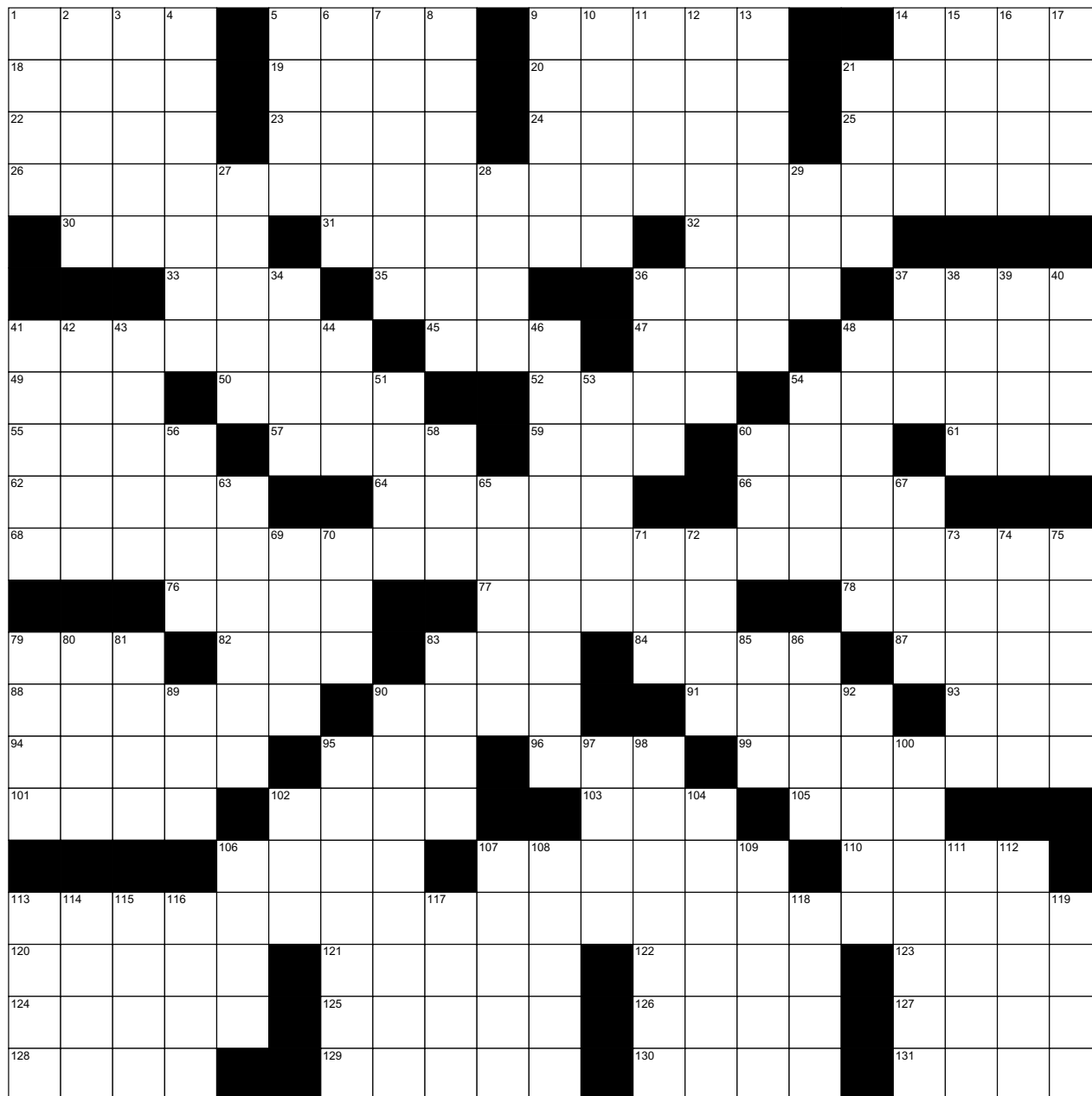


Photos: Above: A rare early 1900s advertisement calendar depicting a water rescue in progress by a long-ago Nahant Life-Saving Station crew. Bottom, left: A negative of the 35' crew boat that was stationed at the United States Coast Guard Station in the 1960s. Bottom, right: A photo of the Life-Saving Station taken on 9-11. Notice the flag at half-mast. All photos are from the private collection of the author.



NAHANT PUZZLE PAGE

Thirst for Knowledge by Rick Kennedy



- 51 College head
- 53 Like some risers
- 54 Heavenly light
- 56 Popular stadium
- 58 Clock standard (abbr.)
- 60 Tabloid subj.
- 63 Consequence
- 65 Waste
- 67 Nobel Institute city
- 69 Repose
- 70 See red?
- 71 Conducted
- 72 Judge's order
- 73 Dud
- 74 Voice a view
- 75 River or sea creature
- 79 Dutch cheese
- 80 Make over
- 81 Serves well done
- 83 "Hold the Line" rock group
- 85 "___ Doubtfire"
- 86 Fire
- 89 Choose
- 90 Treasure Stater
- 92 Flanders Fields flower
- 95 Times to remember?
- 97 Dramatic exhalation
- 98 Syrup source
- 100 Equilateral parallelogram
- 102 Skippy rival
- 104 Passionate
- 106 Saw stuff?
- 107 Schleppe
- 108 Rhone feeder
- 109 Hits a fly
- 111 Lively dance
- 112 More genuine
- 113 Big name in chips
- 114 Nabisco cookie
- 115 Weight unit
- 116 Corner of a diamond
- 117 French novelist Pierre
- 118 Waterless
- 119 Lotion brand

ACROSS

- 1 Wall Street figs.
- 5 Pother
- 9 Colorful parrot
- 14 Ice sheet
- 18 Depilatory brand
- 19 Upon
- 20 Time period
- 21 Spoor
- 22 To be in Paris
- 23 M.P.'s quarry
- 24 Jalopy
- 25 Hobo transportation
- 26 See 125 Across
- 30 Washed out
- 31 Put down
- 32 Ward (off)
- 33 Priest's garment
- 35 Jack of "Barney Miller"
- 36 Freudian selves
- 37 Baths
- 41 Barren

- 45 Compass pt.
- 47 Licked
- 48 Terminate
- 49 Cover
- 50 Convinced
- 52 Origination
- 54 Polish, e.g.
- 55 Wading bird
- 57 Horsefly
- 59 Salt
- 60 Shoshonean
- 61 Consume
- 62 Recess
- 64 Love affair
- 66 Gambling game
- 68 See 125 Across
- 76 Not many
- 77 Dixie chicken?
- 78 Napped
- 79 Time period
- 82 Linguistic suffix
- 83 ___ chi
- 84 Fades
- 87 Skip
- 88 Extract flavor by

- boiling
- 90 Dermatologist's concern
- 91 Catch
- 93 Single
- 94 Proficient
- 95 Barracks bunk
- 96 Concorde, in brief
- 99 Despiser
- 101 Lion's share
- 102 D-Day beach
- 103 Org. in "Michael Collins"
- 105 Speedometer reading (abbr.)
- 106 Loam
- 107 Comerica Park team
- 110 Mail
- 113 See 125 Across
- 120 Tapestry
- 121 Online message
- 122 Scorch
- 123 Sad
- 124 Cause of many

- uprisings
 - 125 "Just add ___", (Hint to this puzzle's theme)
 - 126 Opposed
 - 127 Consumer
 - 128 "___ Like It Hot"
 - 129 Cutting
 - 130 Anxiety disorder (abbr.)
 - 131 Delhi wrap
- DOWN**
- 1 Over
 - 2 Pave again
 - 3 Quotable Yogi
 - 4 Top-notch
 - 5 Froth
 - 6 Single
 - 7 Furs
 - 8 Son of David
 - 9 Islam's city
 - 10 Stage part
 - 11 Frosty eyes?

- 12 Hurricane or tornado
- 13 "The ground ___ she trod": Milton
- 14 Lady of the Haus
- 15 Retreat
- 16 Museum display
- 17 Otherwise
- 21 Walked
- 27 Cafes
- 28 It's a gas
- 29 Brain and spinal cord (abbr.)
- 34 Voting group
- 36 Pitcher
- 37 Irish ___
- 38 Finish a drive?
- 39 Silk Road locale
- 40 Faction
- 41 Armrest?
- 42 Leg bone
- 43 Decree
- 44 Annex
- 46 Sea inlets
- 48 Salespeople

Hot Numbers
By Rick Kennedy

The deStefanos, of James Avenue, were the winner of last month's puzzle contest. They have won a "breakfast for two" at Seaside Breakfast. You, too, can win a breakfast for two. To be eligible to enter the drawing to win breakfast for two, just complete the crossword puzzle, bring it to Captain Seaside's Restaurant, on Nahant Road, then put it in the PUZZLE BOX on the counter. One winner is selected each month. See Chris, before 11:00 a.m., for more details.

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

About the Nahant Harbor Review

Since March 1994, the Nahant Harbor Review, a monthly publication, dedicated to strengthening the spirit of community by serving the interests of civic, religious and business organizations of Nahant, Massachusetts, USA. The **Nahant Harbor Review**, is published monthly and distributed to over 2,300 homes and businesses in Nahant and beyond, by Seaside Business Services, PO Box 88, Nahant, MA 01908, (781) 592-4148.

Nahant resident, Donna Lee Hanlon, is owner, Editor and Publisher. The Editor reserves sole discretion for inclusion of ads, articles, letters and other submissions.

All articles are voluntarily submitted to the Nahant Harbor Review without compensation. Articles and / or letters, submitted anonymously, or unsigned, or lacking author contact information, will not be published. Exception: although not a regular practice, a writer's identity may be withheld, by request, at the sole discretion of the editor.

Articles, Notices, Letters and Calendar Items may be submitted by: **email**, donna@nahant.com, or **mail**, Donna Lee Hanlon, Editor, Nahant Harbor Review, PO Box 88, Nahant, MA 01908, or to the **Nahant Harbor Review Drop Box on the Teller's Counter**, at the **Equitable Cooperative Bank on Nahant Road**. For ad rates, discount programs and deadlines, call 781-592-4148.

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

Special "Thanks!"

to the people of the Nahant Village Church, for the use of the Companionway, once a month, for the distribution of the Review.

Many, many thank yous!



Nahant Harbor Review

PO Box 88 • Nahant, MA 01908 USA
donna@nahant.com • www.nahant.com

DEADLINE INFORMATION
AUGUST 2009

All Community Calendar items, personal ads, classifieds, business ads, articles and short stories.
WEDNESDAY, July 15th • 5:00 P.M.
Home Delivery: Saturday, JULY 25th.

Staff, Volunteers & Contributors

Owner/Editor & Publisher:	Donna Lee Hanlon	781-592-4148
Asst Editor/Sales:	Harold "Bumper" Gooding	781-592-4148
A/R Manager:	Barbara Thistle	781-592-4148
Proofreader:	Harriet Steeves	781-581-0715
Birthday Greetings:	Ray Barron	781-581-0809
The Puzzle Guy:	Rick Kennedy	781-592-8616
Delivery/Dist.:	Donna Lee Hanlon	781-592-4148

Harbor Review Delivery Crew

Tyler Peterson	781-596-0505
Route 1 & 2: 1/2 Little Nahant & North Big Nahant	
Matt Ryan	781-595-0957
Route 1 & 3: 1/2 Little Nahant & Little Nahant Road	
Bob Roland	978-273-5338
Route 4: SW Big Nahant & Willow Road	
Katie Coffey & Augie	781-586-9232
Route 5: Castle, Flash, Fox Hill, Range, Relay Yd, etc.	
Ryan McDermott	781-584-4077
Route 6: Bass Point Rectangle	
Shea Nugent	781-595-5644
Route 7: SE Big Nahant	
Donna & Ron Hanlon	781-581-0648
Route 8: Bass Point Apts	

Harbor Review Distribution

Papers for Home Delivery):	1,724
Papers OOT Subscribers & Advertisers:	212
Papers to Nahant stores & public places:	364*
Total Papers Distributed:	2,300*

*Every month, there are a few hundred more newspapers (printer's over-run), which are distributed to stores and public places in Lynn and Swampscott.

Harbor Review Subscription Information

Help support Nahant's ONLY independent, community newspaper. Become a **Home Delivery Subscriber** to have the news delivered right to your door!
Send \$20 for home delivery, or \$30 for an Out-of-Town Subscription, with delivery address, to:
Nahant Harbor Review, PO Box 88, Nahant, MA 01908.
Thank you for your support!

Got something to share...

with your neighbors and friends?
Jot it down, put it in an envelope and drop it in the Nahant Harbor Review Drop Box at the Equitable Cooperative Bank. Located on the Teller's Counter, save the stamp. Pickup is daily. Submitted photos and other items will be returned, if accompanied with a Self-Addressed, Stamped-Envelope.

Council On Aging Calendar – JULY 2009

Fri	3		HOLIDAY – DINING ROOM CLOSED
Mon	6	12:00P	Blood Pressure and Glucose Clinic – Tiffany Room
Wed	15	12:00P	July Birthdays: Cake by Roz – Tiffany Room
Fri	17	1:00P	Movie – TBA – Community Center
Thu	23	12:00P	Foot Doctor – By Appointment
Mon	27	10:30A	TRIAD- Meeting
Fri	31	12:30P	Mystery Ice Cream Ride

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

Mondays	9:00A	Senior Yoga
Mondays	10:1	A Senior Exercise – Community Center
Tuesdays	9:00A	Quilting Class – Community Center
Tuesdays	1:00P	Cribbage, cards, games, puzzles – Community Center
Wednesdays	9:30A	Watercolor Class
Wednesdays	12:30P	Shopping Trip from Tiffany Room, or call for pick-up
Thursdays	10:15A	Senior Exercise – Community Center

HOME EVALUATIONS FOR SENIOR SAFETY CONTINUE. This program includes – helping to prevent falls in the home, helping with medications, suggestions for making the home a safer environment for seniors. Please call for information about this important program 781-581-0482.

INFORMATION AND CALENDAR SUBJECT TO CHANGE. PLEASE CALL for updates on other July programs, trips and events call 781-581-7557 or e-mail us at ddesmond@nahant.org.

TGIF Comedy Night a big success for NEF

TGIF Comedy night is another home run for The Nahant Education Foundation. A casual night of Laughter raised \$4000, at the Nahant Country Club, on Friday evening to benefit the Johnson School, quite an achievement in these economic times. The comedic talents of Graig Murphy & Paul Nardizzi, had us laughing all night long. Comedy, cocktails and friends set the stage for some competitive bidding on many of the items in the Silent Auction including; sunset sailing, Red Sox tickets and a harbor seal training for 4 at, the Aquarium. The bidding war was led by the generous donations of ‘fun days’ from the teachers of the Johnson School - Principal for a day, Fishing & Fun with the 2nd grade teachers, Plaster Fun time with Ms. Purdin and a Lunch Date with the 1st grade

teachers. A big Thank You to all teachers, parents, community members and friends, who attended, donated and participated. Our success would not be possible without your generosity and support.

A strong school system enhances not only the lives of students, but the entire community. The Johnson School needs your support more than ever, to continually enrich our children’s educational and cultural experiences. We all need to do our part, in order to achieve a brighter future for ALL our children. We thank you for your contributions, belief and support in NEF and the Johnson School. We are all very passionate about our cause, and while we will have hurdles to face, and people to convince, our dedication will prevail.

MARK YOUR CALENDAR!

Marine Science Center’s Open House

SATURDAY September 12th
10:00 AM - 3:00 PM

All are invited! Come help make this event even bigger and better than last year. Join us for...

- Guided Tidepool and Geology Walks
- Tour Center for Vertebrate Studies
- Tours of the WWII Bunker
- Tours of the Solar Observatory
- Marine Research Exhibits
- Marine Life Exhibits
- Beach Cleanup
- Activities for all ages and much more!

For more information:

781-581-7370 or www.marinescience.neu.edu

The MSC Outreach Program would like to thank Donna Hanlon and the Harbor Review for all the help with advertising.
Congratulations for 15 years of print!

Nahant Garden Club wraps up successful year

Submitted by Suzanne Hamill

The Nahant Garden Club has finished another eventful year, during which members created floral arrangements for My Brother’s Table fund-raiser at the Nahant Country Club; planted shrubs, bulbs and perennials at Spindrift; held a plant sale, as part of the Nahant Historical Society’s Autumn Fair, volunteered at the Topsfield Fair’s horticulture display, hosted an-evening-with-gardening talk show host Paul Parent and offered a program about lilacs.

At a December greens workshop, members created lovely items for the Greens Boutique for the “Bring and Sing” holiday get-together. As usual, Garden Club members donated toys for the annual Toys for Tots drive. Taking the winter months off, the Garden Club began 2009 with “Nahant Art in Bloom”, during which Marie Ford designed arrangements to interpret Deborah Gates’ paintings. During the April Awards Night, the Club presented its Rosemary Bacheller tray and Arbor Day plaque to deserving club members.

Maria Welsh and committee worked hard, to organize our wonderful May Doorways contest. The following week, Garden Club members enjoyed a trip to the unique King’s Tree Farm and Nursery, in West Boxford. The month of May also featured our “Nahant Gardeners Know All the Dirt” event, as well as the spring plant sale, organized by Linda Jenkins and committee. Bill Graham was fascinating, as usual, at June’s annual meeting and luncheon.

The Nahant Garden Club is pleased to announce this year’s scholarship winner is Brandon Poulin. Brandon is a Class of 2009 graduate of Swampscott High School and will be attending the Honors Program at Northeastern University, this fall. He was an honor student at Swampscott High and spent many hours of volunteer work at school and in the community.

Garden Club members have a final event to look forward to, before the 2009-2010 year of activities begins. The annual outing will be held on July 23 at the Arnold Arboretum. Those planning to attend should meet at Nancy Whitman’s home, by 9 a.m.

Gardeners are always looking for helpful hints; here are a few culled from a magazine: “Soap kills tomato virus. If you’re a smoker, or use tobacco in any form, be sure to wash your hands with soap (or milk) before handling plants of tomatoes, peppers, petunias, eggplants and the other members of the Solanaceae family. The soap deactivates the tobacco mosaic virus on your hands and prevents it from spreading to your plants.

“Detergent kills white flies. One of the worst pests homeowners and greenhouse operators have to contend with, is the white fly ... This snow-white insect is about one-tenth of an inch long and congregates on the underside of the leaves. Once you touch the plants, the insects fly out in clouds. They suck sap and secrete a sticky honeydew material that attracts an unsightly black mold and kills leaves. Nothing beats dishwashing detergent to get rid of this pest. Mix one teaspoon of an inexpensive detergent in a gallon of water and spray the undersides of leaves once a week. To cover the four stages of the white fly cycle, repeat every five days, for three weeks.

“Stale beer for slugs and snails. If you have any stale beer, left over from a party, save it. Beer can be used as a safe and inexpensive killer of slugs and snails – troublesome pests that infest gardens and greenhouses. If beer is placed in shallow pans on the ground, it can attract ten times as many slugs or snails as metaldehyde, a standard bait for decades. The pests crawl into the pans and drown.”

Thanks, Linda, for those helpful ideas!

Community Calendar • JULY 2009

SUN	28	8:00A	Worship with the Village Church in Marjoram Park
SUN	28	9:00A	Choir Rehearsal. Nahant Village Church. All welcome.
SUN	28	10:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	28	3:00P	Patrick Tracey, author of "Stalking Irish Madness," at the Nahant Public Library

JULY

THU	2	7:00P	Square Dance at the Wharf. Fireworks donations accepted.
FRI	3	5:30P	Nahant Horribles Parade registration begins on Spring Road at the gate to dump.
FRI	3	6:00P	Nahant Horribles Parade begins.
SAT	4		INDEPENDENCE DAY
SAT	4	7:30A	Register for Dennis Forbush Memorial Road Race.
SAT	4	8:00A	Dennis Forbush Memorial Road Race begins.
SAT	4	9:30A	Annual 4th of July Races and fun begins behind the Fire Station on Flash Road. All are welcome!
SAT	4	9:00PMish	Nahant's 2009 Fireworks Display begins. <i>To Jen McCarthy and Robyn Howard, "Many Thanks to you both, for your hard work and time, raising the necessary funds!"</i>
SUN	5	9:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	5	3:00P	North Shore Concert Band at Sears Pavilion at Bailey's Hill. Parking limited. Please walk, or bike, if able to do so.
SUN	5	4:00P	Duo L'Inconnue presents Cosmopolitan Baroque, at Ellingwood Chapel
SUN	5	3:00P	North Shore Concert Band at Gazebo, Bailey's Hill Park.
FRI	10	8:00A	Village Church Free Breakfast. Susan Maquire to speak on Peace Corps work in Afghanistan and Iran.
SAT	11	5:00P	Sail Nahant party at the Wharf. View the Tall Ships.
SUN	12	9:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	12	2:00P	History of Dory Club, Serenity Rm, Nahant Com. Ctr.
SUN	12	4:00P	Amphion's Lyre presents "Say It Ain't So," at Ellingwood Chapel
MON	13	7:00P	SWIM Meeting at Northeastern's Marine Science Lab
WED	15	5:00P	DEADLINE - AUGUST ISSUE HARBOR REVIEW
SUN	19	9:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
SUN	19	4:00P	Musica Nuova presents Blackberry Jam, at Ellingwood Chapel
THU	23	9:00A	Garden Club Annual Meeting, N. Whitman's home.
SAT	25		HOME DELIVERY - AUGUST HARBOR REVIEW
SAT	25	TBA	Increasing Creativity thru Movement, FMI call Sallee at 781-599-1476
SUN	26	9:30A	Sunday Worship Service and Sunday School. Village Church. All faiths are welcome.
MON	27		STORE DELIVERY - AUGUST HARBOR REVIEW
FRI	31	6:00P	Shorebird Migration at Short Beach. Meet at Life-Saving Station. FMI www.nahant.org click on "What's New"

AUGUST

SUN	2	4:00P	7 Hills Wind Ensemble presents Musicians of the Golden Fleece, at Ellingwood Chapel
SAT	8	8:00P	Shea Mavros, in Mozart For Lovers, at Ellingwood Chapel

Public Library Hours • 781-581-0306
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.

SCHOOL ORGANIZATIONS MEETING DATES
 School Committee Meetings • 2nd and 4th Tuesdays • 7:00 p.m. • Johnson School
 School Council Meetings • 3rd Tuesday • 6:30 p.m. • Johnson School.
 PTO • first Monday • 6:30 p.m. • Johnson School

MEET YOU AT RED ROCK

It's hot. The kids need a diversion and you could use some relaxation, after a long day. What you need is a family activity that's not too active, something outdoors, preferably somewhere cool. For a fun event, just right for a warm summer night, the beach is the place to go.

Each week throughout the summer, up to August 20th, the Friends of Lynn and Nahant Beach will once again co-sponsor with the state Department of Conservation and Recreation and the Massachusetts Cultural Council, Lynn Arts, Inc., their popular concert series, at Red Rock Park, on Lynn Shore Drive.

This year's concert series is sponsored by the Massachusetts Cultural Council, Save the Harbor/Save the Bay, Lynn Arts, the Boston Foundation, the Daily Evening Item, Mayor Edward Clancy, the Lynn City Council and the Tides Restaurant and Pub.

Now in its fourteenth year, the Summer Concert Series takes place every Thursday evening, from 6 p.m. to 8 p.m., until August 20th. The bands are chosen to represent a wide range of music, from rock, to blues, to Celtic favorites and island tunes.

July 9th: Popular Mary Beth Maes Band.

July 16th: The Classmates, music from the 70s & 80s

July 23rd: Curragh's Fancy, Irish music, old sea chanteys and Celtic favorites.

July 30th. Shuffle Mode Band, dance music

Aug. 6th: 12:01 Blues Band

Aug. 13th: Grupo Fantasia, Latin and island music

Aug. 20th: White Lightning, rock, pop, fun rhythm and blues.

All shows are free. Bring lawn chairs or blankets. Coffee, soda, water, home made bakery items and Friends T-Shirts, sweatshirts and hats, will be available for purchase. All proceeds go toward the cost of the concerts.

Meet you at Red Rock!

Nahant Village Church

Summer Worship Service

begins at 9:30 a.m.

All faiths are welcome!



EMERGENCY MANAGEMENT

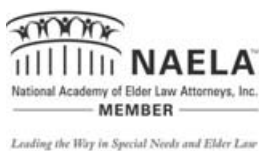
Visit the **Emergency Management** page at www.nahant.org/ for an updated Preparedness Guide from the North Shore - Cape Ann Emergency Preparedness Coalition. This document covers a wide range of safety tips that will be of interest to every household. Here is the link to the Town of Nahant's website:
<http://www.nahant.org/services/ems.shtml> From there you can access the Emergency Management page and print out a Preparedness Guide.

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).

American Legion Post #215 and the **Nahant Veterans Association** meets on the first Tuesday of every month, at 7:00 p.m., at the Nahant Town Hall.

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