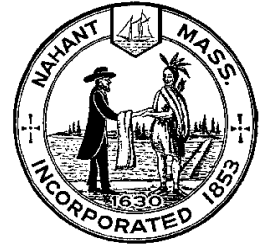


September 2014

Nahant Tiffany Times

Nahant Council on Aging



Our Mission

"The mission of the Nahant Council on Aging is to provide physical, emotional, and mental stimulation enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment."

Meet the Staff

Linda Spinucci-Peterson -
Executive Director

Caroline O'Connor - Assistant
Arthur Barreda - Transportation
Jim O'Connor—Transportation

Nahant COA Board of Directors

Gertrud Joyce - Chairman
Emily Potts—Treasurer
Sarah Risher-Vice Chairman
Nancy Gallo -Secretary
Sheila Hambleton
Geraldine Wittrock-Walton
Linda Jenkins
Nancy Wilson

Renee Wright-Michaud

Friends of Nahant COA Executive Board

Linda Lehman - Co-President
Caroline O'Connor - Co-President
Lana Mogan - Vice-President
Mary Irene Dickenson - Treasurer
Maureen Edison - Secretary

Nahant Senior Center is located at:
334 Nahant Road
Nahant, MA 01908
(Lower Level of Town Hall)

Tel.# 781-581-7557

Follow us on Facebook:
www.facebook.com/nahantseiorcenter

From the Director,

What does September bring besides the end of summer? September is National Senior Center Month, National Preparedness Month, September 23rd is National Falls Prevention Day and the Alzheimer's association holds their "Walk to End Alzheimer's" which is September 28th. Last year the COA raised over \$500.00 for the walk all for Team "Joanne's Royal Court". To donate you can bring a check to the COA made out to the Alzheimer's Association or go on line to ALZ.org and follow the links to Team "Joanne's Royal Court". The vision of the Alzheimer's Association is "A WORLD WITHOUT ALZHEIMER'S DISEASE", let's help with that vision by donating.

On September 23rd the COA will begin an 8 week workshop called "Matter of Balance". This is timely since September 23rd is also National Falls Prevention Day. According to the National Council on Aging, every 15 seconds an older adult is seen in an emergency department for a fall related injury. They recommend 6 steps to prevent a fall, find a good balance and exercise program, talk to your health care provider, regularly review your medications with your doctor or pharmacist, get your vision and hearing checked annually and update your eyeglasses, keep your home safe and talk to your family members to enlist their support.

For National Preparedness Month see page 3 for information on how to prepare yourselves for a disaster. So as we move into September and celebrate National Senior Center Month let's do our part to help Alzheimer patients by donating, sign up for the Matter of Balance workshop and make sure you are ready for any type of disaster.

Linda Peterson
Executive Director



NAHANT'S ANNUAL FLU CLINIC

Will be held on Wednesday October 1st & Thursday October 2nd from 2:00 p.m.—7:00 p.m. at the Town Hall. Please bring your insurance cards.

“ON THE GO TRIPS & EVENTS”

Thursday September 4th	End of Summer Lobster Bake- at the beautiful Nahant Life Saving Station. Catered by Brett Henry from Mt. Vernon Catering. Entertainment by Roze & Jim Malone. Begins at 11:00 a.m. Cost will be \$20.00 pp
Wednesday September 10th	Movie & Lunch —Revere Cinema with lunch at Chatters Bar & Grill. Guests can conveniently enjoy a great meal featuring American fare in a relaxed atmosphere before or after the movie at the theatre. Movie TBD.
Friday September 12th	Foxwoods bus trip — Bus leaves from Ocean Shores Apartments at 50 Lynnway. The bus will leave Foxwoods for the return promptly at 5:00 p.m. Price is \$26.00 includes bus driver tip. Payment must be made by September 8th. If Interested call Emma at Ocean Shores Apartments Monday to Wednesday at 781-598-5564.
Friday September 19th	45th annual Scallop Festival -with a visit to the Sandwich Glass Museum. The festival's focus is of course the great Scallop or Herb-roasted Chicken dinners. Yearly, over three tons of succulent Scallops are deep fried and served to over 55,000 visitors. At the Sandwich Glass Museum we will watch the glass blowing artists, take a multi-media tour, and stroll the museum shop. We will be leaving from the Tiffany room at 9:30 a.m. Cost will be \$25.00 pp
Wednesday September 24th	Bus ride to Concord, MA- to visit Verrill Farm for lunch. Verrill Farm consists of about 200 acres in Concord and Sudbury. One hundred acres are prime farmland and 100 acres are wildlife habitats, woodlands, and wetlands. Leave Tiffany room at 10:30 a.m. returning to Nahant by 3:30 p.m. Lunch paid separately by each person.

Sign-up Sheets available at the Tiffany Room for all events. Please either sign up in person or call the Tiffany Room to add your name to an event. 781-581-7557

Van Transportation is available for COA activities and trips, call 781-581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website or email me at lpeterson@nahant.org for updates on other programs, trips & events.

COMING ATTRACTIONS

Monday October 6th	Annual Topsfield Fair -This fair is nearly 200 years old. It began in 1818 to promote & improve agricultural interests of farmers & others in Essex Co. The Grandstand show on the 6th will be “North Sea Gas” winners of The Celtic Radio Music Award for Album of the year, voted “The Best of Scotland. Leaving Tiffany Rm. @ 11:00 a.m., lunch will be anything you want at the food vendors.
Wednesday October 8th	Lunch and a Movie -Wednesdays is Senior Discount Day at the Revere cinema, movie TBD, lunch at Uno's in Revere.
Thursday October 9th	Guest Chef day- at K of C with Live entertainment by Victor Dalpozzal and the North Shore Songsters. Price will be \$5.00pp
Wednesday October 15th	Trip to Gloucester -to visit the Compass Rose and other historical sites. Stop for lunch at the Causeway Restaurant, and a farm stand stop along the way. Pay lunch separately.
Wednesday October 22nd	The Addams Family Musical -at the Stoneham Theatre. See all of your favorite Characters from the Addams Family come to life in this wonderfully wacky new Broadway musical comedy. Leave Tiffany Room at 12:45 p.m. Show begins at 2:00 p.m. \$35.00 pp.
Wednesday October 29th	Paint a pumpkin- for Halloween-Heather Goodwin, the artist who organized the painting of our bus, and her Girl Scout troop will come and help paint our pumpkins.
Friday October 31st	Halloween Party- at the Tiffany Room, start planning and be creative with your Costume. We will have a contest so begin planning now!
Saturday November 8th	Health Fair- featuring vendors covering topics like, home health services, medicare open enrollment, legal services, alternate living, safety, health & wellness and more. More information in the October newsletter.

MEDICARE'S OPEN ENROLLMENT

Medicare's Open Enrollment is October 15 – December 7.

Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2015.

During Medicare's Open Enrollment, you will have a chance to change your plan for next year. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor, please contact; Linda Peterson, 781- 581-7557 or you may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

FUN, FREE AND WIN...ACTIVITIES

Activities by Telephone is a program connecting Massachusetts home bound elders or those who just like to stay at home and enjoy some games, friendships and fun. Participants call from the comfort of home through telephone conference calls to enjoy activities, friendship, and community. No special equipment is needed and the calls are completely free!

Right now they are playing Bingo two Tuesdays a month by telephone and you are eligible to win gift certificates. All you need to do is call Susan Berg (number below) with your address and phone number and they will send you the bingo cards along with a number to call in for your BINGO GAME...this is all free to you! If this is something you don't have the time now, think of doing this during the *cold winter months* of the New England winter. For more information or to sign up call Susan Berg at 978-777-3740 Ext. 226 or Linda Peterson at 781-581-7557.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Would you be ready if there were an emergency?

It seems the natural disasters are affecting more and more people throughout the world. From devastating earthquakes and their resulting tsunamis to volcano eruptions, floods and other emergencies, it is important to have a game plan of preparedness. Community organizers can reach out to citizens during National Preparedness Month in order to increase the chances that they will survive and thrive after these occurrences.

We have unfortunately learned the lessons of unorganized response to disasters. As a result the Department of Homeland Security designated September as National Preparedness Month. Educating the public through information and awareness events can help them have a preparedness list, proper supplies and a game plan. Promotional reminders can also serve as emergency equipment, such as flashlights, first aid kits, fleece blankets, and other custom printed safety products. In addition to community outreach programs, residents and business owners can be directed to the FEMA website for resources and tips on how to prepare for disasters.

Ready, Set,...Prep!

-Gather a 3-day supply of food, water, and emergency supplies for your family. Make a Family Communication Plan.

-Know what disasters are likely for your area and create a family communication plan that will help you and your loved ones when disaster strikes.

-Be informed about disasters that can happen in your area. Listen to TV or radio reports for information from local authorities. You may be required to evacuate or shelter-in-place until danger passes.

To learn more go to www.fema.gov If you would like an Emergency Kit Checklist come by the Tiffany Room and ask us for a flyer.

FOOD FOR THOUGHT

TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

All meals served with 1% milk, bread, crackers & soup
Requested Donation - \$2.00

Thursday 25th

Celebrating September Birthdays

FOOD SHOPPING PROGRAM

Tuesday 2th	Price Rite and BJ's in Revere	12:30 P.M.
Tuesday 9th	Price Rite and BJ's in Revere	12:30 P.M.
Tuesday 16th	Price Rite and BJ's in Revere	12:30 P.M.
Tuesday 23th	Price Rite and BJ's in Revere	12:30 P.M.
Tuesday 30th	Price Rite and BJ's in Revere	12:30 P.M.

Garden Zucchini Cakes

Still looking for ways to use up all that zucchini from the garden? These cakes are a great way to use zucchini and can be served as a light lunch or dinner.

Ingredients:

- 2 cups grated zucchini
- 2 large eggs
- 1 cup panko bread crumbs
- 1 Tablespoon light mayonnaise
- 1 Tablespoon grated onion
- 1.5 teaspoons Old Bay seasoning
- 2 Tablespoons flour

Directions:

In a medium bowl, stir all ingredients together until combined. Form into patties. Heat a large non-stick skillet. Spray with cooking spray and fry patties lightly on both sides, about 3-4 minutes per side. Add salt and pepper to taste.

Freezing Directions:

Wrap cooked cakes individually with plastic wrap and freeze in gallon size freezer bags. To serve, thaw and reheat in a small skillet or the microwave until heated through

Servings: 4

Nutrition Information: Serving Size = 2 2" zucchini cakes. Calories – 181, Total Fat – 5.3 g, Total Carbohydrates – 25.6 g, Protein – 7.9 g. Dietary Fiber: 2.0 WW Plus Points: 5



FRUIT & YOGURT PARFAIT



For an individual serving you need 1 container of Vanilla Greek Yogurt, 2 teaspoons of organic honey and 2 full graham crackers. Mix the yogurt and honey together then add in some chopped up berries. Crumble 1 of the graham crackers and place the crumble in the bottom of your dish, then spoon the yogurt and berries on top. You can top it with a few more berries and 1 or 2 individual graham crackers. Then you can enjoy feeling like you are eating cheesecake without all the calories.

CROSSWORD SOLUTION

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



Tiffany Café Menu

SEPTEMBER 2014

"One should eat to live not live to eat"
~Moliere~

***= HIGH SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>¹</p> <p>* ALTERNATIVE MENU All sandwiches are served with Lettuce & Tomatoes and mayonnaise and mustard</p>	<p>²</p> <p>Hot Dog Cold slaw Baked Beans Chocolate Chip Cookie ALTERNATIVE Egg Salad Sandwich on Wheat Bread Lentil & Rice Stew Chocolate Chip Cookie</p>	<p>³</p> <p>Stuffed Shells w/ Extra Marinara Sauce on the Broccoli, Snack Loaf & Fruit ALTERNATIVE Ham & Cheese Sandwich w/Lettuce & Sliced Tomatoes on Wheat Bread</p>	<p>⁴</p> <p>Lemon Pepper Pork Black Eye Peas & Brown Rice Garden Salad w/Dressing Wheat Bread Chocolate Pudding ALTERNATIVE Ham & Cheese Sandwich Tomato Soup & Fruit</p>	<p>⁵</p> <p>New Orleans Cajun Diced Chicken Red Potatoes & Green Peas & Fruit ALTERNATIVE Tuna Salad on Bulkie Roll Chicken Noodle Soup Chocolate Pudding</p>
<p>⁸</p> <p>Crispy baked fish Sweet potato wedges Italian blend veg. Bread, Chilled peaches ALTERNATIVE Ham & Cheese Sandwich on Wheat Bread Clam Chowder Mustard & Mayo Chilled peaches</p>	<p>⁹</p> <p>Roast beef/gravy Garlic mashed potatoes Garden salad/dressing WW bread Pudding ALTERNATIVE Chicken Salad Sandwich on Wheat Bread Minestrone Soup</p>	<p>¹⁰</p> <p>Roast turkey/gravy Vegetable rice pilaf California blend veg. WW bread Cookie ALTERNATIVE Turkey & Cheese Sandwich on WWBread Cream of Broccoli Soup Gata Cookie</p>	<p>¹¹</p> <p>Chicken Parm Pasta Garden salad dressing Italian bread Fresh fruit ALTERNATIVE Egg Salad Sandwich on Bulkie Roll Fruit Navy Bean Soup</p>	<p>¹²</p> <p>BBq pulled pork Rice and beans, Spinach WW bread, Fresh fruit ALTERNATIVE Roast Beef Sandwich on Bulkie Roll Corn Chowder Fruit Mustard & Mayo</p>
<p>¹⁵</p> <p>Chicken and broccoli alfredo Pasta Capri blend veg. Italian bread Chilled pineapple ALTERNATIVE Tuna Salad on Whole Wheat Bread Tomato Soup</p>	<p>¹⁶</p> <p>Southern style cod filet Rice and beans Garden salad/dressing WW bread Pudding ALTERNATIVE Ham & Cheese Sandwich on Wheat Bread Chicken Noodle Soup Chocolate Pudding</p>	<p>¹⁷</p> <p>Meatballs/pasta/sauce Cauliflower/red peppers WW bread Cake ALTERNATIVE Roast Beef Sandwich on Wheat Bread Vegetable Soup Birthday Cake</p>	<p>¹⁸</p> <p>Cumin roasted pork Chipotle sweet potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Egg Salad on Bulkie Roll Clam Chowder Fruit</p>	<p>¹⁹</p> <p>American chop suey Broccoli, Rye bread Fresh fruit ALTERNATIVE Turkey & Cheese Sandwich on Bulkie Roll Minestrone Soup Fruit</p>
<p>²²</p> <p>Boneless pork chops/gravy Whipped sweet potatoes Collard greens, WW bread, Fruit cocktail ALTERNATIVE Turkey & Ch. Sandwich Cream of Broccoli Soup Fruit Cocktail</p>	<p>²³</p> <p>Chicken teriyaki Brown rice Stir fry vegetables WW bread Pudding ALTERNATIVE Chicken Salad Sandwich on W W Bread Navy Bean Soup Vanilla Pudding</p>	<p>²⁴</p> <p>Salmon/dill sauce Red potatoes Green peas Muffin Fresh fruit ALTERNATIVE Ham & Cheese Sandwich on Wheat Bread Corn Chowder Fruit</p>	<p>²⁵</p> <p>SPECIAL Meatloaf/brown gravy Cheddar mashed potatoes Green beans, WW bread Fall cookie ALTERNATIVE Tuna Salad on Bulkie Roll Pasta Fagioli Soup Fall Cookie</p>	<p>²⁶</p> <p>Turkey Milanese Vegetable rice pilaf Carrots Rye bread Fresh fruit ALTERNATIVE Roast Beef Sandwich on Kaiser Roll Vegetable Soup Fruit</p>
<p>²⁹</p> <p>Cheese lasagna/tomato sauce Spinach WW bread Pudding ALTERNATIVE Egg Salad on Whole Wheat Bread Vanilla Pudding</p>	<p>³⁰</p> <p>Roast pork/gravy Whipped potatoes Garden salad/dressing Italian bread, Fresh fruit ALTERNATIVE Roast Beef Sandwich on Wheat Bread Fruit Tomato Soup</p>	<div>Don't eat the cookies so fast they'll keep. I know, but I want to eat as many as I can before I lose my appetite !</div>		

HEALTH AND WELLNESS

Tuesday 2nd	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 16th	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday 18th	12:15 p.m.	Healthy Eating Choices by Ellen Goldman (GLSS)
Thursday 18th	11:30 a.m.	Blood Pressure, and free lunch drawing
Monday 29th	9:30 a.m.	Hairstyling by Toni Spinucci (sign up required)
Tuesday 30th	9:30 a.m.	Manicurist (sign up required) \$10.00

EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Monday	5:00 p.m.	Zumba (\$5.00)	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday	9:00 a.m.	Quilting	Community Center
Tuesday	1:00 p.m.	Cribbage	Community Center
Tuesday	5:00 p.m.	Total Body Exercise	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Mat & Stretch Class	Community Center

ZUMBA FITNESS PROGRAM

What is ZUMBA? Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and also includes squats and lunges. The COA is adding this form of exercise to our fitness program on Monday's from 5:00 p.m. – 5:45 p.m.



We will start on Monday September 8th. The class will be conducted by Sharon Dobbyn, director of the Lynn YMCA. This will be a trial for 2 months and if it takes off, it will be continued. Please contact Linda Peterson if you are interested, 781 581-7557.

MATTER OF BALANCE



**A MATTER OF
BALANCE**

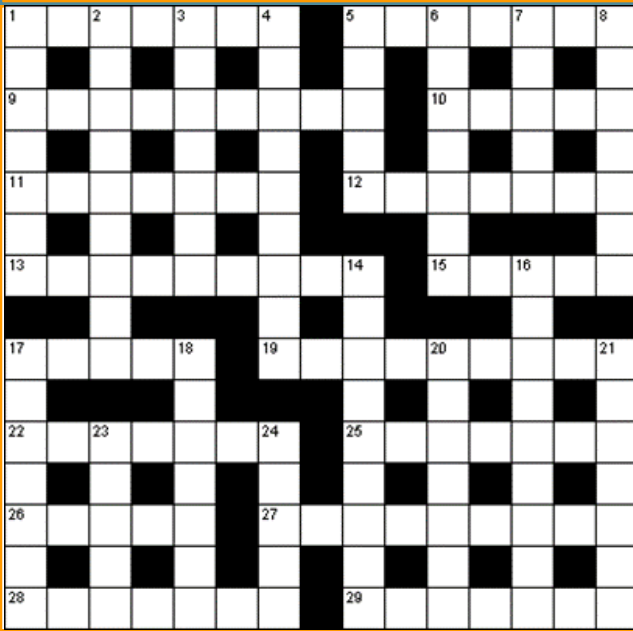
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program/workshop designed to manage falls and increase activity levels.

The Nahant COA in collaboration with GLSS will present a Matter of Balance workshop beginning Tuesday, September 23, 2014. Classes are held once a week for 8 weeks for 2 hours each. 9:30 to 11:30. The program and materials are free. For more information call:

Mary Carideo GLSS 781-586-8527 mcarideo@glss.net or Linda Peterson at 781-581-7557.

CROSSWORD PUZZLE



Across

1. Antiquated (7)
5. A young hare (7)
9. Contented (9)
10. A ballroom dance (5)
11. Give forth (7)
12. Vocalists (7)
13. Crucial (9)
15. He attained nirvana (5)
17. Sysadmin (5)
19. Dicker (9)
22. Red (7)
25. Movie house (7)
26. Heath (5)
27. Inactive (9)
28. Bishopric (7)
29. Hereditary (7)

Down

1. Spartan (7)
2. Purgation (9)
3. Refrain (7)
4. Standard (9)
5. Deposits of ore (5)
6. Porch (7)
7. Tall perennial herb (5)
8. A surveying instrument (7)
14. Electrical discharges (9)
16. Blink of an eye (9)
17. Expel (7)
18. Plunder (7)
20. Betrayal (7)
21. Fickle (7)
23. Friend (Spanish) (5)
24. Woollen winter hat (5)

NEW LOOK FOR THE NAHANT COUNCIL ON AGING BUS

Keep an eye out for our Council on Aging Bus around town!

On August 7th and 8th, Heather Goodwin & Arts in Nahant lead a community art project...*painting a big Nahant ocean scene on the Council on Aging Bus!* This was open to all ages, but mostly children participated. Keep an eye out for us driving around town. When the bus is not in use, it sleeps at the Nahant DPW, take a peek when you drive by. **THANK YOU** to those who participated in giving us a "new look."



Help Support Friends of Nahant Council on Aging

Please accept my tax-deductible donation as a supporting member;

☐ Individual \$10.00 ☐ Good Friend \$25.00 ☐ Great Friend \$50.00
☐ In Honor/Memory/Appreciation of _____

OR

Please accept my tax-deductible donation of \$ _____

☐ In memory of _____ ☐ In honor of _____ ☐ In appreciation of _____
 Person's name: _____
 Donated by: _____

Please make checks payable to and mail to: **Friends of Nahant Council on Aging**
 334 Nahant Rd., Nahant, MA 01908

SEPTEMBER BIRTHDAY CELEBRATIONS

September 1- Jeanne Baranek, Marilyn Clausen, Anne Graul, Catherine Capezza, Martha Taylor
September 2- Humphrey Murphy, Ferdinand Fiske, Walter Spinelli, Maryliz Cort
September 3- Lorraine Locke, Linda Richards, Peter Rogers, Donald Comeau, Margaret Messina
September 4- Richard Nagle, Larry Titus, Patricia McSweeney, Thomas Mazzaferro, Donna Foti-Scovell
September 5- John Benson, Maria Welsh
September 6- Dewitt Brown, Ann Callahan, Maureen Mellon
September 7- Gwendolyn Upton, Phillip Caso, Suzanne Bailey, Arthur Martinelli
September 8- James O'Brien, Donald Lafferty
September 9- John Keller, Rose Novello, Timothy Demakis, Catherine O'Connor, John Christensen, Mary Sweeney
September 10- Charles Briggs, Cynthia Mantzoukas, Roann Costin
September 11- Joseph Barisano, Marvene Kasper
September 12- Norina Rowen
September 13- Malcolm Chamberlain, Roger Locantore
September 14- Michael Conley, Rosamond (Roz) Puleo, Michael Tanen, Peter Mazareas, Dianne Cadigan, Diane Dunion, Pieter Luthi
September 15- Donna Long, Patricia Kane, Nancy Peters
September 16- Charles Jessome, Winifred Hodges, Fred Quinlan
September 17- Christine Howard, Robert Hill, Karen Hawko
September 18- Joseph Sherber, William Marden, Anthony Macone
September 19- Joseph Carmody, George Adolph, Karen Canty, Lawrence McDonough, Peter Fantasia, Thomas Costin, Kathryn Bezemes
September 20- Diane Gaucher, D. Cane, Marjo Ludke
September 21- Michael Hendriksen, Robert Steinburg
September 22- Frank Clements, Barbara Browlie, James Bryanos, Helen Savino, Katy Dolhun, Lisa Stempek
September 23- Keiko Cadigan, Russell Gaudet, Abbas Soleymani, Donna Lee Hanlon
September 24- Thomas Dwan, Kathleen Baldwin, Kathleen Hatfield, Vannarat Boontong, Francis McCarthy, Linda Peterson
September 25- Paul English, Carol Ann Nelson, Stephen Micalizzi, Kevin Robinson
September 26- Doris Hefler, Thomas Butler, Teresa Bacheller
September 27- Mary Sharkey
September 28- Edna Doran, Olivia Brand, Karen Callahan
September 29- Nancy Locke, Francis McArdle, Kerry Stevenson
September 30- Stephen Greenstein, Paul Lospennato, Bethany Maher

REMINDER: THE REGISTRY OF MOTOR VEHICLES NO LONGER SENDS REMINDERS THAT YOUR LICENSE HAS EXPIRED. PLEASE CHECK THE EXPIRATION DATE ON YOUR LICENSE, YOU MIGHT NEED TO RENEW.

SEPTEMBER HISTORICAL EVENTS

September 2, 1789- The United States Treasury Department was established.
September 4, 1788- George Eastman received patent for roll-film camera.
September 14, 1814- Francis Scott Key wrote his poem "Defense of Ft. McHenry," that was later re-named Star Spangled Banner.
September 17, 1855- The Boston Public Library, the first library in Massachusetts supported by taxation was dedicated.
September 18, 1851- The first edition of the "New York Times" was published.
September 22, 1929- The construction contract for the building of the Empire State Building was awarded this day. It would be built on the site of the former Waldorf-Astoria Hotel.
September 30-1846- Dr. William Morton, a dentist, used an experimental anesthetic, ether, for the first time on a patient in Boston, Massachusetts.