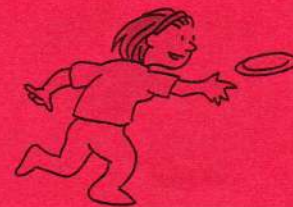




# High Tide



Volume 24 Issue 2

www.hbamaine.com

July 2013

Board of Directors

Officers

President:

Roger Chabot 12 Houghton St

Vice President:

Barbara Bombaci 22 Bayview Ave

Treasurer:

Phil Conley 39 Pearl St.

Secretary:

Lisa Jesmain 23 Pearl St.

Board Members.

Maura Gwyer 26 Ocean Ave

Susan Naiden 17 Shipwreck

Barbara O'Brien 28 Morning St.

Giff Reed 23 Houghton St

John Veltri 39 Morning St.

Committee Chairs

Membership:

Steve Seabury

High Tide Editors:

Becca and Melissa Carifio

31 Morning St.

"In every curving beach,  
in every grain of sand,  
there is the story of the  
earth."

~ Rachel Carson

## Clownin' Around on the Fourth of July



Ladies and gentlemen, boys and girls, children of all ages, welcome to the Greatest Parade on Earth! (And we NEVER exaggerate.) The High Tide gives a big round of applause to all of you who stepped right up to this year's marvelous parade theme of **Circus Time Under the Big Top**. We spotted leopards, giraffes, bears, ring masters, acrobats, jugglers, clowns and even a unicyclist who delighted the crowd by riding "under the big top". We would be remiss if we did not mention the bearded ladies, the strong men and women with their dumbbells and the Circus Train with its tiny participant snoozing on and off throughout thru his first Higgins parade. And where but Higgins would you see walking popcorn, peanuts and pretzels? Good job everybody! And here are the judges' choices:

Individual

3rd Place Skip It Clown: **Adrianna and Anthony Gentile**

2nd Place Circus Train: **Andrew Skilling**

1st Place Circus Tickets For Sale: **Gracie Wood**

Group

3rd Place Cirque De Higgins: **Olivia Smith and Meggie Wong**

2nd Place Life Is Sweet: **Mary, Katy and Steven Hogan; Dan, Emma and Henley Landry**

1st Place Circus Food: **Kiernan and Ashlin Haley, Abby and Mollie Gibbons, Jessica Jacqueline and Michael Leone; Sara and Ryan Rigazzio, Matty and Kate Rigazzio, Owen, Ryan, Caitlyn and Kerrin Norton, The Mannion Kids**

Float

3rd Place Shark Tank: **Jacob and Cameron Beaudoin**

2nd Place John Deere: **Malia and Nathan Lewis Calign Harriden**

1st Place Higgins Beach Presents Madagascar Express: **Lucas, Egazarian, Troutt and Kelleher Families**

Judge's Choice

3rd Place Clowns Under "Big Top" Bikini: **Nathan, Stephen and Jonathon Mitchell**

2nd Place Higgins Beach BBQ Crew: **Caroline, Peter and Kathy O'Brien Mayne, Maura, Drew and Mick Gwyer Annemarie and Kate Griffin**

1st Place Send In The Clowns: **Colette, Ali and V Bernier Evie and Declan McLaughlin Max Shippen**



## We Want Your Scoop!

Hang on to your Ben & Jerry's, but give us all your stories! Send all the news that's fit to print to Melissa and Becca Carifio, 31 Morning St., Scarborough ME 04074 or hba-hightide@yahoo.com.



## Beach to Beacon



The 16th annual Beach to Beacon 10K will be held in neighboring Cape Elizabeth on August 3th, 2013. Start time is 8AM. Registration is closed, but fans are welcome! Cheer at the finish line at Fort Williams. We at the High Tide recommend arriving early as this is a popular event, and parking is limited.

## The Most Important Meal of the Day



Made even better! Join us at clubhouse every Wednesday morning at 9AM for coffee or juice, and a donut or a muffin for only \$1!

## Feeling Crafty?

The Higgins Beach Arts and Craft Show will be held on Friday, August 9th from 9:00 a.m. to 3:00 p.m.,

Saturday, August 10th and Sunday, August 11th from 9:00 a.m. to 2:00 p.m. Per request from the exhibitors, we are trying Sunday this year on a trial basis. We will have approx. 25-30 exhibitors, some new from last year.



## Trash Talkin'



A reminder that the trash barrels placed along Bayview are meant to collect beach, not household, trash. Household trash belongs in the town provided barrels (with the green covers) at each cottage.

## Space Forecast: Showers Ahead!

Here's our annual reminder that the Perseid meteor shower will peak in the hours before dawn on August 12th. This shower, considered one of the best of the year, is anticipated to be particularly spectacular this year because the moon will set before the best viewing time. Spectators should expect to see up to 80 meteors per hour—more than 1 per minute. Get a blanket, and enjoy the show!



## Twice as Nice

June was a month of double celebration in the Iselborn household...

Congratulations to Liza Iselborn, daughter of Linda and Charlie Iselborn of Vesper Street, who graduated from Mass College of Pharmacy and Health Sciences in Boston. Sister Lucy graduated with honors from Scarborough High School. Lucy has been accepted to the Honors College and Nursing Program at the University of Maine, Orono.



## Ouch! Need A Sunburn "Cure"?



The best way to avoid sunburn pain (as well as protect against skin cancer and wrinkles!) is to wear sunscreen. But, if you're caught lobster-red after a long day at the beach, you can treat your burn with black tea! The antioxidants and herbs in the tea can soothe and help heal the burn. Simply apply chilled black tea to the affected area with a rag you don't mind getting dirty. Let it absorb into the skin for some much needed relief!



## IT'S A DATE! AUGUST & SEPTEMBER HBA EVENTS

All are welcome at the clubhouse!

Tickets for dinners can be purchased from **Glennis Chabot**, 12 Houghton Street, 883-3925 or **John Veltri**, 39 Morning St., 883-3585. Children's tickets are for those under 12.



**August 7, 6PM Turkey & All the Trimmings.** Roast Turkey, stuffing, cranberry sauce, mashed potatoes, gravy, veggies, rolls, punch, coffee and dessert. Adults: \$10, Children: \$5.

**August 9 & 10 HBA Craft Fair**

**August 13, 6:45PM Concert** Don Campbell Trio (On the grass!)

**August 14, 6PM Haddock Dinner.** Delicious baked crabmeat stuffed haddock, potatoes, veggies, rolls punch, coffee and dessert. Adults: \$10, Children: \$5.

**August 10, 6:45PM Concert** Custom Blend (On the grass!)

**August 21, 6PM Chicken Marsala.**

**August 30, 7PM HBA Annual Meeting**

**September 19, 9AM Pumpkin Painting.**

**September 21, 6PM Members Harvest Supper.** Call Lisa Jesmain to get on the reservation list, 415-4169.

### Best Beach Reads

We've been getting your neighbors' recommendations for what to read while your toes are in the sand. Here's this month's pick"

[In the Castle of the Flynns](#)

by Michael Raleigh

recommended by: **John Marston**, longtime renter.

This book portrays an eccentric large Irish Catholic family in the summer of 1954. The characters are so well developed and thoroughly believable that you will have a hard time remembering that this is a fiction book. You may laugh out loud, you may tear up, but you will certainly enjoy your time with the Flynns.



### Looking for Goods....

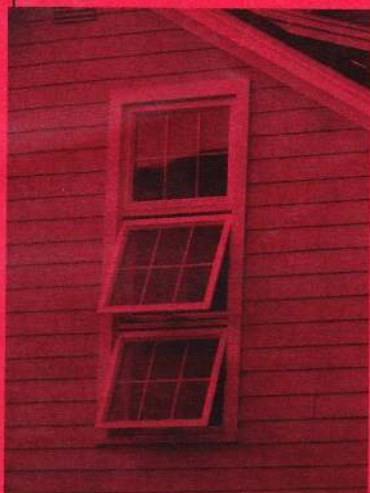
....Baked goods, that is! Susan Osbourne has once again agreed to take on

the task of organizing a bake sale to be held in conjunction with the annual Craft Fair. Higgins Beachers have traditionally responded to the "call for goods" generously and deliciously, and we know this year will be no exception. So put on your apron and your chef's hat, and bring your creations to the clubhouse before 9AM on August 9th (Friday) and 10th (Saturday). If you can't get your contributions to the clubhouse on Friday or Saturday morning, call Susan (883-0862) and she will arrange a pick up. All proceeds benefit the HBA.



## Have You Ever Noticed...

.....the windows in the cottages at Higgins? We found circles, ovals, squares, rectangles, triangles octagons and pie wedges. Check out the pictures below and see if you can find these windows at Higgins. And for extra fun, can you find which street has three houses with octagonal windows?



## It's Those Dog Days of Summer

Ever wonder where the expression "dog days" comes from? The dog days of summer are the hottest, most sweltering days, beginning in early July and continuing until early September. The name dog days comes from the Romans, who believed that it was the alignment of the summer sun and Sirius (the "Dog Star" or the brightest star in Canis Major, the dog constellation) that caused the sultry weather.



## BRRRRING.....

Believe it or not, it's time to update the Higgins Beach Phone Directory. Lucky for us, **Carol Turner** and **John Veltri** have stepped up to help out. If you would like to be listed, fill out the form below, tear it out, and drop it in the box at the clubhouse:

NAME \_\_\_\_\_

COTTAGE ADDRESS \_\_\_\_\_

LOCAL PHONE NUMBER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

