

# BUSINESS BRIEFS

## Collaboration for arts education

The Rose and Crown is hosting "Collaborate," a series of DJ events that will benefit the Nantucket Arts Council scholarship program. On Saturday, Aug. 12 from 10 p.m. until closing, the Rose and Crown located at 23 South Water St., is featuring DJ Blacksmith and Ben Briere. Tickets are \$10 or \$5 for NAC members. The final DJ event is scheduled for Sept. 2.

## Parkinson's Disease talk Aug. 18

Dr. Albert Hung will address Nantucket's Parkinson's Disease Support Group on "Making Sense of Parkinson's Medications" at 10 a.m. Friday, Aug. 18 at Nantucket Cottage Hospital.

Dr. Hung is an instructor of neurology at the Harvard Medical School and is on staff in the Partners Parkinson Disease and Movement Disorder Center at Massachusetts General Hospital.

Since 2000, Dr. Hung has been involved in basic neuroscience research at the Picower Institute for Learning and Memory at MIT, addressing questions about the molecular basis of synaptic plasticity. Dr. Hung has been a fellow of the MGH Udall Parkinson's Disease Center for Excellence and a grant recipient of the National Institutes of Health.

Nantucket's monthly PD Support Group, which is sponsored by Nantucket Cottage Hospital and facilitated by registered nurse Charlene Chadwick, is comprised of individuals with Parkinson's Disease and their families. For more information about the presentation or about the support group, which meets monthly on the third Friday, call Chadwick at (508) 825-8190.

## Martini Workout partners with Hertz

The Martini Workout continues to expand its network of partnerships. This summer it has partnered with Hertz in both Nantucket and Martha's Vineyard locations in its Fitness, Fun & Freedom promotion, encouraging visitors to "Minimize Traffic. Thanks for leaving your car on the mainland." Hertz General manager David Murphy is working with Jessica Athas to involve visitors by providing brochures about its Fitness, Fun & Freedom program. Anyone who rents a Hertz vehicle and takes The Martini Workout on Nantucket this summer will receive a limited edition The Martini Workout hat.

"I was teaching a Pilates class at the Harvard Club of Boston, and in an effort to demonstrate proper form of an abdominal exercise and prevent lower back injury, I captured the attention of my class by having them lay on their back and balance a martini glass on their abs while lifting and lowering their legs," Martini Workout founder Jessica Athas said.

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## Nantucket Bake Shop

### of satisfying the island

BY MARGARET CARROLL-BERGMAN  
I&M Staff Writer

The sweet smell of freshly-baked bread, muffins, cookies and cakes rolls over the crowd of people waiting to get into the Nantucket Bake Shop.

Anyone who has stood in line at 6:30 in the morning at the Bake Shop knows that it is worth the wait. Get to the Bake Shop after 9:30, and most certainly the donuts, sticky buns and coffee cakes are long sold out. Arrive after noon and risk not being able to find a loaf of bread.

During the summer, the line snakes around the corner at 79 Orange St., the Bake Shop's address. Sometimes the morning rush is so great, the owners have to lock the doors for 10 minutes so that the clerks can restock the display cases with pastries and donuts and refill the coffee urns.

Owners Magee and Jay Detmer officially took over the family-owned this year, but the couple came to help Magee's parents, David and Anne Bradt, 30 years ago, when the Bradts purchased the bakery from Pacific National Bank.

The Bake Shop had fallen upon hard financial times and its owner, Joe Cecot, stayed on through that first summer to teach the Bradts the mysteries of making Portuguese bread. Cecot had studied Portuguese bread making — where the crust is crisp and the crumb tender. The Bake Shop's history can



## Three generations outside its 30th year of family

### Bradt, her daughter Magee

be traced to the early 1900s.

It is 92 degrees inside the Bake Shop at 9 a.m. The day is over for Jay Detmer, the master baker. Jay started work at eleven at night and bakes about 600 to 700 loaves of bread each night. His day ends early in the morning after he has delivered his night's work to the island's grocery stores and guest houses.

Jay was an education major at Fort Lewis College in Colorado when he and Magee came to the island in 1976, the year the Bradts family took over the Bake Shop. The couple, who have known each other since childhood in Tarrytown