



# Sound Waves

A Monthly Newsletter from Save Our Sound

## FEBRUARY 2026

### Alliance News & Notes



February offers a quieter view of Nantucket Sound—but also one that reveals how deeply it remains woven into our daily lives. In winter, the Sound continues to shape life on the Cape and Islands in ways that are often less visible but no less important. For fishermen, scientists, business owners, and year-round residents, these colder months reinforce just how deeply connected daily life remains to the water, regardless of the season.

The Sound matters because it is foundational to our communities. It supports livelihoods, sustains marine ecosystems, and provides a sense of place that defines this

region. Even in winter, its rhythms—tides, storms, and seasonal shifts—continue to influence how people live and work along its shores. Protecting Nantucket Sound means preserving something essential to the identity and resilience of coastal communities that depend on it year-round.

Seasonal change also brings perspective. The Sound has adapted to winter storms and shifting conditions for centuries, reminding us that meaningful stewardship requires patience, preparation, and care. It is with this long view in mind that the Alliance continues its work toward securing **National Historic Landmark** (NHL) designation for Nantucket Sound—the highest level of historic recognition possible. This designation

would connect the Sound with three important local NHLs, including the island of Nantucket itself, the **Kennedy Compound** in Hyannis Port, and **Wesleyan Grove** on Martha's Vineyard.

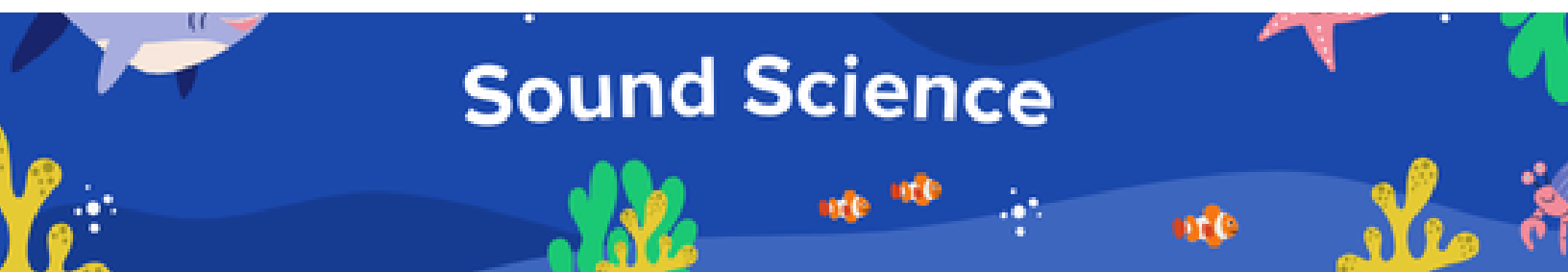
Later this month, we will be mailing our Quarter 1 newsletter. Please keep an eye on your mailbox; and if you are not currently on our postal mailing list, you can sign up on our website ([www.saveoursound.org/join-us/](http://www.saveoursound.org/join-us/)) - or contact us directly, and we'll be happy to make sure you receive a copy.

Thank you for being part of this community and for continuing to support the Alliance's work. Together, we remain committed to safeguarding Nantucket Sound—not just as a body of water, but as a living, shared resource that defines who we are.

Warmly,

**Audra Parker, President & CEO**

Save Our Sound



## Storms, Coastal Resilience, and the Importance of Tradition



February often presents Nantucket Sound at its most dramatic. Winter storms roll across the Sound with powerful winds, shifting tides, and churning seas—natural forces that have shaped these waters and shorelines for centuries. While storms can be disruptive, they are also part of the Sound's seasonal rhythm, continually reshaping beaches, salt marshes, and coastal habitats.

They move sand and sediment, nourish barrier beaches, and help maintain the natural systems that protect our shores from erosion and flooding. Healthy coastal ecosystems—such as marshes and dunes—act as buffers during storms, absorbing energy and reducing impacts on nearby communities. The Sound’s ability to adapt and recover is a reminder of the value of working with natural processes rather than against them.

For generations, people who live and work along Nantucket Sound have understood and respected these seasonal changes. Fishermen, mariners, and coastal families have long planned their lives around the winter weather, passing down knowledge about tides, storms, and safe harbor from one generation to the next. These traditions reflect a deep relationship with the Sound—one built on observation, respect, and stewardship.

As winter gives way to spring, February offers a moment to reflect on how storms, resilience, and tradition are all interconnected. Nantucket Sound endures because of its natural strength—and because people have cared for it thoughtfully over time. Protecting the Sound means honoring both the environmental systems that sustain it and the human traditions that have grown alongside it.



*This month, we put a spotlight on **Dr. Sarah Bois**, Director of Research and Conservation at the **Linda Loring Nature Foundation** on Nantucket. As a plant ecologist, her research has focused on a myriad of conservation and biodiversity topics including native shrub phenological response to climate change, coastal vulnerability and resiliency, non-native invasive species, management of sandplain grasslands, and rare species conservation. Sarah is currently the Vice-chair for the **Town of Nantucket’s Coastal Resiliency Advisory Committee** and is the Chair of the **Nantucket Invasive Plant Species Committee**.*

*Sarah will be our guest speaker for our ACONS webinar on March 19, as we look at the rare and beautiful sandplain grasslands and heathlands of Cape Cod and Nantucket.*

## 1. What does Nantucket Sound mean to you?

As an ecologist, the first thing I think about is the biodiversity of Nantucket Sound. It's an ecologically rich complex of coastal and marine habitats. For those of us living on Nantucket, it's a travel corridor to and from the mainland, but it is a host of so much more. I also think of it recreationally for fishing and boating. We're really so lucky to call this area home!

## 2. What are your favorite spots to visit around Nantucket Sound?

As a Nantucket resident, we travel through the Sound regularly. Aside from where I live, I think Tuckernuck Island is one of my favorite spots to visit. It's like going back in time ecologically. No electricity, running water, few cars, bad cell phone reception – it's a treasure!

## 3. Can you tell us a bit about the Linda Loring Nature Foundation and your position there?

The Linda Loring Nature Foundation is a conservation land trust with 275 acres of open space on the western end of Nantucket Island. Our founder, Linda Loring, loved this area of the island and worked to preserve it for everyone to enjoy and learn from. Our mission is to preserve the biological diversity of the property and connect people of all ages to nature through environmental education and research.

I am the Director of Research and Conservation overseeing the research program, training interns, and managing the land management of the property. Our research has focused on a diversity of topics including native plants, migratory birds, rare species, aquatic fauna, climate change impacts and more – under a unifying goal of learning more about this land so that we can best conserve and protect. We care for some of the Island's most rare and fragile habitats.

## 4. What types of events does the LLNF host?

At LLNF, our trails are open every day sun-up to sundown. We have a **Story Walk** trail for children that changes every few months, so there will soon be a new one for spring. For early 2026, we have guided birding trips, bird banding to capture spring migration, and guided tours of the LLNF property as well. Check out the calendar for all the upcoming events on the LLNF website. Our programs are free and open to all.

## 5. What do you enjoy doing in your spare time?

My husband owns a charter fishing business so we enjoy life on the water; fishing, boating, and beach life when possible. In the off-season, my son plays hockey, so we're at the rink non-stop. I can also be found walking our two dogs on every trail throughout the island. We keep busy year-round!