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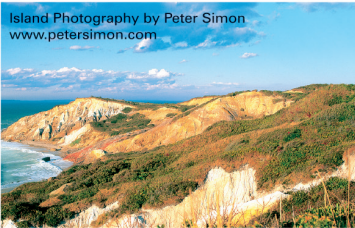


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[INSIDE]

SHOP LOCAL BUSINESS LISTINGS	6
I WANT MY WORKOUT	8
MARK YOUR CALENDAR – AUGUST.....	9
FISHING & BOATING:	
FISH TO TARGET WHEN FISHING WITH KIDS.....	14
AN EASY-TO-MAKE SUMMER SWEET	16
MASTER OF THE MIST.....	17
CREATIVE SUMMER MOMENTS.....	20
POOLSIDE PICKS	21
SC BEACHES	22
THE TIDES – AUGUST	23

THE SHORE TIMES

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I WANT MY WORKOUT!

By **PETER PAN**

You are in town for a few days...maybe even a week, and you want your workout. You have a routine at home and unless you can resume some type of semblance to that exercise schedule, you are not going to be very pleasant company. Being unfamiliar with the area, scrambling to find a work-out location can be difficult. Perhaps this article can help you find one.

As we all know by now, the Corona Virus pandemic put thousands of long-standing gyms out of business. South County was no exception. The oldest work-out gym, Riverbend in Wakefield, shut its doors for good, followed by another great gym, Luxe, also in Wakefield. Several smaller gyms and personal trainers also closed during the past year.

Only the strong survived the epidemic, and that was the YMCA network, with several key locations in the area. The closest facility is the South County YMCA, located about 8 minutes from the Narragansett Town Beach, on Broadrock Road in Peacedale. This YMCA has three work-out rooms, a large group exercise room, a full-size indoor pool, and most importantly, child services.

If you are here to go surfing, and it is totally flat, you can join the SURFSET class, a tough all-around work-out that takes place on a stationary surfboard. The South County YMCA is the only gym in the state that offers this class. You can check out the schedule of all the classes, pool times, and work-out details by calling 401-783-3900.

For those vacationers who are located further south on Route 1, the Westerly YMCA on High Street

offers the same services, with two full-sized pools, and a much shorter drive from the Misquamicuit State Beach in Westerly.

The Middletown YMCA on Valley Road services the Newport crew, with another great array of facilities and full-size indoor pool. The phone number for the Westerly YMCA is 401-596-2894 and for the Middletown YMCA, it is 401-847-

9200.

If you are already a member of a YMCA in the United States, you are welcome at all the gyms for free. Non-members are also welcome with a nominal fee. Looking for a quick in and out, you can sign up for a free 7-day membership at Anytime Fitness at the Salt Pond Shopping Plaza in Narragansett. Check out their schedule and sign up online at anytimefitness.com. This gym is open 24 hours and you can call them directly at 401-284-0313 for more information.

Missing your daily yoga classes can be frustrating. That is why for the past 18 years, Natural Fitness owner Gina Raheb does a very popular class at the Narragansett Town Beach, every morning at 8 AM. Located at Lifeguard Chair #4, with parking available for participants in the West Parking Lot. Drop-in fee is \$18.00, and packages are available. Call Gina at 401-640-1673 or go to naturalfitness.com for more details.

The other big yoga place in South County is All That Matters Yoga and Holistic Health Center, located on Main Street, in Wakefield. There are classes there for both advanced and beginner enthusiasts, and available all day long. Drop-in fee is \$18.00. They offer a yoga class on the Town of South Kingstown Town Beach, daily at 8:15 AM. Call 401-782-2126 for details.

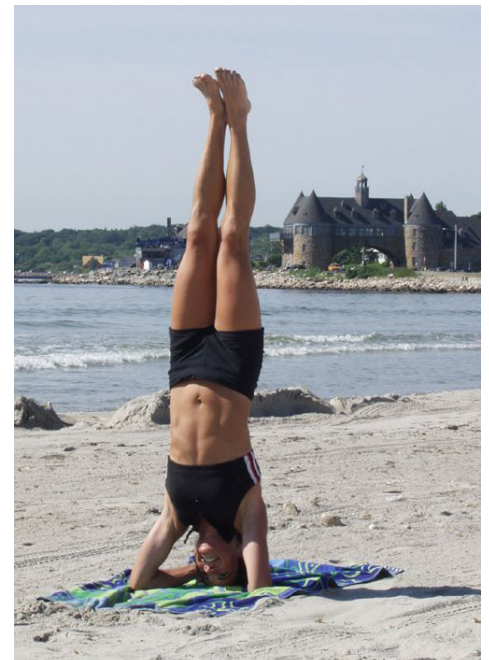
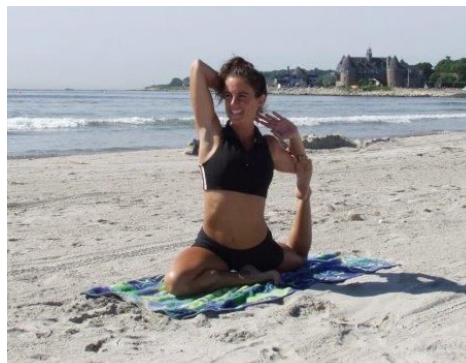
Martial Arts schools were also victims of the Corona Virus, unable to open for many months. The last one standing in South County is Ichiban Karate Studio on Robinson Street, in Wakefield. The school offers both fitness and karate all day

long and is open every day. Call 401-789-3380.

No one will tell you that one of the best outdoor tracks in the northeast lies within walking distance from the Narragansett Town Beach. If you are looking for an awesome 8-lane, 1/4 mile track with a relatively brand-new cork surface, this is your destination. It is located right off South Pier Road at the Narragansett High School Athletic Field, and open all day long.

There are two sets of tennis courts open to the public, one located next to the Neighborhood Guild on Columbia Street in Peacedale, and the other at the Sprague Field Athletic Field in Narragansett on Narragansett Avenue. You will drive by those courts if you are in Wakefield or by the beaches. There are also public courts located at Prout High School, Fisherman's Memorial Park, and Domenic Christofaro Park.

These alternative choices for your work-out might not be ideal, but if it helps you get those anxieties out of your system, you just might be fun to be with on your family vacation.



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AUG

ONGOING

Bethel Park Falls by Jason Pizzarello — Aug. 6-8, 13-15, 20, 21, 27-29 at 7 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Cut Your Own Lavender at Lavender Waves Farm — Aug. 8, 15, 22, 29, Lavender Waves Farm is hosting another year of Cut Your Own Lavender events at their farm on Commodore Perry Highway in South Kingstown. Ticket prices are \$20 for adults, \$12 for children 3 and older and free for infants. For more information, to purchase a ticket or to review the schedule visit lavenderwavesfarm.com.

Small Works 'Lil Rhody Art Show/Sale — Aug. 6 - Sept. 5, Diminutive Art of the Ocean State. A members-only show & sale of up to 45 artists at Wickford Art Association, 36 Beach St., Wickford-North Kingstown. Registration opens May 21. For more information, visit wickfordart.org.

Washington County Fair — Aug. 11-15, The Fair will be at the Washington County Fairgrounds on Route 112 in Richmond. For more information, visit washingtoncountyfair-ri.com.

Wakefield RiverFire : Thursdays until Aug. 19 from 6 - 10 p.m.— RiverFire will take place on the Saugatucket River in historic, downtown Wakefield Admission to Wakefield RiverFire is free. For live music schedules, additional event information, or if you're interested in becoming a vendor, please visit Wakefield Village Association online or email WVAvendors@gmail.com.

Smith's Castle Paranormal Investigations

— Smith's Castle will once again partner with the Paranormal Legend Society to conduct monthly paranormal investigations in the historic 1678 structure located at 55 Richard Smith Drive in North Kingstown. The 2021 scheduled dates are: Aug. 21, Sept. 18, Oct. 16 and Nov. 20, and run from 7 p.m. to midnight. Attendance is limited to 12 people per date, and participants must be at least 18 years old. For reservations call 401-294-3521 or 401-258-1599, or email smithscastle55@gmail.com. The fee is \$35 per person and must be prepaid.

Field of Artisans - Tuesdays until Aug. 31 from 4 - 9 p.m., Saturdays until Aug. 28 from 11 a.m. - 4 p.m. — Tuesdays at the Whalers Brewing Company Taproom, located at 1174 Kingstown Road in South Kingstown. Saturdays at South Kingstown Town Beach. Beach parking fees apply. For more details, contact Katrina at fieldofartisans@gmail.com or visitfieldofartisans.com.

Free Wednesday Morning Bird Walks with Audubon — Audubon offers free Wednesday Morning Bird Walks with naturalist Laura Carberry. Each week a new birding destination will be chosen. Please visit the Audubon website asri.org or Facebook Page for the location. Contact Laura at lcarberry@asri.org for more information. Locations determined weekly. Ages: 14 and up.

Star Gazing - Fridays, 7-10 p.m.— Frosty Drew Observatory & Sky Theatre, Ninigret Park, Charlestown. frostydraw.org.

Hermit Crab Races — Every Wednesday Night. Free DJ. Parking Lot Games. Registration at 7 p.m., Races at 8 p.m. Purple Ape, 17 Winnapaug Road, Westerly.

EVENTS

AUGUST 1

Dan Moretti & The Hammond Boys, Feat. Curt Ramm — Concert on Aug. 1 at 5 p.m. Tickets cost \$15 or \$80 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

YESTERDAY — Film Screening on Aug. 1 at 9 p.m. Tickets cost \$20. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

AUGUST 2

Jazz with the Clay Nordhill Group — On the patio at Contemporary Theater Company at 7:30 p.m., 327 Main Street, Wakefield. Tickets are \$10. 218-0282. contemporarytheatercompany.com.

Tunes on the Dunes — Concert on Aug. 2 at 6 p.m. Admission is free. Westerly Town Beach, 365 Atlantic Avenue, Westerly. misquamicut.org.

Summer Concert Series: Neal & the Vipers — Admission is free. 6:30 p.m. at North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

AUGUST 4

Lafayette Band Free Summer Concert — Aug. 4 at 6:30 p.m. at the North Kingstown Free Library, 100 Boone St. North Kingstown. For more information about the band, including photos, video clips and band history, visit lafayettebandri.org or facebook.com/LafayetteBand.RI.

Movies on the Beach: ONWARD — Admission is free. 6 p.m., Cabana Horseshoe, Narragansett Town Beach, 39 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

Tunes on the Dunes — Concert on Aug. 4 at 6 p.m. Admission is free. Westerly Town Beach, 365 Atlantic Avenue, Westerly. misquamicut.org.

9 to 5 — Film Screening on Aug. 4 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

AUGUST 5

SK Food Truck Night — Sk Food Truck Night is being held at Extreme Airsoft, 1425 Kingstown Rd at 4 p.m. You can find 10 or more locally owned food trucks, live music and beer, wine and Loyal 9 Cocktails served up from Trinity Brewhouse. Parking is available on both sides of the Peace Dale Mill as well as three blocks away at the Peace Dale School. See which food trucks are participating at www.foodtrucksin.com/food-truck-events.

The Lords of 52nd Street-The Original Billy Joel band — Concert on Aug. 5 at 9 p.m. Tickets cost \$35-\$225. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Clatta Bumboo, Free Reggae Thursday — Concert on Aug. 5 at 5 p.m. Free entry. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

AUGUST 6

Summer Concert Series: Black Tie Band — Admission is free at 6 p.m. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.



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Paula Clarke Band, Gary Cummings Band, Mike Rand — Concert on Aug. 5 at 5:30 p.m. Tickets cost \$15 or \$80 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Patio Musical: An Improvised Musical on the Patio — Performance on Aug. 6 at 9 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Breakfast Club — Film Screening on Aug. 6 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

AUGUST 7

The Legendary Steve Katz with Kala Farnham — Show on Aug. 7 at 8 - 11 p.m. Tickets cost \$25. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingston. 782-1018, courthousearts.org.

Jim Breuer: Freedom of Laughter Tour — Tickets cost \$55 - \$165. 8p.m. at Greenwich Odeum, 59 Main Street, East Greenwich. 885-4000, greenwichodeum.com.

E.T. The Extra-Terrestrial — Film Screening on Aug. 7 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

AUGUST 8

Bobby Doyle Summer Classic Road Race — On South Road in Narragansett. For more information, visit narragansettccoc.com.

The Outsiders — Film Screening on Aug. 8 at 9 p.m. Tickets cost \$20-\$25. This is a pre-ticketed, limited event due to COVID-19. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Great Outdoors Celebration & Auction — 4 p.m. SKLT Barn, 17 Matunuck Beach Rd. Gather your family and friends to celebrate South Kingstown Land Trust's 2,900 acres of protected open space while overlooking the beautiful fields at Weeden Farm. For more information or to purchase tickets, visit skly.org.

Evening Sky with Leland Brown — Concert on Aug. 8 at 5 p.m. Tickets cost \$15 or \$80 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

AUGUST 9

Benefit for the RI Community Food Bank and the St. Andrew's Food Pantry and Personal Care Closet — Non-perishable food, personal care items (soap, laundry detergent, toothpaste, etc.) and monetary contributions will be collected at Java Madness, 134 Salt Pond Rd., Wakefield from 11 a.m. - 3 p.m. Glenn Dewell and Friends along with special guests Lauren Mary King and Paula Elser Clare Ciminero will perform.

Summer Concert Series: The Ravers — Admission is free at 6:30 p.m. North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettccoc.com.

Jazz with the Clay Nordhill Group — 7:30 p.m. On the patio at Contemporary Theater Company, 327 Main Street, Wakefield. Tickets are \$10. 218-0282. contemporarytheatercompany.com.

Tunes on the Dunes — Concert on Aug. 9 at 6 p.m. Admission is free. Westerly Town Beach, 365 Atlantic Avenue, Westerly. misquamicut.org.

AUGUST 11

Patio Musical: An Improvised Musical on the Patio — Performance on Aug. 11 at 9 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Movies on the Beach: JAWS — Admission is free. 6 p.m. Cabana Horseshoe, Narragansett Town Beach, 39 Boston Neck Rd., Narragansett. For more information, visit narragansettccoc.com.

Tunes on the Dunes — Concert on Aug. 11 at 6 p.m. Admission is free. Westerly Town Beach, 365 Atlantic Avenue, Westerly. misquamicut.org.

All Saints — Film Screening on Aug. 11 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Goonies — Film Screening on Aug. 11 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

AUGUST 12

Wakefield Idol Summer Concert — Tickets cost \$20. 7 p.m. On the patio at Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

AUGUST 13

Summer Concert Series: James Montgomery Band — Admission is free. 6 p.m. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettccoc.com.

Fletch with Actor Burton Gilliam — Film Screening on Aug. 13 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Soulshot — Concert on Aug. 1 at 7 p.m. Tickets cost \$15 or \$90 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Patio Musical: An Improvised Musical on the Patio — Performance on Aug. 13 at 9 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

AUGUST 14

Back to the Future III with Actor Burton Gilliam — Film Screening on Aug. 14 at 9 p.m. Tickets cost \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Chicago Tribute: Chicago Total Access — Concert on Aug. 14 from 8-10 p.m. Tickets cost \$28. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingston. 782-1018, courthousearts.org.

The Whiskey Treaty Roadshow — Concert on Aug. 14 at 7 p.m. Tickets cost \$20 or \$100 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.



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AUGUST 15

Star Trek II: The Wrath of Kahn — Film Screening on Aug. 15 at 9 p.m. Tickets cost \$20. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Tish Adams-Blues U Can Use — Concert on Aug. 15 at 5 p.m. Tickets cost \$15 or \$90 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

AUGUST 16

Tunes on the Dunes — Concert on Aug. 16 at 6 p.m. Admission is free. Westerly Town Beach, 365 Atlantic Avenue, Westerly. misquamicut.org.

Summer Concert Series: Paula Clare Band — Admission is free. 6:30 p.m. at North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

AUGUST 18

Patio Musical: An Improvised Musical on the Patio — Performance on Aug. 18 at 9 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Movies on the Beach: Remember the Titans — Admission is free. 6 p.m. at Cabana Horseshoe, Narragansett Town Beach, 39 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

AUGUST 20

Will Orchard, Sean Null, Jess Kerber, Born October 4th 1998 — Concert on Aug. 20 at 6 p.m. Tickets cost \$15. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Summer Concert Series: Airplay — Admission is free. 6 p.m. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.

Patio Musical: An Improvised Musical on the Patio — Performance on Aug. 20 at 9 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

AUGUST 21

Guess Method w/ Smug Honey — Concert on Aug. 21 at 6:30 p.m. Tickets cost \$15 or \$80 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Mamma Mia — Film Screening on Aug. 21 at 9 p.m. Tickets cost \$20. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

AUGUST 23

Jazz with the Clay Nordhill Group — 7:30 p.m. On the patio at Contemporary Theater Company, 327 Main Street, Wakefield. Tickets are \$10. 218-0282. contemporarytheatercompany.com.

Summer Concert Series: Silver Arrow Band — Admission is free. 6 p.m. at North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

AUGUST 25

Patio Musical: An Improvised Musical on the Patio — Performance on Aug. 25 at 9 p.m. Tickets cost \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Movies on the Beach: Captain Marvel — Admission is free. 6 p.m. At Cabana Horseshoe, Narragansett Town Beach, 39 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

AUGUST 26

The Pousette-Dart Band — Concert on Aug. 26 from 7:30-10 p.m. Tickets cost \$25-33. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingston. 782-1018, courthousearts.org.

AUGUST 27

Mystic Dead with Ghost Mojo — Concert on Aug. 27 at 6 p.m. Tickets cost \$15 or \$90 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Summer Concert Series: CBD — Admission is free. 6 p.m. at Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.

AUGUST 28

Billy Gilman & The Ragged Impresarios LIVE — Concert on Aug. 28 at 9 p.m. Tickets cost \$50-55. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Mark Cutler and the Men of Great Courage — Concert on Aug. 28 at 7 p.m. Tickets cost \$17 or \$100 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

The Troublemakers: Allman Brothers Cover Band — Concert on Aug. 28 from 8-11 p.m. Tickets cost \$21. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingston. 782-1018, courthousearts.org.

AUGUST 29

Open Mic — Concert on Aug. 29 at 5:30 p.m. Free entry (donations accepted). Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

AUGUST 30

Jazz with the Clay Nordhill Group — On the patio at 7:30 p.m. Contemporary Theater Company, 327 Main Street, Wakefield. Tickets are \$10. 218-0282. contemporarytheatercompany.com.

Summer Concert Series: King of Hearts — Admission is free. 6:30 p.m. at North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

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Fishing provides a great way for parents to bond with their children in the great outdoors. The value of first impressions has been well-documented, and parents who want their kids to inherit a love of fishing can take the following factors into consideration so their youngsters' first fishing trips are successful.

Local programs - Fishing need not be an expensive hobby, but the costs can add up. Parents who are not sure if their kids will embrace fishing should look into local programs. Many towns, especially those with reputations for fishing, host free family fishing events. These events give parents an opportunity to see if their kids enjoy fishing before they start buying them gear.

Starting simple - Any fisherman would love to snag a trophy fish such as a largemouth bass on his or her first trip. And while that's possible, it's unlikely, especially for youngsters. Such fish tend to be difficult to catch, even for seasoned fishermen. When taking kids fishing for the first time, fish for something that's somewhat simple to catch and capable of being caught throughout the day. If you aren't familiar with your local rivers or lakes, visit a local outdoors store and



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ask for advice about which local bodies of water are home to fish that kids might be able to snag. Though it's not imperative that kids catch a fish on their first trip, doing so might make them more enthusiastic about their next trip.

Having fun - Don't make the day all about catching fish, as even the most seasoned fishermen have their off days when nothing is biting. If the focus is on catching fish, kids might grow discouraged and not want to come back if they don't catch anything on their first trip. Focus on the fun everyone is having rather than the fish they are (or aren't) catching. Some youngsters might just be thrilled to spend a day out on the water with their parents. Encourage that enthusiasm and kids are more likely to remember their first fishing trips fondly.

Break time - Kids might not have a full day of fishing in them on their first trip. Frequent breaks to explore nearby nature, enjoy a snack or even toss a ball around can keep children from growing bored throughout the day.

Fishing is a family-friendly activity that youngsters can enjoy from the moment they first pick up a rod.

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An Easy-to-Make Summer Sweet

(Culinary.net)

When it's beyond hot outside and the kids are begging for a delicious afternoon snack, sometimes it's difficult to know where to turn. The pantry is full and the refrigerator is stocked, yet nothing sounds appetizing when it's scorching outside.

Combining three simple ingredients you probably already have in your kitchen can save the day and provide a refreshing and scrumptious snack.

Try this 3-Ingredients Strawberry Ice Cream on warm days ahead. It's chilled to perfection with fresh strawberries and fluffy whipping cream to create a creamy texture perfect for the kiddos.

Start by pureeing 1 pound of fresh strawberries. Add 1 pint of whipping cream and sweetened condensed milk to a mixing bowl then beat until stiff peaks form.

Fold the strawberry puree in with the whipping cream mixture. Pour into a loaf pan and freeze for 5 hours.

Before serving, let ice cream soften for 5-10 minutes.

It's delicious, rich and has sweet strawberry flavor that can help satisfy nearly any sweet tooth. It's a wonderful treat after long summer days spent playing outside, splashing in the pool or just relaxing, soaking up the sun.

Find more summer dessert recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

3-Ingredient Strawberry Ice Cream

Servings: 4-6

- 1 pound fresh strawberries, stems removed
- 1 pint heavy whipping cream
- 1 can (14 ounces) sweetened condensed milk

In blender, puree strawberries.

In bowl of stand mixer, beat whipping cream and sweetened condensed milk until stiff peaks form. Fold in strawberry puree. Pour into loaf pan. Freeze 5 hours.

Before serving, let ice cream soften 5-10 minutes.





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Master of the Mist

By **PETER PAN**

The Ocean Mist Bar and Grill is a world-famous institution. It has always been the main attraction in the Matunuck Beach colony, even though the building sits directly in front of one of the best surfing breaks in the country. There is much more involved in the success of the Ocean Mist, far beyond its great live band concerts, fantastic food, and full array of alcoholic beverages. It has taken owner Kevin Finnegan many decades of hard work, and outstanding community support, to make the Ocean Mist what it is today.

The Narragansett Indians used the area as their summer encampment before it was sold to colonists as part of the Pettaquamscutt Purchase. Appropriately named, Matunuck translates in English as “outlook.” It has come a long way since then.

Finnegan’s crusade began during his teen-age years, when he hitched rides to his favorite beach at Matunuck, and would sneak into the old Ocean Mist Bar, even though he was under-aged. He was fortunate to have relatives who lived there, because it was quite a trip from East Providence in the 1960’s. During those early years, the Ocean Mist was a local summer bar for the fishermen, which would open on Memorial Day, and close for the season on Labor Day. There was no heat or insulation in the place, and the only things on the menu were alcohol beverages.

After a successful stint as owner of Laura’s Liquors on Eddy Street, in downtown Providence, Kevin began negotiations with the owner of his favorite bar, the Ocean Mist, in 1982. Finally, in 1988, he purchased the building and business from Steven HERN. Finnegan immediately began to make major improvements, including adding heat, insulation, a big food menu, and live bands.

Things really took off when Duke Derry, who ran a very popular local breakfast restaurant, began working at the Mist, and serving his popular breakfast menu.

Patrons came from near and far to listen to the extensive string of great bands that played on weekends, especially from the world of Reggae. With an undeniable combination of great food and drink, super location, and

big-name bands, the Ocean Mist Bar and Grill became the destination it is today.

Kevin has always been on good terms with all his neighbors, and he was the first person they turned to if they wanted to sell and move on. Located next door to his bar, was another local watering hole called Tara’s Family Pub. Originally owned and operated by the Joyce Family of Matunuck, it was sold to Tara and Fiona O’Brien over a decade ago. Five years ago, they decided to sell it, and offered it to Kevin. Soon after buying the pub, his neighbors who owned the small diner and pizza restaurant across from the Ocean Mist decided to sell. Again, it was offered to Kevin, who bought it. Finally, when the owners of the two cottages located next to Tara’s Pub, decided to move away, they offered Kevin the buildings. And again, he bought them.

“I was just in the right place at the right time,” said Kevin. “I was never really looking to buy up these businesses and buildings. “Some of them just aged out and the others just wanted to move on. I have always been good friends with all of them, and they felt better selling it to me, rather than some investment company or out-of-town owner who had no history in Matunuck.”

With all the acquisitions, Kevin now needed full time accountants and managers, and formed the “Matunuck Group” which has combined the bar, pizza shop, apartments, and a surf shop into a successful business venture. He has now turned his attention on building a 2-3 million dollar retaining wall that will restore the Mary Carpenter’s Historic Seawall that has been deteriorating for many years. Partnering with the Town of South Kingstown, he is combining both resources and finances into slowing down the beach erosion that threatens the entire Matunuck Beach shoreline.

That is his way of saying thank you to Matunuck Village, and all of his friends who have supported him over the years.





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Photo courtesy of Shutterstock

Creative Summer Moments

Family-friendly ideas for summer fun

FAMILY FEATURES

Warm, sunny days are the perfect setting for making family memories, but they're also ideal opportunities to encourage kids to get creative and let their imaginations soar.

These ideas for summertime activities encourage family interaction, and the more kids get to help plan and organize the details, the more engaged you can expect them to be.

Visit Your Local Park

Pack all the kids' favorite snacks and beverages to keep cool and hydrated. Choose your spot under a big shady tree and spread out for an impromptu picnic. Be sure to bring along outdoor toys for a game of catch or lighten the load and create a nature scavenger hunt with different types of leaves, rocks and flowers for kids to discover. If they come across an unfamiliar plant or animal, snap a picture with your phone so you can do some research on it when you get home. Encourage the kids to draw or design a piece of art reflecting the things they saw.

Create Watercolor Paintings

Away from the school setting, kids sometimes have fewer opportunities to practice expressing their ideas and getting creative. Fun tools can make an artistic session more exciting, so look for unique methods like blending Zebra Pen Mildliner Brush Pens with water and a paint brush to create fun, pastel watercolor paintings with minimal mess. The pens are conveniently double-ended with a paint brush-like tip on one end and fine marker tip on the other so you can precisely draw a design then create softer swirls of color using water and a brush.

Water Sponge Challenge

Cool off with a fun and refreshing water fight with a few creative twists. First grab sponges, or water sponge balls, and a full bucket of water. The sponges are reusable so you can use them all summer long. Make it extra fun by organizing teams with kids against adults or everyone fending for them-

selves. Encourage kids to devise their own blockades and targets or adapt a classic game like baseball or dodgeball using water sponges in place of the usual balls. You could also do a sponge scavenger hunt to load up everyone's buckets before the dousing begins.

Find the Animals

Visit your local Association of Zoos and Aquariums accredited zoo or aquarium and have your kids find as many animals as they can from the AZA SAFE: Saving Animals From Extinction species list. It's a good opportunity to talk about the concept of extinction and why these animals are on the list. Follow up the visit with an activity that reinforces how everyone has a role in conservation and look for ways to help protect each family member's favorite animal.

Make Oven S'mores

On a rainy night (or any night) make a s'more by putting it in the oven. They turn out just as melty and gooey as the campfire version but with easier prep and cleanup. This is a tasty way to get those creative juices flowing. Experiment with different candies, such as peanut butter cups in place of chocolate bars. Or add different ingredients and have other family members guess the flavors.

Recycled Animal Crafts

Combining a creative activity with an important message such as conservation can help kids grasp big concepts about keeping animals and the earth safe and happy. Use recycled materials such as cardstock and "junk" from the recycling bin as well as hot glue and colored pens or pencils to have your kids create an art project featuring a favorite animal or one they've seen at a park or zoo. Simply piece items together to look like the animal as well as its habitat like trees, grass or the dessert. Then hot glue the items to the cardboard base and use pens or pencils to add details.

Find more ideas for creative inspiration this summer at ZebraPen.com.

Mess-Free Watercolor Art

Learn how to make a faux watercolor masterpiece using Zebra Pen Mildliner Brush Pens.

1. Sketch your design using a pencil.
2. Trace over your pencil design with a bleed-proof technical drawing pen. Be sure to erase any pencil lines still showing.
3. Use brush pens to add blocks of color to each area, but don't worry about thoroughly covering each line. Use more colors to add more visual interest and depth.
4. Focus on one section of the design at a time.
5. Dip a clean paint brush into a cup of water. The brush should be well saturated but not so wet that it's dripping.
6. Move the wet paint brush over the color blocks, spreading color to cover white spaces and blend.
7. Once the design is dry, use brush pens to add details and accent colors then trace over original design lines to add bolder borders.

Homemade Cards

Keeping in touch with loved ones is fun any time of the year. Pick an overcast or way-too-hot day to spend creating homemade cards to send to family and friends.

Materials:

- Cardstock or construction paper
- Zebra Pen Zensations Colored Pencils
- Stickers
- Scissors
- Ribbon
- Hot glue sticks and guns

Encourage kids to think about their intended recipients to create a card that is unique to an experience or memory they have shared together using favorite colors or recreating the memory.

On a cardstock or construction paper base, use colored pencils to write a message and draw pictures.

Add stickers or use scissors and additional construction paper or ribbon to add decorations and details. With a grown-up's help, hot glue items to the base card, if necessary.



Photo courtesy of Getty Images

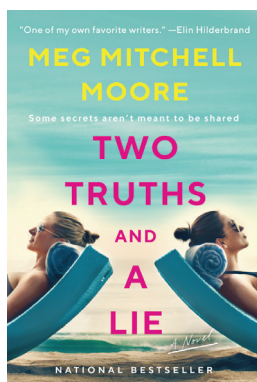
Poolside Picks Dive into your summer reading list

FAMILY FEATURES

Laying out on the beach and floating in the pool are true hallmarks of summer. A good book, however, can elevate these relaxing experiences to a new level.

Whether you find yourself looking for a beach read, a book for the pool or something to help you escape while lounging on the couch with the windows open, these sizzling summer reads offer something for nearly every type of reader. From suspense to romance and adventure, you don't want to miss these books this summer.

Find more titles to add to your summer reading list at [Facebook.com/WilliamMorrowBooks](https://www.facebook.com/WilliamMorrowBooks).

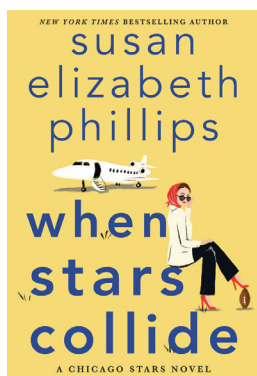


Some Secrets Aren't Meant to Be Shared

From author Meg Mitchell Moore comes a warm, witty and suspenseful novel filled with small-town secrets, summer romance, big time lies and spiked seltzer. In "Two Truths and a Lie" the leader of an idyllic beach town "mom squad" has made surprising effort to include a new resident and her daughter in typically closed-group activities, though they're not the only ones she's been spending more time with. A blend of propulsive thriller and gorgeous summer read, Moore's latest novel is a reminder that happiness isn't always a day at the beach, some secrets aren't meant to be shared and the most precious things are loved ones.

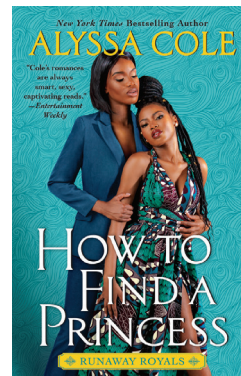


Photo courtesy of Getty Images



Romantic Adventure Proves Anything Can Happen

No. 1 "New York Times" bestseller Susan Elizabeth Phillips returns to her Chicago Stars series with a romance between a quarterback and one of the world's greatest opera singers – and a major diva – in "When Stars Collide." It's Mozart meets Monday night football as the temperamental soprano and stubborn jock embark on a nationwide tour promoting a luxury watch brand, they engage in soul-searching, trash talk and backstage drama. Threatening letters, haunting photographs and a series of dangerous encounters also complicate their lives and make them wonder if it's the work of an overzealous fan or something more sinister.



Transatlantic Love Story Raises the Royal Stakes

"New York Times" and "USA Today" bestselling author Alyssa Cole's second Runaway Royals novel, "How to Find a Princess," is an Anastasia-inspired romance featuring a long-lost princess who finds love with the female investigator tasked with tracking her down. When a threat to her grandmother's livelihood pushes the princess to return to Ibarania, the investigator takes her on a transatlantic adventure. When they finally make it, they realize there's more at stake than just cash and crown, and the princess must learn what it means to fight for what she desires rather than duty.



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2	Mon	3:18	2.5	3:53	2.9	8:59	0.7	10:50	0.8	5:40	8:03	
3	Tue	4:16	2.4	4:51	2.9	9:58	0.7	11:37	0.7	5:41	8:01	
4	Wed	5:15	2.5	5:45	3.0	10:53	0.6			5:42	8:00	
5	Thu	6:06	2.6	6:29	3.2	12:20	0.6	11:43A	0.4	5:43	7:59	
6	Fri	6:50	2.8	7:09	3.3	1:01	0.5	12:30	0.3	5:44	7:58	
7	Sat	7:31	3.0	7:47	3.5	1:42	0.3	1:15	0.2	5:45	7:57	
8	Sun	8:12	3.2	8:26	3.6	2:22	0.2	2:00	0.1	5:46	7:55	
9	Mon	8:53	3.4	9:07	3.7	2:58	0.1	2:44	0.0	5:47	7:54	
10	Tue	9:36	3.5	9:50	3.7	3:31	0.0	3:29	0.0	5:48	7:53	
11	Wed	10:21	3.6	10:36	3.6	4:03	0.0	4:12	0.0	5:49	7:51	
12	Thu	11:08	3.7	11:25	3.5	4:36	0.0	4:57	0.1	5:50	7:50	
13	Fri	11:59	3.7			5:13	0.0	5:46	0.3	5:51	7:49	
14	Sat	12:18	3.3	12:53	3.7	5:55	0.1	6:45	0.5	5:52	7:47	
15	Sun	1:14	3.2	1:48	3.7	6:46	0.2	8:05	0.6	5:53	7:46	
16	Mon	2:12	3.1	2:48	3.7	7:48	0.3	9:52	0.6	5:54	7:44	
17	Tue	3:15	3.0	3:53	3.7	9:00	0.4	11:09	0.5	5:55	7:43	
18	Wed	4:23	3.0	5:02	3.8	10:16	0.4			5:56	7:41	
19	Thu	5:29	3.2	6:04	4.0	12:06	0.4	11:24A	0.3	5:57	7:40	
20	Fri	6:29	3.4	6:59	4.1	12:56	0.3	12:22	0.2	5:58	7:38	
21	Sat	7:21	3.7	7:49	4.1	1:40	0.2	1:15	0.1	5:59	7:37	
22	Sun	8:10	3.8	8:35	4.1	2:21	0.1	2:06	0.0	6:00	7:35	
23	Mon	8:57	3.9	9:20	4.0	2:55	0.1	2:54	0.1	6:01	7:34	
24	Tue	9:42	3.8	10:03	3.8	3:25	0.1	3:37	0.1	6:02	7:32	
25	Wed	10:27	3.7	10:46	3.5	3:55	0.1	4:18	0.3	6:03	7:31	
26	Thu	11:11	3.6	11:30	3.2	4:27	0.2	4:58	0.4	6:04	7:29	
27	Fri	11:56	3.4			5:00	0.3	5:39	0.6	6:05	7:27	
28	Sat	12:15	2.9	12:40	3.2	5:37	0.4	6:28	0.8	6:06	7:26	
29	Sun	1:00	2.7	1:24	3.0	6:19	0.6	7:31	1.0	6:07	7:24	
30	Mon	1:46	2.5	2:09	2.9	7:10	0.7	9:00	1.0	6:08	7:23	
31	Tue	2:35	2.4	2:59	2.8	8:13	0.8	10:17	1.0	6:09	7:21	

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