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Tis the Season!

By **PETER PAN**
Special to SRI

Winter is on the way. And with it, the anticipation of snow, and another season of epic conditions at Rhode Island's only ski area, Yawgoo Valley. Located 15 minutes from the Narragansett Town Beach, in Exeter, the ski area is home to one of the largest snow sports schools in the country, with thousands of students learning to ski and snowboard, each winter.

Five brutally cold days and nights dictated last winter's excellent riding conditions. The early freeze allowed the snow making staff to bury the entire area in a deep base, one that lasted right up until the last day of operation in March. Despite the lack of natural snow, the manmade base was so good, even the intersecting trails across the area were covered all season.

The ski area is more popular than ever before, as sports enthusiasts look for new outdoor activities due to the Corona Virus pandemic. Both season passes and ski school programs were sold out months ago, and there are waiting lists for just about everything. If the virus spread slows down enough statewide, the Yawgoo Valley staff will open sales for both the season passes and the program classes.

"We are looking at some big changes from last year," said Ski School Supervisor, Patti Davis. "Riders will not be required to wear masks, as they did last year. The cafeteria will be open, and riders will be allowed to sit inside. We made major improvements, including expanding the ski school staff room and opening the ski lodge.

Skiers and snow boarders can look forward to a new and improved exit ramp at the top of the Conan lift. The staff have built a wooden ramp like the one at the top of the Proud Mary lift. This

improvement now eliminates the steep drop off that have scared both novice skiers and snowboarders. The new ramp will dramatically cut down on lift exit wipe-outs for both beginners and expert riders.

Patti said that there has been a 50% increase in skier class sign-ups this season, and the skier/snowboard ratio is leaning heavily in favor of the skiers. "We are running a special apprentice ski school course on Sunday mornings at 9 AM for several weeks, if anyone is interested in learning to teach at the ski area," said Patti. She also said that if the Corona Virus protocols are loosened up, more season tickets and program lesson slots will be available. She suggested to watch the Yawgoo Valley website daily, to keep track of what might be available.

The Yawgoo Valley staff are hoping for an early season opening this year, preferably before Christmas. "All we need now, is some snow," said Patti. "And we are back in business for the winter."



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Make the Holidays Less Stressful for the Whole Family

FAMILY FEATURES

Between changes in routine and visiting family (or having them visit you), the holidays can be emotionally overwhelming for children and adults alike, even in “normal times.” Add in inclement weather, the desire for a perfect holiday and parents still working, and you have a perfect cocktail for emotional meltdowns.

“The key to enjoying whatever this holiday season brings is to acknowledge the range of emotions the entire family may be feeling and hold space for those feelings,” said Ariel Acosta from KinderCare’s Inclusion Services team. “By working on a few key things now before the heightened expectations and busyness set in, families can build a toolbox of skills that will help make the season less stressful for everyone.”

Consider these tips to help families prepare for a less stressful holiday season.

Find ways to destress as a family - Throw on some music and have a dance party. Incorporate some simple yoga moves or stretches into your day to create mindful moments. Help your children create a list of calm-down techniques to choose from when they start to become overwhelmed or as a way to reset after an outburst, such as taking a deep breath.

Set expectations for greetings - Talk with your children about your family’s expectations around greetings and help them think of and practice different ways to say hello, such as a hug, handshake, high-five, wave or verbal greeting. Giving your children options

ahead of time allows them to choose the greeting that feels most comfortable in the moment. To lessen the pressure, make sure family members and friends understand what you and your children are comfortable with. For example, “It looks like Zazil doesn’t want a hug right now, Auntie Mei. Perhaps a high-five would be better.”

Give your children (and yourself) grace - Talk with your children about the range of emotions you feel throughout the day. This can help them learn emotional literacy and flexible thinking. It also normalizes feelings. When a big feeling does happen, remember to connect before you correct by labeling and validating your child’s emotions: “I can see that you’re really sad we have to leave the party. Leaving makes me feel sad, too. What would help you feel better?”

If your child is engaged in unsafe behaviors, like hitting, wait until after everyone is calm before talking about what could be done differently next time.

“How you handle your mistakes can be a powerful example for your children,” Acosta said. “Once you’re calm, explain what happened to your children. Start by naming your emotion, apologize if you didn’t handle your feelings well and let your children know what you plan to do differently next time. ‘I was really mad you two were arguing and I yelled. I shouldn’t have done that. Next time, I’m going to try to remember to take some deep breaths to help me speak more kindly.’”

For more tips to help your children with social and emotional development, visit [kindercare.com](https://www.kindercare.com).

Photo courtesy of Getty Images Source: KinderCare



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Mark Your Calendars!

ONGOING

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: 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.

FRIDAYS, 7-10 P.M. STAR GAZING: Frosty Drew Observatory & Sky Theatre, Ninigret Park, Charlestown. frostydrew.org

EVENTS

FREE HOME MAINTENANCE AND REPAIR ASSISTANCE PROGRAM (HoMRAP) to Resume in the Spring: The South Kingstown Elks Lodge #1899 has established a Free Home Maintenance and Repair Assistance Program to assist seniors and veterans in need living in South Kingstown and the surrounding area maintain their homes. The purpose of the program is to help build and maintain a stronger community by providing assistance to income eligible seniors and veterans in need, whose home are in need of repair. This Program is specifically designed for seniors and veterans in need, who own their own homes and wish to continue to live independently. Many of these families/individuals do not have the financial resources or the physical capacity to perform routine maintenance and repairs on their homes. This assistance, at no cost, includes projects such as: minor interior/exterior painting, minor household repairs and yard maintenance and cleanup. Applications for services are available at the South Kingstown Elks Lodge, 60 Belmont Avenue in Wakefield, South Kingstown Town Hall and Senior Services Center- The Center, Narragansett Town Hall and Community Center or through the South Kingstown Elks website at www.elks.org/lodges/lodgeindex.cfm?LodgeNumber=1899. The online form can be

downloaded, completed and mailed to South Kingstown Lodge, Attn. HoMRAP, 60 Belmont Avenue, Wakefield. All questions and inquiries can be made by calling 401-789-5400, Extension 805.

OPEN MEETING FOR PEOPLE WITH PROBLEMS WITH FOOD: Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free Twelve Step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. Gatherings are held every day of the week online. For more information or a list of meetings throughout the U.S. and the world, call Jean at 401-588-2828. For more information, visit www.foodaddicts.org.

YOGA CLASSES: Multiple offerings. For more information or to register, visit jessicaackerman.com.

TAI CHI CLASS: Tai Chi at the Charlestown Community Senior Center every Monday at 9:45 a.m. and Thursday at 11 a.m. Yang style Tai Chi is being taught by Marcia Letourneau, artist, author (of "The Magic Rabbit of Green Hill), and Tai Chi Instructor. Fee is \$5.

FREE RUN/WALK GROUP: Hosted by Wakefield Running Company every Tuesday at 6 p.m. Meet at Wakefield Running Company, Belmont Market Plaza. We are welcoming walkers and runners alike at any experience level. Beginners are welcome!

DONATE TO BIG BROTHERS BIG SISTERS OF THE OCEAN STATE: Donate your time and become a Big Brother or a Big Sister, donate gently used clothing or donate items for the new Electronics Recycling Program. Information about what items are accepted, locations of clothing drop boxes and other opportunities to help can be found online at www.BBBSOS.org.

VOLUNTEER WITH ANIMAL RESCUE RHODE ISLAND: From pet socializing and walking to cleaning and gardening, there are many ways to help at ARRI, 506B Curtis Corner Rd., Peace Dale. Online application and orientation must be completed in advance. For information and forms visit www.animalrescueri.org.

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Stay Local for the Holidays

By **PETER PAN**

Special to SRI

The holiday season is here, and it is time to shop for those presents that might be hard to find this year. Millions of goods from clothes to computers are sitting on container ships waiting to be unloaded in various ports around the country. Despite the fact that the shipping companies are working 24 hours a day to deliver, there are not enough carriers to bring the goods to the stores to sell them.

It is much easier to sit in front of your computer and order your presents online, instead of shopping at a real store. But be prepared to prepay for goods that you will find out are back ordered, and end up being delivered long after the new year.

It is much harder to take the trip to your local store, and buy what is available on the shelves, but that is the right thing to do. That being said, here is a rundown of the area's sporting goods dealers and what they specialize in. Consider supporting brick and mortar stores instead of Jeff Bezos and his internet pals.

Wakefield Running Store is one of the premier running stores in the state, and has been around for many decades (previously as Camire's Running Store) at the Belmont Shopping Plaza in Wakefield. Long time runner and owner Keith Ballard personally outfits customers with the right shoe for their sport. Alternative choice in the area is Olympia Sports in the Wakefield Mall.

Wickford Kayak Center on Brown Street in Wickford always has a great selection of kayaks and stand-up paddle boards, as well as accessories. Store managers Matt and Rachel are always on hand to help you buy your first kayak. The Wickford store carries every major brand of kayak and paddle board sold in the USA.

Narragansett Surf and Skate was voted the top surf shop in South County by Independent readers for a reason. They have probably the largest selection of skateboards in New England, as well as a big selection of surfboards, wetsuits, and paddle boards. Surf and Skate is the only surf shop in the northeast that rents wetsuits and surfboards all winter, as well as give lessons. The store is located on Narragansett Avenue, 3 blocks from the Narragansett Town Beach.

If it is a custom built surfboard you are looking for, you can visit master craftsman Dave Levy in Narragansett. Levy has built thousands of surfboards and paddle boards for many decades, and can

make you exactly what you want to ride. He is located on Congdon Street in Narragansett.

Alternative choices for custom surfboards and accessories are Matunuck Surf Shop on Matunuck Beach Road, Warm Winds on Kingstown Road in Narragansett, and Drift at Quo Vadis Shopping Center in Wakefield.

Guns are a very popular gift item, and South County has several dealers that carry a full selection of hand guns, rifles, and heavier artillery. Leading the charge is Freedom Sports and Arms on High Street in Wakefield. This gun dealer has been around the longest, and has a big selection of both used and new weapons. Elite Indoor Gun Range not only has a great stock of guns for sale, it also has the added attraction of being able to shoot them at their range on Rose Hill Road in South Kingstown. Another great local dealer is Firearms Unlimited on Kingstown Road in Richmond.

Rhode Island's largest Airsoft shop, Extreme Airsoft on Kingstown Road in Peacedale, is the place to buy your Airsoft weapons and accessories. As an added attraction, you can book an Airsoft party on the premises.

A great present for the holidays is the gift of gym membership. The best bang for the buck as they say, is the South County YMCA, with a full size pool, weight rooms, and a big range of fitness classes included in the membership. Added attractions are the children's day care center and the ability to use any YMCA in the country. Alternative choices in the area include the newly opened Planet Fitness at the Wakefield Mall and Luxe Gym at the South County Commons in South Kingstown.

Finally, don't forget that we have three excellent bike shops in the area, with stock to sell. These include the long standing Stedman's on Main Street in Wakefield, Narragansett Bikes on Boston Neck Road in Narragansett, and the new guy in town, Mythic Bike Works on Kingstown Road in Peacedale. Bikes need servicing, and you won't get that in cyber space.

Please consider giving the local guys your business and stay off the web if you can avoid it.

Above Left to Right:
Surfset fitness class at the YMCA
Keith helping customer at Wakefield Running Store
Matt Bowers at Wickford Kayak

COMFORTABLE WINTER ENTERTAINING IDEAS

Winter entertaining need not end once Christmas and New Year's Day have come and gone. Getting together with friends and family is still possible even if the weather outside is frightful. When Mother Nature takes a chilly turn, those who don't want the party can consider the following entertaining ideas.

- **Indulge in sweet treats.** Comfort foods can make even the most blustery winds easier to tolerate. Invite people over for a dessert party. At a dessert pot luck party, everyone brings along a favorite decadent dessert, from molten lava chocolate cake to warm bread pudding. Serve alongside tea, coffee and hot chocolate. Adults can enjoy the added punch of spiked beverages, which can warm everyone up instantly.

- **Host a "snowed in" party.** Spending a day cooped up inside when the roads are covered in snow might not be your idea of fun, but invite a mix of friends and neighbors who live nearby over, and this impromptu party can make the cabin fever disappear. Ask guests to bring one food item or beverage. Light a fire in the fireplace and set out some cozy throw blankets. If possible, invite everyone outdoors to build a snowman.

- **Get physical.** Get physically active with friends or family members by staging mock Olympic events in the yard. These can be fun "sports" created by participants or variations on fun winter activities. Sledding races, snowball dodging contests, ice skating obstacle courses, and much more can make for an entertaining afternoon.

- **Get cooking.** Cooking can certainly pass the time, and it can be even more enjoyable when done in the company of others. Send out an invitation for friends to stop by for a meal or plan a meal prep party.

- **Host a movie marathon.** Handpick some favorite films and invite everyone over for a movie marathon. Fill the family room, home theater room or living room to capacity and host a group for a film fest. If space permits, set up one room with a children's movie for youngsters, while the adults retire to another room for movies that are more their speed. A buffet table set up with assorted snacks will help keep bellies full while guests watch some favorite flicks.

Winter days and nights are ripe for entertaining possibilities. These events help squash the cabin fever that can sometimes develop during the colder times of year.



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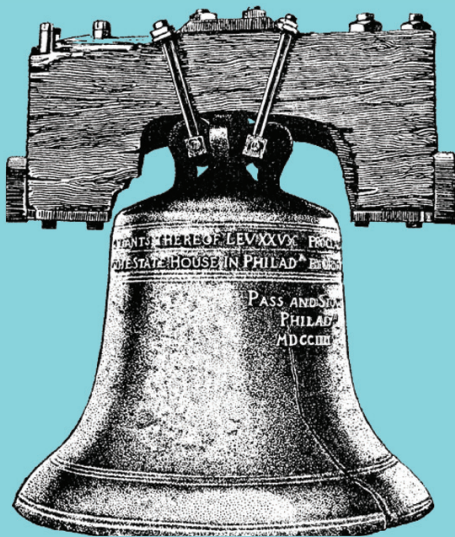
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WINTER WONDERLAND

"Winter Wonderland," with its vivid cold weather imagery, seems like it was tailor-made to sing around Christmastime. But much like "Jingle Bells," the song wasn't actually written for the holiday season. The lyrics were penned in the 1930s by Richard Bernhard Smith, who was suffering from tuberculosis at the time and holed up indoors. Smith stared out his window observing kids playing innocently in the snow and wrote a poem evoking feelings of the care-free days he once knew. Smith's friend and musician Felix Bernard took the lyrics and composed a melody to go with them. Even though the song never specifically mentions Christmas, it quickly became a holiday standard.

"Winter Wonderland"

Sleigh bells ring, are you listening,
In the lane, snow is glistening,
A beautiful sight, we're happy tonight,
Walking in a winter wonderland.

Gone away is the bluebird,
Here to stay is a new bird,
He sings a love song, as we go along,
Walking in a winter wonderland.

(Chorus)

In the meadow we can build a snowman,
Then pretend that he is Parson Brown,
He'll say: Are you married? We'll say: No man,
But you can do the job while you're in town.

Later on, we'll conspire,
As we dream by the fire,
To face unafraid, the plans that we've made,
Walking in a winter wonderland.

(Chorus)

When it snows, ain't it thrilling,
Though your nose gets a chilling
We'll frolic and play, the Eskimo way,
Walking in a winter wonderland.

Walking in a winter wonderland,
Walking in a winter wonderland.

Lyrics by Richard Bernhard Smith;
melody by Felix Bernard
Lyrics courtesy of Christmassongs.net



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A guide to picking the perfect fresh Christmas tree

Come the holiday season, perhaps no tradition evokes the warm and fuzzy “feels” more than a family outing to pick a Christmas tree. Whether it’s a trek to a live Christmas tree farm or a short drive to the nearest pre-cut tree lot, the process of selecting a tree that will serve as the crown jewel of the entire season is a great way to make lasting memories.

Selecting a tree is a yearly ritual and each person has his or her set of criteria for what makes the ideal Christmas tree. These tips can help families find the right tree.

CHOOSE YOUR SPECIES

Do some homework on the type of tree you want prior to buying the tree. Balsam fir and fraser fir are popular Christmas tree varieties, but there are many others, such as noble fir and Norway spruce. Balsams are known for having the most fragrant smell, but frasers tend to keep their needles the longest. For those who prefer a douglas fir, keep in mind that they sometimes drop their needles prematurely due to foliar diseases like needle-cast fungus.

SPACE FOR ORNAMENTS

In addition to aroma and needle longevity, look for trees that have a desirable shape and allow for adequate space between branches, advises the home and garden resource The Spruce. Trees groomed to be lush and full will look beautiful unadorned, but once ornaments are added, full branches may cause those ornaments to hang low or even fall off. Trees with sparse branches allow for ornaments to hang straight.

MEASURE YOUR SPACE

Trees in the field or in a lot may look much smaller than they do when brought into the living room. Don’t make the mistake of selecting a tree that is too large for your home. The agricultural firm Ragan & Masey says to measure the room from floor to ceiling and subtract the height of the tree stand and tree topper. It’s equally important to measure the width of the area where the tree will stand and allow for ample space for foot traffic around the tree.

PERFORM A NEEDLE CHECK

Every tree will drop some needles, and most evergreens hold their foliage. Modest needle loss is not an indicator of a poor tree. However, Decker’s Nursery in Greenlawn, NY says if 50 percent of the needles are lost when you swipe your hand down three to five different branches around the tree, the tree likely is not a good choice. In addition, avoid a tree that has glaring defects in the trunk as it can impede water flow through the tree.

HEAVIER IS BETTER

A heavy pre-cut tree means it is full of water and has been cut more recently. A healthy, fresh tree is going to require an effort to lift. Older, dried out trees will not be heavy.

Upon arriving home, make a fresh cut off the tree trunk and get it in water as soon as possible — even if that’s a bucket until the tree stand can be set up.

Warm and wow guests with homemade hot mulled apple cider

When hosting friends and family at home, it's understandable that hosts direct so much of their focus to the foods they plan to serve. The main course is often the focal point and most memorable aspect of a dinner party, and that's true whether the get-together is a backyard barbecue, a holiday meal with the family or a formal affair with colleagues.

Food might be a focal point, but guests also will need something to drink. Traditional spirits like wine and cocktails are the standard, but hosts who want to get a little creative should not hesitate to do so. When choosing a special beverage, timing is everything. Guests will want to cool down on warm summer evenings, so something cold and refreshing can make for the perfect signature cocktail. When hosting on nights when the mercury has dropped,

a warm beverage can heat up guests in a matter of minutes. On such nights, hosts can serve this version of "Hot Mulled (Sherried) Apple Cider" courtesy of Laurey Masterton's "The Fresh Honey Cookbook" (Storey). One added benefit to Masterton's recipe is it can produce a welcoming winter aroma, helping hosts establish a warm ambiance for the festivities.

Hot Mulled (Sherried) Apple Cider

Serves 16

- 1 gallon apple cider
- 1 orange, unpeeled, cut into slices
- 1/4 cup whole cloves
- 4 sticks cinnamon
- 1/4 cup honey, preferably cranberry honey
- 1 cup sherry (optional)

1. Combine the cider, orange slices, cloves, cinnamon, and honey in a large pot over medium heat. If you are picky about things floating in your cider, make a little bundle out of cheesecloth and place the cinnamon and cloves inside before adding to the cider. I like to chew on cloves, so I just toss everything in. Bring to a boil, and then reduce to a simmer over low heat for an hour or so to spread these lovely winter aromas around your home.

2. If you're serving it to adults, add the sherry. It might make everyone want to go sledding!



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Prepare for a sledding adventure

Dashing through the snow in a one-horse open sleigh ...

Winter holidays are made all the more merry with the addition of some outdoor recreation. Sleighs and sleds are par for the Christmas course, especially when a bounty of snow is in the forecast.

Sledding has been part of snowy celebrations for ages. Sledding is a fun-filled activity, but it can be made an even better time, and a little safer, if revelers learn a little more about it.

Sled styles

Sleds come in many different styles, each with its own advantages. Sleds with metal blades will work like ice skates, balancing riders' weight on two metal runners. These sleds can work well during icy conditions or with hard-packed snow. Toboggans can fit multiple people, which can increase the fun factor and downhill speeds. Saucer-style sleds are good for one or two people. Foam liners on some saucers can absorb shock for riders, making those downhill bumps a little easier on the backside. Keep in mind that sleds with steering mechanisms are easier to control, which can equate to safer sledding.

Layer up

It is best to dress in layers when going sledding. Even if it seems warm at home, it may be colder and windier at the top of hills. Sweating when it's cold out can increase a person's risk for

hypothermia. According to experts at Timberline Trails, a person who works up a sweat and comes in contact with ambient air when taking a break will feel an immediate chill. This is called evaporative danger, and can be remedied by dressing in layers and trying to stay dry.

Invest in a helmet

Sledding requires the use of a helmet. At high speeds, a blow to the head can cause a concussion or worse.

Let others go first

Wait until some sledders have already gone downhill, allowing them to compact the snow, which should make for a smooth ride.

Choose safe hills, such as those that are free of bare spots, holes, trees, and obstructions, and do not end abruptly at a road. Hills with a long, flat areas at the end make for easy, safe stopping.

Safety first

Put safety first when sledding. Sled during the daytime so visibility is better. Keep arms and legs on the sled, and only sled feet-first, advises the National Safety Council.

By keeping these guidelines in mind, sledders can make sure this popular winter activity is as safe as it is fun.



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BIKE IT or HIKE IT



South County Bike Path

The South County Bike Path, also known as the William C. O'Neill Bike Path, is the state's fourth-longest bike path, stretching 7.8 miles from Kingston Station in the village of West Kingston in South Kingstown to Mumford Road in Narragansett. The path is envisioned to connect Kingston Station to the Narragansett shoreline.

- Beginning at Kingston Station, your ride briefly runs alongside Amtrak's Northeast Corridor with some historic railroad features on site. The Friends of Kingston Station maintain a small museum inside the station.
- The path soon crosses into the northern edge of the Great Swamp Management Area, providing you with many scenic views abound and park benches so you can stop and enjoy the landscape.
- Next, the path passes through residential areas as it passes South Road and Curtis Corner Road before heading into a deeply forested area.
- Keep an eye out for signs for the town's Tri-Pond Park, which offers walking paths that wind around three ponds and a series of foot bridges.
- Approaching Route 108, the path drops in elevation using a series of switch backs that's best navigated by walking your bike - especially if it's a busy day on the path.
- Next you'll pass through the village of Peace Dale, briefly leaving the path to follow an on-road segment on Railroad Avenue.
- After getting back on the path at Church Street, you pass along Riverside Cemetery. The clearing offers views of church steeples and other buildings in Wakefield, South Kingstown's largest village and commercial hub.
- The path crosses the Saugatucket River and leads directly to Main Street in Wakefield. Scores of shops, restaurants and bakeries abound. Another bridge crossing and pedestrian path is a short walk or ride away (you can see this bridge when you pass over the bike path bridge just before reaching Main Street).
- After passing underneath Woodruff Avenue, you ride through a residential area before again hitting a commercial district along Route 108.
- The newest segment of the bikeway begins here. After crossing Route 108, follow an on-road route down MacArthur Boulevard. The off-road path segment is located on the right as the road bends sharply to the left.
- The off-road section follows a sweeping curve and then passes through a long tunnel under Route 108. The artwork painted on the walls is ever-changing, and anyone is welcome to contribute to this public art space.
- The path enters Narragansett and passes through a remote wooded section before ending at Mumford Road. By taking a right, you can link to Route 1A (Kingstown Road) and use an on-road bike route to reach the ocean.

South County LIGHTHOUSES

BEAVERTAIL LIGHT (1856)

Conanicut Island – Narragansett Bay entrance.
Current Use: Active aid to navigation and museum.

**BLOCK ISLAND
(NORTH) LIGHT (1867)**

Sandy Point – North End of Block Island.
Current Use: Interpretive center

**BLOCK ISLAND
(S. EAST) LIGHT (1875)**

Mohegan Bluffs – Block Island.
Current Use: Active aid to navigation and museum.

BRISTOL FERRY LIGHT (1855)

Between Mt. Hope and Narragansett Bays.
Current Use: Private residence

CASTLE HILL LIGHT (1890)

Narragansett Bay East Passage
Current Use: Active aid to navigation

**CONANICUT ISLAND
LIGHT (OLD) (1886)**

North End of Conanicut Island.
Current Use: Private residence

CONIMICUT SHOAL LIGHT (1883)

Providence harbor – Narragansett Bay.
Current Use: Active aid to navigation

DUTCH ISLAND LIGHT (1857)

Dutch Island – Narragansett Bay.
Current Use: State park

**HOG ISLAND SHOAL
LIGHT (1901)**

Narragansett Bay East Passage.
Current Use: Active aid to navigation

IDA LEWIS ROCK LIGHT (1854)

Inner Newport Harbor.
Current Use: Yacht club and private aid to navigation

NAYATT POINT LIGHT (1856)

Nayatt Point – Providence River mouth.
Current Use: Private residence

**NEWPORT HARBOR
(GOAT ISLAND) LIGHT (1842)**

Goat Island – Newport harbor entrance.
Current Use: Active aid to navigation

PLUM BEACH LIGHT (1899)

West Passage – Narragansett Bay.
Current Use: Private aid to navigation

POINT JUDITH LIGHT (1857)

West side of Narragansett Bay entrance.
Current Use: Active aid to navigation

**POMHAM ROCKS LIGHT
(OLD) (1871)**

Providence River.
Current Use: Private owned

POPLAR POINT LIGHT (1831)

Wickford Harbor
Current Use: Residence

**PRUDENCE ISLAND
(SANDY POINT) LIGHT (1824)**

East Side Sandy Point – Narragansett Bay.
Current Use: Active aid to navigation

ROSE ISLAND LIGHT (1870)

Newport Harbor.
Current Use: Museum/ guest house/
private aid to navigation

SAKONNET LIGHT (1884)

Little Commorant Rock – Sakonnet River
Current Use: Active aid to navigation

WARWICK LIGHT (1932)

Warwick Neck – Narragansett Bay.
Current Use: Active aid to navigation

































WATCH HILL LIGHT (1857)

Fisher's Island Sound East approach.
Current Use: Aid to navigation, museum




































The Tide

NARRAGANSETT BAY - NOV 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:05	3.2	5:25	3.2	11:24	0.2	11:44	0.0	7:16	5:41	
2	Tue	5:57	3.7	6:17	3.5			12:13	-0.1	7:17	5:40	
3	Wed	6:46	4.0	7:07	3.6	12:22	-0.2	1:00	-0.3	7:18	5:39	
4	Thu	7:34	4.3	7:56	3.8	1:02	-0.4	1:50	-0.4	7:19	5:38	
5	Fri	8:22	4.5	8:46	3.8	1:45	-0.5	2:40	-0.4	7:20	5:36	
6	Sat	9:12	4.5	9:38	3.7	2:31	-0.5	3:32	-0.4	7:22	5:35	
7	Sun	9:04	4.4	9:32	3.5	2:19	-0.4	3:23	-0.2	6:23	4:34	
8	Mon	10:00	4.2	10:29	3.4	3:08	-0.2	4:15	0.0	6:24	4:33	
9	Tue	10:59	3.9	11:30	3.3	3:59	0.0	5:21	0.3	6:25	4:32	
10	Wed			12:01	3.6	4:57	0.3	7:14	0.5	6:27	4:31	
11	Thu	12:32	3.2	1:03	3.4	6:19	0.6	8:33	0.5	6:28	4:30	
12	Fri	1:34	3.2	2:04	3.3	8:45	0.6	9:30	0.4	6:29	4:29	
13	Sat	2:37	3.2	3:06	3.1	9:53	0.5	10:12	0.4	6:30	4:28	
14	Sun	3:39	3.3	4:05	3.1	10:41	0.5	10:40	0.3	6:31	4:27	
15	Mon	4:34	3.4	4:56	3.1	11:19	0.4	11:00	0.3	6:33	4:26	
16	Tue	5:22	3.6	5:41	3.1	11:50	0.3	11:23	0.2	6:34	4:26	
17	Wed	6:04	3.6	6:22	3.1	12:20P	0.2	11:52	0.1	6:35	4:25	
18	Thu	6:43	3.6	7:01	3.1			12:52	0.2	6:36	4:24	
19	Fri	7:19	3.6	7:38	3.0	12:27	0.1	1:28	0.1	6:37	4:23	
20	Sat	7:53	3.5	8:16	2.9	1:05	0.1	2:06	0.1	6:38	4:23	
21	Sun	8:27	3.3	8:54	2.8	1:45	0.1	2:44	0.2	6:40	4:22	
22	Mon	9:02	3.2	9:33	2.7	2:25	0.2	3:20	0.3	6:41	4:21	
23	Tue	9:40	3.0	10:16	2.5	3:04	0.3	3:57	0.4	6:42	4:21	
24	Wed	10:23	2.9	11:03	2.5	3:44	0.4	4:35	0.5	6:43	4:20	
25	Thu	11:10	2.8	11:53	2.5	4:26	0.5	5:19	0.6	6:44	4:20	
26	Fri			12:01	2.7	5:16	0.6	6:16	0.6	6:45	4:19	
27	Sat	12:43	2.6	12:54	2.7	6:21	0.7	7:24	0.5	6:46	4:19	
28	Sun	1:35	2.7	1:49	2.8	7:40	0.6	8:23	0.4	6:47	4:18	
29	Mon	2:31	3.0	2:49	2.9	8:56	0.4	9:14	0.1	6:49	4:18	
30	Tue	3:30	3.3	3:51	3.0	9:59	0.1	10:00	-0.1	6:50	4:18	

The Tide

NARRAGANSETT BAY - DEC 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:27	3.7	4:50	3.2	10:53	-0.1	10:46	-0.4	6:51	4:17	
2	Thu	5:21	4.0	5:45	3.4	11:44	-0.3	11:32	-0.5	6:52	4:17	
3	Fri	6:13	4.3	6:37	3.5			12:35	-0.5	6:53	4:17	
4	Sat	7:04	4.5	7:29	3.6	12:20	-0.6	1:29	-0.5	6:54	4:17	
5	Sun	7:56	4.5	8:22	3.6	1:11	-0.6	2:23	-0.5	6:55	4:17	
6	Mon	8:49	4.3	9:16	3.5	2:04	-0.5	3:15	-0.3	6:55	4:17	
7	Tue	9:44	4.1	10:13	3.4	2:57	-0.4	4:07	-0.1	6:56	4:16	
8	Wed	10:42	3.8	11:11	3.3	3:50	-0.1	5:02	0.1	6:57	4:16	
9	Thu	11:40	3.5			4:47	0.2	6:17	0.3	6:58	4:16	
10	Fri	12:11	3.2	12:37	3.2	6:04	0.4	7:39	0.4	6:59	4:17	
11	Sat	1:09	3.1	1:34	3.0	8:15	0.6	8:37	0.4	7:00	4:17	
12	Sun	2:08	3.1	2:31	2.8	9:26	0.5	9:17	0.4	7:01	4:17	
13	Mon	3:08	3.1	3:30	2.7	10:17	0.5	9:45	0.4	7:01	4:17	
14	Tue	4:05	3.1	4:25	2.7	10:55	0.4	10:13	0.3	7:02	4:17	
15	Wed	4:56	3.2	5:14	2.7	11:28	0.3	10:46	0.2	7:03	4:17	
16	Thu	5:40	3.3	5:57	2.7	11:59	0.2	11:22	0.1	7:03	4:18	
17	Fri	6:19	3.3	6:36	2.8			12:34	0.1	7:04	4:18	
18	Sat	6:55	3.3	7:14	2.8	12:01	0.0	1:12	0.1	7:05	4:18	
19	Sun	7:30	3.3	7:51	2.8	12:42	0.0	1:51	0.0	7:05	4:19	
20	Mon	8:04	3.2	8:29	2.7	1:24	0.0	2:30	0.0	7:06	4:19	
21	Tue	8:39	3.1	9:08	2.7	2:06	0.0	3:05	0.1	7:06	4:20	
22	Wed	9:16	3.0	9:49	2.6	2:46	0.0	3:38	0.1	7:07	4:20	
23	Thu	9:57	2.9	10:34	2.6	3:25	0.1	4:10	0.2	7:07	4:21	
24	Fri	10:43	2.9	11:22	2.6	4:06	0.2	4:46	0.2	7:08	4:21	
25	Sat	11:32	2.8			4:51	0.3	5:28	0.2	7:08	4:22	
26	Sun	12:12	2.7	12:24	2.7	5:48	0.4	6:20	0.2	7:08	4:23	
27	Mon	1:03	2.9	1:18	2.7	7:00	0.4	7:20	0.1	7:09	4:23	
28	Tue	1:58	3.1	2:17	2.7	8:21	0.3	8:22	0.0	7:09	4:24	
29	Wed	2:58	3.3	3:23	2.8	9:35	0.1	9:21	-0.2	7:09	4:25	
30	Thu	4:01	3.6	4:28	2.9	10:37	-0.1	10:17	-0.4	7:09	4:26	
31	Fri	5:01	3.9	5:27	3.1	11:33	-0.3	11:10	-0.5	7:10	4:26	



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