Sumer Fun

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Mystic Boat Adventures:
Making Memories in Mystic page 60









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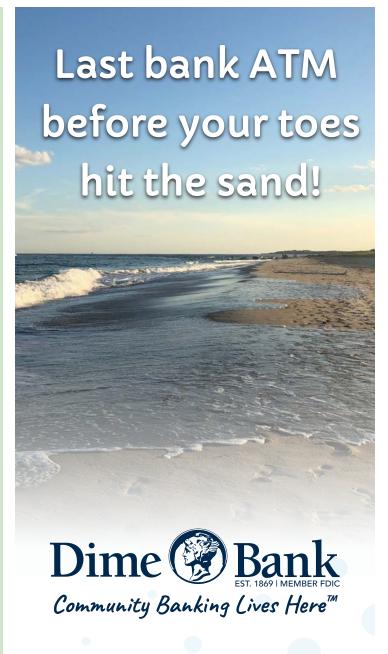
and DINING GUIDE

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The Sun Media Group Southern Rhode Island Newspapers The Block Island Times The Independent The Call & Times

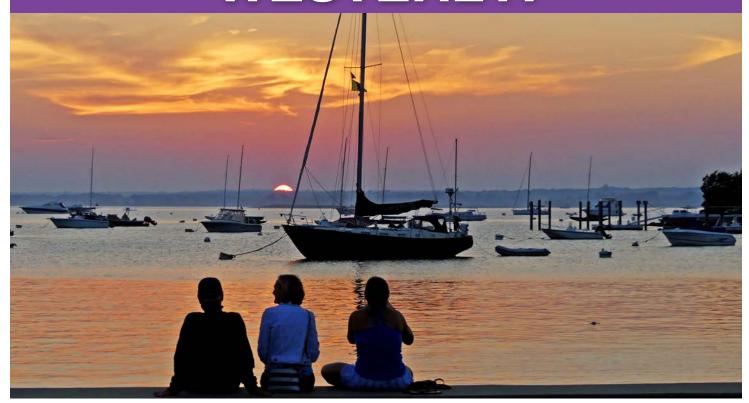


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Mark Your Calendar



WESTERLY

MAY to OCTOBER:

Misquamicut Drive-In **Movie Theater**

Classic movies will be shown on the outdoor movie screen and live concerts will be presented on the stage at the Wuskenau Town Beach, Pondside Lot, 316 Atlantic Ave., Westerly. For schedule or more information, visit mbadrivein.com.

MAY 25 and 26:

Virtu Art Festival

The 28th annual Virtu Art Festival will be held Saturday, from 10 a.m. to 5 p.m., and Sunday, from 10 a.m. to 4 p.m. There will be

150 selected artists from around the country featuring and selling their artwork. Live music and food will be available. Admission is free.

MAY 27:

Westerly-Pawcatuck Memorial Day Parade

The Memorial Day Parade in Westerly will be held Monday, May 27, beginning at 9:30 a.m. at the Pawcatuck Shopping Center, 37 South Broad St., Pawcatuck. The parade will continue through the center of Westerly and end in Wilcox Park, where there will be music and a guest speaker at the gazebo.

MAY 29 to JULY 31:

Tom McCoy Summer Fun Run series

The Westerly Track Club will hold free fun runs every Wednesday at 6 p.m. from May 29 to July 31, starting at the back parking lot of the Pleasant View Inn, 65 Atlantic Ave., Misquamicut. Races include 1/3 mile for children, 1 mile and 5 K. Registration begins at 5:30. No entry fee. For more information and course maps, visit westerlytrackclub.org.

MAY 31 to JUNE 9:

"Seussical, Jr."

Granite Theatre, 1 Granite St., Westerly will present the musical "Seussical, Jr.," based on the book by Lynn Ahrens and Stephen Flaherty. Performances will be held Fridays at 7:30 p.m., Saturdays at 6:30 p.m., and Sundays at 2 p.m. For more information, visit granitetheatre. org or call 401-596-2341.



JUNE to OCTOBER:

Babcock-Smith House Museum Tours

The Babcock-Smith House Museum, 124 Granite St., Westerly, will be open for tours in June, September and October on Saturdays, 2 to 5 p.m.; and in July and August, Thursdays through Sundays, 2 to 5 p.m. To request a tour on another day, call 401-596-5704. For more information, visit babcock-smithhouse.com.

JUNE:

"Through Rose Colored Glasses" at Artists' Coop

The Artists' Cooperative Gallery of Westerly, 14 Railroad Ave., Westerly, June exhibit will feature artists Nancy Nielsen & Anita Trezvant. The gallery is open Wednesday, to Saturday, 11 a.m. to 7 p.m., and Sunday, 1 to 5 p.m. Admission is free. For more information, call 401-596-2221 or visit westerlyarts.com.

JUNE 2:

Sunday Funday

Sunday Funday is an outdoor marketplace featuring street vendors and artists, and restaurants and bars set up on High Street in downtown Westerly; held from noon to 7 p.m., with music from LuAnn Thompson and Greg Sherrod. Admission is free. For more information, call 401-596-7761 or visit oceanchamber.org.

Sea Glass Festival

A Sea Glass Festival will be held from 11 a.m. to 5 p.m. at the Windjammer Surf Bar, 321 Atlantic Ave., in Misquamicut featuring sea glass and ocean themed creations from artisans for sale. Proceeds will support local charities. Admission is free.

JUNE 8:

Providence Improv Guild

The Providence Improv Guild will perform at 7 p.m. at the United, 5 Canal St., Westerly. For tickets or more information, visit unitedtheatre.org

JUNE 9:

Westerly Band Children's Concert

The Westerly Band will hold its annual Children's Concert and Teddy Bear Picnic in the bandstand in Wilcox Park, 44 Broad St., at 4 p.m. The concert will feature entertainment for children and adults alike.

Sunday Funday

Sunday Funday is an outdoor marketplace featuring street vendors and artists, live music, and restaurants and bars set up on High Street in downtown Westerly; held from noon to 7 p.m. Admission is free. For more information, call 401-596-7761 or visit oceanchamber.org.

JUNE 13:

Victor Wooten and the **Wooten Brothers**

The United, 5 Canal St., Westerly, will host a performance by fivetime Grammy Award-winning artist Victor Wooten and the Wooten Brothers. Concert begins at 7:30 p.m. For tickets or more information, visit unitedtheatre.org.

JUNE 15:

Whelk talk and tasting

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The United Table series will host a Whelk talk and tasting at 7 p.m. at the United, 5 Canal St., Westerly. For tickets or more information, visit unitedtheatre.org.

JUNE 16:

Sunday Funday

Sunday Funday is an outdoor marketplace featuring street vendors and artists, and restaurants and bars set up on High Street in downtown Westerly; held from noon to 7 p.m., with music from Lucas Neil and No Exit 4. Admission is free. For more information. call 401-596-7761 or visit oceanchamber.org.

JUNE 18:

Tucker and Flannery-Schroeder author talk

The United, 5 Canal St., Westerly will host an author talk and meet and greet with Chelsea Tucker and Ellen Flannery-Schroeder, authors of "Banish Bedtime Battles," at 6 p.m. For tickets or more information, visit unitedtheatre.org.



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Sam Grisman Project

The United, 5 Canal St., Westerly, will host a performance by the Sam Grisman Project. Concert begins at 7:30 p.m. For tickets or more information, visit unitedtheatre.org.

JUNE 23:

Woodlawn Stained Glass Survey

The Babcock-Smith House Museum, 124 Granite St., Westerly, will host a program with Sophia Kamps at 2 p.m. on Sunday, June 23, on the stained-glass windows at the Woodlawn Cemetery. Cost is \$5; free for members. For more information, visit babcocksmithhouse.org or call 401-596-5704.

JUNE 25:

Caravan of Thieves

The Watch Hill Sunset Concert series will host a performance by Caravan of Thieves on the green in the village Watch Hill, Bay Street at 6 p.m. The concert is free. Rain date is the following Tuesday.



JUNE 22:

Summer Pops

The Chorus of Westerly will hold its annual Summer Pops Concert in Wilcox Park, downtown Westerly, on Saturday, June 22, at 8 p.m. Raindate is Sunday, June 23. The pre-show starts at 6:30 p.m., with local entertainment. The concert is free and open to the public, although donations will be gratefully accepted. Blankets may not be put down until after 5 p.m. on Friday. For more information, visit chorusofwesterly. org or call 401-596-8663.

JUNE 27:

Carla Panciera author

Westerly native Carla Panciera will give a talk, in conversation with local author and writer Betty Cotter, about Panciera's memoir, "Barnflower: A Rhode Island Farm Memoir," at 6 p.m. at the United, 5 Canal St., Westerly. Reception sponsored by The Dante Society of Westerly. For tickets or more information, visit unitedtheatre.org.

JULY:

"What If...?? — Artists Exploring" at Artists' Coop The Artists' Cooperative Gal-

The Artists' Cooperative Gallery of Westerly, 14 Railroad Ave., Westerly, July exhibit will feature artists Carol Mossa & Dan Marantz. The gallery is open Wednesday, to Saturday, 11 a.m. to 7 p.m., and Sunday, 1 to 5 p.m. Admission is free. For more information, call 401-596-2221 or visit westerlyarts.com.

JULY 3:

Regina Linke author talk and exhibit opening

The Westerly Library, 44 Broad St., will host an author talk with Regina Linke, for her book "The Oxherd Boy" and opening reception for exhibit of Chinese gongbi-style paintings by Linke.

JULY 4:

Yonder Mountain Concert

Yonder Mountain will perform at the United, 5 Canal St., Westerly, at 8 p.m. For tickets or more information, visit unitedtheatre.org.

JULY 6 to 23:

"The Drowsy Chaperone"

Granite Theatre, 1 Granite St., Westerly will present the Tony award winning musical "The Drowsy Chaperone." Performances will be held Thursdays, Fridays and Saturdays at 7:30 p.m., and Sundays at 2 p.m. For more information, visit granitetheatre. org or call 401-596-2341.

JULY 8:

Coyote Brass

Monday Night Jams will host a performance by Coyote Brass at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free.

For more information, visit Tunes on the Dunes on Facebook.

JULY 9:

Johnny Nicholas

The Watch Hill Sunset Concert series will host a performance by blues guitarist Johnny Nicholas on the green in the village Watch Hill, Bay Street at 6 p.m. The concert is free. Rain date is the following Tuesday.

JULY 9 and AUGUST 8:

Monuments in the Midst of Monuments

The Babcock-Smith House Museum will host a tour of Riverbend Cemetery on Beach Street in Westerly on July 9 and August 8. Cost is \$5; free for members. For more information, visit babcocksmithhouse.org or call 401-596-5704.

JULY 10:

Greg Piccolo & Heavy Juice

Blues on the Beach will host a performance by Greg Piccolo & Heavy Juice at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

JULY 11:

The Wailers

The United, 5 Canal St., Westerly, will host a performance by the Wailers to commemorate the 40th anniversary of Bob Marley and The Wailers album "Legend" and honor the legacy of Bob Marley. Concert begins at 8 p.m. For tickets or more information, visit unitedtheatre.org.

JULY 13:

Pacifica Quartet

The Watch Hill Chapel, 5 Bluff Ave., Watch Hill, will host a concert by Pacifica Quartet featuring Simin Ganatra, violin; Austin Hartman, violin; Mark Holloway, viola; and Brandon Vamos, cello. The concert is at 5 p.m. and admission is free. For more information, visit watchhillchapel.org.



JULY 15:

No Exit 4

Monday Night Jams will host a performance by No Exit 4 at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

JULY 17:

Duke Robillard

Blues on the Beach will host a performance by Duke Robillard at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

JULY 18:

Aoife O'Donovan & Hawktail

The United, 5 Canal St., Westerly, will host a performance by Grammy-award winner Aoife O'Donovan, joined by Hawktail. Concert begins at 8 p.m. For tickets or more information, visit unitedtheatre.org.

JULY 20 to AUGUST 10:

"The 39 Steps"

The Colonial Theatre will present John Buchan's "The 39 Steps" in Wilcox Park, 44 Broad St., Westerly. Peformances will be held at 8 p.m. Wednesdays to Saturdays; 6 p.m. on Sundays. Free, with donations gratefully accepted. Registration is requested. Visit colonialtheaterart.org to register or for more information.

JULY 21:

Juliet Grames author talk

The United will host a talk by Westerly author Juliet Grames about her latest novel, "The Lost Boy of Santa Chionia." For tickets or more information, visit unitedtheatre.org.

JULY 22:

Granite City Rock Band

Monday Night Jams will host a performance by Granite City Rock Band at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

JULY 23:

Watch Hill Chapel Speaker Series

The Watch Hill Chapel, 5 Bluff Ave., Watch Hill, will host a talk on Hidden Women Leaders of Early Christianity with Susan Hylen. The talk is at 5:30 p.m. and admission is free. For more information, visit watchhillchapel.

JULY 24:

Robin Hathaway's Big **Mouth Blues Band**

Blues on the Beach will host a performance by Robin Hathaway's Big Mouth Blues Band at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

JULY 28:

Jupiter & Okwess

The United, 5 Canal St., Westerly, will host a performance by Jupiter and his band Okwess. Concert begins at 7:30 p.m. For tickets or more information, visit unitedtheatre.org.

JULY 29:

Take it to the Bridge

Monday Night Jams will host a performance by Take it to the Bridge at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook

JULY 31:

Al Copley

Blues on the Beach will host a performance by Al Copley at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

AUGUST:

"The Art of Collaboration" at Artists' Coop

The Artists' Cooperative Gallery of Westerly, 14 Railroad Ave., Westerly, August exhibit will feature artists Matthew Goldman & Aileen Quinn. The gallery is open Wednesday, to Saturday, 11 a.m. to 7 p.m., and Sunday, 1 to 5 p.m. Admission is free. For more

information, call 401-596-2221 or visit westerlyarts.com.

AUGUST 3:

Borromeo String Quartet

The Watch Hill Chapel, 5 Bluff Ave., Watch Hill, will host a concert by the Borromeo String Quartet with Marcus Thompson, viola. The concert is at 5 p.m. and admission is free. For more information, visit watchhillchapel. org.

River Glow 2024

The Ocean Community Chamber of Commerce will hold its annual River Glow on Saturday, Aug. 3, from 7 to 10 p.m. There will be floating bonfires in the Pawcatuck River, live music, hay rides through town, fire juggler and dancers as well as children's activities and shopping specials. Visit oceanchamber.org for more information.

AUGUST 5:

Brass Attack

Monday Night Jams will host a performance by Brass Attack at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

AUGUST 6:

Sarah Brindell Quintet

The Watch Hill Sunset Concert series will host a performance by the Sarah Brindell Quintet on the green in the village Watch Hill, Bay Street at 6 p.m. The concert is free. Rain date is the following Tuesday.

Watch Hill Chapel **Speaker Series**

The Watch Hill Chapel, 5 Bluff Ave., Watch Hill, will host a talk on the History of the Jewish Christian Relations through the Ages with Michael Peppard. The talk is at 5:30 p.m. and admission is free. For more information, visit watchhillchapel.org.

AUGUST 7:

Nick Bottone Track Mile

Free timed measured one-mile runs on Atlantic Avenue in Misquamicut starting at the back parking lot at Pleasant View Inn, 65 Atlantic Ave. At 6 p.m., a children's run of 1/3 mile will be held, followed by the mile races. Sponsored by the Westerly Track























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and Athletic Club. Registration ends at 3 p.m. the day of the race. Visit westerlytrackclub.org to register.

Knickerbocker All-Stars

Blues on the Beach will host a performance by Knickerbocker All Stars at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

AUGUST 10:

Catalyst Quartet

The Watch Hill Chapel, 5 Bluff Ave., Watch Hill, will host a concert by the Catalyst Quartet. The concert is at 5:30 p.m. and admission is free. For more information, visit watchhillchapel.org.

AUGUST 12:

Yacht Lobsters

Monday Night Jams will host a performance by Yacht Lobsters at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

AUGUST 14:

Roomful of Blues

Blues on the Beach will host a performance by Roomful of Blues at the Westerly Town Beach, 337 Atlantic Ave., Westerly, at 6 p.m. The concert and parking are free. For more information, visit Tunes on the Dunes on Facebook.

AUGUST 17:

Nicolas King

The George Moore Cabaret Series will presents an evening of live cabaret featuring local singer Nicolas King at the United, 5 Canal St., Westerly. Concert begins at 8 p.m. For tickets or more information, visit unitedtheatre.org.

AUGUST 20:

Otis and the Hurricanes

The Watch Hill Sunset Concert series will host a performance by Otis and the Hurricanes on the green in the village Watch Hill, Bay Street at 6 p.m. The concert is free. Rain date is the following Tuesday.

Watch Hill Chapel **Speaker Series**

The Watch Hill Chapel, 5 Bluff Ave., Watch Hill, will host a talk on the Role of Art in Christianity with Robin Jensen. The talk is at 5:30 p.m. and admission is free. For more information, visit watchhillchapel.org.

SEPTEMBER:

"Making Peace"

at Artists' Coop The Artists' Cooperative Gallery of Westerly, 14 Railroad Ave., Westerly, September exhibit will feature artists Ed Porter & Helen Roy. The gallery is open Wednesday, to Saturday, 11 a.m. to 7 p.m., and Sunday, 1 to 5 p.m. Admission is free. For more information, call 401-596-2221 or visit westerlyarts.com.

SEPTEMBER 6 to 22:

"Harvey"Granite Theatre, 1 Granite St., Westerly will present the comedy "Harvey." Performances will be held Thursdays, Fridays and Saturdays at 7:30 p.m., and Sunday matinees at 2 p.m. For more information, visit granitetheatre. org or call 401-596-2341.

SEPTEMBER 8:

Westerly Museum of American Impressionism

The Babcock-Smith House Museum, 124 Granite St., Westerly, will host a talk by Catherine Shotick on the new Westerly Museum of American Impressionism being constructed in Avondale. The talk will be held on Sunday, Sept. 8, at 2 p.m. Cost is \$5; free for members. For more information, visit babcocksmithhouse.org or call 401-596-5704.

SEPTEMBER 9:

Stavros Memorial **Beach Run:**

The Westerly Track Club and Stavros Family will host a the 37th annual Stavros Memorial 3-mile run on the beach in Misquamicut. The race will begin at the Westerly Town Beach, 365 Atlantic Ave., Misquamicut. Check-in time is 5:15 p.m.; race begins at 6 p.m. Visit westerlytrackclub.org to register.







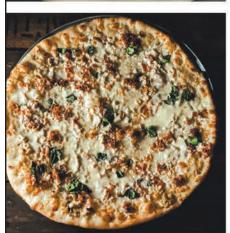
















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Wahaneeta Trail 5K

The Westerly Track Club and Westerly Recreation Department will host the 9th annual Wahaneeta Trail 5K at the Wahaneeta Preserve, Moorehouse Road, Westerly. Registration begins at 8 a.m.; race starts at 9 p.m. Participants must wear at least 200 square inches of orange. Visit westerlytrack-club.org for more information or to register in advance.

OCTOBER 5:

Run For The Pumpkins

The Westerly Track Club will host the sixth annual Run for the Pumpkins, at the Bradford Preserve, 199 Bradford Road, Westerly. Registration begins at 9 a.m.; 5K and 8K races start at 10 p.m.; free kids run for age 10 and under at 11 a.m. Participants must wear at least 200 square inches of orange. Visit westerlytrackclub.org for more information or to register in advance.

OCTOBER 11 to 27:

"Sleuth"

Granite Theatre, 1 Granite St., Westerly will present the drama "Sleuth," by Anthony Shaffer. Performances will be held Thursdays, Fridays and Saturdays at 8 p.m., and Sunday Matinees at 2 p.m. For more information, visit granitetheatre.org or call 401-596-2341.





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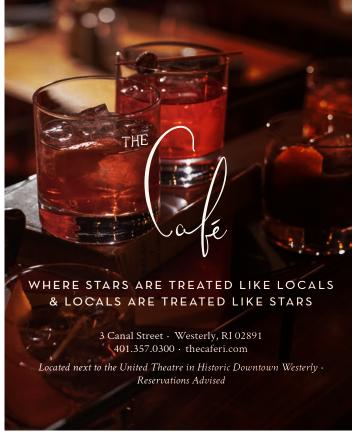
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How to make a staycation feel more like a getaway

Come vacation season, individuals and families are fixated on finding something fun to do while they are off from school or work. Immediate thoughts of vacationing probably call to mind hopping a plane to some far-away destination, but vacationing also can take place right at home.

Just because people are not traveling great distances doesn't mean they can't experience the perks of a full-fledged vacation. The following are some ways to make a staycation feel like a true getaway.

ORDER IN OR DINE OUT

Part of what makes vacationing so fun is getting a break from kitchen duty for a few days. Even if you're staycationing, you can still let someone else be responsible for your meals. Purchase bulk items that hotel breakfast bars typically stock and set them up buffet-style at home. As family members awake, they can help themselves to the offerings. Set aside a reasonable budget for take-out or restaurant dining. Pick one night of the staycation when you splurge on a more elaborate meal at a restaurant you always wanted to try.

GO SIGHTSEEING

It's easy to overlook nearby sights and attractions when you live in a particular area. But part of vacationing is taking in the local points of interests. Find sights that make your town or city unique and then enjoy a day or two as a tourist.

TRY A NEW ACTIVITY

Book an activity you've never tried before, such as an afternoon at a driving range or a skydiving simulation center. Excursions often are part of vacations, so simulate those experiences while on staycation.

RELAX AT THE BEACH

Beachside trips are quite popular for vacations, and they can be the same for those on a staycation. Find out if a beach club offers day passes or perhaps you can utilize a guest pass from a club member and while away the hours enjoying the sand and surf.

Staycations can take a page from traditional vacations, offering the same enjoyment only closer to home.

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MAY to SEPTEMBER:

Stargazing at Frosty Drew Observatory

Stargazing at Frosty Drew Observatory, Ninigret Park, 61 Park Lane, Charlestown, will be held at dusk on Fridays, weather permitting. Learn about the stars at one of the best dark sky sites on the east coast. Admission is free with registration recommended. Donations of \$5 are suggested for visitors over the age of 5. To register or for more information, visit frostydrew.org.

MAY to OCTOBER:

South Kingstown Farmers' Market

South Kingstown Farmers' Market is held Saturdays, 8:30 a.m. to 12:30 p.m., at Independence Square, 25 West Independence Way, Kingston.

Narragansett Farmers' Market

Farmers' Market held at the Fishermen's Memorial State Park, 1011 Point Judith Road, Narragansett, on Sundays, from 9 a.m. to 1 p.m.

MAY 29 to JUNE 22:

"A Chorus Line"

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present the musical "A Chorus Line." The show will run Tuesdays through Sundays. Tickets can be purchased at the theater box office, by calling 401-782-8587 or visit theatrebythesea.com.

JUNE 26 to JULY 20:

"Tootsie"

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present the musical comedy "Tootsie." The show will run Tuesdays through Sundays. Tickets can be purchased at the theater box office, by calling 401-782-8587 or visit theatrebythesea.com.

JUNE 7:

Amber Rose & the Renegades

Amber Rose & the Renegades will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free

JUNE 8:

Strawberry Thanksgiving

Tomaquag Museum will host a Strawberry Thanksgiving celebration in Ninigret Park, Park Lane, Charlestown, from noon to 4 p.m. There will be traditional dances, music, food, and shopping with Indigenous vendors. The event is free. For more information, visit tomaquagmuseum.org/events.

JUNE 14:

Hurricane

Hurricane will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

JUNE 21:

The Manatees

The Manatees will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

JUNE 21 to AUGUST 30:

Charlestown Farmers' Market

The Charlestown Land Trust Farmers' market is held on the grounds of the Church of the Holy Spirit, 4150 Old Post Road, Charlestown, Fridays, from 9 a.m. to 12:30 p.m. The market supports local producers and farmers. For more information, visit charlestownlandtrust.org.

JUNE 22 and 23:

Narragansett **Fine Art Festival**

The Rotary Club of Wakefield will sponsor the 40th Annual Narragansett Fine Art Festival on Saturday and Sunday, from 9 a.m. to 6 p.m., in Veteran's Park, 35 Ocean Road, Narragansett. Over 100 artists will display their work, varying from oils, acrylics,

photography, watercolor, pastels, drawings, sculpture and more. For more information, visit wakefieldrotary.com.

JUNE 28:

The Senders

The Senders will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

JULY 5:

Barfly

Barfly will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

Mark Nizer comedy and juggling

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present the comedy and juggling act of Mark Nizer at 10 a.m. and noon, as part of its 2024 Children's Festival. Tickets can be purchased by calling 401-782-8587. Visit theatrebythesea.com for more details.

JULY 10 to AUGUST 18:

"Twelfth Night"

Contemporary Theatre, 327 Main St., Wakefield, will present Shakespeare on the Saugatucket: "Twelfth Night" on Wednesdays and Sundays at 7 p.m. on the riverfront patio. For tickets or more information, visit contemporarytheatercompany.com/season or call 401-218-0282.

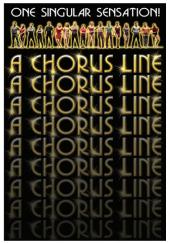
JULY 11 to AUGUST 8:

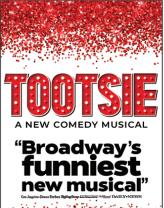
RiverFire

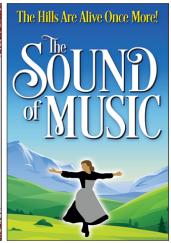
Wakefield Village Association will host RiverFire in downtown Wakefield every Thursday from July 11 to August 8, from 6 to 8 p.m. featuring live music, vendors and artisans and fires

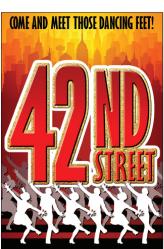


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MAY 29 - JUNE 22

JUNE 26 - JULY 20

JULY 24 - AUG 17

AUG 21 - SEPT 15



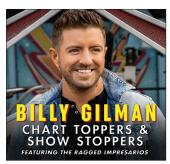




JULY 8 - 7:30PM



AUG 5 - 7:30pm



SEPT 9 - 7:30_{PM}





JULY 12 - 10AM, 12 NOON, 2PM



JULY 19 - 10AM & 12 NOON



AUG 2 - 10am. 12 NOON. 2PM



AUG 16 - 10AM & 12 NOON

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floating in the Saugatucket River. For full schedule of performers, visit wakefieldvillageassociation. com/riverfire.

JULY 12:

The Airborne Comedians

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present the Airborne Comedians at 10 a.m., noon, and 2 p.m. as part of its 2024 Children's Festival. Tickets can be purchased by calling 401-782-8587. Visit theatrebythesea.com for more details.

JULY 19:

Keith Muslow

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present Keith Munslow, I Love the Beach, a fusion of music, storytelling and comedy, at 10 a.m. and noon, as part of its 2024 Children's Festival. Tickets can be purchased by calling 401-782-8587. Visit theatrebythesea. com for more details.

3 Legged Dog

3 Legged Dog will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

JULY 24 to AUGUST 4:

Kingston Chamber Music Festival

Kingston Chamber Music Festival will host a series of concerts at the University of Rhode Island's Fine Arts Center Concert Hall, 105 Upper College Road, Kingston. For a complete list of dates, programs and ticket information visit kingstonchambermusic.ora or email boxoffice@kingstonchambermusic.org.

JULY 24 to AUGUST 17:

"The Sound of Music"

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present the musical "Sound of Music." The show will run Tuesdays through Sundays. Tickets can be purchased at the theater box office, by calling 401-782-8587 or visit theatrebythesea.com.

JULY 25 to 27:

Narragansett Blessing of the Fleet

The Narragansett Lions Club Blessing of the Fleet features a three-day festival with food, games, rides, beer tent and live music, Thursday, Friday, and Saturday, from 4 to 10:30 p.m., at Memorial Square in Narragansett; a 10-mile road race on Friday beginning at 6 p.m.; and the Blessing of the Fleet on Saturday, at noon, at Salty Brine State Beach parking lot, Galilee. For full schedule, visit narragansettlionsclub.org.

AUGUST 2:

"Finding Nemo, Jr."

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Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present "Finding Nemo, Jr." featuring the students of Camp Theatre by the Sea, at 10 a.m., noon, and 2 p.m., as part of its 2024 Children's Festival. Tickets can be purchased by calling 401-782-8587. Visit theatrebythesea.com for more details.

The Complaints

The Complaints will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

AUGUST 2 to 4:

Charlestown **Seafood Festival**

The Charlestown Chamber of Commerce will hold its annual Seafood Festival at Ninigret Park, Route 1A, Charlestown on Friday, noon to 11 p.m.; Saturday, 11 a.m. to 11 p.m. and Sunday, 11 a.m. to 10 p.m. The event will include food vendors serving seafood, including lobsters, steamers, chowder, fish and chips and clam cakes, Rockwell Amusements rides, live music performances throughout the weekend and fireworks on Saturday at 9 p.m. Rain or shine. View more festival details at charlestownrichamber.com.

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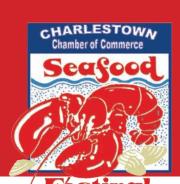






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AUGUST 5:

American A Capella

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present American A Capella featuring the Narragansett Bay Chorus at 7:30 p.m. Tickets can be purchased at the theater box office, by calling 401-782-8587 or visit theatrebythesea.com.

AUGUST 9:

Take It to the Bridge

Take It to the Bridge will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.



AUGUST 14 to 18:

Washington **County Fair**

The annual Washington County Fair will be held Wednesday to Sunday, from 10 a.m. to 10 p.m., at the fairgrounds, 80 Richmond Townhouse Road, Richmond. The fair will feature day and evening events, livéstock exhibits, arts and crafts, tractor pulls, antique car show, pie eating contests, continuous musical entertainment, a wide variety of food, rides, and a featured music performance every night. For more details on daily events, visit washingtoncountyfair-ri.com.

AUGUST 16:

"Squirrel Stole My **Underpants**"

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present "Squirrel Stole My Underpants" at 10 a.m. and noon, as part of its 2024 Children's Festival. Tickets can be purchased by calling 401-782-8587. Visit theatrebythesea.com for more details.

Hey Nineteen

Hey Nineteen will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park. 5 Ocean Road, Narragansett. The concert is free.

AUGUST 21 to SEPTEMBER 15:

"42nd Street"

Theatre by the Sea, 364 Cards Pond Road, Matunuck, will present the musical "42nd Street." The show will run Tuesdays through Sundays. Tickets can be purchased at the theater box office, by calling 401-782-8587 or visit theatrebythesea.com.

AUGUST 23:

Possm

Possm will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

AUGUST 30:

Jesse Liam

Jesse Liam will perform as part of the Gazebo Summer Concert Series at 6 p.m., at Gazebo Park, 5 Ocean Road, Narragansett. The concert is free.

AUGUST 30 to SEPTEMBER 1:

Rhythm and Roots Festival

The Rhythm and Roots Festival will be held Labor Day Weekend at Ninigret Park, Route 1A, Charlestown. Camping opens Friday at 9 a.m. The stage and vendor area opens at 4 p.m. on Friday, 11 a.m. on Saturday and Sunday. Music begins at 4 p.m. on Friday, and 1 p.m. on Saturday and Sunday. To purchase tickets, visit rhythmandroots.com.

SEPTEMBER 9:

Billy Gilman and the Ragged Impresarios

Theatre by the Sea. 364 Cards Pond Road, Matunuck, will present a performance by Billy Gillman and the Ragged Impressarios at 7:30 p.m. Tickets can be purchased at the theater box office, by calling 401-782-8587 or visit theatrebythesea.com.



How to spend a great day at the zoo

Zoos, aquariums and wildlife centers offer visitors the opportunity to view exotic animals without having to venture too far from home. Zoos are great places to enjoy a full day of seeing wildlife and enjoying an extraordinary environment. Children certainly marvel at the sights at zoos, but animals can be equally thrilling for adults.

Planning a zoo visit in advance can ensure visitors make the most of their trip, and these strategies can help elevate any zoo visit.

- Choose the right day. Zoos are less likely to be crowded on weekdays. If possible, take a day off from work or school to visit the zoo early in the week. Things may get busier as the weekend nears.
- Time it right. On warm days, a zoo can be uncomfortable during the peak heat of the afternoon. Arrive very early or later in the afternoon when the sun is not beating down; otherwise, think of going on an overcast or slightly misty day when attendance figures to be low and temperatures may be more manageable.
- Research nearby zoos. Conduct some online research to find a zoo featuring animals everyone wants to see. Some may specialize in certain habitats. For example, many people flock to Zoo Atlanta to see the Panamanian Golden

Frog, which is rarely seen elsewhere in the world, if at all.

- Buy tickets in advance. Instead of wasting precious time waiting in line for tickets, buy them in advance and then sail through the entryway. You may even get a discount for buying early. Some zoos also offer memberships so allow to visit many times at a lower price than standard entry.
- Pack healthy snacks and drinks (if allowed). Zoo visits tend to be day-long affairs, so you'll want to stay hydrated and well fed. Lines can be long at zoo restaurants or snack carts, so having a few things on hand can make all the difference. Keep in mind some facilities do not allow outside food or beverages, so check policies prior to arriving.
- Utilize the lockers. If the zoo has lockers, stash extra items inside so you're not bogged down with stuff. This is especially helpful when traveling with young children.
- Plan the visit around the best attraction. Visit the exhibit you really want to see first. This way if time gets away from you or if everyone tires, you will not have missed it.

Zoo are entertaining places to spend a day. Some pre-visit planning can make such days even better.

Outdoor activities ideal for summertime

George Gershwin's song "Summertime," from "Porgy and Bess," offers:

Summertime and the livin' is easy

Fish are jumpin' and the cotton is high

Summer can be a magical season full of fresh air, warm days and nights, blooming flowers, and plenty of opportunities to spend time in the great outdoors. There are so many ways to fill summer days, and people are urged to maximize time spent outdoors during this time of year. Since the sun's rays can be particularly harmful between the hours of 10 a.m. and 3 p.m., protective clothing and sunscreen is recommended during this time; otherwise, people can engage in outdoor activities during times when the sun is less potent.

Those seeking some summertime recreation inspiration can consider these activities.

- Family bike ride: Explore trails or bike paths in the area in advance, and then prepare bikes for an excursion. Bicycle riding is a great cardiovascular activity that people of all ages and fitness levels can enjoy. Try flat paths for beginners, and then build up the length and intensity of rides as experience is gained.
- Day at the beach: Some attest there is no more perfect place than the beach on a summer day. The waves lapping the sand, the birds calling in the air, and the sounds of children's laughter and sunbath-

ers' chatter all combine to create a relaxing seaside symphony. According to WebMD, the negative ions given off by the ocean can improve mood and add to the calming effect the beach provides.

- Backyard obstacle course: Construct an obstacle course in the backyard that everyone can try. It can include having to jump through tires; climb a jungle gym; run through a sprinkler; and crawl under a low-hung clothesline. Family members can compete to see who can finish the course in the least amount of time.
- Walk a boardwalk: Those lucky to live near a coast can spend an afternoon or evening strolling the boardwalk, enjoying the various fare and fun activities offered. Many boardwalks have games of chance and small rides for kids. Adults may enjoy the restaurants, bars and shops. Of course, no trip to a boardwalk is complete without coming home with some saltwater taffy.
- Hike: In a survey of Americans 18 and older conducted by the National Recreation and Park Association, nearly 50 percent said going for a walk or hike was their favorite outdoor summer activity. Hiking requires very little to get started and can produce numerous opportunities to witness nature and get some exercise.

There's no limit to the ways people can enjoy the great outdoors when the weather warms up.





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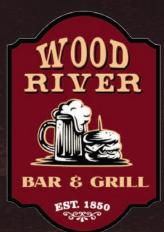


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Golf terminology for beginners

Golf is a fun game that is not without its challenges. Getting a tiny ball from a tee box into a small hole that's several hundred yards away requires considerable skill and a lot of patience. But novices know that mastering the game is not the only challenge on the course.

Like most sports, golf has its own unique terminology. Confusion can set in when beginners arrive at a course and feel as though they're surrounded by people speaking a different language. This glossary of golf terms, courtesy of the PGA of America, can help beginners master the lingo of the links.

- Par: The score an accomplished player is expected to make on a hole. Holes are either a par three, par four or par five.
- Birdie: A score of one-under-par on a hole.
- Eagle: A score of two-under-par on a hole.
- Double eagle: A score of three-under-par on a hole.
- Bogey: A score of one-over-par on a hole.
- Double bogey: A score of two-over-par on a hole.
- Green: The area at the end of each hole where grass is cut especially short.

- · Fairway: The area of short grass between the tee and corresponding green.
- Rough: The area of longer grass around the fairway and the green.
- Hazards: Obstacles, including water, between a tee and a
- Bunker: Sometimes referred to as a "sand trap," the bunker is a hollow comprised of sand or grass or both that exists as an obstacle and, in some cases, a hazard.

The Greens

- Divot: The turf displaced when a club strikes the ball on a descending path.
- Fore: An exclamation golfers yell to warn others that they have hit a bad shot.
- Ranger: A course employee who drives around the course ensuring golfers are following the rules and playing at a reasonable speed.
- · Range: Sometimes referred to as the "golf

range," this is a facility where players can practice their full swings and, in some cases, their short games.

- Pin: The flag on the green that indicates to players where the hole is.
- · Shank: When the ball is struck on the hosel of the club, usually sending it shooting off to the right.
- Slice: A ball that curves from left to right after being struck. Left-swinging players will slice right to left.

Golf has its own unique terminology. Knowledge of some basic terms can help any player feel more comfortable on the course.



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How motorcycle riders can stay safe



Warm weather and road trips often go handin-hand, and spring and summer are prime seasons for motorcycle riders to get out on the

Motorcycle riders are at an extreme disadvantage when sharing the road with cars and trucks. In the event of a collision, motorcycle riders can be seriously injured and are far less protected than those in a car or truck. The latest data indicates motorcyclists are about 28 times as likely as passenger car occupants to die in a motor vehicle crash, states the National Highway Traffic Safety Administration.

Motorcycle riders face greater hazards from debris on the road or other road conditions. Despite all this, the NHTSA says the number of motorcyclists killed in crashes dropped to 4,985 in 2018, marking an almost 5 percent decrease from their most recent study on motorcycling fatalities. Continuing to be safe, and educating oneself about motorcycle safety whether you are a rider or someone sharing the road — can continue to keep injuries and accidents

- Wear protective gear. The NHTSA says the right helmet can mean the difference between life and death. From shape to style to fit, riders can work with helmet companies and outfitters to find the right helmet for them. Long pants, eye protection, riding gloves, and a waterproof jacket also make for effective and protective gear.
- Take a class. Novices would be wise to enroll in classes to go over motorcycling basics and safety guidelines that can keep them alive and well on the road. Check with your local motor vehicle commission or driving schools about classes that may be
- · Avoid blind spots. Motorcycles are difficult to see on the road. Try to stay out of vehicles' blind spots as much as possible and maintain safe distances between your bike and others on the road.
- Make yourself visible. Wear something bright or use reflective or nylon tape and mesh to make yourself more visible to fellow motorists.
- Never ride tired or intoxicated. Fatigue and/or alcohol reduces reaction time and could find you making costly mistakes that put your life in danger.
- Share the road responsibly. Drivers of cars and trucks need to be diligent in keeping their eyes and ears open for motorcycle riders, allowing them a wide berth.









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Tips for fun days at the beach

Millions of people visit the beach each summer. For some people, there is no better place than the beach, where they can listen to the waves crash on the shore and smell the briny air.

The United States Lifesaving Association routinely compiles statistics on beach attendance, watercraft use and other recreational information, estimating that 367,231,142 people took to beaches across the country in 2015, the most recent reporting year. Cool coastal temps and refreshing oceans and lakes make the beach an ideal place to survive the heat.

While a trip to the beach has the makings of a great day, a few tips can help make these sunand sand-filled days even better.

Protect electronics

Sand and surf can be calming, but not if your newest mobile phone gets doused with the incoming tide. For those bringing their phones or tablets along, steps to protect the gadgets can make the day even more calming. A zip-seal plastic bag can do the trick, and you can still access the screen through the plastic. If you plan to spend time on a boat, you may want to invest in waterproof, floating pouches.

Keep clean

Sand gets everywhere at the beach, so it can

be a challenge to remain clean. Invest in a beach blanket where the sand falls through like a sieve, such as the Quicksand Mat from CGear. Pack baby powder in your beach bag, which will help loosen sand from kids' bodies before they get back in the car. And while at the beach, use hand-decorated aluminum cans as drink cozies to keep condensing beverage bottles from becoming caked with sand.

Time beauty regimens right

Shaving legs or underarms right before heading to the beach can result in some painful irritation. It's best to shave the night before diving into saltwater or even pool water. If you need a last-minute touch-up, use mineral oil while shaving to help keep irritation to a minimum.

It's important to apply sunscreen to the skin approximately 15 minutes before heading outdoors so that it has time to absorb, advises the American Academy of Dermatology. If you wait until you get to the beach, you put your skin at risk. Use a self-tanner for bronze skin rather than soaking up the rays.

Hide your money

Leaving your money or belongings out in the open may entice thieves. Camouflage items of value by storing them in an empty sunscreen



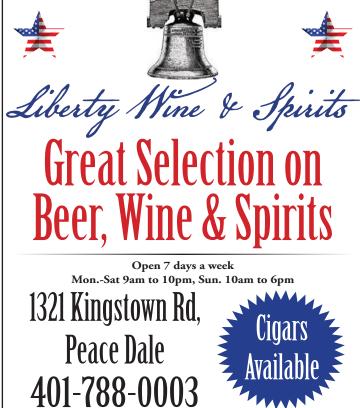
bottle nestled in a beach bag.

Stay cool

Purchase or make a vividly patterned tarp/ tent to offer a shady respite. This will also help the family find their way back to your beach spot. Place sandals or flip-flops face-down in the sand or on a blanket to ensure they won't be scalding after a day at the beach.

Trips to the beach are a summertime tradition. With a few tips and tricks, the memories can be even better.







Celebrating and inspired by Coastal European cuisine, Celeste sits just steps from the beach!

Our menu features raw bar offerings highlighted by a selection of crudos, pizzas, as well as shareable small plates and entrees steeped in the flavors of coastal Italy, France & Spain.

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a Newport Restaurant Group experience







Celeste, a Coastal European Restaurant from Newport Restaurant Group, Now Open

New concept in Narragansett replaces TRIO Kitchen + Bar

Newport Restaurant Group (NRG), a collection of unique culinary concepts throughout Rhode Island and Massachusetts, is pleased to announce the opening of its newest restaurant in Rhode Island, Celeste. The coastal European concept replaces TRIO Kitchen + Bar at 15 Kingstown Road in Narragansett, which served residents and visitors for 15 years.

"We are thrilled to open Celeste to the Narragansett community and beyond," said Jeff Tenner, Director of Concept Development, Newport Restaurant Group. "The refreshed interior and exterior - including a completely reconfigured patio and outdoor bar which will maximize water views - will be complemented by our culinary and beverage teams' exciting and creative menus. We can't wait to share Celeste with locals and visitors alike."

Celeste, which means "heavenly" in both French and Italian, is representative of the elements that inspired the new concept: the Coastal European cuisine it serves, the al fresco dining experiences enjoyed along the coast, and its location near the ocean. The Celeste "mermaid" depicted in the logo is guided by the stars above her as she presents guests with the gifts of the sea.

Celeste's unique menu, crafted by Executive Chef Andrew Gould and Newport Restaurant Group's talented culinary team, features a raw bar, an expanded pizza menu, shareable small plates, and entrees steeped in the flavors of coastal Italy, France, and Spain.

Raw Bar items include Local Oysters with mignonette and cocktail sauce; Wild Rhode Island Clams; Poached Shrimp with cocktail sauce; Tuna Crudo served Sicilian style with capers, Castelvetrano olives, anchovy, and extra virgin olive oil (EVOO); Jonah Crab with Calabrian chili vinaigrette, baby gem lettuce, and water-

melon radish; and Cured White Anchovy with EVOO and parsley.

Starters include Patatas Bravas with smoky bravas sauce and garlic aioli; Whipped Feta with warm house-made pita and olive relish; Shrimp Sofrito in a slow cooked tomato-garlic sauce with grilled bread; Salt Cod Croquetas with lemon aioli, frisse, and pickled red onion; Moules Marinier with a white wine and mustard-shallot broth and grilled rosemary focaccia; Calamari Fritto Misto with artichoke hearts, pepperoncini, fried lemons, and caper aioli; Saffron Arancini with romesco and Grana Pandana; Lamb Meatballs with tomato ragu, green olive, and feta; and Spicy Cucumber & Carrot with peri peri sauce, almonds, radish, and chervil.

Salads include a Kale Caesar with kale, romaine, parmesan, and focaccia croutons; Blue Cheese with frisse, radicchio, endive, fig, blue cheese, pickled onions, and white balsamic mustard vinaigrette; Chopped Nicoise: romaine, haricot vert, tomatoes, red onion, potatoes, olives, feta, hard-cooked egg, red wine vinaigrette; The Celeste with watercress, arugula, couscous, chickpea, golden raisin, cashew, grilled onion, and Calabrian chili vinaigrette, while soups include Cavala Nero with kale, white bean, and tomato-garlic broth.

Celeste's pizza menu includes Potato & Rosemary with mozzarella & mascarpone cheese, preserved lemon, roasted onion, and Grana Padano; a Margherita with fresh mozzarella, San Marzano tomato, and basil; Spicy Calabrese with San Marzano tomato, mozzarella, and Grana Padano; the Rustico with sweet Italian sausage, rabe, San Marzano tomato, and ricotta; Fig & Prosciutto with Parmesan, EVOO, and arugula; Spinach & Feta with roasted garlic mascarpone, and roasted tomatoes; and the Chicken Peri Peri with peri peri sauce, scallion,

and shaved red onion.

Sandwiches include the Prosciutto Bocadillo, featuring Manchego cheese, apricot mustarda, and watercress on toasted ciabatta; Chicken Milanese with pickled onions, arugula, and lemon aioli on ciabatta; Seared Halloumi Pita with green olives, potato, harissa lime vinaigrette, and shredded greens; and a Blackbird Farms Burger topped with aged cheddar, caramelized onion jam, and garlic aioli and served with sea salt fries.

Entrees include Romesco Cod with crispy potatoes, roasted garlicky broccolini, and almond peri peri sauce; Shrimp & Chorizo: seared shrimp, sofrito, chorizo-rice, escalivada vegetables, and cilantro; Whole Roasted Fish stuffed with lemon and herbs, salsa verde, tri-colore salad, and crispy potatoes; Salmon with beluga lentils, haricot vert, and beet vinaigrette; Couscous avec Fruit de Mer with clams, mussels, cod, calamari, fregola, and tomato fennel broth; Moroccan Chicken: a half chicken with couscous, raisins, cashew, roasted cauliflower, and jus; Steak Frites: grilled ribeye, salsa verde, steak fries, and roasted onion; Pasta Genovese: slow-braised beef, penne, and Grana Padano; and Seared Cabbage Tagine with new potatoes, berbere spice, golden raisins, and Castelvetrano

Celeste's hand-crafted creative cocktails include the Celestial Sangria: Arvero limoncello, fresh citrus, raspberry vodka, and red wine; Co Go Slow Pez: Tequila, Mezcal, orange liqueur, lime and coconut; Spanish Negroni: Mezcal, Turmeon Original Vermouth, house bitter orange liqueur; the Italian Greyhound: Bespoke Gin, Aperol, fresh grapefruit, and lime; and the Number 10: Lunazul Blanco tequila, strawberry, hibiscus, Cointreau, and lime.

Continued on next page

About Newport Restaurant Group

Newport Restaurant Group's award-winning portfolio of restaurants are located across Rhode Island and include Castle Hill Inn, The Mooring Seafood Kitchen & Bar, 22 Bowen's Wine Bar & Grille, Bar 'Cino, and Smoke House all located in Newport; Celeste in Narragansett; the Boat House in Tiverton; Waterman Grille and Hemenway's, both located in Providence; Avvio Ristorante located at Garden City Center in Cranston; Iron Works in Warwick; Papa Razzi in Wellesley, MA; and Bar 'Cino in Brookline and Watertown, MA. Newport Restaurant Group's mission is to provide the highest quality culinary experience in unique, service-oriented atmospheres and to create each menu with a creative, thoughtful, and responsible approach. Newport Restaurant Group is proudly 100% employee-owned. For more information, please visit www.newportrestaurantgroup.com.

> Media Assets Courtesy of Newport Restaurant Group Photo credit to Erin McGinn



Plan the perfect road trip

- Choose a destination. Although the ride can be an adventure on its own, eventually a destination will need to be reached. Travelers can choose destinations by distance and incrementally increase that distance as they gain road trip experience.
- **Know your time constraints.** The road trip distance and route will depend on how much time travelers can devote to the trip. Road trips should be fun and include plenty of breaks along the way to see the sites.
- Determine how many drivers are coming along. Bringing along other licensed drivers means that driving duties can be split up and the trip can be enjoyable, not exhausting.
- Don't forget the scenic route. The journey is part of the road trip experience. When planing the route, travelers can be sure to include back roads that feature interesting views. However, they should be sure to research rest stops and fuel spots, which may be more spaced out on
- Schedule a tune-up. Breakdowns are not enjoyable, and having a breakdown on a trip on unfamiliar roads can be even worse. Drivers should schedule a vehicle checkup prior to the trip.
- Make regular stops. Travelers should pull over every two hours or 100 miles to stretch, improve alertness and give their eyes a break.
- Identify where to sleep in advance. Although spontaneity can be exciting, it's probably a good idea for drivers to have a general idea of where they will be spending the night each evening of the trip. Few things are worse than finding a no vacancy sign or realizing a motel has closed down when people are hungry and in need of rest. Making reservations in advance is less risky and more comfortable than sleeping in the car.

Road trips tend to be less regimented than other excursions. But a little planning can ensure a road trip goes smoothly.





















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The basics of pickleball

A court sport is sweeping the nation, and it isn't tennis or basketball. According to the Sports & Fitness Industry Association, 4.8 million people played pickleball in 2021, marking a nearly 15 percent growth in the total number of players from the year prior.

As the popularity of pickleball grows, now is a great time to explore the basics of this game that's become a go-to pastime for so many peo-

What is pickleball?

USA PickleballTM notes that pickleball combines many elements of tennis, badminton and ping-pong. That game is played with a paddle and a plastic ball with holes and can be played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. Much like tennis, pickleball can be played in a singles (one-on-one) or doubles (two-ontwo) format.

How long has pickleball been played?

Despite a recent and meteoric spike in popularity, pickleball has been around since 1965. The brainchild of three fathers from Bainbridge Island (which is just a brief ferry ride away from Seattle), the game was invented as a means of entertaining bored children. It has since evolved

from those roots and become a wildly popular game across both the United States and Canada, and the game has even begun to spread into Europe and Asia.

How is pickleball played?

An extensive list of the rules of pickleball can be found at https://usapickleball.org/ what-is-pickleball/official-rules/rules-summa-

ry/. A game is typically played to 11 points, and a team must win by two. Tournament games may be played to 15 or 21, and a team must win by

Does pickleball utilize referees?

Recreational games of pickleball can rely on the honor system much like pick-up games of other sports do. However, USA PickleballTM notes that referees and line judges are important components of tournament play. More information about becoming a pickleball referee can be found at https://usapickleball.org/ get-involved/pickleball-officiating/.

Why should I play pickleball?

Players enjoy the game of pick-

leball for a multitude of reasons, including the thrill of competition, the chance to socialize and the opportunity to exercise outside of a gym or home fitness center. But many play the game because they find it fun.

Pickleball has experienced a notable spike in popularity in recent years. More information about the game and how to get involved is available at https://usapickleball.org.



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Tips to teach kids to roller skate

Roller skating is a popular pastime and can be great exercise. It also helps children develop skills of balance and coordination.

The first recorded use of skates took place more than 200 years ago in a 1743 theater production, during which actors attached wheels to their footwear to mimic ice skating on the stage. This was the invention of John Joseph Merlin. Other inventors saw the potential for skates. James Plimpton revolutionized the roller skate in 1863 when he designed quad wheel skates. He also established the New York Roller Skating Association and opened up a skating rink in Rhode Island to help manufacture public demand for skating to sell his roller skates.

Children can be introduced to skating while young and develop the skills to enjoy this hobby throughout their lives. Here are some tips for parents and guardians looking to school kids in

the basics of roller skating.

• Prepare safety gear. It's important to stock up on safety equipment before the first lesson. Children should be equipped with helmets,

wrist protection, elbow pads, and knee pads. Their skates should be well-fitting.

- · Practice balance first. Balance on skates is achieved when there is equal weight distributed on the front and back wheels of the skates. This happens by standing on skates with the body angled slightly forward. Skaters should look straight ahead rather than down at their feet, which will cause them to lean forward too much and potentially lose balance. Feet should be shoulder width apart
- · Soften the knees. Skaters should not have their knees locked and legs stiff. Slightly bending at the knees can also help balance and lower the center of gravity in the body. Rollerland Skate Center suggests having children start by walking in the skates to get a feel and then encouraging short bursts of rolling. They can glide on one foot until the momentum stops, and then try the other one.
- Start on a level surface. A level surface, such as a blacktop or a skating rink, is preferential for first lessons. Skaters who are traveling down-hill can pick up too

much speed and then lose balance. It's best to learn to skate gradually.

- Resist the urge to step in. Parents do not want to see their children get hurt or discouraged so they may swoop in prematurely to grab a child swaying on skates, or insist on holding hands. This may not work to the kids' advantage and will only delay the development of the child's ability to skate.
- Stopping is important, too. As children get the hang of skating, they'll need to learn how to stop. Quad skates typically have the toe stop on the front of the skate. Inline skates may have the stopper on the heel. Children can build up a little speed and then practice stopping with the foot that feels most comfortable.
- Get up from falls. It's normal to fall when learning to roller skate. Safety gear can prevent many injuries. To get up relatively easily, skaters should get to a kneeling position with one knee on the floor and the other leg with the skate wheels on the floor, knee bent at a 90-degree angle. Position the chest leaning forward over the upright knee. Dig the toe stop or the boot of the leg on the ground into the floor. Reach forward to create momentum and then roll backwards so that you're in a squatting position and can get both feet parallel and the body to standing.

Roller skating is something children can learn early on, paving the way to a lifetime enjoying this rewarding pastime.







Great *Aummertime*leisure *Activities*

A warm breeze on a summer day embodies the spirit of this beloved season for millions of people. Seen by many as a season to relax and recharge, summer, not coincidentally, goes hand in hand with leisure.

With more time on their hands due to vacations from school and work and less hectic activity schedules, particularly for families that include school-aged children, individuals often find summer affords more time for leisure. With that in mind, people from all walks of life can consider these summertime leisure activities.

- Relax by the water: Whether it's a pool, lake or even the ocean, the water beckons each summer. Simply sitting on a beach or beside a lake or pool is a great way to pass the time without much stress. Nothing needs to be scheduled when relaxing poolside, lakeside or on a beach; simply enjoy some time to relax by the water.
- Paddleboarding: Paddleboarding is another leisurely way to spend a summer day. Pad-

dleboarding requires physical exertion, so this might not be the ideal activity for those looking to relax without lifting a finger. However, paddleboarders typically take to the water when it's at its most calm, making this a great activity for those who want to capitalize on peaceful, serene summer vibes.

- Fishing: Few activities may be more relaxing than fishing. Though there are many different ways to fish, some of which require considerable physical effort, casting a line and waiting for a fish to bite is a relaxing way to spend a day in nature. That might not seem like much to novices, but spending time in nature has been found to reduce stress and lower heart rates, which the U.S. Forest Service notes are both risk factors for cardiovascular disease.
- Read: Books make for great companions on warm summer afternoons. Reading is such a popular summer pastime that many bookstores set up displays featuring books that make for

great beach reads, providing inspiration for individuals who aren't sure which book or books to dive into this summer. And much like other summertime leisure activities, reading has been linked to reducing stress. A 2009 study from researchers at the University of Sussex in England found that reading can reduce stress by as much as 68 percent.

• Visit a museum: On summer afternoons when it's raining or too hot outside or individuals simply want to spend some time indoors, a museum makes for the perfect place to visit. Museums do not typically draw crowds in summer, making this an ideal season to visit. Many offer discounted prices to individuals like seniors and students, so this is a great way to relax without breaking the bank.

Summer is a season of leisure, and there are many activities that align with that spirit of relaxation.



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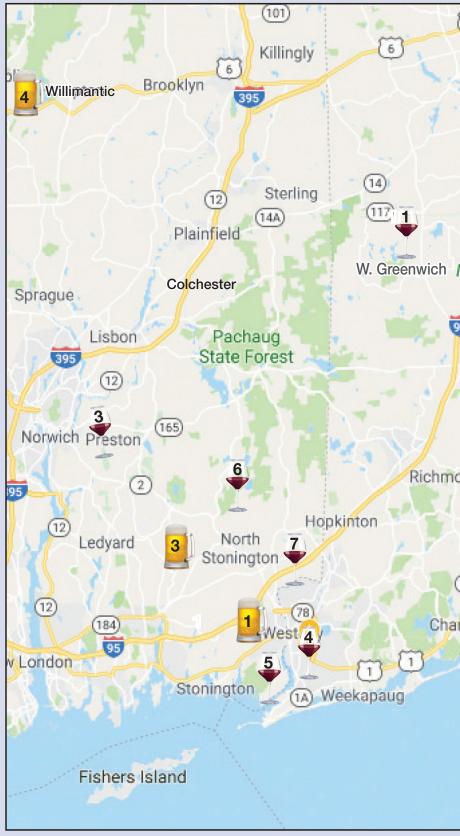
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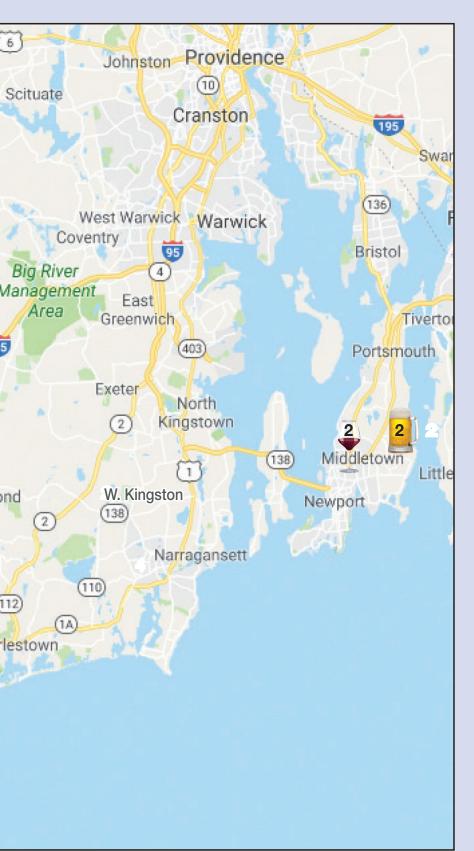
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CAMPSITE SAFETY TIPS



The appeal of camping is undeniable. According to The Business Research Company, a market research and intelligence company, the global camping and caravanning market is expected to grow from just under \$40 billion in 2020 to more than \$45 billion in 2021. Estimates suggest the market will grow even more in the coming years, reaching \$56.6 billion by 2025.

Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an entirely new group of devotees in 2020. Traditional vacations may not have been possible in 2020, when governments across the globe urged citizens to avoid conventional travel as the world found itself in the throes of a global pandemic. In an effort to overcome cabin fever, many people viewed camping as a safe way to get out of the house while still limiting contact with people from other households. That no doubt inspired new generations of camping fans, many of whom will continue to pitch their tents and sit around campfires long after the pandemic has ended.

The National Park Service recognizes the popularity of camping and urges people to stay safe. Veteran campers and novices alike can benefit from reviewing these safety tips, courtesy of the

- Plan ahead. Camping trips may not require hours of scouring travel websites in an effort to find the best deals on flights and hotels. But camping trips still require ample planning. When planning a trip, take into account who's coming along. Assess their camping skills and physical fitness to determine the most appropriate place to camp. Campers with limited mobility may be best suited for accessible campsites. The NPS urges campers to consider if everyone in the group will be able to make a long hike from the parking lot to the campsite. If not, choose a site that you can pull right up to or is just a short, easy walk from the parking lot.
- · Research the campsite and surrounding area. Know as much as possible about the campsite prior to embarking on your trip. Learn about everything from the local wildlife you may encounter while camping to the condition of surrounding areas, including the altitude, the difficulty of nearby hiking trails and where to go in case of emergency.
- Develop an emergency plan. The NPS urges campers to develop an emergency plan, noting

that it's always wise to expect the unexpected when camping. Bring a first aid kid along when leaving the campsite to engage in activities like hiking or fishing. Go over safety protocols before going on a hike, including the need to stay together and remain on the trail at all times. More information about what to do should anyone be injured during your trip is available at

www.nps.gov.

• Bring the right gear. The NPS notes that each camping trip will have its own equipment needs, which will be dictated by the setting, the time of year of the trip, the difficulty of the terrain, and the duration of the trip. Navigational supplies, sun and insect protection, insulation (i.e., extra clothing and blankets), shelter, flashlights and headlamps, first aid kits, extra food and water, firestarters, repair kits and tools, and a communication device like a smartphone or satellite phone are the essential necessities that should be brought along on all camping trips.

Camping is a great way to get away. Campers of all skill and experience levels can make the most of their trips by emphasizing safety at all times.



Adults may see staycations as great opportunities to catch up on summer reading and finish projects around the house. Children, however, may not always approach time off at home with that same enthusi-

Parents confronted with the challenge of keeping kids happy and engaged during staycations can try these kid-friendly ideas to ensure everyone enjoys their time off, even if the bulk of it is spent at home.

• Hit the carnival circuit. Traveling carnivals are a staple of summer in many small communities. These special events feature rides, games and, of course, food. Families can make a night of it at a nearby carnival (one is no doubt within driving distance on just about any night in July and Au-

Kid-friendly staycation ideas

gust). Budget-conscious staycationers can attend carnivals on bracelet nights, when both adults and kids can typically enjoy endless rides for one set price as opposed to having to purchase tickets for each individual ride.

- Find a place to swim. Whether it's a nearby lake or a day at the ocean, a weekday afternoon spent swimming is a great way to remind the family that a staycation is still a vacation. If swimming in a lake or in the ocean is not possible and you don't have the luxury of a backyard pool, purchase an inflatable pool (or two) that the whole family can enjoy.
- Embrace your inner artists. Parents can visit a local arts and crafts store and spend a day painting or making projects with their children. Choose a theme, like making jewelry or painting a family portrait, and then exchange your masterpieces or create a family art exhibit when the session is over.
- Go fishing. Fishing can be a fun activity for the whole family and a great way to get out of the house without breaking the bank. Create a competition to see who can catch the most and/or the biggest fish. If you catch fish that you're allowed to take home, involve the whole family in making a delicious fish dinner that night.

Staycations can be fun for the whole family, especially when parents take time to organize a host of kid-friendly activities.





Narragansett Fireworks - Mike Derr / Special to the Independent







Bonefire in Saugatucket Park, South Kingstown

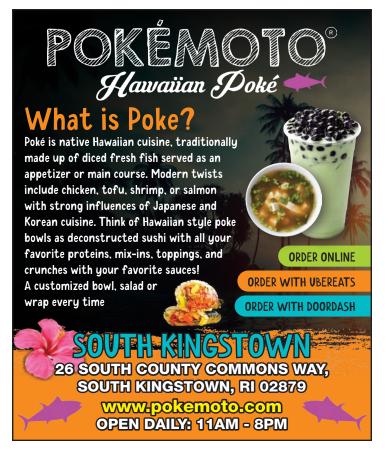








Ostara, stainless-steel sculpture of a playful rabbit at Peace Dale village green, historical symbols of fertility, rebirth, and renewal, is a reminder of South Kingstown's growth and prosperity for generations to come.



Mark Your Calendar

WICKFORD, NORTH KINGSTOWN **AND NEWPORT**

JUNE 21 to 23:

Newport Flower Show

Newport Preservation Society's Newport Flower Show will be held Friday to Sunday at the Rosecliff in Newport. The show includes floral designs, special garden exhibits, free lectures and demonstrations. For more information on daily events and tickets, visit newportflowershow.org or email events@newportmansions.org.

JULY 3:

Independence Day Concert

The Lafayette Band will host an Independence Day Concert at the Lafayette Bandstand, 10 Beach Way, Wickford, at 7 p.m. Raindate is July 5. For more information, visit lafayettebandri.org.

JULY 4 to 21:

Newport Music Festival

The Newport Summer Music Festival will feature 27 performances in various Newport mansions during the month of July. There

will be chamber music, opera and themed events throughout the festival. For more information, visit newportmusic.org or call the box office at 401-846-1133.

JULY 17 to 31:

Lafayette Band concerts

The Lafayette Band will perform free concerts on Wednesday evenings at 7 p.m. at the Lafayette Bandstand, 10 Beach Way, North Kingstown. For more information, visit lafayettebandri.org.

JULY 26 to 28:

Newport Folk Festival

The Newport Folk Festival will be held Friday to Sunday at Fort Adams State Park, located off of Harrison Drive, Newport. There will be performances, storytelling and workshops. For more information, visit newportfolk.org.

JULY 13 and 14:

Wickford Art Festival

The Wickford Art Festival will be held Saturday and Sunday, from 10 a.m., to 5 p.m., in Wilson Park, 211 West Main St., Wickford. Artists all over New England and beyond exhibit and sell their art. Admission is free for visitors. For more information, visit wickfordart.org..

AUGUST 2 to 4:

Newport Jazz Festival

The Newport Jazz Festival will be held Friday through Sunday at Fort Adams State Park, located off Harrison Drive, Newport. For ticket information, parking, performers and schedule, visit newportiazzfest.org or email info@newportfestivals.org.

SEPTEMBER 12 to 15:

International Boat Show

The 52nd annual Newport International Boat Show will be held Thursday to Sunday, from 10 a.m. to 6 p.m., at the Newport Yachting Center,4 Commercial Wharf, Newport. The event encompasses all makes and models of powerboats and sailboats ranging from 16 ft. to 85 ft. For tickets and parking information, visit newportboatshow.com.



Newport Pell Bridge - Don Dauphinee / Special to the Sun

Martha's Vineyard Fast Ferry





Did you know you can hop on the fast ferry from Rhode Island and arrive in the heart of Martha's Vineyard in only 95-minutes? Our ferry avoids all the Cape Cod traffic and offers convenient dockside parking. Depart from Quonset Point, North Kingstown and save 3 to 4 hours of travel time each way. You will enjoy scenic views down Narragansett Bay and through Vineyard Sound past the Elizabeth Islands.

The ferry arrives in Oak Bluffs, with white sand beaches, numerous gift shops, restaurants and hotels just steps away. With five other towns close by, you can rent a bike, scooter, a car or purchase an advanced sightseeing tour of the

> Advance reservations are recommended. Operates May through September





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Jamestown and Newport Bridges, past Castle Hill, Hammersmith Farm, Ocean Cliff, Clingstone "House on the Rock", Fort Adams State Park, and many waterfront mansions. You will also sail through famous Newport Harbor viewing multi-million dollar yachts, and numerous vintage sailing vessels. Advance reservations are highly recommended.





Operates May through October

Departs from Quonset Point, North Kingstown

Scan QR code for schedule & reservations













TAKE A CRUISE OUT ON THE BAY

It's just 37 miles wide and 48 miles long, but it boasts 400 miles of beautiful unending coastline. Rhode Island didn't come by the name "Ocean State" by chance; when you're surrounded by that much water, you just gotta give it a nod. That's what the Rhode Island Fast Ferry does every single day they're on the water. They respect our waters and want to show them off to tourists, residents, and to people who just want to get on the Bay, not knowing all we've got. They do it by offering several options to have a fun day or extended vacation on Narragansett Bay or cruising to the island of Martha's Vineyard. Pack a tote and take your seat aboard the Martha's Vineyard Fast Ferry, leaving from Quonset Point, North Kingstown, you'll enjoy the wind in your hair aboard the Julia Leigh, a new high-speed catamaran with plenty of leg room, three decks and plenty of business-class amenities. You won't have to fight the Cape Cod traffic to pick up the ferry to Martha's Vineyard since the Rhode Island Fast Ferry is just a short ride from anywhere in Rhode Island. Once you arrive in Oak Bluffs the largest town on Martha's Vineyard, you'll be right in the center of everything that makes the Vineyard so special and a favorite of U.S. Presidents. Optional sightseeing tours, bike rentals and car rentals are available just steps away from the ferry dock, so put this on your bucket list for a Summer Must Do!.

The Rhode Island Fast Ferry is not limited to just Martha's Vineyard. You may want to enjoy a Sightseeing Cruise on Narragansett Bay and through famous Newport Harbor. Sailing under both the Jamestown and Newport bridges you'll get a waterside look at the Newport mansions which flourished during the Gilded Age. Many of them are open for tours, so you may want to plan an on-land trip to this City by the Sea... How about an historic lighthouse tour where you'll sail past 10 islands while learning all about 10 historic Narragansett Bay lighthouses. There are plenty of opportunities to take pictures or videos while you cruise in style with the wind in your hair and a cold beverage in hand! When you cruise the bay on the Julia Leigh you will be in first-class style aboard the largest catamaran ferry in the Northeast. There are three decks featuring comfortable indoor and outdoor seating, air conditioning, a full-service snack bar, and a fully stocked beverage bar with beer, wine, and spirits. The restrooms are always pristine, and the staff is helpful, knowledgeable, and fun. Narrators will both educate and entertain you throughout the length of your cruise. We highly recommend you book your cruise ahead since summertime is peak time, and these cruises are very popular and do sell out. Another benefit of making a reservation gives you an advanced discount rate for doing so. Once you arrive, you'll find free dockside parking for all lighthouse Cruises so get on the Bay and Have Fun!

SUMM

RHODE ISLAND **FAST FERRY**

MAY 23 thru JUNE 30

Lighthouse Cruises & Newport Harbor Tours

Take a narrated 90-minute cruise on Narragansett Bay viewing 10 lighthouses, 10 Islands, waterfront mansions, sail through Newport Harbor and under the Jamestown & Newport Bridges. Free dockside parking.

Martha's Vineyard Fast Ferry

Hop on a fast ferry for an easy day trip to the island of Martha's Vineyard from North Kingstown. This scenic fast ferry ride arrives in the heart of Oak Bluffs, Martha's Vineyard conveniently located near all the shops, beaches, and restaurants.

JULY & AUGUST

Lighthouse Cruises & Newport Harbor Tours

Take a narrated 90-minute cruise on Narragansett Bay viewing 10 lighthouses, 10 Islands, waterfront mansions, sail through Newport Harbor and under the Jamestown & Newport Bridges. Free dockside parking.

Fireworks Cruise

July 4: This 2-hour cruise will put you in the front row for a spectacular Fireworks display on Narragansett Bay. If the fireworks are canceled for any reason the tickets are fully refundable. Reservations are highly recommended. Free dockside parking.

Martha's Vineyard Fast Ferry

Hop on a fast ferry for an easy day trip to the island of Martha's Vineyard from North Kingstown. This scenic fast ferry ride arrives in the heart of Oak Bluffs, Martha's Vineyard conveniently located near all the shops, beaches, and restaurants.

SEPTEMBER & OCTOBER

Lighthouse Cruises & Newport Harbor Tours

Take a narrated 90-minute cruise on Narragansett Bay viewing 10 lighthouses, 10 Islands, waterfront mansions, sail through Newport Harbor and under the Jamestown & Newport Bridges. Free dockside parking.

Martha's Vineyard Fast Ferry

Hop on a fast ferry for an easy day trip to the island of Martha's Vineyard from North Kingstown. This scenic fast ferry ride arrives in the heart of Oak Bluffs, Martha's Vineyard conveniently located near all the shops, beaches, and restaurants.

All cruises as well as the Martha's Vineyard Fast ferry depart from Quonset Point in North Kingstown, Rhode Island. Reservations are highly recommended and also offer a discounted rate.

Please visit fastferry.com for more information or call (401) 295-4040.



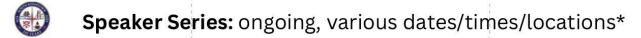






Have you heard what's happening in North Kingstown this year??

350th anniversary celebration events



History Hunt: (8/24 - 9/14) discover history and win prizes!

Family Day: (Sep. 14) at Wilson Park

Parade: (Oct. 5) through Wickford

Founders Day: (Oct. 28) more details on NK website...

Scan with phone camera for details on all the upcoming NK350 events!



*Speaker series sponsor NK business: Freshmaps.us.

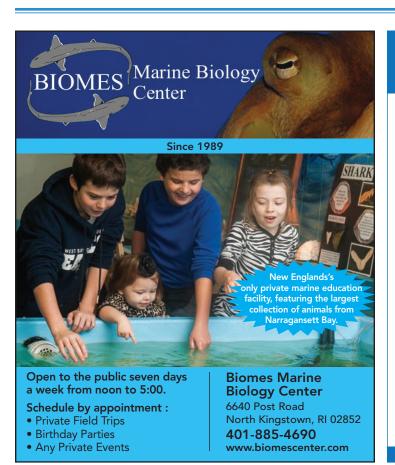
Scan to enter NK350 trivia quest and enter to win weekly prizes!













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WICKFORD

ART FESTIVAL July 13&14, 2024

Wilson Park 211 West Main Street North Kingstown, RI

- food trucks and more -

Creatures Great & Small All Media - Open - Juried Exhibit AUG 2 - SEPT 1

Educational Art Classes offered ALL summer sign up today!









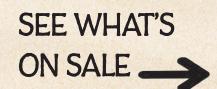




DAVE'S IS FRESH. DAVE'S IS LOCAL. DAVE'S IS RHODE ISLAND

TEN LOCATIONS

COVENTRY CRANSTON CUMBERLAND EAST GREENWICH HOXSIE LITTLE SMITHFIELD **OUONSET SMITHFIELD CROSSINGS WEST SHORE RD** WICKFORD/NORTH KINGSTOWN











People gather for a Memorial Day ceremony held in Veterans Memorial Park in North Kingstown. Photo by Mike Derr



THE COURTHOUSE

Spot On Concert Series

FRI, MAY 31 • 7:30 PM **DAVID HULL** & THE DIRTY ANGELS

> **SAT. JUN 1 • 8 PM KISS FOREVER KISS**

FRI. JUN 7 • 7:30 PM **ONCE AN OUTLAW** THE OUTLAWS

SAT. JUN 8 • 7:30 PM RADIO FLASHBACK 70'S & 80'S ROCK HITS

FRI. JUN 14 • 7 PM **AGING DISGRACEFULLY COMEDY**

SAT, JUN 15 • 7:30 PM BEST OF FOO **FOO FIGHTERS**

FRI, JUN 21 • 7:30 PM **ROCK STEADY BAD COMPANY**

SAT. JUN 22 • 7 PM RUNNING ON JACKSON JACKSON BROWNE

SAT. JUN 29 • 7:30 PM HOUSES OF THE HOLY LED ZEPPLIN

SAT, JUL 12 • 5PM ERIC LUTES GALLERY OPENING

SAT, JUL 13 • 7:30 PM THE BROTHERS PROJECT **ALLMAN BROTHERS BAND**

CENTER FOR THE ARTS

FRI. JUL 19 • 7:30PM **SONS OF SKYNYRD** LYNYRD SKYNYRD

SAT, JUL 20 • 7:30 PM CORVETTES

DOO WOP REVUE

FRI. JUL 26 • 7:30 PM **BLUSHING BRIDES ROLLING STONES**

SAT. JUL • 7:30 PM CRYSTAL SHIP THE DOORS

FRI, AUG 2 • 7:30 PM **SCOTT KIRBY** LIVE

SAT. AUG 3 • 7:30 PM HARVEST & RUST NEIL YOUNG

SAT. AUG 10 • 7:30 WON'T BACK DOWN TOM PETTY

THU. AUG 15 • 1:30PM **CRUISIN' THROUGH** HITS OF THE 50'S FRI, AUG 16 • 7:30 PM

GREG PICCOLO & HEAVY JUICE

Find Your Summer Fun Here!



Tickets: CourthouseArts.org 3481 Kingstown Rd. • West Kingston, RI • 401-782-1018 Strengthening minds through our 501C3 nonprofit by providing

free children's inclusion programs in music, the arts and much more

2023 VOTED BEST MUSIC VENUE FULL BAR & DANCE FLOORS



Mark Your Calendar



BLOCK ISLAND

May 30-June 2:

Block Island School Student Art Show

Opening on May 30 from 5 to 7 p.m. Spring Street Gallery.

May 30:

Recollections of the **Highview Hotel**

with speaker Gary Ryan. Historical Society. 7 p.m.

June 6:

Pirate ships and other underwater treasures

with speaker Bob Cembrola. Historical Society. 7 p.m.

June 15:

First Farmers Market of the season

Legion Park. 9 a.m. - 11:30 a.m.

June 20:

Fred Benson:

Island historian and Jack of all trades, with speakers Sue Hagedorn and Janet Dionis. Historical Society. 7 p.m.

June 23-July 2:

Times Past:

new works by William Talmadge Hall. Jessie Edwards Studio.

June 25:

Block Island Maritime Institute

with Dr. Hiro Uchida, Professor of Environmental and Natural Resources Economics at URI and Eating with the Ecosystem Executive Director Kate Masory. 3 p.m. BIMI.

June 27:

Threads of time:

Unraveling Block Island history. quilts and their makers," with speaker Janet Dionis. Historical Society. 7 p.m.

June 29 - July 5: Karen Hayden:

Mixed Media at the Spring Street Gallery. Gallery opening June 29 from 5 to 7 p.m.

June 30:

Block Island Arts & Crafts Guild Fair

Historical Society lawn. 9 a.m. - 2 p.m.



JULY 1:

Fireworks Display

Annual fireworks display at dusk (usually about 9 p.m.) from the Block Island Town Beach Pavilion, Corn Neck Road, is easily viewed from all points on the island. Visit blockisland4th.com for more information.

July 3:

Blues on the Block

Fred Benson Town Beach Pavilion.

JULY 4:

Fourth of July Parade

The Block Island parade starts in front of The Oar on West Side Road at 11 a.m. The theme this vear is "Time Travel - Our History and Our Future." Visit blockisland4th.com for more information.

July 17:

Blues on the Block

Fred Benson Town Beach Pavilion.

July 21:

Block Island Arts & Crafts Guild Fair

Historical Society lawn. 9 a.m. - 2 p.m.

July 27:

Great Salt Pond Swim

Andy's Way at 11 a.m. Preregistration required.

July 31:

Blues on the Block

Fred Benson Town Beach Pavilion.

August 3:

•

Block Island Triathlon

Starts at 9 a.m. at Fred Benson Town Beach.

Mary D. Ball.

Sullivan House. 5 p.m.

August 4:

Block Island Arts & Crafts Guild Fair

Historical Society lawn. 9 a.m. - 2 p.m.

August 7:

Blues on the Block

Fred Renson Town Beach Pavilion.

August 10, 11, 12:

Block Island Arts and Artisans Festival

Narragansett Inn. Sat. & Sun. 10-5; Mon. 10-4

August 14:

Blues on the Block

Fred Benson Town Beach Pavilion.

August 15:

Summer Symphony

Fundraiser for the Block Island Chamber of Commerce. Champlin's Marina starting at 5 p.m.

August 18:

Block Island Arts & Crafts Guild Fair

Historical Society lawn. 9 a.m. - 2 p.m.

August 21:

Blues on the Block

Fred Benson Town Beach Pavilion.

Sept. 1:

Block Island Arts & **Crafts Guild Fair**

Historical Society lawn. 9 a.m. - 2 p.m.





"Andiamo" for a Taste of Block Island Tradition!

No Place Like Aldo's for Pastry, Coffee, Ice Cream, Breakfast, & Delivery by Boat

By RONA MANN

It's summer.

You waited all year for this.

Time to vacation in a magnificent location, kick back, relax and enjoy, and treat yourself and your family to the best coffee, the best pastries, the best homemade ice cream, and the best that 54 years on the island can bring you. So there's only one thing to say:

ANDIAMO! (Italian for "Let's Go!")(Also Italian for Aldo's Bakery)

Whether you're a day-tripper or on the Block for a few days or a few weeks say "andiamo" to Aldo's Bakery right smack in the heart of the Old Harbor, a short walk from the ferry and with 54 years of treating islanders and visitors alike to nothing but the best, the freshest, and everything the Leone family learned in the old country and brought to everyone on Block Island.

Yes, they started as a bakery and they still remain as what many agree is "the best bakery on the Block," but there's so much more to love about Aldo's. Here you'll find not just cookies, but giant 8 ounce cookies in a variety of flavors, and there are cheesecakes made to order then topped with fresh fruit like strawberries and blueberries, or decadent sweet touches from Oreos to Heath bars to caramel. Whatever you're craving, they can bake it and make it at

Aldo's. Always, there's fresh Italian bread made the way the Leones baked it in the old country, authentic mouth-watering connolis and eclairs, and a growing assortment of selected pastries all baked from scratch. But...Aldo's is not just a bakery.

ANĎIAMO!

Andiamo to Aldo's where they make their own ice cream fresh and delicious every day, and not just vanilla and chocolate, but 24 flavors of their own recipe coupled with 24 flavors of imported gelato.

Andiamo to Aldo's for hot morning breakfast sandwiches made to your order, donuts, and croissants, a wide variety of coffee drinks (they roast their own beans right on the premises) plus smoothies, acai bowls loaded with fresh fruit and some deliciously decadent chocolate, coconut, or peanut butter.

Many agree that Aldo Leone and his nephew, Steve Papa have flour in their DNA because baking, creating, and pleasing customers began with Aldo's father and mother, Aldo Sr. and Maria who emigrated from Italy to Providence and learned a classic technique in baking bread. In 1956 Aldo was invited to become the head baker at the Spring House Hotel and Narragansett Inn eventually culminating in 1970 with opening their own bakery which became an instant hit. This legacy has been passed down to family members who have added everything from making their own ice cream, adding outdoor seating

and a covered patio, and even erecting a merrygo-round to entertain kids, and continuing the "barca a barca" service started years ago by Aldo, Sr. While exclusive hotels offer room service, Aldo's takes it one step further with boat to boat delivery.

That's right, Aldo's Bakery sweeps throughout New Harbor every morning calling out "Andiamo!" to those aboard moored boats, offering delivery of fresh hot coffee, pastries, donuts, breakfast sandwiches, fresh fruit, and freshly squeezed orange juice and lemonade. If you want to order and don't see the Aldo's boat, they monitor channel 71 and will immediately prepare your order and bring it directly to you.

Think that's remarkable? It doesn't stop at breakfast! Matter of fact, it never seems to stop for this remarkable shop that's open 7 days a week from 5:30AM to 11 PM, so in the afternoon and at cocktail time the boat is once again in the harbor this time hollering "Andiamo!" for stuffed breads, meatballs, pizza, sandwiches, oysters, shrimp cocktail, and more. It seems Aldo's never stops pleasing those lucky enough to be on Block Island whether resident or visitor. "It's a heavy lift, but we get it done," says Aldo happily.

Just like they have for 54 years with no chance whatsoever of stopping any time soon. That's family. That's tradition. That's a legacy. So "Andiamo!" and find out what tradition tastes like.



Bakery & Ice Cream Parlor



A Family Tradition Since 1970





Full Breakfast **Served Daily**

Acai Bowls • Avocado Toast **Bagels • Doughnuts Breakfast Sandwiches Smoothies • Fruit & Yogurt**





Homemade Ice Cream

9 Soft Serve Ice Cream & Yogurt Flavors 32 Homemade Ice Cream Flavors 24 Gelato Flavors





Fresh Baked Goods

Muffins, Scones, Cookies and Cakes Made to Order



BI tradition for delicious homemade pastries, breads, ice cream, fresh brewed coffee and sit down breakfast. Delivering to boats in New Harbor.

Andiamo!







Sept. 7:

Block Island Lions Club's 47th Run Around the Block 15K Road Race

Starts at Isaac's Corner and ends at Fred Benson Town Beach. Walkers' start time is noon, runners at 1 p.m. There will be food, drinks, and bathroom and shower facilities available at the end of the race. To register or for more information, visit blockislandlionsclub.com/events.

Oct. 12:

Block Island Arts & Crafts Guild Fair

Historical Society lawn. 9 a.m. - 2 p.m.

Oct. 13:

Block Island Half Marathon

Starts and ends at Fred Benson Town Beach at 11:30 a.m.

Setting married?

Nobody bakes wedding cakes and desserts like Aldo's Bakery

This is not just another vendor who takes an order, bakes a cake, takes a check, and moves on to the next transaction. An Aldo's wedding cake is not a transaction, but a happening of families, joy, and once-in-a-lifetime moments, and Aldo's is dedicated to preserving that. They can design anything to fit the wishes, tastes, and budget of any wedding couple. Some people still prefer the traditional three-tiered cake, but some are asking for a smaller symbolic two-tiered cake surrounded by cannolis, eclairs, or Aldo's famous tiramisu. They also can accommodate those who want the "naked wedding cake" which appeals to couples who don't want any frosting or just a bit. So the cake is topped instead with fresh berries or floral accents, a beach scene, or some dunes and Adirondack chairs.

Aldo's Bakery is located at 130 Weldon's Way (401) 466-2198







Mark Your Calendar

STONINGTON, PAWCATUCK, MYSTIC, **NORTH STONINGTON, NEW LONDON & GROTON**

MAY to OCTOBER:

Stonington Village Farmers Market

The Stonington Farmers Market is held every Saturday, 9 a.m. to noon, May through October, at the Velvet Mill parking lot, 22 Bayview Ave., Stonington. Items for sale include locally grown vegetables and fruits, jams, a variety of baked goods, meats, fish, cheeses and more. Craft vendors rotate weekly. Visit sviastonington.org/farmers-market for more information.

Mashantucket Pequot Museum

The Mashantucket Pequot Museum, 110 Pequot Trail, Mashantucket, features award-winning, interactive, multi-media exhibits about the land and its native people. The museum is open Wednesday through Saturday, 9 a.m. to 5 p.m. For more information or tickets call 860-396-6910 or visit pequotmuseum.org.

JUNE to OCTOBER:

Denison Farmers Market

Denison Farmers Market, held at the Denison Homestead, 120 Pequotsepos Road, Mystic, will be open Sundays from noon to 3 p.m. Local fruits and vegetables, meat, honey, eggs, maple syrup, herbs, jellies and preserves, cheese and many other items will be available. Visit denisonhomestead.org for more information.

JUNE 8:

Music Matters: Neave Trio

La Grua Center's Music Matters Series will host a performance by the Neave Trio at the center, 32 Water St., Stonington, at 5 p.m. Tickets \$20 in advance; \$25 at the door. For tickets or more information, visit lagruacenter.org or call 860-535-2300.

JUNE 11:

Summer Sounds Band Concert

Noank-Mystic Community Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JUNE 18:

Summer Sounds Band Concert

As Time Goes By swing band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JUNE 20:

Connor Holdridge

The Mystic & Noank Library annual Roode Memorial Concert Series will host a performance by Connor Holdridge on the lawn of the library at 40 Library St., Mystic, at 6:30 p.m. The concert is free, with registration required. To register or for more information, visit mysticnoanklibrary.org or call 860-536-7721.

Glaucoma Suspect

Glaucoma Suspect will perform as part of the Summer Sound-Waves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert

JUNE 21 and 22:

River Jam Festival

Mystic Shipyard will host the River Jam Festival on Friday and Saturday, at the Mystic Shipyard, 100 Essex St., Mystic. The festival will showcase music from rock to reggae and blues to country. For more information, or to purchase tickets, visit mysticriverjam.com.

JUNE 25:

Summer Sounds Band Concert

Thames River Big Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JUNE 27:

Julai and the Serotones

Julai and the Serotones will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert days.

JUNE 28 to 30:

WoodenBoat Show

The annual 32nd WoodenBoat Show at Mystic Seaport, 75 Greenmanville Ave., Mystic, will be held daily from 9 a.m. to 5 p.m. Wooden boats of every type will be on display including cruising yachts, launches, runabouts, fishing boats, performance powerboats, daysailers, dinghies, rowboats, canoes, performance shells, multi-hulls and racing boats. Museum admission provides access to both the

WoodenBoat Show and Mystic Seaport. For more information, visit thewoodenboatshow.com or call 800-273-7447.

JUNE 28:

Concert on the Green: Cold Chocolate

La Grua Center, 32 Water St., Stonington, will host a performance by Cold Chocolate at 6 p.m. on the lawn. Attendees may bring lawn chairs or blankets as well as picnics; no liquor allowed. The concert is free. For more information, visit LaGruaCenter. org or call 860-535-2300.

JUNE 30:

Music Matters: Hilary Castle Trio

La Grua Center's Music Matters Series will host a performance by the Hilary Castle Trio at the center, 32 Water St., Stonington, at 3 p.m. Tickets \$20 in advance; \$25 at the door. For tickets or more information, visit lagruacenter.org or call 860-535-2300.

JULY 2:

Summer Sounds **Band Concert**

Time and Changes Jazz Orchestra will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JULY 9:

Summer Sounds **Band Concert**

The Middletown Symphonic Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free.

Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JULY 11:

Sugar

Sugar will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, visit facebook.com/ grotonparksandrec or call the concert hot line at 860-441-6791 after 3 p.m. on concert days.



JULY 11 to 14:

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North Stonington Agricultural Fair

The annual North Stonington Agricultural Fair will take place Thursday to Sunday at the North Stonington Fairgrounds, 21 Wyassup Road, North Stonington. The fair features tractor pulls, animal shows, live entertainment, hay bale toss, ham and bean supper, arts and crafts, vegetables, fruits, baked goods and much more. For more information, visit northstonington-

JULY 12:

Opening reception for **Stonington Artists Exhibit**

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La Grua Center, 32 Water St., Stonington will host an opening reception for an exhibit of artists from Stonington, Mystic and Pawcatuck, from 5 to 7 p.m. There is a suggested donation of \$5. For more information, visit lagruacenter.org or call 860-535-2300.

JULY 13:

FloatSwella

The Greater Mystic Chamber of Commerce and Downtown Mystic Merchants will hold FloatSwella from 1 to 4 p.m. The event is a paddlecraft- only rally and concert with bands on a floating stage on the Mystic River north of Mystic drawbridge off Gravel Street. Visit mysticchamber.org for more information. Raindate is July 14.

JULY 16:

Summer Sounds Band Concert

The Waterford Community Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JULY 18:

The Rivergods

The Mystic & Noank Library annual Roode Memorial Concert Series will host a performance by the Rivergods on the lawn of the library at 40 Library St., Mystic, at 6:30 p.m. The concert is free, with registration required. To register or for more information, visit mysticnoanklibrary.org or call 860-536-7721.

Mystic Dead

Mystic Dead will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert days.

JULY 19:

Concert on the Green: Ed Fast & Conga Bop

La Grua Center, 32 Water St., Stonington, will host a performance by Ed Fast & Conga Bop at 6 p.m. on the lawn. Attendees may bring lawn chairs or blankets as well as picnics; no liquor allowed. The concert is free. For more information, visit LaGrua-Center.org or call 860-535-2300.

JULY 23:

Summer Sounds Band Concert

The Old Lyme Town Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

JULY 25:

Will Evans

Will Evans will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert days.

JULY 30:

Summer Sounds Band Concert

The Westerly Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSounds-Mystic.

AUGUST 1:

Soul Factory

Soul Factory will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert days.

AUGUST 3:

Stonington Village Fair

The Stonington Village Fair commemorates the 1814 Battle of Stonington. The community event features games, music, food, and crafts. It is held in Wadawanuck Square, Stonington Borough, from 10 a.m. to 4 p.m.

AUGUST 6:

Summer Sounds **Band Concert**

The Noank-Mystic Community Band will perform at 7 p.m. The concert will be held at Mystic River Park, 10 Cottrell St. The performance is part of the weekly community band series. Admission is free. Bring a blanket or lawn chair. For more information call 860-271-3388 or visit facebook.com/SummerSoundsMystic.

AUGUST 8:

Fusion

Fusion will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. Bring a picnic (no alcoholic beverages), but leave dogs at home. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert days.

AUGUST 10 and 11:

Mystic Outdoor Art Festival

The Mystic Outdoor Art Festival will be held Saturday from 10 a.m. to 6 p.m., and Sunday, from 10 a.m. to 5 p.m., in downtown Mystic to the Mystic Seaport Museum. The seaport will have a Children's Art Park with art themed activities for children. A performing arts stage will be located in Mystic River Park. For more information, visit mysticchamber.org.

AUGUST 15:

Lara Herscovitch

The Mystic & Noank Library annual Roode Memorial Concert Series will host a performance by Lara Herscovitch on the lawn of the library at 40 Library St., Mystic, at 6:30 p.m. The concert is free, with registration required. To register or for more information, visit mysticnoanklibrary.org or call 860-536-7721.

American Honey

American Honey will perform as part of the Summer SoundWaves concert series from 6 to 8 p.m. at Esker Point Beach in Groton. Concert is free; parking is \$10. For more information, call the concert hot line at 860-441-6791 after 3 p.m. on concert days.





Locations

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- ▶ Drive your own 2-person boat
- ► Excitement with speeds up to 30mph
- ► Guided tours from local guides
- Safe, stable and comfortable ride











MysticBoatAdventures.com or call 877-551-5905

145 Pearl SI. Noank, CT **Located at Noank Shipyard (behind Costello's)**



More Info



Making Memories in Mystic Power Your Own Boat: It's Safe! It's Fun! It's an Adventure!

By RONA MANN

The Travelers' Choice Awards honor travelers' favorite destinations, hotels, restaurants, and things to do based on the reviews and opinions collected from travelers and diners around the world on Tripadvisor over a 12-month period. This is a story about one of the top-rated adventures in the world and it's right here: Mystic Boat Adventures! C'mon along!

There are 13 boat tours in Mystic, but only Mystic Boat Adventures has been given the honor of #1, and millions of Tripadvisor reviews have placed this in the top 10% of all attractions worldwide! So, what are you waiting for? A worldwide favorite is right in your backyard!

You can drive your own personal powerboat at 30 mph...it's safe! They show you how, safely and easily. These two-seat catamarans are powered by 30 horsepower, two-stroke motors, and even the most inexperienced will soon be a "captain" as you and your "first mate" take to the open local waters. Have a guided adventure

through these scenic waters where you're the captain of your own boat while Rob, the owner and your personal guide is in the boat just ahead pointing out the sights, the history, and the unique charm that is Mystic and Mystic alone. You won't find this much fun and excitement on any other tour.

Choose from two options, most popular is the 3-hour tour where you will drive your own personal boat up the Mystic River. All along the way you'll get an up-close and personal view of historic landmarks including the famous Mystic Bascule Drawbridge and the Mystic Seaport. Next, you'll head back into open water to catch breathtaking views of Fisher Island Sound, local lighthouses, and waterways not only in Connecticut but traversing New York and Rhode Island as well. What an adventure you'll have the wind blowing through your hair, the sun on your face, and a feeling of total freedom, relaxation, and joy. This is what a vacation or even just a day away is all about!

If you don't have enough time for the 3-hour

tour, Mystic Boat Adventures also offers a 1-hour tour which doesn't go all the way to the Seaport, but stays in Fisher Island Sound yet with plenty of information from your guide and still offering plenty of excitement, adventure, and fun.

Check the schedule to see if you'd prefer to navigate the waters in the morning, afternoon, or have your breath taken away by a 3-hour sunset cruise you will never forget. Wouldn't that be the perfect place to pop that age-old question of "Will you marry me?" An unforgettable engagement, then again it's going to be unforgettable no matter what.

Times for the tours, reservations, regulations, pricing, and a well-defined FAQ link are all found on the Mystic Boat Adventures website. We need to point out, however, that the person who will be at the helm must be at least 18 years of age and have a valid driver's license which they bring with them, but all of that is on the website.

Have a group? Mystic Boat Adventures can accommodate up to a party of eight and give

you a discount! Choose it when you book, and you'll get all the details.

Don't just take any old tour this summer...bring the fun back to boating and make a memory you'll never forget. How? Choose something that's adventurous, but safe. Then celebrate every moment of it. Elevate it, tell people about it, and relive it over and over so you'll never forget exactly how it felt. With Mystic Boat Adventures it's easy to make it your own personal experience that will be the highlight of your vacation if you're visiting us or a memorable day off if you're a local who's playing hooky from work or just looking for fun.

While you're at it, don't forget to buy some gift certificates for that special someone's upcoming birthday, anniversary, shower, wedding, employee incentive, or just to be good to yourself so you can come back for another fantastic experience with Rob and Mystic Boat Adventures. It's never the same

After seven successful years of guiding happy, grateful people through these open waters seven days a week, Rob says, "I get excited on every trip and am never bored. I love to hear the kids giggle, and when the parents give their permission, we make them first mates. I am just so grateful that I can help people make these memories, and I love when they let us know what it meant to them."

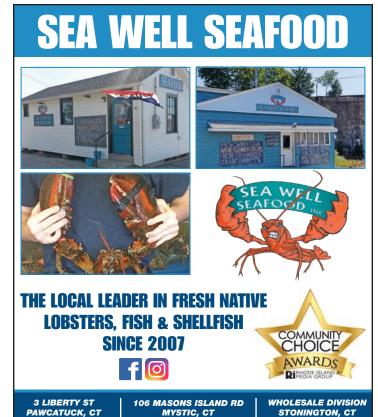
When you're writing out your Bucket List for the season, put Mystic Boat Adventures right at the top. Then check it off this summer and add it again. Because we know once you power your own boat down these beautiful waters, you 'll just have to come back again and again.

Once is never enough!

860-599-2082

For more information and to make a reservation for your adventure, visit www.mysticboatadventures.com or call (877)551-5905





860-415-9210

860-535-2626







SUMMER FUN STARTS HERE!

Ocean State Job Lot has everything you need to have the best summer ever. Whether you're enjoying time at the beach, pool, campground or in your own backyard, Ocean State Job Lot is your one-stop store for warm-weather essentials.

Shop us for incredible deals on quality items, including:

- Sunscreen
- **Sunglasses**
- **Beach chairs**
- **Beach towels**
- Umbrellas
- Coolers
- Pools
- Pool supplies
- Swimsuits
- Water shoes
- **Patio sets**
- Fire pits
- Gazebos
- **Pots & planters**





BEER WINE LIQUOR 401-596-6160

Minutes From The Beach Area 86 Franklin Street, Rte 1, Westerly

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Mariborough Sauv Blanc Lemon lime notes, grapefruit, \$15.99 peach, lime zest.

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17A 18734



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