

MAGAZINE

10 Tips for container gardening from Verde Design in Newport

Tracie Seed | Newport Life

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No garden? No problem! Container gardens are the perfect solution if you lack the space for a traditional vegetable garden. Pamela Rodgers, owner of Verde Design in Newport, offers her top tips for container gardening.

Begin your garden between Mother's Day and Memorial Day. If you've got perennials and want to save them, bring the pots into an unheated garage or basement by November 15 or before the first frost.

"A container can be any material such as stone, terra cotta, zinc, galvanized steel or wood," Rodgers says. Use a plastic liner for wood, and stay away from glass containers or baskets.

Choose a container big enough for what you want to plant and where you want to display it. You don't want a small pot in a large area.

Ensure you have proper drainage and good soil.

Consider the sun exposure your plants need before locating your pots.

"Buy plants at a reputable nursery and be selective," Rodgers says. "Plants should be full and healthy. If the roots are wrapped tightly, gently pull them apart before planting to promote growth."

Cultivate easy-to-grow herbs such as rosemary, sage, thyme and basil.

Try edible flowers: nasturtiums, violas and chive flowers. Mix in kale, arugula and other lettuces. Swiss chard looks really nice in late summer.

Keep the garden hydrated throughout the day by watering in the morning around the plants' root area. "Don't water directly on the leaves; it could promote fungus growth," Rodgers cautions.

Water consistently. "Don't let your plants get to the point where they are droopy. As the pot gets fuller and roots get deeper, it will need to be watered more often."

verdegardendesign.com

NEWPORT LIFE MAGAZINE

25 Hidden Treasures in Newport County

Tracie Seed | Newport Life Magazine

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Art Cafe, Little Compton

Sip a cuppa Joe in this creatively appointed art gallery coffee shop in its quaint outdoor setting or inside cozied up to a woodstove.

facebook.com/pg/TheArtCafe.LC

Chapel of the Sea, Newport

Sit quietly in meditation or hold an intimate wedding in this historic chapel, located in the Seamen's Church Institute. Painted in the early 1900s by mural artist Durr Freedley, it features images of Christian saints associated with the sea.

seamensnewport.org/chapel-of-the-sea

Chepstow, Newport

Mingle with original 1911 family furnishings from Mrs. Emily Morris Gallatin and 19th-century American paintings in this 1860 Italianate-style villa designed by famed architect George Champlin Mason.

newportmansions.org/explore/chepstow

Conanicut Friends Meeting House, Jamestown

Attend a Quaker worship service each Sunday May through October in this historically humble 1787 shingled building located on Weeden Lane, just south of Windmill Hill.

jamestownhistoricalsociety.org/ptv-detail-meetinghouse.

Fort Greene (Battery Park), Newport

You'll be mesmerized by the ultimate sunset view of the bridge or enjoy a picnic at this waterfront park, which is the site of a former battery built in the American Revolution. Fort Greene's seawall still remains.

cityofnewport.com

Fort Wetherill scuba diving, Jamestown

Dive into the deep blue at this state park, which offers boat ramp facilities year round for water access. It's situated on top of 100-foot high granite cliffs and offers breathtaking views of the East Passage of Narragansett Bay and Newport Harbor.

riparks.com/Locations/LocationFortWetherill.html

God's Little Acre, Newport

Pay respects at one of the oldest and largest colonial African burial grounds in the U.S. With more than 300 17th- and 18th-century grave markers, it is located in Newport's Common Burying Ground.

colonialcemetery.com

Grace Kelly Beach, Newport

Bask in the sun just like starlet Grace Kelly, who hid away at this secluded enclave when not filming *High Society* with Bing Crosby and Frank Sinatra in 1956. Located near her Harbor House accommodations at Castle Hill Inn, the rocky beach was hard to navigate, so the staff built a staircase for her — it remains today and is accessible to the public.

castlehillinn.com/legacy/beaches

Gray's Store, Adamsville

Buy some trinkets or check out the original post office and antique soda fountain at the oldest continuously operating general store in the United States, ca. 1788.

rhodetour.org/items/show/122

Heritage Park scenic overlook, Portsmouth

Discover this small park on Hedley Street at High Point Avenue, with a narrow path that takes you to the highest point on Aquidneck Island and the site of the Battle of Rhode Island during the American Revolution.

portsmouthri.com/170/Public-Parks-Playgrounds

JFK's rejected grave marker, Newport

Find a granite slab that was carved by Newporter John "Fud" Benson in 1965 to be a part of a wall surrounding JFK's grave. This piece was a sample that was not used, but you can find it next to the entrance steps of the Boys & Girls Clubs of Newport County's Church Street location.

Melville Pond freshwater trout fishing, Portsmouth

Join freshwater anglers at upper Melville Pond and catch some brook, brown, tiger and rainbow trout. A current fishing license and a Trout Conservation Stamp are required to keep or catch-and-release a fish.

dem.ri.gov/programs/fish-wildlife/freshwater-fisheries/troutwaters.php

Naval War College Museum

Visit a World War I exhibit entitled "To Win or Lose All: William S. Sims and the U.S. Navy in the First World War" and see items like Sims's death mask and ceremonial gifts from the British. Visit the website or call 841-4052 no less than a week before your visit to receive a background check and government-issued pass to be on the Naval Base campus.

usnwc.edu/NWC-Museum

Newport Arboretum

Download maps of Newport Tree Walks from The Newport Arboretum to explore Newport's citywide arboretum, which is the largest in the world with 15 accredited arboreta and 521 documented species and cultivars of trees. There are six different walks, including a Colonial Tree Walk and Morton Park.

newportarboretum.org

Newport Congregational Church, Newport

Gaze at recently restored stained glass windows and decorative paintings by 19th-century artist John La Farge that adorn the Newport Congregational Church, a National Historic Landmark located at 73 Pelham Street.

visitrhodeisland.com/listing/newport-congregational-church/767

Peggotty, Little Compton

Catch a glimpse of a whimsical part of history at Little Compton Historical Society's Peggotty, an 1850's former ferry boat turned studio in 1906 by Sydney Burleigh, an artist behind Providence Art Club and its famed Fleur de Lys Building. Named after a character in David Copperfield, it is located in a display building near the society's Wilbor House Museum on West Main Road.

lchistorical.wordpress.com/historical-resources/peggotty

Prudence Island, Portsmouth

Hop aboard a Prudence & Bay Islands Transport ferry to visit Portsmouth's virtually "untouched" Prudence Island for a quiet afternoon on the beach, nature walk or a bike ride. There are no shops, restaurants or overnight accommodations, but there are plenty of ticks so use precautions.

prudencebayislandstransport.com

Rhode Island Red Food Tours, Newport

Join fellow foodies while savoring cuisine, culture and historical tidbits during a three-hour Newport Neighborhood Tasting & Cultural Walking Tour of historic neighborhoods and locally-owned restaurants.

rhodeislandredfoodtours.com

Sakonnet Garden, Little Compton

Tiptoe through the more than 1,000 tulips, stroll along the Azalea Hedge, peek into magical garden rooms, like the Yellow Garden, or gasp at the hundreds of butterflies in the Pollinator Plus field during an awe-inspiring promenade through this private garden's "Open Days" twice a year.

sakonnetgarden.net

Seaview Terrace, a.k.a. Carey Mansion, Newport

Take a trip down memory lane as you hike the Cliff Walk and see this 1885 castle-like private residence, which was used as the exterior of Collinwood Mansion in the 1966 Dark Shadows TV series.

seaviewterrace.org

St. Mary's Church, Newport

Pay homage to this 1849 Gothic Revival church, which was the 1953 ceremony location for Jacqueline Lee Bouvier and Senator John Fitzgerald Kennedy's wedding. It is also home to a massive 1900 pipe organ, which was recently restored by the original Canadian manufacturer and returned to the church in 30,000 pieces to be reassembled.

stmarynewport.org

Sweet & Salty Farm, Little Compton

Get your dairy fix at Sweet & Salty Farm, owned and operated by husband and wife team Andrew Morley and Laura Haverland. They milk their Jersey cows, which feed on grass in the seaside field, and process it into yogurt and cheese at their on-farm creamery. Buy products at their seasonal farm stand.

sweetandsaltyfarm.com

The Goat Cottage, Tiverton

Kid around at this artfully-decorated former dance studio, where you can stay overnight in the gypsy loft and enjoy freshly-laid eggs for breakfast, or celebrate your birthday with a Goat Party, complete with a picnic in the garden and a walk along the musical goat trail.

thegoatcottage.com

Wilbor House Museum Witches' Marks, Little Compton

Scare up some interest at the 325-year-old Wilbor House Museum, the current headquarters for Little Compton Historical Society. The building is comprised of many structural additions that have "Witches' Marks," which are symbols that were carved into buildings to ward off evil and bring good luck.

lchistorical.wordpress.com

Whitehall Museum House, Middletown

Step back in time in the manor house here, which was built in 1729 by scholar Dean George Berkeley and bequeathed to Yale College in 1731, when its rent income was used for scholarships. It eventually was given to The National Society of The Colonial Dames of America in the state of Rhode Island after they raised money and began restoring it in 1897,

making it the first restoration project on Aquidneck Island. It is furnished with pieces that are suitable for the residence circa 1730.^[OBJ]

whitehallmuseumhouse.org

NEWPORT LIFE MAGAZINE

90s Fashion Flashback

Tracie Seed | Newport Life Magazine

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Flannel shirt. Check. Ripped jeans. Check. Graphic T. Double Check. Add fishnet stockings and throw in some Vans, and you're good to go into "Wayne's World." And when they see you, vintage fashion lovers will drop to their knees, bow down and exclaim, "We're not worthy!"

Models: Audrey Seed and Matt Leven**Location:** Fort Wetherill, Jamestown**Styled by** Rebecca Chace & Tracie Seed**Featured Products:**

Vans checkered backpack, American Eagle men's graphic t-shirt, American Eagle men's jeans, Free People faded denim jacket from **Crosswynds Traders**

Men's checkered Vans, women's Frye Phillip Harness boot from **Sole Desire**

Wrap bracelet, silver link bracelet, Yeanrijun faux leather studded jacket with floral embroidery from **Pink Pineapple**

Cozy Cabin Flannel in Fireside Nestlenook from **Kiel James Patrick**

Quay Australia "Purple Honey" oval wire frame sunglasses, Crap Eyewear "The Wild Gift" cat eye sunglasses, MATE "Mon Chéri" women's t-shirt, Five & Two Alicia gold chain hoop earrings, gold leaf choker necklace, Not My President pin from **Bohemian Bias**

Awful Awfuls from **Newport Creamery**

A look back at what was hot & happening in 1993?

Some think the '90s were all that and a bag of chips and others bemoan it as pretty bogus. How about you? Here are some fun flashback facts and figures from 1993 which will make you snap, "As if," or proudly exclaim, "Booyah!"

Postage: \$0.29

Bread: \$1.57

Milk: \$2.27

Gas: \$1.16

Average cost U.S. house: \$124,573

Movie ticket: \$4.14

Top movie:*Jurassic Park* (domestic gross \$357,067,947)

Top TV show:*The X-Files*

Top song:"*I Will Always Love You*" by Whitney Houston

Top book:*The Bridges of Madison County* by Robert James Waller

Top video game:*Doom*

Top paid stars: Wesley Snipes & Julia Roberts

NEWPORT LIFE MAGAZINE

A peek at what's hanging around Newport County's gallery scene

Tracie Seed | Newport Life Magazine

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While Newport County is known for its rich history and eloquent seaside life, it is also a mecca for visual artists. Anywhere you stand on the island, you're merely a stone's throw away from locally-created and curated art.

Coastal Contemporary Gallery

Opening its doors last May, Coastal Contemporary Gallery's main focus is contemporary art, but it also hosts "Pop Up Studios" and artist talks throughout the year. "CCG is thrilled to be an integral part of expanding the contemporary market in this beautiful coastal city," explains Shari Weschler Rubeck, owner and director. "Newport has a very strong arts community and is growing with every passing year." While featuring nationally-known, regional creators, such as Rhode Island School of Design instructor and pastelist Michele Poirier-Mozzone and sculptor Will Kurtz, there are an array of local talents. Painter Karen Rand Anderson "focuses on an exploration of landscape moving forward into abstraction." Another is David Gonville, an emerging Rhode Island-based contemporary artist, who uses his experience as a surfer to explore "ocean patterns, surface textures, and micro-systems." "Art is social and brings people together. It speaks to us, and when we listen, we engage in conversations not only with the piece, but with its creator and with our own voices," says Rubeck. "[It] lights up spaces, adds drama and feeds our emotions. It is the gift that keeps on giving."

November 9 opens "Unravel Fashion, Fine Art and Music," which is a collaborative show, featuring runway to wearable fashion and paintings. December 8 heralds W-Intermission with a variety of works from its stable of artists. coastalcontemporarygallery.com

"Art is social and brings people together." *Shari Weschler Rubeck, Coastal Contemporary Gallery*

DeBlois Gallery

In its 34th year, DeBlois Gallery is a collaborative non-profit organization that showcases hundreds of artists and hosts a themed non-juried annual show, as well as a yearly High School Art show. In addition, it provides a space for the Newport Photographers Guild, poetry readings and in December, it turns over its space to Looking Upwards to sell items made by the organization's special needs clients. "Aquidneck Island has a strong art tradition. Painters came to Newport to paint the ships, shores and sea. Many famous artists have lived here," says Valerie Debrule, the gallery's publicity coordinator. "Art excites our sensibilities. Putting original one-of-a-kind artwork on your wall tells the world that art is important."

DeBlois Gallery introduces "Small Works/ Big Ideas" November 3-25 with affordable pieces by local artists. debloisgallery.com

Jessica Hagen Fine Art + Design

"A community is made more vibrant, interesting and beautiful when it is filled with art, artists and cultural pursuits," says Jessica Hagen, owner and director of Jessica Hagen Fine Art + Design. "Newport County is a confluence for the arts, because free thinkers and revolutionaries have had a long history [here]. When you combine that legacy with the area's natural beauty, international cache and visitors, it's a very appealing place for the arts." In the 14 years that it's been open, the gallery is home to creative contemporary American works ranging from realism to abstractionism. Hagen touts works from renowned bronze sculptor Anne Mimi Sammis and famed painter Hunt Slonem, known for his fluffle of rabbit portraits. When shopping for art, Hagen suggests some self-reflection for inspiration. "Artists of all levels show here, from well known to emerging," she says. "I think it is important to buy with your heart and think about what is meaningful to the person you are buying for; whether it be their favorite color or their love of seascapes, abstracts or other subject matter."

Jessica Hagen Fine Art + Design brings in the season with its "Annual Holiday Show," opening December 1 with painting, sculpture, jewelry, ceramics, photography and textiles. jessicahagen.com

Sheldon Fine Art

With a staff of accomplished artists in their own rights, Sheldon Fine Art, which began as framing and reproduction specialists in 1984, represents more than 80 artists annually with a display that changes weekly. "We are internationally known for our high-end maritime

paintings, and have a diverse collection of contemporary coastal art,” says Alexandra DeMasi, gallery director. “We recently further[ed] our abstract and contemporary art selections to great success.” The gallery shows pieces from several Rhode Island artists, including Margaret Owen, whose “work breathes new life into the time-honored tradition of floral art and still-life.” Joining the list is Phoebe Sonder (the gallery found her on Instagram), who specializes in emotive seascapes, and glass artist Jennifer Nauck, who creates the “hive of charming, cubby bees, and a small flock of flying pigs” you see in the window display. “Any collector can find artwork within their budget,” DeMasi explains. “Owning and loving a piece of art is about human connection, and to have art in your home that speaks to you is to surround yourself with the product of deep thought, emotion and energy.”

Sheldon Fine Arts hosts its “Small Works Show” that kicks off November 22 and continues until January 1. In conjunction, it’s collecting donations for Toys for Tots by offering one raffle ticket for each toy. The winner will receive an original painting at a drawing on Christmas Eve. sheldonfineart.com

South Coast Artists

The quiet, bucolic nature of Tiverton and Little Compton is the fundamental inspiration for its hundreds of artist and art-lover residents. To support this creative community, South Coast Artists, a non-profit organization, develops programming and events, providing easy access to works being created in the south coasts of Massachusetts and Rhode Island. “Art is a way of life in Rhode Island, in a place that has been attracting artists since the middle of the 19th century. You could almost describe the entire state as an arts community, a place where artists and collectors love to meet and share,” says Don Cadoret, story-painter and SCA’s vice president of marketing. “Who wouldn't be inspired by such a rich legacy and want to live and create in the Ocean State?” southcoartists.org

Newport Gallery Night

Explore galleries with a self-guided walking tour on the second Thursday of each month, February through December, 5-8pm. newportgallerynight.com

NEWPORT AREA GALLERIES

Jamestown

Conanicut Island Art Association

conanicutartassociation.com

Fuller Gallery

art02835.com

Jamestown Arts Center

jamestownartcenter.org

Newport

Andrea S. Keogh Art and Design

akeoghartanddesign.com

Arnold Art Store & Gallery

arnoldart.com

Art on Spring

artonspring.com

Atelier Newport

ateliernewport.com

Bailey Art Gallery

baileyfineart.com

Blink Gallery

blinkgalleryusa.com

Coastal Contemporary Gallery

coastalcontemporarygallery.com

Jessica Hagen Fine Art + Design

jessicahagen.com

Newport Contemporary Fine Art

newportcontemporaryart.com

Roger King Fine Art

rkingfinearts.com

Sheldon Fine Art

sheldonfineart.com

Spring Bull Gallery

springbullgallery.com

William Vareika Fine Arts

vareikafinearts.com

Middletown

DeBlois Gallery

debloisgallery.com

Portsmouth

The Portsmouth Arts Guild Center for the Arts

portsmoutharts.org

Tiverton/Little Compton

Gallery4

gallery4tiverton.com

South Coast Artists

southcoartists.org

NEWPORT LIFE MAGAZINE

All in the Family

Tracie Seed | Newport Life

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Aquidneck Island is chock-full of locally-owned businesses, several of which have been handed down from parent to child over many decades. “Small businesses that have served their community for generations are especially vital,” says Paul Harden, growth hub director of the Rhode Island Small Business Development Center. “They combine a legacy with local knowledge of the market and a desire to serve their friends and neighbors at the highest level.”

We chatted with the owners of three such businesses to learn what it takes to keep a family business running, and the responsibility that comes with carrying on a family tradition.

Ben’s Furniture Co.

Ben Bolusky worked at Mason’s Furniture in Fall River, Massachusetts, before deciding to open his own eponymous store in Newport in 1942. When Ben’s son, Bob, returned from the Korean War in 1951, he began working full-time at the shop. When his father died, he took over the business alongside his grandmother, Tillie, who had helped run the store from the first day it opened. Bob’s wife, Gerry, also helped, making it truly an all-in-the-family-run business.

In 1959, Bob purchased the Thames Street building where the furniture company now stands. “I literally grew up in the store and was in there at a young age,” laughs Bob’s son, David Bolusky, who took over the business in 1988. “By the time I was 10, I was going out with my father to pick up collections from customers — this was before credit cards. He built this business on customers’ credit, because he wanted to help people get started with their lives as homeowners.

“When the Navy pulled out of Newport in 1973, it took away a big part of the clientele and it was tough,” he continues. “He stuck to it, because that’s what he knew, plus he had kids to feed.” David worked in the shop off and on throughout school and summer vacations. After graduating from Boston College and working as an accountant, he decided to return to

Newport in 1986 to figure out what he wanted to do. “I knew I didn’t want to do furniture,” he says with a grin. “But 33 years later, I’m still here!”

David’s career has been rewarding, but he says that it certainly hasn’t been a charmed life. “I never realized in the beginning how much work and time is involved. We are open 361 days a year,” he explains. “I’ve had to give up vacations and miss time with my kids. I try my best to be there for games and such, but there are a lot I miss.” He starts working long before turning on the lights and doesn’t stop until long after they’re switched off.

David says his business survived the 2008 financial crash by diversifying its products to include more than just furniture, such as small décor items and gifts that tourists might purchase. “Visitors can’t take a sofa on an airplane back to Minnesota, so we added items they could carry home that would give them a little piece of Newport.”

David acknowledges that the store’s future is in limbo. His 26-year-old daughter followed in his wife’s footsteps with a job in banking, and his 14-year-old son is “too young to know.” “I truly would want a less time-consuming job for my kids,” he says. “This may be where it ends. I have a few more years in me, but this business may be three generations and done when I decide to call it quits.”

David says that he has no plans to sell Ben’s Furniture, as he wants to keep it as his family’s legacy. “I wouldn’t feel comfortable selling it. I want to end on our terms and go out on a high note and not leave it to someone else.”

The John Stevens Shop

Founded in 1705 in Newport and believed to be the oldest business in the United States still in continuous operation in the same building, the John Stevens Shop specializes in carving inscriptions in stone. In 1927, the Thames Street business was purchased from the Stevens family by painter, printmaker and artist John Howard Benson. According to his grandson, Nick Benson, John H. decided to “buy the little building and set it up as a sculpture studio and carve stone.”

What started off as a “little building” became a monumental legacy for the Benson family. Nick’s father, John Everett Benson, was an artist in his own right and is touted as one of the most accomplished stone carvers around, with credits that include Washington, D.C.’s John F. Kennedy memorial at Arlington National Cemetery, the National Gallery of Art, the Franklin Delano Roosevelt Memorial and the Vietnam Veterans Memorial.

While John E. always knew he would take over the shop from his father, his son, Nick, wasn't so sure. "I worked there to make pocket money, but didn't expect to do it as a career," he laughs. But during an art class in college, Nick realized that he wanted to "make art." And the art he wanted to do was stone carving. "I was proficient in carving, but type design is very difficult work that can take years and years to master," he says, speaking from Washington, D.C., where he is working on the National Eisenhower Memorial. "In 1987, I attended Schule für Gestaltung Basel in Basel, Switzerland, where I studied type design and drawing. It was a tailored program that gave me a comprehensive foundation so I could work with my father." By 1993, John E. had passed the business on to Nick.

Nick says a family business is completely time-consuming, with little to no time off. He does all the design work and calligraphy, but has additional cutters to help — some of whom are with him in the capital. "This project will take around five or six months to complete," he says. "We work six days a week and eight to nine hours a day."

Nick does everything by hand: drawing the designs, transferring the layouts to the walls of stone, using pneumatic hammers to rough out the shapes, and a mallet and chisel to fine tune them. "It is very labor intensive," Nick says. "You can't make a wrong hit. One mis-stroke and you can pop the center out of an O. There really aren't any do-overs.

"People want it done now," he adds, "but hand-carving takes time, and the inconsistency of a human hand gives it life and humanity."

Nick says that while stone carving isn't a lucrative profession, it meets his family's needs. "I want to make enough to keep the business alive, feed my family and pay my mortgage," he says. "Stone carving is not a growth industry. I'm not trying to expand or produce more product. It's a craft."

The future of the Benson family's association with the John Stevens Shop is hopeful. While Nick's 17-year-old son, Henry, hasn't shown much interest in the craft, his 20-year-old daughter, Hope, has an artistic inclination and is learning to carve as an apprentice under her father. Although it isn't written in stone, there's a chance that the Benson family legacy will continue into the next generation.

Greenvale Vineyards

Going to Greenvale Vineyards is like stepping through a portal to 19th-century country life. Established in 1863 on a sloping site bordering the Sakonnet River, this 60-acre farm followed the concept described in a popular book of the time, *Country Life* by Robert Morris

Copeland. “Copeland said that in order to live a happy life, you need to have 50–60 acres of land, work hard during the day, and go home at night to pursue the classics,” explains Nancy Parker Wilson, who owns the vineyard with her son, Bill Wilson. “It’s a self-sustaining life, and sustainability is still very important to us today.”

The farm served as a family retreat for many generations until it came under the ownership of Nancy’s parents, Cortlandt Parker, Jr., and Nancy Knowles Parker, who were in the publishing business. Cortlandt planted a few grapevines just for fun back in the 1960s, but decided to get serious about it in 1982, when he increased Greenvale’s cultivating acreage, planted more varieties and began selling grapes to nearby Sakonnet Vineyard.

Nancy incorporated the business in 1988. “We grew commercially for about 10 years, then decided to produce our wine under the Greenvale label,” she says. The family released their first bottles in 1993.

At that time, their tasting room was a picnic bench and their cash register was an envelope of money that Nancy kept in her back pocket. “That’s how we did business, because that’s what we had,” she says. “In 1999, we renovated the stable into the tasting room and stopped doing business out of our back pocket.”

Nancy’s children helped out on weekends and summer vacations, assisting with everything from harvesting and labeling to giving tours and making wine. Bill, now 29, decided to join the business during his senior year of college. “I was studying anthropology and sociology when we began learning about sustainability and agricultural policies,” he explains. “I realized that I could take that concept back to Greenvale Vineyards and continue its mission of being an agent toward using sustainable practices.”

One of the challenges that Nancy and Bill have faced is trying to enact change: Nancy with her parents, and now Bill with his. “It’s hard to shake habits; the old guard has their own way of doing things and sticking to certain methods,” Bill says. “Sometimes they are great and sometimes you need to try something new. I have to ride a fine line between what works and what could be a new experience for the business.”

One innovation was to stop using herbicides. Instead of spraying their crops with chemicals, they follow organic practices and allow native clover and grasses to grow among their vines. In addition, they opened up the property for weddings and parties, to bring in additional revenue.

The most important aspect of keeping things all in the family? “Communication,” says Bill. “We have a mutual respect for each other and agreement about the brand. Although we have a good amount of disagreements, we know that we both want the best for the farm and the vineyard.”

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NEWPORT LIFE MAGAZINE

Angela Moore Fashion Show Newport Forever

Tracie Seed

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In celebration of Newport's 375th anniversary, The Preservation Society of Newport County joined with Angela Moore's annual fundraiser, which debuted Rosecliff as an inaugural venue for her popular event. The sold-out fashion show, Newport Forever, included a one-day exhibit entitled "From Luxury to Every Day"—a collection of pieces from the Preservation Society's costume archives, including a vintage Oscar de la Renta gown. Guests sipped champagne cocktails and nibbled on a delectable brunch, while more than 30 models walked the runway in 100 different looks. Special celebrity models included 2014 Miss Rhode Island, Ivy Depew; 2013 Miss Rhode Island, Jessica Marfeo; and 2007 Miss Rhode Island, Ashley (Bickford) Karger. Four talented Newport authors, each of whom has debuted a book this year, were invited to the stage to introduce their books: Bettie Pardee's *Living Newport*, Annie Sherman's *Legendary Locals of Newport*, Gail Alofsin's *Your Someday is Now* and Naomi Neville's *Gracious Living*. Angela Moore explained about the show, "We all love our City by the Sea and we all love fashions that are just right for right now."—TS

Photographs by John Corbett

NEWPORT LIFE MAGAZINE

Bike Newport Nite supports new projects

Tracie Seed | Newport Life Magazine

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Wheels were turning fast and furious with more than 150 supporters at this year's Bike Newport Nite, which was held at Midtown Oyster Bar in Newport.

The theme "Support the Big Blue Bike Barn" focused on raising funds for a new bike hub on the north side of Miantonomi Park, in partnership with Newport Housing Authority, the City of Newport and Aquidneck Land Trust.

The Bike Barn will quadruple the size of the organization's North Side Bike Library and relocate it from the Florence Gray Center parking lot onto a space on Sunset Boulevard.

"The kids are super excited about this amazing new facility and all the programs that go with it," says Clare Woodhead, communications and advocacy director. In addition to enjoying music from Slackwater String Band and Los Duderinos, tastes and treats from Midtown, and VeloSprint racing, party-goers bid on silent auction packages and helped raise more than \$9,000.

NEWPORT LIFE MAGAZINE

Blossoming Philanthropists

Tracie Seed

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On Christmas Eve 2011, Santa placed a gift-wrapped box of seeds under young Hadley Bansal's tree. The following March, his present sprouted an idea for Hadley and her neighbor Patricia Bailey, an avid gardener who manages the vegetables at Green Animals Topiary Garden. "I wanted to share my seeds with my friends so I asked Patricia to help us to start a gardening group," says Bansal. With her seeds, Bailey's basement garden and a group of neighborhood friends, their new club, Hope Street Blooms, began to blossom.

"Our mission for Hope Street Blooms is to spread hope and happiness through gardening by nurturing our community one seed at a time," says Bailey. Through philanthropic service projects and gardening experiments, this community service group of kids has grown beyond sticking seeds in pots. They've learned organizational skills, the importance of community involvement and the strong impact they can have regardless of their ages.

While developing their plan, the team came up with rules, a working journal to document tasks and a gardening schedule. "Once we sowed the seeds, we decided to meet once a week," explains Bailey. "As the seeds germinated and grew, so did our club and interests." Blooms currently consists of Elsie, Hadley, and Mayer Bansal; ages 14, 12, and five; Johnny and Celia Byrne; ages 11 and 13; and mentor Patricia Bailey.

Within a week of forming, Blooms took root when Blenheim Retirement Community invited them to participate in their plant sale. "They asked if we'd garden with the residents and sell our plants. We did both," Bailey recalls, "and donated our proceeds to the Martin Luther King Center." The children enjoyed their time planting and visiting with the residents. Johnny Byrne says it was one of his favorite memories: "I really liked working with the elderly and helping them garden. I helped a blind woman by describing plants to her and letting her feel them."

Author and Interpretive Horticulturist at Blithewold Mansion, Gardens & Arboretum, Kristin Green, had the pleasure of interviewing and photographing Hope Street Blooms for her book

Plantiful. She was interested in their basement garden and inspired by their enthusiasm. “I was so impressed by [Patricia’s] generosity in giving the kids free rein in her cellar, potting shed and seed starting area,” explains Green. “I loved how she encouraged engagement and follow-through by having them keep notes. I’m even more impressed that they’re still at it!”

The members continue to cultivate their minds, as well as their plants, through educational field trips, workshops, community service and various experiments. Celia Byrne, a lover of cooking, expresses her excitement: “Now we go to Patricia’s almost every day. I think it’s so cool how things grow out of a tiny seed and can feed so many people.” Horticultural sisters Hadley and Elsie Bansal invented “Seed Balls,” which is a new way of germinating seeds by forming seed-filled mud balls. “We did different experiments and found that the balls hold moisture better and are easier to replant than the usual way of gardening in rows,” says Elsie.

In 2013, Blooms received rave reviews for their entries at The Newport Flower Show. Mayer Bansal, the youngest exhibitor in the Children’s Tent at three years old, made a key discovery at the closing when she noticed that most of the flowers were being thrown away. “She asked me if we could give the flowers to the elderly,” reveals Bailey. “We took as many flowers as possible, filled all the vases and jars we could find and delivered them to the John Clarke Nursing Home.” Bailey says that the residents were so happy to have the children visit, especially with arms full of fresh flowers.

Beyond the community at-large, the children also focus on beautifying their neighborhood by placing plants along the street in unexpected places, such as planting a climbing vine next to a telephone pole. They’re also planning their next plant sale, working on designs for the Newport Flower Show and developing a lecture series for kids about gardening. And, of course, they continue to plant sprouting surprises along the streets of their own Hope Street neighborhood.

NEWPORT LIFE MAGAZINE

Breaking Ground

Tracie Seed

Published 12:01 a.m. ET Aug. 9, 2017 | Updated 12:31 p.m. ET Aug. 9, 2017

It took 3,700 square feet to start a roiling feud between Newport's preservation enthusiasts, who have steadfastly stood their ground since the 2013 unveiling of plans for a welcome center on The Breakers' grounds. The one-story building, designed by project architect Alan Joslin of Epstein Joslin Architects, will house indoor ticketing, modern comfort facilities and catered refreshments. As you enter the mansion's grounds, you will be greeted by the welcome center on your left, tucked in the northwest corner of the property and hidden from view when you are on the street or inside the mansion by a grove of trees and other plantings from landscape architects Reed Hilderbrand. The Preservation Society of Newport County hired contractor Behan Brothers in Middletown to complement the historic aesthetic of the mansion while providing state-of-the-art amenities. "When you create a building for a historic site, you have to strike a balance, because you don't want a faux next to the original. You don't want it to clash," says John Rodman, the Society's director of museum experience. "We took styling cues from The Breakers with the building's arched windows and patinaed roof."

Waging a public protest against the center since its inception, The Friends of Newport Preservation, a group of historically conscious residents, claims that the new facility will deface the historic Vanderbilt estate and should be located in the parking lot across the street instead. "The building that they are proposing is not in the name of preservation," explains Linda Sawyer, Friends member and president of the Bellevue Ochre Point Neighborhood Association. "Two-thirds of the space is made up of food service. They could remove that component and build a much smaller facility in the lot." However, The Society firmly believes that the center will only enhance visitor experience and by no means detract from the mansion's splendor. "We've been looking at a new visitor amenity situation for more than 15 years and now we have the funds to build one worthy of The Breakers," says Rodman. "We survey our visitors annually, and they have consistently requested convenient bathrooms, refreshments and a place to sit and rest or cool off during the hot summer months. Right now

we have a ticket tent, where our guests must stand in the elements, and Porta-John facilities. We can do better than that for the more than 450,000 annual visitors.”

The building will be constructed with specific constraints, Rodman says. “It is only open during museum hours. There is no alcohol, live music, kitchen or entertainment,” he says. “This is a welcome center, not an event venue.” The Friends, whose battle cry is “Don’t break The Breakers,” thinks this will be anything but unobtrusive, noting that changing the landscape will mar the mansion's integrity. “The Preservation Society can mask it however they’d like, but they are destroying the historic grounds as they were built and designed,” Sawyer says. “In addition, having food service in a residential neighborhood is a huge concern. Visitors can surely enjoy a one- to two-hour visit without a sandwich or salad.”

After multiple hearings and appeals with the city's Historic District Commission, Planning Board and Zoning Board of Review, as well as the state Historical Preservation and Heritage Commission and even the Supreme Court, the center received its building permit and officially broke ground on May 18. But the watchful opponents are not giving up and have plans to continue circulating their petition, which has more than 1,000 signatures. “We will keep fighting until we have lost every possibility to change. Then we will go to plan B, of which I can’t speculate this early,” Sawyer explains. “This whole process has been flawed and there is much to learn for future projects. All in all, we’d like the Preservation Society to continue to follow their mission as they always have: to preserve.”

friendsofbellevue.org; newportmansions.org

Note: The Welcome Center broke ground on Thursday, May 18, 2017.

NEWPORT LIFE MAGAZINE

Candy Coated Cocktails

Tracie Seed | Newport Life Magazine

Published 12:01 a.m. ET Oct. 31, 2019 | Updated 2:20 p.m. ET Aug. 29, 2017

Sure, you could savor each nibble with a glass of milk or late night espresso, but why not shake things up a bit instead with cocktail glasses? A few easy steps will sweeten up your evening and leave the ghosts and goblins howling for more. To help you out with your All Hallows' Eve bash, we've tapped into some local libation experts to concoct your guide to candy-coated cocktails.

“A lot of people are jumping on the craft cocktail movement,” says Patricia Coleman, owner of the vintage bar ware store Swanky Newport, while reminiscing about childhood memories of her parents' glamorous cocktail parties. “Halloween is a great time to get together and play with recipes. Why should the kids have all the fun?” Besides eating the candy, there are simple ways to incorporate them into your standby recipes. Owner of Little Bitte Artisanal Cocktails Willa Van Nostrand, whose favorite treat is Almond Joy, suggests using treats such as Pop Rocks as a rimmer for a tangy surprise. “I typically like to use natural ingredients,” she says. “But I can definitely make an exception when there is candy involved.” Other great candies for rimmers include Nerds and Pixie Stix. You can also infuse vodka with dissolvable candies such as Smarties, Candy Corn, Starbursts and Jolly Ranchers. Place roughly four ounces of candy into a small Mason jar and fill with vodka. Let sit at room temperature until they dissolve (24 hours to several days), and shake occasionally throughout the process. Cherry Jolly Rancher martini anyone?

Here's a fun recipe for a peanut butter cup cocktail:**Surf Club Cup**

Courtesy of Surf Club

Ingredients

2 oz Castries Peanut Rum Creme

1 oz Hiram Walker Creme de Cocoa

.75 oz Eagle Rare Kentucky Bourbon

2 dashes Fee Brothers Black Walnut Bitters

1 oz peanut butter and hazelnut syrup*

Directions

Place all the ingredients in a shaker with ice. Shake vigorously and double strain over an ice-filled old fashioned glass. Garnish by grating semi-sweet dark chocolate on top before serving.

***Peanut Butter and Hazelnut Syrup**

In a sauce pan, stir together 1 cup water and 1 cup sugar over medium heat until combined. Add one big dollop of creamy peanut butter and the same amount of chocolate hazelnut spread. Stir well until it is the consistency of syrup.

Set aside and let cool.

This was originally published in the Sept/Oct 2017 edition of Newport Life

NEWPORT *wedding* MAGAZINE

Inspiration for your Rhode Island wedding

CLOTHING FLOWERS & DECOR NEWPORT WEDDING MAGAZINE

Color Me Engaged

By [Newport Wedding Magazine](#) | June 5, 2018

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by Tracie Seed

Rose or berry? Loden or sage? Once you're engaged, color scheme choices become an integral part of your vernacular. You'll know the difference between coral and salmon in the blink of an eye and your knowledge of metallic finishes will out-rival any metalsmith's. So how do you decide? There are many ways to choose one whether you find inspiration from your favorite hues, the venue's decor or shades from your most beloved flowers. For many brides, another jumping off point is the season of their celebration, but with today's throw-caution-to-the-wind trends, almost anything goes.

"There are a lot of metallics appearing in weddings and the invitations reflect that with shimmered inks, pearlescent papers and a lot of foil," explains Mimi Vazquez, owner of Paper and Pearl. "I've noticed that brides will carry the shine throughout their wedding, including their jewelry, decorations and tablescapes." And when you think "metallics," look beyond the basic silver and gold. Today's sparkle also includes antique gold, brushed silver, nickel, platinum, copper, rose gold and every finish in between.

According to Vazquez, blush is still the first place color choice and she likes how it is being mixed with navy or charcoal suits for the gentlemen. "It's soft, can go with everything and looks beautiful." Another trend on the horizon is a flashback to black and white weddings for a classic, glamorous celebration. And you can never go wrong with a nautical theme or bright pops of color. "Mix up the navy and white with a gold or pale coral," suggests Vasquez. "It's a fresh take on a Newport classic style."

Enchanted Spring

Fairy tale nuptials call for luscious florals and a nostalgic nod to yesteryear. Dusty lilac, pink and sage bloom beautifully in a springtime soiree.

Summer Shines

Choose one strong color as your shining star. A navy backdrop is the perfect way to make this fuchsia pop.

Seafaring Fall

Whoever says nautical is just for summer hasn't seen a Newport fall day from the bow of a sailboat. This classic palette comes to life with the shimmery rose gold sequined gowns and accents.

CURRENT EDITION



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Winter Wonder

A chic black and white combo conjures visions of Fred Astaire and Ginger Rogers twirling glamorously around the dance floor. Add some platinum bling, and you've got magic.



Flowers by Toni Chandler, photography by Sarah Pudlo Photography



Winslow Light Flowers by Semia, photo by Joseph Laurin Photography



Flowers by Golden Gate Studios photo by Blueflash Photography 2



Kristen Ink + Ivory from Paper and Pearls

Originally published in Newport Wedding Magazine 2018 issue.

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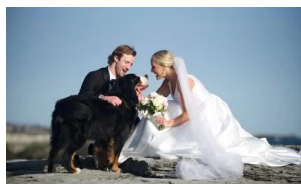
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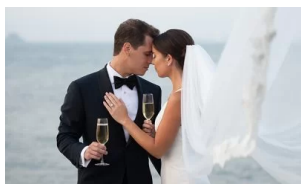
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NEWPORT LIFE MAGAZINE

Decoding Dyslexia

Tracie Seed

Published 12:01 a.m. ET Sept. 1, 2016 | Updated 5:00 a.m. ET Sept. 1, 2016

For more than 100 years, the 1907 “School Days” song has been a rosy remembrance of childhood: “School days, school days/Dear old Golden Rule days. “But for many, memories are tainted with shame, low self-esteem and academic challenges. Chances are you know someone who had or has troubles in school. In fact, approximately 20 percent of the U.S. population has as learning disorder, with one out of 10 people affected by dyslexia, an inheritable neurological issue that impedes the processing of words in reading fluency, writing, spelling and even math.

Dumb. Slow. Lazy. These labels are slapped on academically

challenged students when, in fact, these children are anything but. They simply learn differently from the way traditional classes are taught, and with the right intervention and accommodations, they can find success. With the advancement of diagnostic tools and early intervention, several strides towards understanding and treating dyslexia have been made since it was first uncovered in 1887 by a German optomologist Dr. Rudolf Berlin, who used the term “dyslexia” (Greek for ‘difficulty with words’) to describe patients who had problems reading without an eyesight issue; stigmas and myths still abound.

Myth 1: Small children cannot be diagnosed with dyslexia

Sometimes compliant students slip under the radar while rambunctious ones are tagged with behavioral issues. Many children have difficulty with learning-related tasks and parents are often told that their child is going through a phase. But for a dyslexic child, the phase doesn’t pass.

For David and Emma Griffen, Middletown parents of Toby (age 11) and Lucy (age 8), both of whom have dyslexia, the journey to find the correct diagnosis was arduous. Shortly after beginning kindergarten, Toby exhibited tremendous stress. “My son didn’t want to go to school,” says Emma. “He kept running through the playground saying, ‘I’m stupid!’ I couldn’t get him to go in.” She explains that his behavior worsened and he acted out emotionally and

physically. When they pushed the school for testing, the parents were told that Toby couldn't be evaluated until he was older. So they took matters into their own hands and had him privately evaluated and he was diagnosed with dyslexia. "We were already losing him at six years old," Emma says. "We were jumping through hoops to get him help."

Although there are several red flags that suggest dyslexia in a young child, such as delayed speech, troubles with number sequencing and difficulty following directions, you can find the biggest indicators in your family tree. Since dyslexia is neurological in nature, it is considered inheritable. If you have one person in your family who is dyslexic, then you have others. In fact, your older relatives who hated school or dropped out quite possibly have undiagnosed dyslexia. "My mum was a primary school teacher. When she went into special needs education, she recognized my issues," says David, a member of the British Armed Forces, who was an undiagnosed dyslexic. "People initially said, 'He's not very clever. He's dumb and won't amount to anything.'" Luckily for David his mother didn't accept that and worked with him tirelessly. David explains that since he and Emma knew what signs to look for, they were able to intervene with their daughter at a young age.

While red flags appear in an academic setting, they can also appear at home. If you have a toddler, pay attention to typical milestones such as walking and talking, because early detection of developmental differences may be a sign of a learning disability.

Myth 2: People with dyslexia read and write backwards

While it's true that dyslexic children have difficulties attaching the appropriate names and sounds to letters and words, there is no evidence that they actually see them backwards. It's common for children to reverse text when they are first learning; however, if it continues, it may be dyslexia. "A lot of parents and teachers aren't educated [about] dyslexia," says Melissa Chafee, a reading support specialist at St. Michael's Country Day School. "It's more than reversing words. A child with dyslexia has trouble with speech issues, rhyming, naming things and remembering important dates, like birthdays." Chafee explains that adults believe that children will grow out of their difficulties, but says, "If they are dyslexic, they won't. They need intensive intervention at the earliest age."

Want to read more? Pick up a copy of our September/October 2016 issue on newsstands, or [click here](#) to order a copy or subscribe.

NEWPORT LIFE MAGAZINE

E-cig use among teens has reached epidemic proportions

Tracie Seed | Newport Life Magazine

Published 12:47 p.m. ET Jan. 29, 2019 | Updated 12:47 p.m. ET Jan. 29, 2019

That mango smell wafting from your son's room is not incense; your daughter's new fancy USB stick doesn't store data. It isn't all that it might seem. Electronic Nicotine Delivery Systems (ENDS), also known as e-cigs or vapes, are new sweet-tasting smoking apparatuses that are not your grandfather's Marlboros. They are sleekly designed, easily hidden, highly addictive and are quickly making their way into the hands, and lungs, of teens.

A recent study from the Centers for Disease Control and Prevention (CDC) found that more than three million teens are currently using ENDS, up 75 percent since last year. And in December, the U.S. Surgeon General issued a rare public health advisory warning Americans of the dangers of e-cigarettes. With no more than three years of usage data, there is no real evidence of the long-term physical effects of ENDS. While adult smokers use ENDS as a tool to mitigate or end their cigarette habit, underage smokers are lured by the design of these sleek devices and the myth that vaping is "healthier" than cigarettes. The result: millions of teens are nicotine addicts.

THE ADDICTION IS REAL

Nicotine addiction can begin with just one cigarette. As the drug enters your system via your lungs, it quickly absorbs into your bloodstream and reaches your brain within eight seconds, releasing adrenaline and giving you a sense of relaxation. Likened to the effects of cocaine, according to CDC, it causes your heart and breath to quicken, your veins to constrict and your brain to be electrically charged – firing off your brain's pleasure neurons. Those euphoric feelings are fleeting, so your body wants another cigarette and another; the more you smoke, the more tolerant your body becomes. Smokers must increase their nicotine intake to feel tobacco's addictive effect.

// "Nicotine is an extremely addictive drug, and the adolescent brain is particularly susceptible to its effects." -- Samuel Evans, MD, pulmonologist, Newport

Pulmonary Medicine

“Nicotine is an extremely addictive drug, and the adolescent brain is particularly susceptible to its effects. Nicotine is not good for the body, but the main risk is for addiction,” says Samuel Evans, MD, pulmonologist at Newport Pulmonary Medicine. “Underage smokers, in addition to breaking the law, are at tremendous risk for long-term and sometimes irreversible health problems. The lungs continue to develop into our late teens/early 20s. The earlier our lungs are exposed to damaging substances, the more extensive the long-term effects can be.” It is this addiction that concerns parents of teens and cigarette smokers alike, but for different reasons.

ENTER ENDS

From tank devices to rechargeable e-cigarettes, these Electronic Nicotine Delivery Systems are used to vaporize liquid nicotine, which is then inhaled. “All vaping devices work the same way. You have some sort of liquid container, whether it be a tank, pod or cartridge,” explains Alicia Anthony of Splash Vapes in Middletown. “When you activate the device by either pressing a button or taking a draw from the mouthpiece, the internal atomizer steams the liquid, which is the vapor you inhale.” In addition to nicotine, ENDS can contain flavorings such as fruit, candy, peppermint, bubble gum and chocolate, many of which are appealing to children and teens. Anthony explains that it is important to note that these devices were originally designed as an alternative to cigarette smoking for adults, one that is considered less harmful than its tobacco counterpart. She notes that e-cigs are best used by adult smokers who want to cut back, or even quit, their cigarette addiction. “For many adult smokers, the device gives them a smoother transition while getting off the cigs,” Anthony says. “Let me be clear: If you are not a smoker, do not pick up a vape. It’s stupid to knowingly give yourself an addiction!”

One of the better-known ENDS is JUUL, a thin, slick device that houses small pods of liquid nicotine. Studies show that each JUULpod is equivalent to one pack of cigarettes and many vapers are using at least one pod a day. Evans explains that e-cigarettes can expose users to several chemicals besides nicotine, including carbonyl compounds and volatile organic compounds that have known adverse health effects. “Why are people inhaling anything other than air??! The extent of lung damage caused by vaping is not completely understood and is being actively studied,” he says. “There is no good evidence that it is safe, though the health risk may be less than with conventional cigarettes. Less risk does not mean no risk. There may be a role for ENDS in current smokers trying to quit.”

Hunter Williams*, 26, of Newport says that he began using tobacco his freshman year in college as a mix-in with marijuana. He says that many times, teens use tobacco as a “filler” when they don’t have enough weed to roll a joint; this is called a “spliff.” “Eventually I became addicted to the tobacco. I recently began using JUUL after my dad quit smoking by using it. He’s been smoking cigarettes since he was 11 years old,” Williams explains. “Seeing the change he was able to make made me feel like I could too.” According to their makers, ENDS were originally created to give cigarette addicts a safer method of nicotine intake without the added harsh chemicals, therefore alleviating the toll it takes on a user’s body, such as breathing problems and chronic cough. Anthony says that after two weeks of vaping, she no longer felt any of the negative physical effects she felt from smoking. “E-cigs are less harmful than traditional cigarettes. For adult smokers needing to quit, vaping is safer,” she says. “All we want to do is show smokers there is another way. We are not enemies to the public; the only ones we want to hurt is big tobacco, who we feel were our oppressors. We just want to save people.”

TEENS

While ENDS are claiming to “save” adult smokers, they are becoming a harmful addiction for adolescents. Lori Verderosa, director of Middletown Prevention Coalition, says that the use of ENDS among Middletown’s youth and beyond has reached an epidemic proportion of growth over the past few years. “It has skyrocketed, with JUULs as the most popular ENDS. In fact, now we have a new verb: ‘JUULLing,’” she says. “Recent data shows that young adults who use e-cigs are more than four times as likely to begin smoking tobacco cigarettes within 18 months compared to their peers who do not vape.”

Scarlet Grace*, a 19-year-old University of Rhode Island student from Jamestown, began smoking ENDS while a high school junior, when she found one on her desk that someone had left behind. “Most of my friends now smoke JUULs,” she says. “It relaxes you. But now a lot of them are addicted.” One of the appeals of JUULs, Grace says, is that they are easy to obtain and conceal. “Kids order JUULs online or get their older friends to buy them,” she explains. “Kids smoke them in the bathroom or in their bedrooms. They light a candle or incense so their parents think that’s where the smell is coming from.” Grace also says that kids charge the devices on their laptops, and because they look like USB chargers, adults don’t realize what they’re doing.

“There is an alarming increase in youth and young adult ENDS usage. Usage in the 18- to 24-year-old group, according to data recently compiled by the Surgeon General, surpasses that of adults 25 years and older,” says Evans. “ENDS are now the most commonly used

tobacco product among youth and have surpassed conventional cigarettes. Among middle and high school-aged students, ENDS use has more than tripled since 2011.” One person who sees this statistic firsthand is Middletown High School Principal Dennis Soares, who confirms that many students are not cognizant what harm they face by using ENDS. “I’m not sure if they actually realize the chemicals that are inside them. On our end, we do the best we can here to educate them on this,” he says.

While prevention efforts have lessened the number of cigarette smokers, the allure of ENDS makes them as dangerous, or even worse, for teens. Both Soares and Verderosa say that the first line of defense against ENDS is to educate students about the dangers. Soares says his goal, and that of the Prevention Coalition, is not to punish students but to educate them about the realities of ENDS usage. “The devices are advertised to make them very attractive. If you were to look at them from a set of teenage eyes, you’d understand what I am talking about,” says Soares. “Sweet flavorings, colorful/animated labels, and big signs on window fronts of stores. I feel we battle more than we think.” Verderosa says that the coalition recently conducted a focus group with local teens and many of them didn’t know that vaping devices contained nicotine. What students did say was that ENDS are “sleek, discreet, cool and sexy.” She says the number-one defense is an active and curious parent. The more parents speak to their tweens and teens about the truth of ENDS usage, the more likelihood that kids won’t start vaping. “We also need a community-wide approach that includes schools, prevention coalitions, parents and other youth-serving organizations, like the YMCA and little league programs,” she says. “We all need to be talking the same language and have a community strategy to address this problem.”

NO BUTTS ABOUT IT

The bottom line is that while ENDS may be a good tool to help adult smokers address their addiction, they are also posing a great health risk to today’s youth. “Our lungs evolved to breathe one thing and one thing only: air. We have excellent air quality and we shouldn’t compromise it by inhaling noxious and addictive things,” says Evans. “Vaping seems like it is harmless, but it is definitely not. Again, vapor may be less damaging than tobacco smoke, but it is still not safe.”

// **“There is no good evidence that it is safe, though the health risk may be less than with conventional cigarettes. Less risk does not mean no risk.”** -- Samuel Evans, MD, pulmonologist, Newport Pulmonary Medicine

JUUL announced in November 2018 that it would no longer sell the popular fruit- and candy-flavored nicotine pods in retail stores, including flavors such as mango, fruit, crème and cucumber. While these flavors are still available online, JUUL states that it is enacting a more stringent age-verification policy to lessen the possibility that its products land in underage hands. “We don’t let anyone under the age of 18 in our store and we card anyone who appears under 30,” says Anthony. “All of the responsible vapor stores in Rhode Island are part of a group. When we come across underage kids who are habitually trying to purchase from our stores or flash fake IDs, we share the info and camera shots with each other so we can be on the lookout. We don’t want kids vaping.”

**Names have been changed*

NEWPORT LIFE MAGAZINE

Executive Director of FabNewport honored as Top 10 Groundbreakers

Tracie Seed | Newport Life Magazine

Published 9:33 a.m. ET Sept. 4, 2018 | Updated 9:33 a.m. ET Sept. 4, 2018

*Newport Life Magazine's 2018 Top 10 Groundbreakers***Steve Heath | Professional**

A chance encounter with a friend's college art portfolio sparked Steve Heath's interest in creating things. "Up until then, the last art class I took was in the sixth grade," Heath says. "But I loved to write and loved to be confronted with new ideas, so I had it in me. I was intrigued with the concept of 'making.'" That ignition smoldered as he navigated his way through teaching, technology and nonprofit careers until it blazed red hot in 2015 when he opened FabNewport, a community makerspace and STEAM learning studio at the Florence Gray Center in Newport. One of 150 worldwide, this "fab lab" is a community workshop that houses powerful technology and materials to make nearly anything you can dream up. "Ever since I entered the world of children and schools, I realized that the learning environment needed to change," says the executive director. "Kids learn better by doing. When you start making something, you begin a little journey that is full of surprises and it starts the internal tumblers of curiosity turning. It helps you understand yourself, how you learn and connect to the world."

With everything from 3D printers, sewing machines and a computer lab to a laser cutter, wood workshop, painting studio and more, FabNewport's amazing team makes hands-on STEAM learning available to under-served families, MET School students and the community with workshops, internships and open studio nights. By "liberating the maker intrinsic in all of us," Heath not only instructs but also raises funds to help continue and grow the program. He explains that one of Fab's missions is to create learning opportunities while integrating different ages, learning styles and interests. Recently the organization began a professional development program to instruct teachers how to integrate making and innovation into the classroom. "From age five on we expect kids to sit still and learn on

paper, and many kids lose interest,” Heath explains, confessing that as a child he struggled in school. “Once they have a chance to tinker, discover and solve problems in a real world situation, they gain confidence and skills.”

This year, FabNewport successfully secured a more than \$400,000 grant to join Providence Mayor Jorge Elorza in launching PVD Young Makers program, which will open makerspaces in 10 public libraries across Providence. Heath explains that libraries are the perfect place to start creating these mini-fab labs as they already serve as a community gathering place. While this is a year-long offering for Providence, Heath hopes to find funding to continue it and add it in other areas of the state.

In addition, Heath’s team is developing a program called “Make Your Life” to encourage participants to delve into the world of making and, in turn, be inspired to create the life they want. “We want to inspire initiative in students and grow a community of adults who welcome kids’ actively learning and continuing big-picture thinking,” he muses. “We teach teachers how to make learning more inviting by integrating things like coding, 3D printing and vinyl cutting. In the end, we’re all about the kids.”

fabnewport.org

NEWPORT LIFE MAGAZINE

Finding Newport

Written and photographed by Tracie Seed

Published 11:01 p.m. ET Feb. 25, 2018 | Updated 7:00 a.m. ET Feb. 26, 2018

“Marchant.” My father says with his soft Southern drawl, “They’re our ancestors who came through Newport.” For most Rhode Islanders, this revelation would not be earth shattering, given that it’s customary to live no further than 10 minutes from your birthplace. But since I moved here more than 20 years ago from Texas, where several generations of my family have lived, it’s very surprising news. “We are eight generations deep in Texas,” he chuckles, “but we have roots in Rhode Island!”

My father, Dorman William “Bill” Hill, Jr., has been researching our ancestry for years using family history found in bibles, generational tales, online searches and databases. “Once you get started, it can become addicting,” he says regarding his long list of names. Wanting to confirm his discovery, we visit with Librarian Bert Lippincott at the Newport Historical Society. And, boy, do we uncover some dirt!

“It’s best to only use original records,” Lippincott says strolling towards the library stacks. “A digital source isn’t reliable, because you can’t know exactly where it came from.” Given that there are several John Marchants in our lineage, we need to verify which one connects us to Newport. “Looking at birth and death records, you’ll see that several people in a family could have the same name,” Lippincott explains. “Because there were so many infant deaths, parents would use the same name until the child survived.”

We learn that one of the best ways to find our Mr. Right is to research the wives’ names. “Public records for births, deaths, weddings, land ownership and even military service are also great places to look,” suggests Lippincott. “For example, Massachusetts Bay colonists were required to join the church, and these records would also show their arrival date and the name of the vessel.” Several searches lead us to publications, such as Vital Records of Yarmouth and the National Society of Daughters of Founders and Patriots of America, give us hard evidence to uncover our man. Only, his name wasn’t “John.”

While “our John” briefly lived in Newport, it was John's brother, Huxford Marchant, who lived here with his son, Henry, and eventually married Isabel Ward. When Huxford died, Henry’s stepmother adopted and raised him. Isabel’s brother, Samuel Ward, was a three-times governor of Rhode Island and served as Henry’s mentor. With Lippincott’s guidance, we unearth more intriguing facts about Henry. While practicing law in Newport, he became a librarian of the Redwood Library and Athenaeum as well as subsidized the publication of the Newport Mercury. As one of the key players in United States history, he was Rhode Island’s delegate to the Continental Congress from 1777-1779, and he signed the Articles of Confederation. Henry traveled with Benjamin Franklin in Europe, was Delegate to the Rhode Island General Assembly and was eventually appointed by George Washington to a federal judgeship. In addition, we discover that he was a member of the Congregational Church of Newport, owned farmland in South Kingstown (which is on the U.S. National Register of Historic Places) and was interred in the Common Burying Ground. “I can’t believe we not only found irrefutable documentation about our lineage but that we also found their graves,” Dad says excitedly. “I’m thrilled to know that a branch of our tree was engaged in the formation and founding of America.”

How to start:

1. Interview family members to find out what they know.
2. Do an online search on sites such as ancestry.com, archives.com or genealogy.com. Make note of the record’s origin.
3. Search the surname to see if it has been published as part of a genealogy.
4. Find the original publications through libraries, state records and historical societies.

NEWPORT LIFE MAGAZINE

Frosty Freez helps Newporters 'stay cool' year after year

Tracie Seed | Newport Life Magazine

Published 4:28 p.m. ET June 5, 2018 | Updated 4:28 p.m. ET June 5, 2018

This article was originally published in the Newport Life Magazine's City Guide with the title, "Stay Cool."

For six decades, moms have had Frosty Freez's chocolate-vanilla soft serve twists to sweetly thank for sticky hands and faces. Turning 60 in 2016, the ice cream mecca of Middletown was snapped up by Kim and Mark Pachio in 2000.

"I had always wanted my own business, so one morning I told my husband that Frosty Freez was for sale and he told me to buy it," remembers Pachico. "I know he probably didn't mean it but I took it as a green light."

Out of all her time in the biz, Pachico says that her most favorite moments are when she gives back to the community and working with teenagers.

"I love watching a bunch of kids who wouldn't normally hang out in school get together while working here and become friends," she says. "Ice cream is a happy thing."

frostyfreez.com

https://www.independenri.com/southcountylifemagazine/inside_the_magazine/features/article_8dd49704-2c4d-5a28-a4f3-09de02272a04.html

CENTERPIECE

Full STEAM Ahead

5 ways to support a STEAM education at home.

By Tracie Seed | South County Life
Mar 16, 2017

1 of 9



Davisville Middle School student Mati Ashenafi, left, reacts as his team's autonomous robot performs its programmed tasks during a practice session for the FIRST LEGO League "Animal Allies" qualifying tournament held in December at the Narragansett Pier. Also pictured are his teammates Austin Vance and Daniel Blasbalg and coach Kelsey Houlihan.

Photo: Michael Derr

If you've been in earshot of educators or parents of school-aged children, you're probably familiar with the increasing focus on STEAM education, a curriculum rich in science, technology, engineering, art and mathematics that sets out to develop big-picture thinkers and problem solvers. "STEAM

challenges students to think creatively, collaborate, communicate and think critically, skills [that] are the foundation of 21st century learning,” says Charlie Laurent, a third and fourth grade teacher at Rocky Hill School in East Greenwich. “Using hands-on, real-world problems, students learn to think deeply and apply content knowledge to develop solutions [and] problem solve.” While the importance of this concept is clear and most schools are implementing it across curricula, there are many ways that parents and guardians can enrich a STEAM education at home. And it’s easier than you might think.

Start young

Because a child’s natural curiosity is the springboard for experimentation and discovery, you can begin a STEAM education with your baby simply by allowing for self-exploration. No need to rush things. Instead of showing baby how a toy “works,” step back and let her find out. There is more than one way to use a rattle! As she grows, introduce your toddler to various concepts by making discovery bottles, recycled plastic water bottles filled with interesting objects and solutions. Some examples are rocks and shells, colored water mixed with oil and glitter, buttons, bubbles, rice and pasta, hardware — really anything that has different textures, is visually interesting, makes a sound, or changes when shaken. “Encourage open ended, creative play with things like boxes, sticks and blocks,” suggests Mary Johnson, former executive director and current board member of Rhode Island Students of the Future and FIRST LEGO League, a robotics program designed for kids ages 5 to 18. “Go outside and explore the world. Visit the library. Do experiments. Read.”

North Kingstown painter and educator Sandra Krupp, who has a studio at The Mill at Shady Lea, firmly believes the arts are an integral part of a holistic STEAM experience that goes beyond creative expression, encompassing curiosity, experimentation and discovery. “I think that every art form has particularly wonderful things about it. Singing, making music, dancing, writing and creating things with our hands are part of our human DNA,” she says. “Watch 4-to-5-year-olds play together. They don’t stop and evaluate each other constantly; they just kind of build on each other’s ideas. This makes for a better society.”

Provide hands-on activities

By giving children the opportunity to perform at-home science projects or tools to build and craft, you can spark their creativity and help strengthen confidence in their abilities. “Kids learn best by doing things with their hands,” explains Eric Bulmer, owner of Pow!Science! in Wakefield. “By allowing for open-ended activities, kids become not just engineers, but innovative engineers.” Pow!Science! offers daily science programs, including a weekly Builder’s Club meeting on Thursdays. Bulmer explains that chemistry and science are a part of our everyday life and that the process is more powerful when doing

rather than listening to a lecture. To this end, Krupp suggests maintaining what she calls an “adventure box,” a bin with “an odd assortment of things you collect instead of recycling — think cans, empty paper towel rolls and egg cartons — and other tools such as colored wire, duct tape and glue.” She also says to keep open-ended art supplies on hand, including washable paints, fat easy-grip brushes, crayons, pencils, markers and stacks of paper.

“The most important part of creativity is a four letter word: P-L-A-Y,” Krupp says. “It is important for kids to play with stuff in their own way and own time.” Rocky Hill Lower School science teacher Eric Wyzga echoes Krupp’s sentiments and takes it a step further for older kids, suggesting that they have a designated space at home to work and build with the addition of more advanced tools such as screwdrivers, hammers and hot glue. But you can also keep things simple. “Kids always like doing a project and it doesn’t have to be anything elaborate,” he explains. “For example, give them about eight pieces of dried spaghetti and ask them to build a tower that can hold a marshmallow or stone. Don’t direct them what to do, just let them go to town.”

Ask open-ended questions

Things rarely are what they seem, especially when it comes to art and design. Rather than commenting on the specifics or quality of a project, use the opportunity to reflect your child’s enthusiasm. When your son shows you his painting, instead of saying, “Good job!” or “What a beautiful tree,” — by the way, it might not be a tree — say, “You seem to really be enjoying working with the paint. Tell me about it.” By doing so, you empower your child to own his creation and develop confidence in his process. “Pose questions to your child that push them to think critically: What if...? Why did you...? What could you...? are all great starters,” says Laurent. “By challenging children to become deep thinkers able to identify problems and develop innovative solutions using 21st century skills, the next generation will be equipped and primed to make our world an even better place.”

You can carry this concept outside the home as well while in nature, at museums or the library. Krupp suggests that you not lecture kids or make every experience a teaching moment. Let your child be in her own moment and explore her world for possibilities and discoveries. For example, when visiting a museum, instead of being the cruise director, say, “Find something you like and tell me about it.” You might be surprised at what you learn!

Offer educational experience outside of school

South County has myriad opportunities for kids to experience a STEAM education outside of school, whether it is a touch tank at Biomes Marine Biology Center in North Kingstown, an after school art workshop at South County Art Supply in Wakefield, a dance class at The Jennifer Prete School of Dance in South Kingstown or a FIRST LEGO League robotics club.

Johnson explains that the FIRST LEGO League, which boasts a quarter of a million worldwide participants, with more than 650 children making up 80 Rhode Island teams, supports all areas of STEAM. “Students learn to be comfortable creating and using technology to solve problems [by] designing and building their robots after analyzing the game field,” Johnson says. “They also use skits, dance or music to present their ideas, and design brochures and posters to communicate with the judges.” As a part of the Rocky Hill School Enrichment Academy, an afterschool program that is open to the community, the Lower School also fields a FIRST LEGO League robotics team each year and the results have been quite impressive. According to Laurent, in the short three-year history of the Rocky Hill Mini Mariners team, the learners have designed a tablet app for educators, an electronic scanning trash can and a D.R.S. (Deer Road Safety) device.

Another RHEA program called the Toy Hack Club was designed by Wyzga “as an answer to the huge question of ‘What can kids do to help curb our landfills from their current rate of growth?’” Providing students with stacks of broken toys and other materials, the program gives kids an open forum to build on and find confidence in their creativity, ingenuity, engineering and construction skills. “We basically hack into broken or useless old toys and make them different or even better,” Wyzga explains. “Problem solving and creativity is the name of the game. No rules really – you make a mistake and build from it. Who doesn’t want to put iPod speakers in the head of a plastic T-Rex?”

Provide STEAM related toys & games

In addition to glue, tape, wire, paper clips, safety pins, brads, staplers and other building supplies, keep other open-ended items on hand – things that you might not necessarily consider toys, such as straws, pipe cleaners, plastic cups, wood scraps and aluminum foil. “I’m pretty old school when it comes to toys – blocks, soap bubbles, boxes, sticks, mud – but I’m also a big fan of electronics kits,” says Johnson. “My favorite kit to play with is the LEGO We Do 2.0 kit for 5-to-9-year-olds, because it lets [you] make models that move while learning the basics of programming.” General science and chemistry kits, such as Lab in a Bag Test Tube Wonders or 4M Kidz Labs Green Energy Kit, also promote exploration by guiding a child to find an answer to a given question: Why does water evaporate? How can you use a potato as an electrical source? What makes volcanoes erupt?

In addition to LEGOS, other construction toys are a must for your playroom: Kinex, marble runs, Lincoln Logs, Tinkertoy and even clay. Bulmer has his own set of favorites to add to the list. “With Snap Circuits, you can do projects like build a radio,” he says. “Users learn that technology does what you program it to do. If your radio doesn’t work, then you have to problem solve and figure out how to fix it.” In the game Robot Turtles, players use code cards to move their turtles through complex obstacles, but for the ultimate robot building and coder experience, splurge on LEGO Mindstorms. “You can build robots and then use software to program them by dragging coded bricks onto a field to tell it where to go, what to do and for how long,” he says. “Your robot does what you tell it to do.”

Worth the trip

SIDEBAR

The Rhode Island Students of the Future’s Robot Block Party is Sunday, April 30, 11am – 4pm at the Pizzitola Center at Brown University. It’s a great place to try hands on activities and learn about robotics, computer science and STEAM. And it’s free! There will be student groups, university faculty and business leaders demonstrating projects and leading activities. risfnet.weebly.com/robot-block-party.html

For Book Worms

SIDEBAR

Give your young ones a STEAM-start with this reading list

Grandmother Fish by Jonathan Tweet

How a Seed Grows by Helene J. Jordan

See Under the Sea by Kate Davies

National Geographic Little Kids First Big Book of Why by Amy Shields

Whose Nest? By Victoria Cochrane

Robots, Roots Everywhere by Sue Fliess

Clink by Kelly DiPucchio

If I Built a House by Chris Van Dusen

When I Build with Blocks by Niki Alling

1-2-3 Peas by Keith Baker

Chicka Chicka 1, 2, 3 by Bill Martin Jr.

Shape by Shape by Suse MacDonald

White Rabbit's Colors by Alan Baker

Dog's Colorful Day by Emma Dodd

Simple Science

SIDEBAR

Have kids make their own Goop or Oobleck to discover how chemical reactions can result in some pretty cool stuff.

Goop Recipe

First, create mixture one in a large bowl:

3/4 cups warm water

8 oz bottle of school glue

food coloring

Next, create mixture two in a bowl:

2 tsp Borax

1/2 cup warm water

Pour mixture two into mixture one. This is where the chemical reaction begins! There's no need to stir, just reach in and pull out a glob of Goop! Store in airtight container.

Oobleck Recipe

1 cup cornstarch

food coloring

1/2 cup water

Place cornstarch in large bowl. Mix 4-5 drops of food coloring into the water before adding it to the cornstarch. You should be able to form a ball in your hand, which will then turn to liquid once you release the pressure. While the general recipe calls for a 2:1 ratio of cornstarch to water, variables such as humidity, water temperature and food coloring amount will cause subtle changes. Add one tablespoon of water at a time until you get the right consistency. Store in airtight container.

NEWPORT LIFE MAGAZINE

Gimme a Break

Tracie Seed

Published 12:01 a.m. ET April 5, 2018 | Updated 4:10 p.m. ET April 5, 2018

White sandy beach, deep blue sea and an umbrella-adorned cocktail. These are some iconic images that dreamily come to mind with the mention of two words: spring break. But for those with school-aged children, many times April vacation is met with trepidation at the thought of trying to pry fingers from electronic devices. “I have found that if children are engaged in something they enjoy, they rarely need screen time,” says Meme Greichen Kielbasa, owner and director of Bright Ideas in Middletown. “Spring break is a perfect time to visit the Beavertail Lighthouse, the Save The Bay Exploration Center and Aquarium, the carousel at Easton’s Beach, Simmons Farm or our local libraries for their many children’s programs.” Other ways to get kids moving is to provide some creative activities at home to keep hands busy and minds engaged. Build an obstacle course out of furniture cushions, erect a blanket fort or do a backyard scavenger hunt for items such as a red leaf, acorns or a stick shaped like a letter. Kielbasa suggests that an easy project to do inside or out is putting a twist on painting. “[L]et children dip large play vehicles in paint and roll them on large butcher paper. [Or] use Q-tips, fly swatters or ice cubes,” she says. “Placing paper in a box and rolling golf balls or marbles on the paper after dipping in paint is quick, easy and fun.”

For parents who work outside the home, or just need a break from the break, there are many options for vacation camps including sports, animal and art camps. These programs allow parents to continue working while children are enjoying a meaningful activity. “Kids love the opportunity to spend time with their friends out of school,” says Kristen Petrarca, senior program director at Newport County YMCA, which offers camps like gymnastics, swimming, yoga and more. “They love the opportunity to try activities they don’t always get a chance to participate in. [We also] offer outdoor activities to get them moving and enjoying the fresh air!” Another “camp” option is to take turns with other parents to host at-home activities. One family might have the kids on Tuesday for a baking day or Thursday for DIY science projects. Keep in mind that most of the time all kids need to burn off some energy or ignite creativity is unstructured free play with simple things like balls, boxes, hoola hoops and other things found around the house. “At home activities require very little planning,” states

Kielbasa. “Spring break is a time to recharge, relax and relish family time. Not everything needs to be a ‘project’.”

brightideaspreschool.com, newportymca.org

Vacation camps & activities: cityofnewport.com, islandartspot.com, newportartmuseum.org, newportymca.org, normanbirdsantuary.org, potterleague.org, savebay.org

Tip: Mix up some messy fun (and a bit of a science project) with Goop, a substance that goes from a solid to a liquid and back. Simply combine one part cornstarch with one part water in a container large enough for little hands to experiment. Add some food dye for a colorful time.

NEWPORT LIFE MAGAZINE

Goodnight Race

Tracie Seed

Published 12:01 a.m. ET April 6, 2018 | Updated 11:30 a.m. ET April 6, 2018

“Good night, moon,” you might say as you cross the finish line at Newport Night Run, an after-hours 5K race running into its fifth year on April 7. The event, which sold out last year with 1,200 runners, benefits the Newport Public Education Foundation and is organized by Gray Matter Marketing. “The race kicks off at 7:30pm, so it is after sunset,” says Director of Communications Lisa McCurdy. “We light the course with flashing mile markers and luminaries and encourage runners to bring headlamps or flashlights and to get into the spirit with glow sticks, neon clothing and reflective gear.” McCurdy says that the race begins at Rogers High School in Newport and then continues around Ocean Drive with a surprising view. “You get to see the moon and the stars and gorgeous Newport in a very different light,” she says. “Running is totally different in the dark; you almost feel like you’re flying.”

newportnightrun.com

Lisa’s Top 5 Tips for a Night Run

1. **Illuminate yourself:** Carry a flashlight and wear a headlamp, lights on front of your shoes, and reflective clothing to make yourself more visible.
2. **Dress appropriately:** Wear only white or bright clothing and items with reflective strips built into the fabric.
3. **Dress warmly:** Be prepared with layers and gloves that you can add or take off along the way. Unlike a morning run when temperatures typically rise, it gets increasingly colder without the heat of the sun.
4. **Be aware:** Don’t use headphones so you can hear oncoming cars. Keep your vision clear by using a rimmed hat to prevent the headlamp from bouncing into your eyes.
5. **Stay in your lane:** Run against traffic on a sidewalk, trail or well lit area. It is easier for cars to avoid you if you are where you are supposed to be.

NEWPORT LIFE MAGAZINE

Handsome Home

Written by Tracie Seed, Photographed by Greg Premru

Published 12:01 a.m. ET March 15, 2018 | Updated 2:30 p.m. ET March 15, 2018

While the term “bachelor pad” elicits visions of a dusty, empty pizza box-filled apartment decked out in cast-off furnishings, today’s modern gentlemen are kicking it up several notches with style and design. For this Boston bachelor, Newport was the perfect place to set up an exquisitely comfortable retreat. “He’d been visiting Newport for years and wanted his own space to retreat to on weekends,” says interior designer and owner of Digs Design Company Jocelyn Chiappone, who was hired to bring downtown living to a coastal town. “He wanted mid-century modern influences, a neutral color palette and to incorporate some handsome statement pieces to complement his personal style.”

To ground the open living space and create a focal point, the designer enlisted Bob Ventura of Completely Custom in North Kingstown to build a gas fireplace surrounded by built-in bookshelves and seating. “That adds an additional layer to the space, drawing the eye to the living area, while also offering a functional element,” the designer beams. “I love when function and beauty meet!” The bookcases are fashioned with strip lighting to create an attractive glow around the bachelor’s eclectic collection of books and objects d’art. The cozy cushioned window seats with coordinating pillows serve as overflow seating during cocktail parties while the drawers beneath offer easy-access storage. The sunken flat-screen television creates clean lines, and the Sonos speakers fill the space with surround sound for the ultimate movie night.

The overall palette encompasses not only neutral tones of beiges and grays; it incorporates oodles of texture. “Early on, I decided that Phillip Jeffries grasscloth wallpaper was appropriate,” explains Chiappone. “It adds [a] layer of warmth and texture to the space while still solving the neutral color palette.” The designer continued this vision in the study with a cork, metallic-accented ceiling treatment (also a Jeffries wall covering) as well as in the master bedroom as an “homage to menswear.” “The herringbone grasscloth creates a cocoon-like oasis that is sophisticated yet warm,” she says. Texture also finds its place in the window treatments throughout the home with woven wood blinds. “[They] were chosen for their

privacy element and natural contrast with the grasscloth wallpaper. They also played off of our masculine theme.”

Want to read more? Pick up a copy of our Home 2018 issue on newsstands, or [click here](#) to order a copy or subscribe.

NEWPORT LIFE MAGAZINE

Handy Candy

Tracie Seed

Published 11:01 p.m. ET Dec. 6, 2017 | Updated 1:00 p.m. ET Dec. 7, 2017

The ubiquitous candy cane is one of the sweetest parts of the season. This year, use this childhood holiday staple to make more than sticky smiles.

Wreath

Create 10 peppermint hearts by using a glue gun to connect two unwrapped canes facing each other. Next, form a circle by gluing the straight sides of one heart to another. Attach a ribbon at the top for hanging.

Tag

Hand write each of your guests' names on a kraft paper tag and tie it to a candy cane with baker's twine. Use as a place card by setting on top of a dinner plate or napkin.

Centerpiece

Place a sturdy rubber band around a six-inch (or larger) round pillar candle or vase. One at a time, place each unwrapped candy cane inside the band with the crook side up facing outwards until the item is completely surrounded. Tie a bow around to hide the rubber band.

Garnish

Chocolate always tastes better with a hint of mint! Pulverize candies in a grinder to rim chocolate martinis or use the canes as festive stirrers for hot chocolate.

Find more holiday inspiration in our Nov/Dec 2018 issue on newsstands, order a copy or subscribe.

NEWPORT LIFE MAGAZINE

Head Case

Tracie Seed

Published 11:01 p.m. ET Dec. 31, 2017 | Updated 12:15 p.m. ET Jan. 1, 2018

It may start as a twinge, almost like a tiny electrical shock, behind my left eye before the pressure spreads and the pain creeps its way deep into my brain. Other times, I wake up feeling as though I've been hit with a sledgehammer. A migraine rips me from my daily life and sends me straight to bed in a dark, silent room. I'm nauseous, it hurts worse when my eyes are open, and the slightest sound makes my head feel like it will explode. It can last for a few hours (if I'm lucky) or several days.

No wonder the mere mention of the word "migraine" sends sufferers into an immediate state of anxiety. If you are one of the 12 percent of the U.S. population who struggles with migraine and its symptoms, you know why. As the third most prevalent illness in the world, migraine is more than a bad headache; it is an incapacitating neurological disease that can affect both adults and children. It is marked by a severe pounding, throbbing pain (typically located on one side of the head but can affect the whole) and can cause disabling symptoms: blurred vision, flashing lights or blind spots, nausea or vomiting, dizziness, extreme sensitivity and pain behind one eye or ear and more. Attacks typically last between four and 72 hours. Afterwards, many sufferers are met with a migraine hangover, called a postdrome, which can last for a day or more and cause continued fatigue, dizziness, depression and foginess.

Certain factors are involved in triggering an attack, including hormonal changes and anxiety. My triggers include sleep and food deprivation, stress, sudden changes in the weather and even being out in the cold, wind or strong sunlight for long periods of time. To help you pinpoint your triggers, keep a migraine diary—jot down what you were doing or eating (or not eating) before your onset. You may see a pattern of things to avoid or prepare for to help prevent a migraine. While there isn't a cure, there are medications to help. A doctor's visit is always a good first defense tactic, but you can also complement your treatments with alternative non-invasive practices, both physiological and mental, to round out healthcare by keeping the body and mind in balance before, during and after an attack. Many sufferers also turn to preventative measures, such as acupuncture, yoga and holistic healthcare, to keep

migraines at bay. Some little-known alternative practices include sound healing, aroma and touch therapies, and spiritual balance.

Sound Healing

While a squeaking door sends chills down your spine and can increase your irritability and pain, the calming sound of ocean waves can be soothing and relaxing. For practitioners like Rosie Warburton, a licensed massage and sound therapist at Wholistic Sound in Tiverton, the powerful Vibroacoustic Sound Therapy is used as a tool to help with chronic pain, including migraines. “There are different modalities of sound therapy that can be used to treat stress, anxiety and pain as well as boost the immune system,” says Warburton. “It is a non-invasive way to use sound, music and frequencies to balance the body.”

Using the energy of sound is steeped in quantum physics discoveries by Albert Einstein that everything is made up of vibrational frequencies. Sound therapists use their skills to tune off-key frequencies within your body by applying harmonizing vibrations. Warburton explains that there are several different types of sound therapy to treat chronic pain by stimulating the brain and body—gongs, singing bowls, chanting, drums, flutes, stringed instruments, music and even tuning forks. “The instruments create rich harmonic tones, rhythms and frequencies, which are deeply relaxing and can have a strong effect on the listener,” Warburton says. “Using the voice can also balance energy.”

To bolster the power of the healing frequencies, Warburton utilizes a sound table and a copper dodecahedron sound chamber. The table has a warming surface as well as imbedded speakers to send musical vibrations throughout the body from head to toe. The chamber is a sacred space built from pentagons attached together and configured to make a 12-face sphere, which is then placed over the sound table. “Copper conducts energy and the dodecahedron shape encompasses both prana—life energy—and gaia—Earth energy,” she explains. “One treatment can lower stress hormones, strengthen the immune system and create a level of deep relaxation to allow the body to naturally align itself into a harmony and lessen or prevent pain.”

Being a licensed massage therapist, Warburton also suggests integrating craniosacral therapy when working with migraine sufferers, which includes a gentle hands-on manipulation of the skull to help harmonize the central nervous system. “I had a client whom I was treating for chronic migraines,” she explains. “The frequency and severity of his headaches decreased dramatically.”

Aroma and Touch Therapies

One ancient therapeutic practice to treat mental and physical ailments is the use of essential oils: highly-concentrated liquids that are extracted from various parts of the plant including flowers, seeds, bark, roots and leaves. It is suggested to not use the extracts directly on the skin, rather, mix them with a carrier oil first, such as sweet almond or fractionated coconut oils. They can be used to alleviate anxiety, induce relaxation, abate pain, boost moods and more.

Cynthia Marie LaBonte, owner of Newport Aromatherapy, says aromatherapy can treat various associated symptoms such as nausea, depression, anxiety, insomnia and other sensitivities. “There are essential oils that when topically applied are analgesics and can have great pain relief. However, they are not to be ingested and can be very damaging to the liver.” Some common essential oils used to treat migraine symptoms are peppermint, rosemary, lavender, eucalyptus and chamomile. LaBonte suggests mixing extracts with coconut or sweet almond oil and “apply it right where it hurts or places where the pain radiates—the neck, hairline, all around the ears.” You can sprinkle them in a hot bath to soak to induce relaxation or in a diffuser to inhale. “The scent of lavender is relaxing, but steer clear of ylang ylang as it can trigger a headache,” she suggests. “Using the oils in the tub can help you absorb the healing properties through the open pores. Citrus oils coupled with a bit of rosemary are good for draining excess fluids and toxins while increasing circulation, which is good to treat pain.”

Another way to integrate essential oils in therapeutic practices for migraine pain and symptoms is with massage therapy. “[I use] warm herbal oils to restore calm to the body by soothing muscle twitches, increasing oxytocin—a happy and feel-good hormone—and calming the nervous system,” says Ramona Bessinger, Ayurvedic Massage Therapist and owner of Jamestown Healing Arts. “Regular massage therapy prior to the onset of a migraine can help delay or reduce the amount of headaches. I focus on neck, shoulders and the sub-ocals, which cause pain through tension.” Massage treats the body and symptoms on a deep level as circulation improves, oxygen levels increase, muscles relax and healing takes place. “Stress pressure literally moves into our physical and emotional fiber resulting in pain, anxiety [and] muscle soreness,” she explains. “Stress can take a negative toll on our bodies.”

Spiritual Balance

Some sufferers turn to the spiritual realm for psychic guidance, healing and spiritual balance. This practice may come in the form of crystal therapy, Tarot readings or a spirit guide mediumship. There are many crystals that can be used to treat or to prevent a migraine, and, used together, they can be a powerful force. When you feel a headache emerging, place

crystals on your forehead and relax for several minutes until the pain subsides. You can also tuck them under your pillow while you sleep; place them throughout your home to create a protective environment. Amethyst is a purple quartz crystal that is known for its powerful healing abilities. Lapis Lazuli, a blue stone with psychic ability, can help balance the third eye chakra, located in the middle of your forehead, and clear the mind. Rose quartz, a soft pink-hued stone, alleviates anxiety, relieves headaches and strengthens the central nervous system.

With this type of healing, mediums and psychics can use tarot card or spirit guide readings to help discover important information critical to treating and preventing chronic pain, such as migraines. “Many people treat the body but neglect the soul,” explains Alix Flood, a Jamestown intuitive and spirit guide medium who says that the findings can be used as another tool to gather critical information. “Our soul is trying to get our attention through our body, asking us to look deeper. It could be a symptom of something that has gone on in a past life—an emotional upset, trauma or suppressed anger that hasn’t healed.” During a reading, Flood has the opportunity to connect with your spirit guides and intuitively assess her findings, which, in turn, can help you reduce stress, discover a source of your pain (physical or emotional) and increase overall positivity and spiritual balance. “I can see when people have imbalances, but I am not a doctor. I always encourage people to see their physicians,” Flood says. “People come to me for clarity and emotional questions about their lives. I relay messages from their spirit guides to help them get back on track.”

A deck of Tarot cards contains 78 cards, each of which has symbols and meanings relating to different concepts. Tarot readings are used to help you understand what is happening now, what path your journey is taking and what opportunities or challenges you might face along the way. The cards’ messages encourage a more in-depth look at the root cause of your chronic pain and choices you may have to help treat or prevent it. For example, a toxic relationship might be revealed or you may discover that you’ve been holding onto negative energy from a childhood trauma. The stress and mental strain from worrying and anxiety can cause muscles to remain tense and increase stress hormones, all of which can affect your brain’s health. “Many people lower their anxieties with a reading, because their suffering is validated and they are able to put the pieces together and begin opening up,” Flood explains. “Emotional health is the baseline of all health.”

migraineresearchfoundation.org

NEWPORT LIFE MAGAZINE

Hinckley's Dasher is world's first fully electric luxury yacht

Tracie Seed | Newport Life Magazine

Published 9:42 a.m. ET June 27, 2018 | Updated 9:43 a.m. ET June 27, 2018

This article was originally published in Newport Life Magazine with the title "Dash Away."

The future of boating speeds into Newport Harbor with Hinckley's Dasher, the world's first fully electric luxury yacht.

"Technology is growing at such a rapid rate, and we feel that there is a meaningful shift towards electric power," says Peter Saladino, chief marketing officer at Hinckley in Portsmouth.

"When designing it, we were able to pull out all our tricks to create a new line of performance sports boats."

The main trick was to build a lightweight structure that wouldn't hinder the propulsion of the battery-powered engine.

In addition to the epoxy composite hull and carbon stringers, Dasher sports a 3D console and artisanal teak finish.

"Artisanal teak is a painting technique that gives the realistic look of wood without the weight," explains Saladino. "And with 3D printing, we are able to achieve complex curves and detailed designs that would otherwise be inefficient to construct."

The boat's most notable feature is its engine's "silent whisper drive" system, which is not only enjoyable for conversing boaters but is also environmentally friendly. With the absence of diesel fuel tanks, which also contributes to Dasher's apparent weightlessness, there are zero emissions and zero chances for fuel spillage.

hinckleyyachts.com

NEWPORT LIFE MAGAZINE

History of the colonial kitchen garden

Tracie Seed | Newport Life Magazine

Published 11:24 a.m. ET Aug. 14, 2018 | Updated 11:25 a.m. ET Aug. 14, 2018

Some call it a kitchen garden, others a dooryard garden. Either way, this utilitarian plot was a fundamental part of the self-sufficient colonial homestead. “It was the housewife’s responsibility to maintain her kitchen garden, which was located conveniently outside the backdoor,” explains Johanna Becker, volunteer colonial herb gardener at Prescott Farm in Middletown. “She would’ve had some sort of raised bed, usually just mounded dirt, to help keep the soil warm.” Becker says that colonists brought seeds from the old world, acquired some from sea trade and added plants they were introduced to by Native Americans. “The larger vegetable gardens would’ve been farther from the house, but the kitchen garden would’ve included some things used daily like lettuces,” says Becker, pointing out that Prescott Farm’s colonial herb garden has more than 60 species and 12 raised beds. “The herbs were used for more than culinary purposes and many were multi-purpose, like medicines, fabric dyes and aromatics.” Becker cautions that it isn’t prudent for modern gardeners to use herbs for the same medicinal reasons as the colonists. “Just because they used them doesn’t mean they really worked,” she explains. “People tend to think that if it is natural then it is benign. But not all herbs are safe for consumption and many can interact with medications.”

7 Common Colonial Herbs

Horehound: Used for coughs. Becker remembers buying horehound cough drops at CVS!

Lavender: This aromatic helped mask strong odors and was tucked into stored clothing or strewn on the floor as an air freshener.

Nasturtium: The peppery-flavored leaves and flowers were eaten in salads. Seed and flower buds were pickled and eaten like capers.

Rosemary: A common herb used for flavoring meats. The oils were applied to remove spots and scars from the skin and help with sore muscles.

Sage: This favored culinary herb was used to reduce fevers and as a delivery aid by women.

Soapwort: Boiling the entire plant, especially the root, produced a mild soap that was used for laundering fine linens.

Tansy: A digestive aid and used for embalming. Clumps were often hung in colonial kitchens to repel mosquitoes, flies and ants.

Dying Herbs

Woad = Blue

Weld, Chamomile = Yellow

Madder = Red

https://www.independentri.com/south_county_life/article_2be3edd9-9eb8-521b-b25c-84939535660d.html

EDITOR'S PICK CENTERPIECE

Horsing Around

Riding therapy offers special needs children physical and emotional benefits

By Tracie Seed
Jun 1, 2015

1 of 4



Workers at Horses Bring Hope in Saunderstown lead their students on a trail ride during a therapeutic riding lesson.
Photo: Michael Derr

(Editor's Note: The Horses Bring Hope program has relocated to Smithbridge

Stable in Wakefield. Updated 12/21/2015)

On a typical Saturday morning, you'll find many parents clutching coffees and watching youngsters playing ball. For children with physical, mental or emotional limitations, this is not always possible; yet their parents still want them to have athletic and social opportunities. Horses Bring Hope, located at Morning Star Farm off Tower Hill Road in Saunderstown, offers therapeutic horseback riding as an option. Founder Dina Godeniz, daughter of Thoroughbred racehorse breeders and trainers, has taught traditional horseback riding instruction since 2005 and began teaching therapeutic riding in 2013.

Therapeutic riding affords a child with movement limitations the opportunity to be successful in a sport, Godeniz says. Because a horse's walk provides a rhythmic movement, much like a human's, it forces muscle groups to work together, building endurance and strength as well as helping to maintain flexibility. Like traditional riding, it adds specially designed courses, games and interactions designed to strengthen the rider's balance, posture, mobility and endurance, as well as gross and fine motor skills. It's also proven to improve cognitive, behavioral, emotional and communicative challenges. Diagnoses that can benefit from therapeutic riding including autism, brain or spinal cord injuries, sensory integration dysfunction, developmental delays, attentional and behavioral disorders, and mental health issues.

Through Horses Bring Hope, clients are able to benefit both physically and mentally by using the horse as partner and confidant. Janey, age 10, suffers from a heart defect, says her mother, Kristin Mattias. "She couldn't do any sports that would tax her heart. With riding, she has strengthened her core, motor skills and her confidence." Caitlyn, age 10, believes therapeutic riding has been a miraculous treatment, says her father, Brian Sharp. At the age of 5, Caitlyn was diagnosed with a malignant tumor on the right side of her spine. Recovery has been a long haul, requiring her to relearn how to walk, and she was left with compromised movement. "The motion while riding allows Caitlyn to use her weaker muscles," Sharp says. "Her back is now straight and her core muscles are very strong."

Morning Star Farm owner Nancy Pottish says the program, which moved to her farm last year, is a perfect fit for her spacious facilities. Horses Bring Hope clients are able to ride in the large indoor arena and on outside trails. To ensure a positive experience, Godeniz, along with volunteer coordinator Cynthia D'Attilio, matches up each client with a horse and three volunteers — one as the lead and the other two as side walkers. "All of our horses are 'bomb proof,'" Godeniz says. "They are well-trained and have adapted to being handled and ridden by people of all ages and abilities." In addition, horses are matched to clients' size, competency and limitations. Since horses have the ability to provide immediate response and feedback to the rider's action, much like humans do with their own social and

responsive behavior, it is easy for riders to establish a trusted connection with the horse. “Students build a strong bond with their horse,” Godeniz says. “It isn’t unusual for the horse to become [the rider’s] best and beloved friend as well as a trusted teacher and four-legged therapist.”

Therapeutic riders get more than just stronger muscles from their interactions with their equine companions; they also receive cognitive, emotional and psychological support. D’Attilio says she has witnessed children with emotional issues or rudimentary social skills light up during their first session. “A child slow to trust other people will trust a horse. Horses support you no matter what. They don’t judge or say ‘you can’t do that.’” Matt Ream’s daughter Avery, age 11, was born with a rare genetic condition, that can hinder development, cause cognitive disabilities and impede social interactions and independence. Avery started equine therapy when she was 4 and Ream says he saw immediate improvements. “She is a completely different child since she began riding,” he says. “She is less timid and more confident. It is great for her to have something so fun to do and be successful.”

Godeniz says children with attention deficit disorders or high functioning autism benefit as well because riding teaches them how to be calm, focused and appropriately responsive. The quiet nature of the horse, rhythmic soothing movement, and the careful attention needed to lead a horse all enforce positive neurological input and output. Volunteer Lisa Guarino says her daughter, Amanda, age 11, has attentional as well as other cognitive challenges. “Since Amanda started, her teacher has seen marked improvements in her reading, language fluency and focus,” Guarino says. Like the others, 12-year-old Sophie also has overcome the odds with the help of therapeutic riding. Sophie had years of successful traditional therapies after suffering a massive stroke at age 6. About a year ago, her mother, Moira Murphy, looked for a sport Sophie could do, and once finding Horses Bring Hope, Sophie’s balance, posture and coordination have improved so much that her doctor asked what they were doing differently. “Now she is a happy, normal 12-year-old girl,” Murphy says. “This program has been such a blessing. She has confidence and her self-esteem is sky-high. She looks forward to it every week and feels so proud.”

Horses Bring Hope

Located at Smithbridge Stable

1081 Curtis Corner Road, Wakefield

265-1341 | horsesbringhoperi.org

Clients served by Horses Bring Hope

Developmental delays - 33 percent

Anxiety - 20 percent

Physical disabilities - 20 percent

Attention Deficit Disorders - 13 percent

Autism Spectrum, including Asperger's - 13 percent

NEWPORT LIFE MAGAZINE

Looking Back at 25 years of arts & culture in Newport County

Tracie Seed | Newport Life Magazine

Published 11:24 a.m. ET Oct. 24, 2018 | Updated 12:00 p.m. ET Oct. 24, 2018

From Island Moving Company’s Washington Square dancer portraits and “The Meeting Room” park installation by artist Maya Lin in Queen Anne Square to the studios at Tiverton’s Four Corners Arts Center and the Common Fence Music stage, Newport County is dripping in creativity. There are indie movies and documentaries at Jane Pickens Theatre and Events Center and newportFILM. Galleries line Newport’s cobblestones and art lovers flock to the Newport Art Museum’s many exhibits, programs and events. We have glass blowers, sculptors, potters, painters, writers, dancers, jewelry designers, musicians, actors, wood workers and many others. In the past 25 years, there have been numerous advances in the support and creation of our arts and culture landscape, including the Arts & Cultural Alliance of Newport County in 1994, Newport Gallery Night in 2001, Newport Festivals Foundation in 2010, Jamestown Arts Center in 2011, Newport Art House in 2015 and more. Waiting in the wings for the next 25 years is the newly-renovated Newport Opera House as it raises the curtain this year on its next chapter.

Executive Producer of The Newport Festivals Foundation Jay Sweet, who is at the heart of the arts and culture scene with Newport Folk and Newport Jazz Festivals, paints a picture of how creativity is an integral part of Newport’s fiber.

NEWPORT LIFE MAGAZINE: Since beginning your work with the Newport Folk and Jazz Festivals in 2007, and now as the executive producer, what are some ways that these events have helped shape the current arts and culture scene in Newport County?

JAY SWEET: Even after 11 plus years of working in this county, I’m still continuously impressed and surprised by Newport’s arts and culture scene. There are numerous individuals and organizations in this community that are truly dedicated to not only

preserving but advancing the arts...the Arts & Cultural Alliance of Newport County, the Newport Art Museum, newportFILM to name a few. I think our role in shaping the scene is sort of as a megaphone—our festival community is made up of folks from all over the world who appreciate the arts and come to Newport, even for just a week, and experience these other aspects of the arts community here...they go to the museums, they see a show at the Jane Pickens or Blues Cafe, they see something through newportFILM maybe even buy a painting from a gallery by a local artist. Then they go home and share their experience with friends and family, which helps to spread the word about Newport as a premier arts destination in New England.

NLM: Apart from the festivals, what specific changes have you seen in the creative growth and opportunities for Newport County residents?

JS: I think over the last 10 or so years there's been a real sense of welcome and demand for new artists and art forms in the city. Even things like The Bit Players at the Firehouse Theater, or the opening of Parlor on Broadway. I genuinely don't think those places could have existed 10 or 15 years ago and it's because Newport residents are so engaged and enthusiastic about the arts. Then, of course, a larger example, the Newport Opera House, which will be opening its doors in the near future. That's a clear sign of a thriving arts scene, which is exciting.

NLM: What are some key impacts that arts and cultures have had on our community?

JS: There are the obvious things, like raising the standard of living and improving the economy, but one thing I've noticed in particular is the growing enthusiasm young people have for this city. Despite being a fraction of the size of larger cities like Providence, I think young people are identifying Newport as a place for artists to build careers and be supported by the local community.

NLM: And in our tourism and business industries?

JS: Newport is re-establishing itself not only as a premier summer destination for tourists but for a vibrant year-round scene that's supportive of the local community and is self-sustaining outside of the main tourist season.

NLM: Which aspects of the Newport County arts and culture community are you keeping in mind while planning for the festivals' futures?

JS: Our festivals are really celebrations of the work we do year round as the Newport Festivals Foundation. And part of our mission as a foundation is to fund music education

initiatives, such as the Boys and Girls Club in Newport. We're really committed to expanding our work and financial contributions to those types of programs and as a result, I hope those kids grow up to support the arts and culture and join that community in Newport. And who knows, maybe in 20 years the kid who learned how to play guitar at Pell Elementary School because of an instrument donation we made might even play our festivals. My hope is that it's a cycle that supports both the community and our organization.

NLM: What else would you like us to know about Newport County arts and culture?

JS: SUPPORT IT whenever and wherever you can.

NEWPORT LIFE MAGAZINE

Looking Back: 25 years of Education in Newport County

Tracie Seed | Newport Life Magazine

Published 11:09 a.m. ET Oct. 24, 2018 | Updated 12:00 p.m. ET Oct. 24, 2018

Newport County schools have come a long way from teaching only the Three Rs: reading, 'riting, and 'rithmetic. Today's students are awash with educational opportunities that weren't even a part of the vernacular in 1993. Kids are using laptops and iPads in the classroom and learning to add, subtract and tell time with Island Moving Company's Math Into Movement program. They are getting down and dirty with science, social studies, health and history in The Edible Schoolyard Project at Green Animals through gardening and environmental sustainability practices. There are robotics teams and computer coding clubs. And this year, All Saints STEAM Academy received recognition from the Roger Williams University School of Continuing Studies as the second official STEAM school in Rhode Island. We can only imagine what the next 25 years will bring.

Former teacher and four-time chairwoman of the Newport School Committee Jo Eva Gaines reflects on the highs and lows of Newport County's educational system and students in the classrooms.

NEWPORT LIFE MAGAZINE: Give us a snapshot of the educational climate of Newport County in 1993.

JO EVA GAINES: In my opinion, the educational climate in Newport County in 1993 was reflective of the state and country. This in spite of the report 10 years earlier of A Nation at Risk (The 1983 report from President Ronald Reagan's National Commission on Excellence in Education found that our schools were failing and not preparing students for success). Many major players in the educational hierarchy did not embrace the findings. Others agreed and were anxious to have the conversations around changing the climate and practices to improve educational outcomes.

NLM: How have you seen technology play its role, good and bad, in our education system in the last 25 years?

JEG: The role of technology today has transformed teaching and learning. Twenty-five years ago, teachers and administrators were being trained to use computers; tablets were unheard of; the idea of every student having access to individual tablets was non-existent; cyber-bullying was not a problem. The advantages of technology far outweigh the negatives when employed as an educational tool.

NLM: What are some issues schools face today that weren't present in 1993? How has that shaped our school system?

JEG: The myriad options that students have now in choosing courses and pathways should be seen as opportunities for schools in close proximity to collaborate rather than duplicate services. As a result, we identify a Newport County school system. Each district, Newport, Middletown, Portsmouth, Tiverton and Jamestown, is distinct from the others.

NLM: What have been some of the achievements in Newport schools?

JEG: The consolidation of all elementary schools; The growth and success of Career and Technical programs at NACTEC; The increased involvement of community agencies partnering with the schools for school improvement and educational success for students; The improvement in collaboration between city and school operations.

NLM: Newport County is expanding. The Pell School has been a great success, but it is increasingly becoming too small for its growing community. What are some pros and cons about the regionalization of the high schools in Newport, Middletown and Portsmouth?

JEG: There could be a form of regionalization that would have no cons, only pros, if the three districts could agree to offer three distinct types of schools open to the entire island populace. The three schools would offer different concentrations, such as Performing & Fine Arts, STEM, Classic/General Studies, Career/Technical Education. etc. I do not believe a traditional regionalization of the three districts will ever materialize due to the distinct differences in the demographics of each district.

NLM: As former president and long-time member of the Rhode Island Association of School Committees, you must have a good perspective on the budget restrictions. How has the cost of education changed over the last 25 years and what is the impact on students and teachers?

JEG: The cost of education has more than tripled over the past 25 years. Most of the increase has been in salaries and benefits as a result in the escalating cost of medical care, and the increasing number of retirees that impact retirement benefits. More than 80 percent of most school budgets are directed to salaries, benefits and areas that lend no flexibility. In

Newport, partnerships, grants and collaboration are important sources to augment educational opportunities for our students.

NLM: How have recent news events changed the way local schools face the challenges of safety protocols, bullying and teachers' pay?

JEG: Newport schools, as well as most schools across the state, are actively addressing the issues of safety, bullying and security. Teachers' pay in RI has been a lesser problem overall.

NLM: What else would you like us to know about Newport County education?

JEG: Educational opportunities for all students in Newport County have improved in recent years and will continue to improve due to the excellent administrative leadership, and community support of the districts.

NEWPORT LIFE MAGAZINE

Looking Back: 25 years of Tourism in Newport

Tracie Seed | Newport Life Magazine

Published 11:24 a.m. ET Oct. 24, 2018 | Updated 11:59 a.m. ET Oct. 24, 2018

Before the Claiborne Pell Bridge, the longest suspension bridge in New England, opened its tollbooths on June 28, 1969, you had to take the Jamestown Ferry across Narragansett Bay if you wanted to visit Newport for work or play. And even then, with its dilapidated buildings, empty retail spaces and lack of historic preservation, Newport wasn't the City by the Sea that we know today. Now, Newport is the state's number one tourist destination with visitors making the trek across the bridge, or ocean with an average of 80 cruise ships per year, for everything from sailing events, festivals and waterfront dining to museums, mansions and other historic features. With its 11 historic mansions and homes, The Preservation Society of Newport County alone attracts approximately 3.5 million visitors and more than \$100 million annually. The bridge is not only a gateway to Newport County tourism, but it also welcomes destination weddings. With venues ranging from Fort Adams and Castle Hill Inn to Rosecliff, Sweet Berry Farm, Regatta Place and more, Newport County is one of the top picks for wedding destinations in Rhode Island. With nearly 1,000 weddings per year costing an average of \$32,000 each, the wedding industry brings in tens of millions of dollars annually.

For a closer look at the tourism and wedding industries, Evan Smith, president and CEO of Discover Newport, gives us his expert perspective on the current landscape and plans for future growth.

Newport Life Magazine: Tourism in Newport County really didn't start until the 1970s after the bridge was built and then the loss of America's Cup in 1983. By 1993, what did the tourism industry look like and where are some general areas it has changed the past 25 years?

Evan Smith: In my mind Newport and Aquidneck Island have been evolving as a destination resort since the 1880s when the Gilded Age unfolded here. If you look at a time line of history, you can see each decade has brought new and broader visitation to Aquidneck Island.

1993 was a huge year for inbound travel locally, regionally and nationally. The dotcom economy was booming then, and people were investing a record amount of income on travel. Since 1993, the greater Newport County area has continued to build more depth in lodging properties, visitor attractions, diverse restaurants, recreational experiences, multiple tour options and event programming. Companies have invested hundreds of millions of dollars here, which has really elevated our appeal in the national and international travel marketplace.

NLM: What elements of Newport County make it a top player for tourist attractions and destination for weddings? How much money does tourism generate? And the wedding industry?

ES: The secret to Newport's success as a top travel destination can be attributed to the wide variety of experiences offered here. We are not just a beach or golf destination like many other popular travel choices. People elect to travel to Newport for many different reasons: architecture, history, food, entertainment, all forms of recreation (golf, tennis, sailing, biking, fishing, hiking etc.), weddings and a very dynamic event calendar. Total gross revenue generated collectively by all lodging, attractions, retailers, restaurants, recreational outlets, transportation companies and event organizers last year totaled more than \$700 million in Newport County.

NLM: What impact does the wedding industry have on tourism and what are some ways locally-owned businesses (both wedding-specific and non-wedding) can benefit from this growing sector?

ES: The significant growth in the wedding industry stems from the large number of unique venues and support services available in Newport and Bristol Counties. Last year, there were more than 900 weddings celebrated here. Many other destinations cannot match the depth of services (photographers, caterers, florists, musicians, event planners etc.) we have. Another reason Newport is a preferred location for so many couples is our appeal to a wide range of budgets as we get everything from intimate beach weddings to grand affairs well into the six figures.

NLM: So many businesses close during January-March. What are some things being done to help economically support them this time of year?

ES: Corporate meetings. Spa & wellness getaways. Events like Christmas in Newport, the Winter Festival, Daffodil Days. Lectures and symposiums. Restaurant weeks (spring and fall). Road races. Our marketing team here has developed a shoulder season advertising campaign titled “The Off Season is On,” which showcases all there is to see and do in the off season. It’s the time when a lot of Rhode Islanders will trek across the bridge to visit Newport, as they might avoid it in the summer.

NLM: You mentioned in a September 30, 2017 Newport Daily News article that we need more hotels to keep Newport County competitive in tourism. Why is that? Where do you envision more accommodations? How is Airbnb hurting or helping our economy?

ES: There are two reasons I believe our destination needs more hotel rooms. First, our ability to bid on larger corporate meetings and large events like the Volvo Ocean Race and the 2020 U.S. Senior Golf Open is limited to the number of hotel rooms our destination offers. There are a lot of meetings and events we could solicit if we had more room inventory. Second, our staff here at Discover Newport often hears concerns and feedback expressed by meeting planners and event organizers that our room rates are too high compared to other destinations. The room rate charged per night goes up when the demand for hotel rooms exceeds the inventory available.

When you start to see inflated room rates on a consistent basis it’s a textbook indicator that the market can support more hotel rooms. Currently two new small hotels have been approved for downtown Newport sites and two are pending the city’s approval process. Both will open in 2020 if there are no set backs to their building schedules.

The Airbnb situation, along with other like kind hosting platforms (VRBO & Homeaway.com), has both positives and negatives. On one side, a very significant percentage of travelers are turning to Airbnb to book nontraditional lodging options and renting rooms in homes has become a popular way for owners to earn extra income. On the other side, towns and cities are struggling with how to regulate this activity so that it does not violate current zoning rules and disrupt neighborhoods.

NLM: While many wonderful things are being done to increase our tourism and wedding offerings, how will that growth be regulated? Already in the high season, streets, restaurants and beaches are over- crowded. When will a saturation point be reached?

ES: I think it's fair to say that Newport is in full gear for the 16 weekends between June and September. However, mid week (Monday–Thursday) is a different story, even in the peak of summer. There are still hotel rooms and restaurant seats to be filled. To accomplish this, we have shifted our plan to focus on increased marketing for corporate meetings mid-week and other sectors like international travelers and retirees who aren't limited to weekend travel. Most of our sales and marketing efforts are focused on developing more business on the shoulder and off-peak travel months. Like many cities and resort areas like our national parks, our island struggles with transportation related challenges. Americans love their cars. We just keep selling more cars without more roads to put them on. While we have made some progress with alternate means of transportation we still have a long way to go to balance the ever-growing desire of Americans to travel with the limited finite space they want to travel to. Soon maybe flying drones will carry us where we want to travel. But where are we going to park the drones?

NLM: Explain your new Newport Tourism Marketing Management District initiative. How will the proposed \$338,000 in funds be used? How are residents' concerns being considered when planning more growth?

ES: The Tourism Marketing District is comprised of 13 lodging properties who have voluntarily agreed to collect a fee of \$1.00 per room sold. The district is governed by a nine-member board comprised of appointed hoteliers. The TMD board will work collaboratively with the staff of Discover Newport to identify sales and marketing investment opportunities that they believe will generate the highest ROI in bookings for their businesses. Since the peak travel season is already largely developed, many of these investments will be focused on producing new business during the shoulder and off-peak travel periods. Within the travel industry there is significant competition among destinations to influence and build market share. The TMD is providing supplemental financial resources to help market our destination and keep us in the forefront of traveler's decisions.

NLM: What else would you like us to know about Newport County's tourism and wedding industries?

ES: Many residents are unaware of the enormous amount of taxes and fees that a travel-related business and services generate for our community. Commercial property taxes, lodging taxes, meals taxes, gaming fees, beach fees, mooring fees, cruise fees, event security fees, parking meter revenue and violations all generate millions of dollars for the City of Newport, which in turn helps keep residential taxes lower.

The metric that is most important to our program is not how many people visited our city, but rather how long did they stay. The longer a visitor spends in the city the more they invest in our economy.

A lot of very positive changes are coming our way over the next five years:

- The Breakers welcome center
- New downtown hotels
- Bridge realignment project
- Navy hospital project
- Commercial redevelopment of the Newport Grand property to multi-use facility

NEWPORT LIFE MAGAZINE

Middletown father of three named Top 10 Groundbreaker

Tracie Seed | Newport Life Magazine

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*Newport Life Magazine's 2018 Top 10 Groundbreakers***Jake Cathers** | Community Leader

When Middletowner Jake Cathers stood before Middletown High School's 2017 graduating class as the keynote speaker, he emphasized the importance of choosing to do the right thing even when no one is watching. "I've learned that being a hero doesn't mean wearing a cape," he recounts. "It means being there for someone who needs your help." From our vantage point, Cathers is one of those heroes. As father to Jackson, 19, Merritt, 15, and Georgia, 11, and business owner of Groovy Gator and Groove Newport with his wife Leslie, Cathers spends the majority of his time with or advocating for his eldest son. "Jackson has Angelman Syndrome, a rare neurological disorder that affects his speech and development," he explains. "He is completely nonverbal and must be supervised around the clock." After leaving his career as a district manager for a popular national brand, Cathers turned his focus full time on his family.

As an integral part of Unified Sports at MHS, Cathers serves as basketball and volleyball coach for the program that pairs a special needs "athlete," including Jackson, with a student peer partner. "Unified Sports is a magical utopia that exists in recreational team sports. The goal is to create an opportunity for any child who wants to participate," he explains. "The athletes and partners build camaraderie, interact, bond, make friends, practice social skills and get exercise, just like with any team sport." At the core of this program is inclusion, which Cathers says is appealing because it is important to give Jackson, and other special needs families, opportunities to experience what they might not otherwise be able to. "It allows Jackson an even playing field to have fun doing a sport with his friends. Special needs kids want everything that other students want: to be a part of something." Cathers remembers a game when a student in a wheelchair was unable to be on the court, so his team

members picked him up in his chair and held him so that he could make a basket. “The athletes’ peers could choose to play a regular sport or spend time with their friends. But they choose to be on this team; they are the true heroes.”

As a parent and caregiver, Cathers has seen a unifying thread. “Special needs families seem different from others, but we are more similar than you think,” says Cathers, pointing out that Jackson communicates via modified sign language and a voice-output communication app. “We are trying to do the same thing—to raise our children to be good citizens to try to do the best we can.” Jake broadcasts this message on his blog Jake’s Dad Stories, which started by accident when he wrote a Facebook post about Jackson’s encounter with two girls in Newport Creamery, he says. “Like any child, he was excited about going to dinner and a movie, so he wanted to share it with these 10-year-old girls, who engaged with him. The whole process was a perfect example of what you’d hope to see.” With encouragement from his friends and family, Jake set out to educate his community about their life. “My original intent was to open the door into our world and share what our life is like on a day to day basis so people can understand why sometimes I look like I was just hit by a truck.” What Cathers soon discovered is that his stories began reaching beyond his immediate circle, and while his initial response was trepidation, he ultimately decided to continue writing to uncloak the mystique around special needs. “Jackson is like everyone. He has likes and dislikes. There are things he wants and doesn’t. He understands emotions and the concept of cause and effect,” Cathers says. “I hope that by peeling back the layers, there is an association with people in general and families with special needs. The stories I tell create an emotional, physical response, which is the commonality. None of us is alone; we are in this together.”

[Read his stories at jakesdadstories.wordpress.com]

NEWPORT *wedding* MAGAZINE

Inspiration for your Rhode Island wedding

BLOG CLOTHING INSPIRATION NEWPORT WEDDING MAGAZINE

MOB style rules redefined

By [Newport Wedding Magazine](#) | January 6, 2020

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FOR MOTHERS OF THE BRIDE — OR GROOM — THE KEY IS FINDING A BALANCE BETWEEN COMFORT AND STYLE.



Dave Robbins Photography



Lefebvre Photography

By [Tracie Seed](#) | *Newport Wedding magazine 2020*

You see them in nearly every rom-com: the mother of the bride (MOB) or the mother of the groom sobbing in her tightly fitted column dress with matching bolero jacket and big corsage. This has become the classic uniform for MOB's over the years, but now there are many different choices for your big day.

“Mothers want something that doesn’t look like everyone else, and they don’t want to look matronly,” says Stacey Downing of Stalise in Portsmouth. “They also want to be comfortable.” If you have to wear three pairs of Spanx to put on a dress, you might want to think about alternative choices.

So how do you find the balance between comfort and style? “I don’t stick by the dress-for-your-body-type rule,” explains Christina Carlson of the [Bridal Garden](#) in East Greenwich. The majority of the MOB dresses she carries come in sizes 0–32 and in 30 different colors. “If you feel beautiful and confident in something, then it’s for you,” she

CURRENT EDITION



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says. “I’ve sold every style dress to every different body type. If you can rock it, you can wear it.”

A good rule of thumb to follow is to start with what you know. Are you at home in a tailored suit or sundress? Do you like to show a little skin or dress more conservatively? Do you like structured fabric or something with a little more give?

Carlson suggests buying from a local shop instead of shopping online or at department stores because you can get personalized attention and the salespeople know the different Rhode Island venues, which can help dictate dress styles and fabric choice. Knowing the venue, the formality of the wedding and the MOB’s personal style all aid Carlson in her search. “You’ll probably dress more formally for a mansion wedding than an outdoor ceremony,” she says. You won’t want to wear a heavy taffeta sheath and jacket during the hottest month of the year, nor a strappy chiffon number in the dead of winter.

Both Downing and Carlson point out that while you don’t want to outshine the bride, you do want to look special. “It’s a very important event and you will be out there in photographs and socializing,” says Downing. “You don’t want to spend the day pulling and adjusting your dress, so don’t wear something you don’t want to wear.”

Flowy, A-line or full dresses — whether in full-, knee- or tea-length — are universally flattering, Downing notes, offering ease of movement that also makes them suitable for dancing.

Unless you have a fairy godmother who can bibbity-bobbity-boo the perfect frock at the last minute, you’ll want to start looking at least six months in advance. “A dress can take three-to-four months to come in, and then you can expect one-to-two additional months for alterations,” Downing suggests. “If you order a dress rather than buying off the rack, you can do things like add a sleeve or strap and take in the bust. If your weight changes, you’ll be able to address that, as well, so it fits your body perfectly.”

On the other hand, don’t shop too soon! “Don’t shop for your dress before the wedding dress and the bridesmaids have a style and color direction,” Carlson says. “Then the mother of the bride chooses her dress, followed by the mother of the groom.”

Downing concurs that starting to look early is very important to finding the right fit. “You may want a dress with a drape in the front to hide your tummy, or you may want to cover your arms,” she says. “Starting early gives you time to find what works best.” By scrambling at the last minute, your options are limited and you may end up wearing something that not only feels uncomfortable, but looks it, too.

Downing saves her final bit of advice for the bride. “Let your mother wear what she wants to wear! It’s her big day, too.”

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NEWPORT LIFE MAGAZINE

Mompreneurs

Tracie Seed Photographed by Kathleen Connerton

Published 12:01 a.m. ET May 1, 2017 | Updated 12:00 a.m. ET May 1, 2017

Only a few decades ago, women were expected to make a solid choice between being a “good” wife and mother or working. If you were a “career girl,” you couldn’t hope to have a life beyond your office door. While there were many who dared to do both, for the majority of the population, a mother’s place was believed to be at home with a vacuum in one hand, a toddler in the other and a baby on the way. As women continue to navigate their home life and the business world, many are putting on an entrepreneurial hat. Local “mompreneurs,” Camilla K. Bradley, Harmony Oschefski and twin sisters Anna Jenkins Burnley and Julia Jenkins Hoffer are simultaneously taking care of business in the playroom as well as the boardroom and, beyond old-school beliefs, are raising their children while boosting our economy.

Once Upon a Time

Any dream starts with an idea or passion, but it is action that makes it reality. For these mompreneurs, once they set their minds to do something, it was full speed ahead.

Want to read more Newport Life? Pick up a copy of our current issue on newsstands, order a copy or subscribe.

NEWPORT LIFE MAGAZINE

Newport County programs arm girls with tools for success

Tracie Seed | Newport Life Magazine

Published 4:56 p.m. ET Sept. 17, 2018 | Updated 4:56 p.m. ET Sept. 17, 2018

While their self esteem and confidence are chipped away on a daily basis through social pressures, life circumstances and self sabotage, girls, teens and young women are in a constant battle. Many fall victim to the myth that they are not worthy enough, smart enough, or creative enough to set and achieve their goals. Two local programs seek to arm them with the tools and power needed to live a successful life of their own making.

“In order to create a life they want, young women need to be empowered, have a sense of ownership in their lives, and be given the tools to navigate this world we live in,” says Stephanie Moore, program manager for Girls on the Run Rhode Island. “It’s important for them to understand how to make healthy decisions, choose supportive friends, understand emotions and set goals.” The GOTR program uses an experience-based curriculum to teach these skills while integrating running in a fun way. Moore says that the Newport County chapter, which is geared toward students in grades three through five, starts on September 10 at St. Michael’s Country Day School in Newport. “The running portion is a way for the girls to set a goal and go through the steps to reach it,” she explains. “In the end, the 300 statewide participants and 100 trained volunteer coaches come together for a 5K run.” In addition, GOTR participants collaborate on self-directed community service projects. “Some have written cards to kids at Hasbro Children’s Hospital; others have made toys for dogs in shelters,” says Moore. “It’s amazing to see them come together and create change.”

Another local girl-centric program is Artemis, which is headquartered in Tiverton. Created by licensed therapist Sharon Rust, Artemis offers free events, sleepovers, and dinners to serve as a vehicle for girls 11 to 19 to be empowered by each other and professional guest speakers. “Young women are bombarded these days with pressures from society and social media to be and act a certain way,” says Rust. “This can chip away at their self confidence.” Artemis, which was named for the Greek goddess of the hunt and virtue, is a girls-only group that seeks to create a safe space for them to talk about difficult topics without judgment. “We talk

about healthy relationships, divorce, self esteem, sex —really anything they want to bring up and ask questions about,” explains Rust. “Our speakers are women from all areas of life, including musicians, actresses, artists, historians, olympians, chefs, interior designers, nurses and more.” Because Artemis doesn’t have consistent funding and is operated voluntarily by Rust, the program also maintains a vintage storefront in Tiverton to help pay for the free programming and supplemental therapy costs. “The girls run the store to gain skills with money, customer service, and how to run a business,” she says. “They are also allowed to take home any pieces they love. I think that’s one of their favorite parts.”

gottri.org, facebook.com/Artemisprograms

NEWPORT LIFE MAGAZINE

Newport Craft has spirits, yes they do!

Tracie Seed | Newport Life

Published 11:00 a.m. ET Aug. 6, 2018 | Updated 11:00 a.m. ET Aug. 6, 2018

Three new spirits join the lineup at Newport Craft Brewing and Distilling Company, formerly known as Newport Storm. “With the opening of our outdoor pavilion last year, we are able to provide cocktails for our guests,” explains Brent Ryan, co-founder and master distiller of Sea Fog Whiskey, Thomas Tew Rum and Widow’s Walk Rum. “We decided to expand our spirit selection so that we could offer more options.”

Gin is a natural choice for the company, Ryan says, as it’s a spirit you drink new rather than aged like its whiskey, which can take eight years to get just right. “Our gin is in the same lane as a London Dry-style gin, like Tanqueray or Beefeater, but we wanted to give it a bit more character,” he says. “While it is very juniper berry-forward like other gins, we developed a backbone for it with grapefruit peel, coriander and galaxy hops.” Hops are a typical ingredient for beer, and along with the citrus and spices, create a gin that is as aromatic as it is tasty. “Like a lot of craft spirits, our gin has layers of flavor,” he says.

White Squall Coastal Moonshine makes its debut this summer, distilled using colonial methods from the late 1800s. “Many modern moonshiners use white, refined sugar, but we didn’t want to do that,” Ryan explains. “When developing the recipe, we decided to take a more natural approach and use cane sugar, which has an earthy, grassy flavor.” Using pot stills to retain the spirit’s flavor while removing any of the “off flavors,” Ryan says the distillate makes its way through the system and the vapor goes into the condenser. There are three parts to the moonshine run: the head, heart and tail. “The head is too strong and contains some undesirable flavors, and the tail has a lot of water and byproducts you don’t want. We only use the heart, which occurs in the middle and is the best.” According to Ryan, White Squall works well in cocktails in which you would usually use white liquor.

Its Acrimony Amaro has less sugar but more flavor than the traditional Amaro, which “is an Italian bittering liquid that originated as a digestif, but it adds an amazing depth of flavor to cocktails, like a Negroni,” he says. “We make it with more than 10 botanicals, including hops, and age it for one year in new barrels made from American White Oak.” Using new barrels

each time adds strong notes of vanilla, brown spice, caramel and oak, and ensures that Acrimony is assertive enough to stand up in cocktails. Ryan suggests substituting Acrimony Amaro for any cocktail recipe that asks for bitters or to ones that you want to “dry out.” “If you use regular Amaro in a drink that has, for example, pineapple juice, you’re doubling up on the sugar, which can alter the desired flavor,” he explains. “With Acrimony, you get aromas of floral and citrus with a dry and earthy finish. It is specifically designed for exceptional cocktails.”

newportcraft.com

NEWPORT LIFE MAGAZINE

Newport gets paranormal this time of year

Tracie Seed | Newport Life Magazine

Published 10:29 a.m. ET Oct. 10, 2018 | Updated 10:29 a.m. ET Oct. 10, 2018

As All Hallows' Eve approaches, your interest in paranormal investigation may pique. This is the time of year when the veil between our world and the afterworld is the thinnest, making it easier to communicate with spirits. Newport is no stranger to strange things happening along its cobblestone streets or within historical buildings.

“Some notable locations are The Pilgrim House Inn, Trinity Church, Newport Artillery Armory and The White Horse Tavern,” explains Larry Stanford, owner of Ghost Tours of Newport. “Our guides and guests have caught several digital photos with abnormalities ranging from orbs, faces in windows or white mists.”

There are several reports of run-ins with spirits from the Revolutionary War, including both American and French soldiers. “Clarke Street is very active. When the French came into Newport, the officers stayed in houses around Washington Square,” says tour guide Tori McNally. “People have heard men speaking French or have seen officers at night.”

Before heading out on your own ghost hunt, McNally, who is also a medium and investigator with Southern New England Paranormal Team, has notable tips but also a warning: “Ultimately, you want to be very careful. If there are any true concerns about a haunting, call in a professional; otherwise, you can cause more harm than good.”

These are McNally's top tips:

- ▶ Investigate places that are open to the public. Always ask permission before going on private property. Never go alone.
- ▶ Look beyond the grave. Graveyards aren't very active. Spirits would rather be hanging out where they were happiest in life – at home or someplace special.

- ▶ There is more spiritual activity at night, making it easier to capture images. Use a digital camera and turn off the flash. McNally suggests taking three shots. If you capture an anomaly, such as an orb, and it is the same in all the shots, it is probably a bug or dust particle. It is most likely an orb if it moves position, disappears or changes shape.
- ▶ Use a digital thermometer with laser pointer to measure surrounding temperatures. “Spirits pull energy out of the air, which creates a cold spot. Any sudden drop between 10 to 15 degrees could be something trying to manifest itself,” says McNally.
- ▶ Try to debunk your discovery. If you can replicate a sound or anomaly in any way, then it probably wasn’t a spirit. “When in doubt, throw it out.”
- ▶ “Not all spirits are willing to communicate with you; don’t challenge them or rile them up. You may invite something you don’t want.”

ghostsofnewport.com, avalonenchanted.com

NEWPORT LIFE MAGAZINE**Nifty 50****Tracie Seed**

Published 11:01 p.m. ET Dec. 18, 2017 | Updated 9:00 a.m. ET Dec. 19, 2017

Take a colorfully illustrated tour through the Sailing Capital of the World (ahem, that's Newport) and other wondrous and notable cities in a new children's book *50 Cities of the U.S.A.*, the fourth in a series from author Gabrielle Balkan and illustrator Sol Linero. "This is a companion atlas to my other books on the 50 states," explains Balkan. "It takes readers to places they might not have been before and shows it to them with a contemporary look." Picking which cities to highlight was the hardest part, so the author began by identifying ones in each state that had big cultural impacts on its citizens and give back to the community. Some showstoppers include Anchorage, Chicago, Honolulu and New York, her hometown. According to Balkan, who names Newport as one of her most memorable vacation spots, our City by the Sea "is so irresistible, especially with all its history." She is drawn to the Cliff Walk's crashing waves and swoons at the mere mention of the mansions, which have "intricate and elaborate architecture." So, what's on Balkan's Newport bucket list after all her research? "I really want to visit the Swiss Village Farm, Green Animals Topiary Garden and Touro Synagogue," she muses. "And, of course, eat more seafood. You have the best seafood!"

gabriellebalkan.com/the50states

Did you know?

"The first traffic law was created in 1678 in Newport: it banned galloping horses on local streets!" -Gabrielle Balkan

NEWPORT LIFE MAGAZINE

Ongoing prom dress drive for local students

Tracie Seed | Newport Life Magazine

Published 12:49 p.m. ET May 21, 2018 | Updated 12:49 p.m. ET May 21, 2018

This article was originally published in the May/June 2018 issue of Newport Life Magazine with the title, "Fairy Godmother."

Sometimes, Fairy Godmother needs a bit of help, especially with the average cost of a prom dress weighing in at \$250. With Newport's poverty level at more than 18 percent, there are many young ladies who don't have the funds for costly frocks.

"I recognized a great void in the community," says Middletown resident and photographer Jen Carter, who began three years ago collecting and distributing gently used and new gowns to students in need. "I want to make prom accessible to anyone who wants to go."

Carter continues her dress drive throughout the year by enlisting local businesses as drop off points and even renting a U-Haul to collect them herself. "I receive hundreds and hundreds of dresses," she says. "It's important that they are all sizes, current styles and purchased within the last five years. Girls don't want to wear an 80's bridesmaid dress."

Carter has partnered with Rogers High School and Parkholm Senior Center as pop-up shops for students to pick out their dresses. This year, she added Ocean Point Christian Church to the mix with its Night To Shine Tim Tebow Foundation's prom night event for those with special needs.

"I can always use dresses and volunteers," Carter explains. "If anyone wants to help or has dresses they want to donate, text me!"

Have a dress, need a dress or want to volunteer?

Text Jen at 401-837-0554

NEWPORT LIFE MAGAZINE

Perfectly Imperfect

Tracie Seed

Published 12:01 a.m. ET April 17, 2018 | Updated 10:10 a.m. ET April 17, 2018

Wabi-sabi, a way to honor the perfectly imperfect, developed when two Japanese words, “wabi” and “sabi” were joined to convey not just an aesthetic but also a lifestyle. Wabi’s meaning surrounds the idea of living humbly, simply and in harmony with nature. Sabi focuses on the beauty of life’s natural aging cycle and embraces the resulting imperfections. In home décor, wabi-sabi can reflect handcrafted items that are both useful and beautiful in their own natural way. Well-worn rugs, untouched antiques and even a beloved chipped vase make the list as well; the beauty and appreciation lies in their history and aged patina.

“I like simple lines and combining raw materials for a minimal feel,” says Jamestown furniture artist Andrea Colognese, who owns both Element Modern Designs and The Village Hearth Bakery Café with his wife Doriana. “I work with wood, steel, concrete and found items that are beautiful just as they are.” With live-edge wood planks and 100-year-old machine bases, Colognese’s designs embrace wabi-sabi as he minimally processes the components to create functional works of art. “The object has a story to it, like when you find an artifact from under the sea or ground,” he explains. “I see its importance and give it a second life and a new purpose.”

For Amy Lund of Amy C. Lund Handweaver Studio & Gallery in Tiverton, who creates a kitchen collection of dish towels and other woven items, wabi-sabi has been a part of her artistic practice for several years. “Many textile artists try to compete with machines and make perfect designs,” she explains. “I learned to let go and find beauty in bursts of flaws, a twisted yarn or crinkle.” Lund’s designs honor the different characters and idiosyncrasies of the fibers she works with, such as cotton and wool. She says that although linen is thought of being pressed and crisp, she prefers the approachable, earthy touch of wrinkled imperfection. “When imperfect, the textile has body and takes on a beautiful life of its own.”

“There is something about having handmade, everyday objects; they’re useful and beautiful,” Charlie Barmonde (pronounced “bar-mon-d”) of Arch Contemporary Ceramics in Tiverton. “They are in contrast to overly antiseptic spaces and manufactured items.” As a part of

ancient Japanese history, hand-thrown pottery is by nature wabi-sabi with its one-of-a-kind properties. Barmonde also uses a wood kiln technique called sodium vapor firing to create an organic, varied finish. During the process, the artist heats the kiln to 2000 degrees and introduces salt, which vaporizes and combines with the silica in the surface of the clay to create a hard glaze. The results are as unpredictable and surprising as vessel making. “When throwing a pot, I may accidentally catch the edge with a tool and create a wobble or bend in an unintended way; I’ll put it to the side and save a place for it in the kiln,” he says. “It allows for a serendipitous chance that’s beautiful.”

elementmoderndesign.com, aclhandweaver.com, archcontemporary.com

NEWPORT LIFE MAGAZINE

Places to stay in Newport, RI

Tracie Seed | Newport Life Magazine

Published 10:47 a.m. ET Oct. 16, 2018 | Updated 10:47 a.m. ET Oct. 16, 2018

Originally Published in the 2018/2019 Newport Best Read Guide, a publication of Newport Life Magazine. [Click here to see the digital version](#)

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One of the first questions friends ask when you tell them you're going on vacation is, "Where are you staying?" Newport County offers a veritable buffet of accommodations for families wanting a summer get-away and couples looking for luxurious romance to empty-nesters searching for relaxation in a quaint New England village. Choose one location or mix it up during your stay. We have plenty of beds!

A Room With A Who

Since its founding in 1639, Newport County has been knitted together by a diverse population of religious groups, affluent highbrows, laborers, immigrants, adventurous rogues and seafarers. Their spirits roam here still, and add a dash of thrill and chill to your stay. Greet the former 19th-century owner of Villa One Twenty or tap your toes to the unexplained music at the Pilgrim House Inn. Mingle with paranormal criminals serving a forever sentence in the Jailhouse Inn or seek a host of ghosts at Newport Beach Hotel and Suites, including a little girl, an angry kitchen worker and a prankster maintenance shop employee. Be sure to find the exit before saying good night.

villaonetwenty.com, pilgrimhouseinn.com, jailhouse.com, newportbeachhotellandsuites.com

Daily Cheers

Are cocktails with a twist more your vibe? Take in a 360-degree view while you nosh on a fresh lobster roll and sip a Bermuda Rum Swizzle at Top of Newport Bar & Kitchen at Hotel Viking. Or enjoy a creative cocktail class with the "liquid chef" at Grace Vanderbilt in their spectacular bar, where you can also enjoy small bite pairings with your creations. (Pssst!

They also have a rooftop bar.) Take in a stunning sunset and a couple glasses of chardonnay while lounging in the Adirondack chairs at Castle Hill Inn.

[hotelviking.com](https://www.hotelviking.com), [gracehotels.com/Vanderbilt](https://www.gracehotels.com/Vanderbilt), [castlehillinn.com](https://www.castlehillinn.com)

Detailed Decor

If atmosphere is everything, Gilded may be just what you're looking for with its sumptuously colorful velvet couches and over-the-top décor such as butterfly wallpaper in the breakfast bar, funky chandeliers and sassy accents all around. Newport County is bursting with welcoming, quaint bed and breakfast establishments. For a historical stay, consider the 1803 Samuel Durfee House Federal Period Inn or 1890's Victorian Almondy Bed & Breakfast Inn, both of which boast period furnishings alongside modern conveniences.

Enjoy a secluded getaway at Rose Island Lighthouse, located on an 18-acre private island in Narragansett Bay. Accommodations are rustic, with limited amenities but the memories you make will be full and rich.

[gildedhotel.com](https://www.gildedhotel.com), [samueldurfeehouse.com](https://www.samueldurfeehouse.com), [almondyinn.com](https://www.almondyinn.com), [roseisland.org](https://www.roseisland.org)

Surprise Services

For unexpected amenities, check in at Gurney's Newport where you can dock your boat, pop open champagne on the fire pit patio of The Regent Lounge or visit with Cornelius and William, the hotel's resident pet goats. In 2018, Hotel Viking launched two add-on programs for its guests. The Beach Butler will get you to and from your beach of choice hassle free, and you get a chef-prepared lunch cooler and keepsake beach bag filled with goodies. For fish-lovers, hop onboard the Viking's Catch & Cook with a private fishing excursion and a unique special dinner prepared for you starring your own catch of the day.

[gurneysresorts.com](https://www.gurneysresorts.com), [hotelviking.com](https://www.hotelviking.com)

Extended Stay

If you need extended-stay vacation accommodations, there are condos and houses to rent for all size requirements from small cottages to large seaside abodes. Hotel suites, with separate living areas and kitchen appliances, are a good option for on-site accommodations. The Airbnb business is booming here, with everything from rooms, apartments, condos and lofts to entire homes. Ensure you know and follow the regulations for parking, occupancy, pets, trash removal and noise disturbances.

hoganassociatesre.com/newport-rental-search, marriott.com, homewoodsuites3.hilton.com, newportbayclub.com, rentals.liladelman.com/properties-for-rent, thenewportlofts.com

Dog Fur-iendly Stays

There are local accommodations that allow for dogs, but always check first before showing up with Fido. Keep in mind that rules change or there may be day, room, or size restrictions. Additional fees may apply.

Admiral Sim's House, admiralsimsnewport.com

America's Cup Inn, americascupinn.com

Beech Tree Inn, beechtreeinn.com

Forty 1 North, 41north.com

Mill Street Inn, millstreetinn.com

The Grace Vanderbilt, gracehotels.com/Vanderbilt

Ahhhh-mazing

Have an ahhhh-mazing stay at one of our area hotels that feature an onsite fully-equipped spa. Massage, any one?

Seawater Spa at Gurney's Newport, gurneysresorts.com/newport/spa/amenities

Spa Fjor, hotelviking.com/spa

The Spa at Newport Marriott, thespaatnewportmarriott.com

The Spa at Grace Vanderbilt, gracehotels.com/vanderbilt/facilities/spa

NEWPORT LIFE MAGAZINE

Prized Possessions

Tracie Seed

Published 11:01 p.m. ET Nov. 6, 2017 | Updated 2:15 p.m. ET Nov. 7, 2017

Whether it's a box of rocks under a bed, a well-organized binder of stamps on a bookshelf or a wall of priceless paintings, collections hold value, both monetary and personal. For many, it's heavy on the personal. In fact, collecting is so much a part of our culture that there are several television shows about it as well as thousands of books, websites and magazines. Some people collect expensive items as an investment and others do it as a hobby. There are those who are in it for the thrill of the hunt, historical interest or even as a way to relax by hitting garage sales and thrift stores on a Saturday morning.

Newport County is definitely not immune to the collection bug. With so much at our fingertips, it's safe to say that nearly every home on the island has one big or small. A peek into these four Aquidneck Island residents' collections proves the truth behind the idiom "one man's trash is another man's treasure."

Chris Culipher, Middletown

New England Patriots football memorabilia

Origin

"In January 1993, when I was seven years old, I watched Super Bowl XXVII between the Buffalo Bills and the Dallas Cowboys by myself on an old turn knob Magnavox television. I was hooked immediately. I knew the Patriots existed because my oldest brother was a fan, so I declared my [allegiance to] the Pats. In December 1994, I received the first thing that said 'Patriots' on it for my birthday. It was a dog tag that read 'New England Patriots Registered Football Fan' with the number 10,635. I thought it made me so official! My parents bought me a Drew Bledsoe jersey and I wore it to school with the dog tag. I still have both of them."

Making it Official

"By 1996, I started watching football weekly, and all I wanted for Christmas was Patriots stuff. My first real official collector's piece came from my brother Jimmy—a framed

autographed picture of Chris Slade and Willie McGinest.”

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NEWPORT LIFE MAGAZINE

Protect the Piping Plovers this summer

Tracie Seed | Newport Life Magazine

Published 3:58 p.m. ET June 5, 2018 | Updated 3:58 p.m. ET June 5, 2018

This article was originally published in Newport Life Magazine's City Guide with the title, "Zoned Out."

While summertime elicits visions of sand, surf and seagulls, Rhode Islanders add piping plover beach protection zones to the list, especially the newly expanded one at Middletown's Sachuest Beach. Since 1986, this tiny migratory bird that was near extinction has been under the federal Endangered Species Act, increasing its statewide numbers from 10 pairs to 98 pairs in 2016.

While these improved numbers are promising, plovers, including ones living in Newport County, still need our combined efforts to ensure their safety and future.

“For about the past five years, there have been two pairs of piping plovers nesting consistently on Third and Second beaches. Before that it was only one pair, with some years when there was no breeding,” says Jennifer White, U.S. Fish and Wildlife Service piping plover coordinator. “It is encouraging that the local population has become more consistent.”

For the safety of these rare birds and their eggs, which are laid in small depressions in the beach, the Service ropes off the nesting areas to restrict access from pedestrians, vehicles and pets.

“Beachgoers can disrupt foraging chicks, and plovers see dogs as a threat, which can alter their behavior,” explains White. “This year at Second Beach in the National Wildlife Refuge portion, we have posted [protection zone] signs at the mean high tide.”

This newly expanded area will provide a larger safe space for hatched chicks and their parents to forage for flies and other food sources among the wet sand and high tide debris.

“We ask that people respect posted areas and do not enter. Eggs and nests are difficult to see and could be destroyed.” Another way to help the plovers is to pick up trash, which can attract predators, such as gulls, crows, raccoons and stray cats.

fws.gov/refuge/sachuest_point

NEWPORT LIFE MAGAZINE

Risky Business

Tracie Seed

Published 11:01 p.m. ET Dec. 31, 2016 | Updated 4:30 a.m. ET Jan. 1, 2017

Remember when you only had to worry about getting a paper cut or closing a finger in a filing cabinet at work? With today's technology-laden environments and lifestyles, those risk factors have increased over the years to also include painful and debilitating physical conditions. "Advancements in technology are proving to be detrimental to our health," says Dr. Chelsea Noel PT, DPT, CSCS, a World Beauty Fitness & Fashion Inc. professional, trainer and owner of Pure Performance and Physical Therapy in Portsmouth. "Years ago, even at a sedentary job, desk jockeys would at least get up to pass a message. Nowadays you email or text, even if the recipient is only a few feet away. There is no need to move." The thought of some of the ailments may make you laugh, such as a Repetitive Stress Injury (RSI) called texting thumb (yes, that's a thing). Others will cause you to wince in empathetic, or maybe sympathetic, pain like tendonitis--the tennis elbow of yesteryear has been replaced by today's selfie elbow (you read that correctly). While these days technology usage is unavoidable, there are many behavioral changes you can make to help ease or prevent these painful, life-altering conditions.

Text Neck

Poor posture can lead to pain in the neck and shoulders caused from slumping over a device, whether it is a laptop or mobile phone. Known as Text Neck, this overuse syndrome is worsened by gravity's pull on your bowed head. "For every few inches [that] your head drifts forward, it exerts more weight and sheer force on your spine and the surrounding soft tissues," explains Noel. A head in the proper position may be only 12 pounds, but bent forward by only three inches, and you're looking at 42 pounds of pressure. According to Noel, the resulting pain from the head and shoulder can eventually move down your arms and even cause a curvature in the upper spine. "Referred to as a dowager's hump, this is a painful condition that can cause extra pressure on your low back," she says. "Chronic texters beware!"

Solution

“Keep your ear over your shoulder whenever possible by pushing the back of your skull backward while gently tipping your chin downwards to take some pressure off,” says Noel. When looking at your phone, hold it at eye level, or if you are in a marathon text session, consider texting on your back while holding the phone over your head. Position your computer monitor at eye level too. Exercises, such as a simple rowing motion with your arms, will strengthen the muscles located between your shoulder blades. Noel also recommends doing several backward shoulder rolls to ease any building tension.

Carpal Tunnel Syndrome

A similar wrist RSI first surfaced in the 17th century with a condition known as “milkmaids’ arm.” Today, keyboarding is the number one culprit of this technology-induced wrist, hand and arm pain. “Oftentimes when it comes to technology, repetitive use of the muscles can create irritation and inflammation,” says Noel. “Main symptoms are pain, numbness and tingling.” Noel explains that the overuse condition can be misdiagnosed as carpal tunnel syndrome when it is actually a symptom of overworking the area. Carpal Tunnel Syndrome usually occurs when there is repetitive movement coupled with forceful work, such as operating a jackhammer. “True carpal tunnel is a condition that arises from the compression of the median nerve, [which stretches from the forearm to the hand] and travels through the wrist at the carpal tunnel,” says Noel. “If carpal tunnel syndrome goes on for a long period of time, the muscles at the base of the thumb will start to waste.”

Solution

Ensure that your workstation is set up so that you don’t have to bend your wrists upwards to type or use the mouse. Take stretch breaks one or two times an hour by circling your wrists in both directions and gently pulling the fingers back with palms facing up. Noel suggests that you take several breaks throughout the day and to perform movements in the opposite direction of what you are doing. After a long typing session, “swing your arms behind you. Turn your palms toward the ceiling and the backs of your hands towards your forearms.”

Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis is a condition caused when a blood clot forms in one of the deep veins in your body, typically your legs. It’s serious, because the clots can break loose and block blood flow to the lungs, which is a life-threatening condition called a pulmonary embolism. “DVT used to be thought of as limited to elderly people and airline passengers,” says Noel. “Shockingly, [approximately] 34 percent of people admitted to the hospital with blood clots have desk jobs that contribute to the problem.” She explains that the clots can form after an

extended amount of sitting causes the veins to stretch and the blood to stagnate. “Sitting for longer than two hours without a break is not healthy.”

Solution

Noel suggests that a perfect situation would be “a work station that allows you to alternate between both sitting and standing throughout the day.” If that isn’t feasible, stand when you can (for example, while making a phone call) and take a movement break every two hours. Stretch, go for a brisk walk and drink plenty of water to keep your blood flowing. “A set or two of 10 squats [is good,]” she says. “Or simply standing up and down out of your chair will get your leg muscles working and lessen your risk.”

Selfie Elbow

With all those personal and business related social media postings, the latest in tech injuries is the selfie elbow. And no wonder! In 2015, Google users alone uploaded more than 24 billion selfies. This RSI is similar to tennis elbow, which is caused when over usage creates inflammation in the tendons that are located along your arm from your hand to your elbow. “Inflammation from taking selfies happens because you’re extending your arm while flexing your wrist and trying to keep a firm grip on your phone as you do,” says Noel. “It’s a series of movements that the body just isn’t designed to do over and over again.”

Solution

“If you are taking enough selfies to give yourself elbow pain, the obvious answer becomes chill out with the selfies,” suggests Noel. You can try switching arms, changing your position or getting a little help from a friend. Using ice and taking an anti-inflammatory medication prescribed by your doctor may also help.

Find Dr. Noel on Facebook @purelyperformance

NEWPORT LIFE MAGAZINE

Roadways to Waterways

Chris Reeves Illustration by Tracie Seed

Published 11:01 p.m. ET Jan. 1, 2018 | Updated 9:15 a.m. ET Jan. 2, 2018

How long has it been since your heart plunged into your stomach as your car slipped sideways across a frozen highway?

Preventing that rollercoaster fear, keeping winter roads safely open, is an industrial-sized endeavor of plowing snow and applying salt to prevent ice from forming on roadways.

But salts like sodium chloride – the same chemical in table salt – rinse off paved surfaces and collect in lakes, streams, wetlands and groundwater where they build up over time.

It can contaminate drinking water and corrode infrastructure. High concentrations of chlorides interfere with aquatic organisms' ability to regulate salt within their own bodies. They can alter the health of ecosystems by interfering with growth and development of animals like amphibians and larval fishes. Even low levels of chlorides disrupt aquatic food webs by harming small planktonic animals that control harmful algae and are food sources for freshwater fish.

In April 2017, scientists from across the U.S. and Canada predicted that chloride concentrations in many lakes across North America may exceed the US Environmental Protection Agency's criteria for chronic exposure of 230 mg/L within the next 50 years. "Following application, road salt quickly dissolves and is transported into rivers and lakes through leaching and runoff," reported the National Academy of Science, adding that in a generation, many of our lakes and streams may be too salty to support life. "As a consequence of salinization, aquatic species' richness and abundance may decline, which could result in trophic cascades and altered water quality, and ecosystem structure and function," it reported. "All of these ecosystem alterations can significantly affect lake water quality, which has millions of dollars in economic value."

Part of the problem is the combination of pollutants and pavement. "Over the last 20 or 30 years, we've seen a pretty significant rise in impervious [paved] surfaces," says Elizabeth Herron, program Coordinator for Watershed Watch at the University of Rhode Island. "As

we've added many more road miles, we are using more road salt at higher levels..." Watershed Watch has conducted volunteer monitoring of freshwater chloride levels around the state every spring and fall since 1988.

The steady increase of freshwater chloride concentrations in Rhode Island and other northern states over the last decade has prompted scientists, resource managers and municipalities to reduce winter salt application. RI Department of Transportation State Highway Maintenance Operations Engineer, Joe Bucci, manages the complex task of maintaining ice-free roads while reducing environmental impacts. "That balance is very difficult because we need to keep the roads clear and safe, and at the same time we have to try to protect drinking water," says Bucci. "We try to take steps for efficiency, for safety, for the cost, and for the environmental impacts, to use just enough salt that we need." Road salt dominates 25 percent of the state highway and bridge maintenance budget: about \$10 million.

Using a combination of technique and technology, RIDOT has reduced the amount of salt applied to state roads by about 27 percent over the last 10 years. Road and air temperatures remotely monitored from sensors in state trucks and road-weather information systems help managers decide how and when to treat roughly 1,100 miles of state roads, while local municipalities maintain the remaining 6,000 miles. Some, like Newport, are adopting similar salt-saving technology.

Trucks can apply saltwater brine up to 48 hours prior to a predicted storm. The water evaporates leaving white salt stripes on roadways that prevent snow from sticking and make it easier to remove with plows. Brining uses minimal salt compared to applying rock salt. Brine is also used to pre-wet rock salt as it comes out of trucks for melting heavy snow, which "helps the salt stick to the roadway and keeps it in place instead of bouncing into the shoulders," says Bucci.

Most state trucks employ closed-loop monitoring systems which measure the amount of salt applied to roads and communicate with a central controller that can fine-tune adjustments according to road temperatures and weather predictions. To accommodate heavy weather, RIDOT contracts out to 350 additional local vendors for snow removal, who receive a 15 percent "green" incentive to purchase closed-loop systems. But Bucci says, "The... systems are pretty expensive so vendors are kind of leery of investing the money and not getting a heavy winter so they can pay for the equipment."

A 50/50 mixture of salt and sand is spread on roads near watersheds that flow into reservoirs to lower salt impacts on drinking water. “The problem is that sand ultimately gets washed into the drainage system and could potentially get into waterways,” says Bucci.

Some states have tried to mitigate the balance between lowered salt use and road safety by imposing greatly reduced speed limits around snow events, or requiring snow tires in winter months. “The problem with road salt is really a storm water management problem,” says State Director of Clean Water Action Johnathan Berard. “Any pollutant that falls on impervious surfaces are going to run off into storm sewer systems, which ...run right into our water bodies.”

One such project has been installed within a 45-acre open space conservation easement owned by the Aquidneck Land Trust in the Kempenaar Valley in Middletown. A Gravel Wet Vegetated Treatment System on the property uses a combination of gravel, sand and vegetation to “...capture rain water, keeping it out of the storm and sewer system, allowing it to slowly infiltrate back into the ground which recharges groundwater and filters out pollutants, namely salt, phosphorous, nitrogen,” says Berard. This process helps protect the nearby drinking supply reservoirs of Green End and Easton’s Ponds.

Berard envisions a green infrastructure network of residential rain gardens and large-scale municipal easements and treatment systems that naturally control storm water. Incorporating these with municipal salt reduction strategies may help create a better balance between salt use and safety.

As winter storms head in our direction this season, efforts are underway to ensure cars remain on the road and salt remains out of our waterways.

NEWPORT LIFE MAGAZINE

Rogers High School Robotics Team is inspirational

Tracie Seed | Newport Life Magazine

Published 9:32 a.m. ET Sept. 4, 2018 | Updated 9:32 a.m. ET Sept. 4, 2018

Rogers High School Robotics Team | Inspirational Youth**[Team Odin:** Brandon Poling, Jack Garforth | **Team Vidarr:** Pierson Garcia, Brooklyn Wakefield, Caroline Florence]

The Rogers High School Robotics Team builds underwater Remotely Operated Vehicles (ROV) and successfully maneuvers them through an intricate obstacle course. For four years in a row the RHS Vikings' Odin, the senior team named after a Norse god, and Vidarr, the junior team named after Odin's son, have competed at the SeaPerch national competition at the University of Massachusetts Dartmouth. This summer, they competed with 100 other teams to win the Sportsmanship Award. Odin placed second and third in their categories, and Vidarr made an honorable time through the course. "SeaPerch is a ROV robotics organization that is all about kids learning engineering — how to build it, test it and make it work," says biology teacher Scott Dickison, who has led the team for 15 years. "This is the first time we won at any level at the nationals and we are thrilled! This is a huge victory for little Rogers High School."

Working together once or twice a week to perfect their robotic designs, the team figures out how to waterproof electric motors among other techniques, and practices for free at the Boys and Girls Clubs of Newport County pool. "It's a lot of trial and error," Dickison says. "They build one model and see how it works. They make some adjustments. Build another. When they are confident, they take it to the water." Moving the underwater robot quickly and accurately through the course, the team works tirelessly to shave off as much time as possible from their performance, because a fraction of a second makes a big impact on winning. On competition day, the pilots are under the most pressure: Odin's Ace Pilot Brandon Poling, 17, and Pierson Garcia, the 14-year-old freshman pilot for Vidarr. Poling and Garcia agree that playing video games prepared them to use the hand-held mechanism to steer the robot with

speed and accuracy. “I’ve been doing robotics for the last couple of years, but this is my first year with underwater robotics. It’s different than FIRST Lego League because water causes a drag, which can slow us down,” explains Garcia. “There is a lot of pressure because the speed and skill are up to me, but the competition is fun.”

The robot is attached to a controller by a cord, so a Tether Manager ensures that the line doesn’t tangle. Freshman Brooklyn Wakefield explains that it is her job to ensure the line flows smoothly; it takes a steady hand and knowing when to draw the line and when to let it slack. Wakefield says she initially became interested in robotics and engineering while she was a student at All Saints STEAM Academy in Middletown. “I got involved in FIRST Lego League robotics in seventh grade, and when I left All Saints, they recommended that I continue in high school.”

Leading team Odin is Senior Chief Engineer and Tether Manager, Jack Garforth, who is UMASS-bound in the fall as a mechanical engineering student. Garforth says he initially started robotics because he wanted to learn how to do something with his hands and he thought it was a good way to make friends. “It’s cool to be with a group of people who like to do the same things. As a leader, I am able to pass my knowledge onto the next generation,” explains Garforth, who is also a Cadet Captain in the Junior ROTC program. “I have gained the confidence that I am a really good problem solver, which will help me throughout life.”

In addition to community support, the team receives financial backing from the Institute of Electrical and Electronics Engineers Providence Section. “Our team is only funded by private supporters or any money we can raise,” Dickison explains. “We do not receive school department funding at all.”

NEWPORT LIFE MAGAZINE

Sea Glass Color Guide

Tracie Seed | Newport Life Magazine

Published 10:06 a.m. ET June 19, 2018 | Updated 11:08 p.m. ET June 20, 2018

This article was originally published in the July issue of Newport Life Magazine with the title, "Trash to Treasure."

What a thrill to find a frosted piece of sea glass nestled among shells and beach rocks. And rightfully so! Depending on the location, wave activity, rocky or smooth ocean floor and pH levels, it can take anywhere from 10 years to 50, or even more, for a discarded piece of glass to be transformed into a treasured gem of the sea.

“The best beaches are difficult to get to and require a boat, kayak or guts to scale cliffs,” explains avid collector, Suegray Fitzpatrick, who’s been hunting for more than 40 years. “You want to be near sites that were once populated, where the trash glass entered the beach.”

Before the 1960s, when plastics became mainstream, glass was the primary way to preserve and transport goods.

Fitzpatrick says that a piece’s characteristics and color can help identify its age and origin. Lavender dates to 1880-1920 because manganese, which creates this color, was used then. Bubbles appearing in glass, which was handmade, indicate a time frame of 1700-1800s. “Thick glass is often more than 100 years old,” she says. “[Glass was] meant to be re-used and not disposable.”

Color Guide

Green, Brown & Amber

Rarity: 3 in 10 • Green comes from soda, beer and wine bottles; some is from dinnerware and Depression glass. Browns are often from beer and liquor, but also Clorox and Lysol bottles and snuff jars.

White

Rarity: 4 in 10 • Comes from new soda bottles and food jars to old milk bottles and windowpanes. Older pieces are thick, embossed or have bubbles.

Cobalt Blue

Rarity: 1 in 300 Medicines, including Noxzema, Phillips' Milk of Magnesia, Bromo-Seltzer and Vick's VapoRub, but also tableware, inkwells and light bulb insulators.

Sea Foam & Pale Aqua

Rarity: 50 in 100 • Pale aqua originates from canning jars and drink bottles. Sea foam was popular for soda, like Coca-Cola, beer and wine bottles.

Red

Rarity: 1 in 10,000 • Anchor Hocking Glass Company ruby red decorative items and Schlitz Beer bottles from the 1950s. Other sources are taillights, lanterns and Avon dinnerware, hobnail glass and perfume bottles.

Note: Turquoise, red, orange, yellow, teal and pink are very rare colors that were once tableware, art glass and specialty glass.

NEWPORT LIFE MAGAZINE

Sew Comfortable

Tracie Seed

Published 11:01 p.m. ET Dec. 18, 2017 | Updated 9:00 a.m. ET Dec. 19, 2017

There's something so comforting about snuggling up in a cozy quilt, even more so when you know that someone made it just for you. "A lot of time and love goes into making a quilt," explains Gail Palazzolo, president of Portsmouth's Quilters by the Sea, a nonprofit guild dedicated to the art of quilting. "People are so touched when something is made by hand." In addition to supporting its craft out of their home base at St. Philomena's School with meetings, workshops and shows, the guild's more than 100 members, who range in age from 20s to 90s, also choose charitable organizations to receive community service quilts. Past recipients have included Lucy's Hearth, Portsmouth Police Department and Potter League for Animals. "This year we are making place mats for Meals on Wheels and baby quilts," Palazzolo explains, stating that the guild is open to all levels of quilters. "We will also continue to maintain a 'disaster closet' with quilts of varying sizes to help families facing fires and other losses."

quiltersbythesea.com

NEWPORT LIFE MAGAZINE

Sitting on Top of the World

Tracie Seed

Published 11:01 p.m. ET Jan. 3, 2016 | Updated 10:45 a.m. ET Jan. 4, 2016

Newport native surf legend Sid Abbruzzi's need for speed began more than five decades ago on a homemade skateboard he crafted out of a two-by-four and wheels off an old pair of skates. When he wasn't hitting the pavement on freshly laid streets in new housing developments, the makeshift skate parks of the 1950s, he was sitting on top of the world on his first surfboard.

"I started surfing around 12 and soon couldn't stay out of the water," says Abbruzzi. "I surfed every day no matter what and by 14, I was totally hooked." Little did he know at the time that this childhood passion would turn into a lifetime career and lifestyle. By 1969, 18-year-old Abbruzzi began selling surfboards he would "import" from New Jersey in his father's car, and by 1971, he opened what he calls "a tiny surf shack in the middle of Atlantic Beach Club called Water Brothers."

Ever the rebel, in that same year, he was arrested and found guilty in district court for refusing to stop surfing at a popular spot along the Cliff Walk—it was illegal. Abbruzzi was fined \$10, but he appealed to Superior Court of Rhode Island. On December 31, 1971, the judge ruled that the city of Newport could not restrict surfing.

Because of his lifelong support of the sport, the Godfather of Rhode Island Surfing will be honored in January as one of the 2016 Surfing Pioneer Inductees in the East Coast Surfing Hall of Fame (ECHF). "I am honored to be inducted as a Pioneer," says Abbruzzi. "It is really cool, especially going in now, because with the yearly growth of surfing, it is hard to get."

According to Abbruzzi, inductions occur every two years and to be nominated as a Surfing Pioneer, the person must be at least 40 years old, a known surfer within the industry and someone who gives back to the sport through advocacy, product design, preservation or other supportive efforts. Abbruzzi, who has been nominated three times, is the second person from New England in the 20-year existence of the ECHF to become a member. Abbruzzi points out that no one north of Rhode Island has made it in yet. "Back in the 60s, and for

many years, Virginia Beach and Florida were the surf hubs on the East Coast,” he says. “My induction will give more awareness to the surfing community and availability in New England.”

Continuing to sing the sport’s praises, Abbruzzi’s biggest project, Surf Fest (now in its sixth year), is a summer celebration created to bring the surf culture together, including skaters, and is the largest expo of its kind in the United States. In addition, Abbruzzi recently revamped his shop and expanded his branding with signature clothing thanks to the support of a 2014 Kickstarter campaign. With this expansion of the Original Water Brothers, which turns 45 this year, Abbruzzi’s legendary surf pioneer status will live as long as there are waves on the ocean.

NEWPORT LIFE MAGAZINE

S'more Please!

Tracie Seed | Newport Life

Published 11:07 a.m. ET Aug. 6, 2018 | Updated 11:18 a.m. ET Aug. 6, 2018

Del's Frozen Lemonade, Newport Creamery's Awful Awful and Frosty Freez's soft serve twist. Ah, the tastes of summer. But there is one more treat that is quintessential to a perfect summer day: s'mores.

The jury is still out on the exact origin of the ooey gooey delicacy. The first published recipe for "Some Mores" by Loretta Scott Crew appeared in a 1927 publication called Tramping and Trailing with the Girl Scouts. Some inspirations include the 1913 Mallomar, a graham cracker cookie topped with marshmallow and coated in chocolate, and 1917's MoonPie, a marshmallow-filled cookie sandwich dipped in chocolate.

[August 10 is National S'mores Day]

When making s'mores, the best way to achieve a lava-like center is to roast a marshmallow over low-burning coals while turning it slowly to heat evenly. If you like them slightly caramelized with a bit of a crunch, the marshmallow is done in about a minute. Want a smokey charcoal exterior? Once the marshmallow reaches a golden color, light it on fire for a few seconds before blowing out.

While s'mores purists swear by the toasted flavor only achieved over a campfire, in a pinch you can feed your sweet tooth by microwaving a marshmallow-topped graham cracker for 15 seconds before topping with a chocolate square and another cracker. Squish and enjoy!

Pro Tip: Switch out the chocolate bar for a Reese's Peanut Butter Cup or a few Andes Chocolate Mints.

NEWPORT *wedding* MAGAZINE

Inspiration for your Rhode Island wedding

BLOG FLOWERS & DECOR NEWPORT WEDDING MAGAZINE

Something Old Made New

By [Newport Wedding Magazine](#) | July 18, 2018

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Originally published in the 2018 Newport Wedding Magazine.



Photo by Joseph Laurin

A traditional bride carries something old to represent the lasting continuity of love and family. This may include a favorite aunt's pearls, a grandmother's locket incorporated in the flowers or a father's beloved Bible carried with her down the aisle. "For my wedding, I made a brooch bouquet," says Jenna Teachout, Newport Historical Society's Brick Market Museum and Shop manager. "I had women from both sides donate them as a symbol of our unity. It's now an heirloom." Teachout explains that it's important to preserve familial artifacts, so if you display old family photos consider having them reproduced instead of using the originals.

You can follow this advice as well with a precious heirloom. "For the store, we took a piece of china from our Malbone estate collection and had an image of it reproduced into place mats and coasters," she says. "We can do the same for brides who want to commemorate their mother's china. They can be used at the reception and as a take away for guests." Other ideas for reproducible treasures include images of a grandfather's watch turned into cufflinks or vintage love letters printed on hankies. Your guests' tears of joy will appreciate it!

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Written by Tracie Seed

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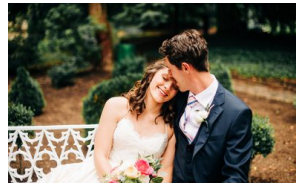
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NEWPORT LIFE MAGAZINE

Sounding Off & On

Tracie Seed

Published 12:01 a.m. ET April 4, 2018 | Updated 11:00 a.m. ET April 4, 2018

As a thick fog settles on the water, boaters are at the mercy of a foghorn's mournful sound to help them navigate their way around the Bay. But there is more to these mysterious wails than just a warning. In fact, there are various types of signals consisting of different power mechanisms as well as identifiable sound characteristics. According to Petty Officer Silvio Melo from Aids to Navigation Team in Bristol, Coddington Cove's "sound signal" (the official term for "foghorn") is always on and "blows nonstop," while the Fort Adams Fog Signal Station uses a VM-100 detector, which sounds only under certain weather. The VM-100 reads the atmosphere every 30 seconds and powers on only when visibility is low. "It calculates how much moisture (or fog) is in the air," he explains. "The horn will activate when visibility drops to three nautical miles, or 3.425 land miles." Each foghorn has its own sound characteristics that are listed on nautical charts, which seamen use to navigate specific locations. For example, you know that you are near Fort Adams when you hear one blast every 15 seconds or at the Beavertail Lighthouse when you hear a two-second blast every 30 seconds. The most modern power system, the Mariner Radio Activate Sound Signal (MRASS), is located at Castle Hill Lighthouse. Once activated on-demand by mariners, it blasts once every 10 seconds. "The MRASS is only turned on by boaters' tuning into channel 83-Alpha on a marine radio," Melo says. "They key the radio five times in 10 seconds to turn on the horn and it blows for 45 minutes. It will have to be turned on again to sound longer." Joining these oceanic sounds are bells, gongs and whistles of buoys, which, like foghorns, use a combination of sounds and colored lights as guides. David Kane, a supervisory training instructor at the Surface Warfare Officers School, says that these signals are all imperative for boating safety, even during the age of technology. "They are so much more useful and reliable than GPS," he says. "As they have for hundreds of years, sound signals tell you exactly where you are. And without electricity."

Photo by Suegray

NEWPORT LIFE MAGAZINE

Sweet Spot

Tracie Seed | Photographed by Meghan Sepe

Published 12:01 a.m. ET March 27, 2017 | Updated 1:15 p.m. ET March 27, 2017

As you approach the castle-like Belair Carriage House on storied Old Beach Road in Newport, you might expect to see Rapunzel's braid cascading from a small window atop the vine-encased turret. But instead of finding a prince pleading, "Let down your hair," you're greeted by a friendly 16-year-old feline named Boris and his owners Warren and Ilana Katz. While their primary residence is a Victorian home in Boston, MA, where retired mechanical engineer Warren is an angel investor and Ilana is a professional visual and performing artist, the couple spends as much time as possible in their lovingly renovated residence, which is rich in history.

According to Jennifer L. Robinson and James L. Yarnall of the Newport Historical Society in their 2012 article "Belair" (Newport History: Vol. 81: Iss.267, Article 3), the estate was originally built in 1850 for New York oil baron, Henry Allen Wright, who enlisted Seth C. Bradford, "a local builder specializing in rough-faced masonry construction and responsible for the most important stone houses in Newport during this era" including Chateau-sur-Mer. Because of financial troubles, Wright sold the estate, which was known as "Belle Air," to George Henry Norman in 1867. By 1870, the new owners decided to make some changes and "hired Newport architect Dudley Newton (1843-1907) to handle the renovations." According to Robinson and Yarnall, the Normans shortened the name to Bel Air (now spelled "Belair") and in 1875 instructed Newton to build a stable. "This was reported in the Newport Mercury on May 8, 1875: 'Geo. H. Norman has built a new stone stable and porter's lodge on his extensive grounds on Beach street [sic]. This is probably one of the most expensive stables in the city.'"

Robinson and Yarnall state that "[t]he stables were in the form of a miniature turreted Dutch Renaissance palace." In addition to its ornate architecture, today's Belair carriage house is one of the first buildings to sport a "Newton Roof." "This is one of the earliest examples," explains Warren. "[The design is comprised of] a gutter that integrates with a cornice coming off a piece of flashing that keeps ice from forming under the first course of slates." Given the

similarities, the structure is believed to have been a practice run for Newton's first grand commission for Charles F. Chickering's Bellevue Avenue house Sunnylea. According to Warren, the stable was also used by the Red Cross in 1939 as an ambulance garage and eventually was vacated in 1961 after the heirs divided the estate. "The Normans sold Belair in 1966," say Robinson and Yarnell. "The park-like grounds rapidly underwent subdivision into smaller house lots. The stables and porter's lodge became individual private residences." Warren says that in 1973 the carriage house was purchased and turned into a two-family home. "Over the years, architectural artifacts from the main house were stored [here] and later incorporated by the first owner in the renovation and further re-used by me."

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NEWPORT LIFE MAGAZINE

Tell Newport founder Jesse Stokes named Top 10 Groundbreaker

Tracie Seed | Newport Life Magazine

Published 11:56 a.m. ET Aug. 27, 2018 | Updated 12:08 p.m. ET Aug. 27, 2018

*Newport Life Magazine's 2018 Top 10 Groundbreakers***Jesse Stokes** | Community Leader

Jesse Stokes has always loved a good story. From his upbringing in Providence by an Episcopal priest father and librarian mother, his childhood was full of searching, learning, reading, writing and laughing. “I have a very creative family,” says the writer/storyteller. “One sister is in a band, another one is producing a play and my brother has an MFA in fiction writing.” Stokes remembers lively “very entertaining” dinners when his family would lobby stories back and forth, almost like a competition. “This is when I learned the art of storytelling.”

While earning a Bachelor of Science degree in Biology from the University of Montana in Missoula, Stokes frequented a bar called Top Hat. There he found more than just a good drink. “They had open mic night when people would stand and tell their stories. I was both terrified and thrilled by the thought of talking in front of a crowd,” explains Stokes. “Once I did, I found that I really liked being a part of my community and having a safe place to be heard.” He then took his love of storytelling and writing with him to Alaska, where he was a wildland firefighter for two years before moving to Newport. “My sister was getting married in Newport and I’d never been here before. When I came, I knew that this was the place for me,” Stokes explains. “It felt like home.” After working as a bartender at Fastnet Pub and “dabbling in sailing,” Stokes started to get an itch for something more. “I was ready to do something extreme,” says the Tell Newport founder. “I remembered my experience in Missoula and decided to create the same type of experience here. Everyone has a story to tell.”

Tell Newport, a monthly community gathering of storytellers, began spring of 2017, when Stokes held his first event at Firehouse Theater. “I played soccer with the manager of the Bit

Players and he hooked me up at Firehouse,” Stokes says. “I then found six friends to tell stories. They were basically the funniest people I met while drinking coffee, playing soccer or going to dinner parties.” Following suit, each month Stokes hosts a Tell Newport event on the first Thursday of the month, with themes such as At Sea, Modern Love, and Last Night. “It really is an effective model on how to bring people together to meet in a venue that isn’t related to work or social obligations,” he says. “It is almost like a piece of community artwork.” Marking its first anniversary at Jane Pickens Theater and Event Center in June 2018, Tell Newport’s popularity has grown via word of mouth. Stokes’s wish is that the event will continue growing and “supporting a relationship with the theater as a viable venue.” But, for now, Stokes is turning the page on his story.

“I want to live artistically; writing and storytelling are my media,” Stokes says while cradling a journal marked with the number 13. He numbers each one as he fills them with prose, poetry and random thoughts. As Stokes prepares for the next chapter in his life as he earns a MFA in poetry from NYU, he passes the microphone to Kathryn Lynch-Morin, who will continue growing Tell Newport. “I’m glad this concept turned into something that will continue,” says Stokes. “Good stories don’t end.”

[facebook.com/TellNewport](https://www.facebook.com/TellNewport)

NEWS

The Painted Lady

Tracie Seed Photography by Melissa Quintal

Published 12:01 a.m. ET March 17, 2015 | Updated 11:58 a.m. ET March 17, 2015

A Newport couple wraps up their admiration of history in a restored Victorian with eclectic global décor.

Located in the heart of Newport's Historic Hill is a mid-19th century Victorian Exotic Revival Swiss Chalet style house, with decorative exterior stick work. The land was purchased by Samuel Vernon, who was known as the wealthiest man in Newport, in 1782 for "280 Spanish Mill'd Silver Dollars," according to the original deed. After serving as a splendorous garden for the Vernons, the lot was sold to Duncan C. Pell, who in turn gave it to his wife, Anna, as a Christmas present. Anna, the great-great aunt of the late RI Senator Claiborne Pell, built her home there in 1876.

For the next 139 years, it was known fittingly as the Anna Pell House, and held court to Newport Society, housed doctor and attorney offices and eventually became a retail establishment. More recently, the house served as a retail site for Katie Dyer's fair trade gallery, Cadeaux du Monde. "After I served two years in the Peace Corps in the Central African Republic, I decided to start a business to support fair trade," she says. "In 2001, my mother and I opened Cadeaux du Monde here to meld my vocation with my avocation." In 2011, Dyer and her partner Nord Lange, a native South African, decided to move her brick and mortar business to an online store and call the former gallery home.

The building needed a little attention first. The couple had to look closely at how to meld their modern needs with the original structure, so the primary focus was to authenticate the history in its design. Since Victorian architecture reflects the era's romanticism of aesthetics trumping practicality or comfort, Victorian homes are known for their small rooms, lack of closets and ornate trim. "The major renovations occurred in two stages beginning in 2011. The initial phase, which included the ground and first floors, was completed in four months," Dyer says.

Ultimately, the couple updated only enough to meet their needs while simultaneously maximizing historical elements by not expanding or disturbing the original footprint. So with the help of architect Todd Thomas, of Thomas & Thomas Development in Newport, they took advantage of every square foot. Dyer says, “A primary focus of our renovation was to restore and preserve the historic features of the property while upgrading the amenities and maximizing space.” Thomas also helped the homeowners with recycling and reusing the original materials where possible. Dyer laughs, “We found a sink and towel rack in a hidden bathroom behind a 1970s paneled wall. It was more than likely installed when the house became a doctor’s office. Now we use them in our laundry room.” She adds that they repurposed four cedar closets they removed from the original attic space. “Wood from these closets was used as trim, framing and baseboards in the refinished space and shelving under the back stairway,” she explains. Lange points out a dining table, which they recently built out of the remaining wood. They also took years of paint off the old radiators and refurbished them for continued use.

The home now greets you with warm wood floors and the main staircase, which has been restored to its original glory. “I was shocked that the stairs were painted,” Lange says. “We stripped several layers that revealed the original natural wood and trim.” Hardwood flooring laid and bordered with patterns, typical of the Victorian era, extends through the entire first floor. “The floors were in pretty great shape,” says Dyer, “mainly because they were covered in carpet for decades.” She indicates that in areas that needed repairing, they were able to duplicate a pattern with reclaimed wood from the house. “We wanted to keep as much of the original house as we could. Any new parts were designed to match the existing woodwork.” The glossy stairs, handrail and floors make you wonder about the thousands of stories hidden within the wood grain.

Since the couple “has a strong bond with the house and its history,” Lange, with the help of the Newport Historical Society archives, has been able to trace the land ownership back to the 1700s. Having copies of the original deeds, lengthily scripted in perfect colonial penmanship, Lange says, “There is an incredible sense of history when you open these pages and read them. Even the amazing penmanship is breathtaking and full of history.” Lange explains that the Society also preserves four pages of The Newport Union newspaper, dated October 12, 1901, which were found in the walls of the house during one of its previous renovations. Lange learned that it was common practice to use newspapers for home insulation. “Finding the paper was significant,” he says, “because it is believed to possibly be the only copy published on Bellevue Avenue by the local African American community.”

The whole home comes to life with their colorful global décor, reflecting their own personal history, interests and international travels. The mantel is undoubtedly the centerpiece of the living room. Echoing the Victorian architectural ideal of harmony and symmetry, two doors stand on either side like soldiers. Even if you look closely at them, you cannot discern which door is new. Dyer notes that Thomas designed the door and moulding to maintain the integrity of the room's woodwork. Secretly behind it is the aforementioned doctor's bathroom, which has since been turned into a lovely storage space, complete with a window. The mantel is crowned with an expansive mirror the couple relocated from the former dining room. Nestled between the polished wood and working firebox are luscious green tiles from the Arts and Crafts Movement, believed to be produced in Worcester, MA. Proudly on display surrounding the hearth are pieces that add a delightful juxtaposition to the room's Victorian design with their own place in history. Antique copper dowry pots from India and corncob beaded dolls from South Africa live among a piece of ironwood brought back from the Bahamas decades ago and a pair of wooden clogs Lange wore in his twenties while working on a farm in Holland.

More of these treasures reside across the foyer, mingling with dishware and utensils in a newly added kitchen. This room is a prime example of the couple's attention to detail during their thoughtful renovation. When they first purchased the Anna Pell House, its kitchen, like many other upper crust Victorian homes in the 1800's, was located in the basement at the bottom of the narrow, hidden servant's stairs. Dyer says that the basement space was no longer a working kitchen but several elements still remained. "The remnants of the dumb waiter, the original kitchen cabinets, the wide sills for cooling baked goods, and other unique features are still a part of the ground floor features."

Dyer and Lange took on the task of building a modern kitchen on the main floor in a small space originally used as a gentlemen's smoking room. "Because we didn't want to disturb the footprint, the size of the room dictated the galley kitchen style," says Dyer. According to Lange, they were ultimately able to create a highly efficient and beautiful kitchen due largely to Thomas's proliferation of ideas. By creating a pass-through opening from the front hallway into the kitchen, they were able to create more useable counter space, cabinet storage and a cozy place to dine. Since the square footage of the counter-tops was small, the couple bought marble remnants instead of a full slab, saving themselves hundreds of dollars. "To make space, we pushed the refrigerator back into a closet and curved the larger counter outward on both sides for more work area," says Dyer. "We also decided on open shelving accented with corbels and darker wood cabinets, which were influenced by the Victorian style."

Another noticeable nod to the house's past is the exterior color palette. The schemes of Victorian houses, sometimes referred to as "Painted Ladies," included three or more colors strategically placed to highlight details. Dyer and Lange chose a deep yellow base with three trim colors of dark red, lapis blue and black. An original stained glass window in the main staircase landing dictated the yellow and blue hues, while Italian pottery inspired the other colors. The couple was able to find a Victorian color collection by Pittsburgh Paints, available at Humphrey's Beach Paint in Middletown. "Although these aren't the original colors of the house, these are all historical colors that were in production during the time Anna Pell built it," Dyer says. "We just love them."

Thoughtful attention carries through the entire home, while its historic value helped it evolve into one of Newport's Painted Ladies. With the couple's successful historical restoration with modern touches, they've extended the life of the Anna Pell House for generations to come.

https://www.independentri.com/southcountylifemagazine/inside_the_magazine/features/article_d0b71374-fdfb-5f7e-abee-ba5940cf47b3.html

EDITOR'S PICK CENTERPIECE

The Ultimate Commute

By Tracie Seed | South County Life
May 1, 2017

1 of 11



Photo: Michael Derr

With a few steps from your bed to your office and a dress code that includes slippers (robe optional), most of us love the thought of work from home. While the ultimate commute is a perk, do you really want cohabitate with your occupation? You just might! These South Count

residents, who live where they work, show us their lives beyond a desk

Shady Lea Guitar Company & Pump House Music Works

Ariel Rose Bodman & Dan Collins

“It’s like living in a Viking castle,” beams Ariel Rose Bodman, looking up at the 20-foot ceiling of her home’s great room, located in the Peace Dale offices of Shady Lea Guitar Company and Pump House Music Works. This majestic room, which boasts a large stone fireplace, wood beams and gleaming paneling, not only serves as a living and dining room for Bodman and her partner (in work and life), professional luthier Dan Collins, but also as an event space and coffee house.

Relocating their more than decade-old guitar company from The Mill at Shady Lea in North Kingstown to the historic former Pump House restaurant in late 2016, the couple was able to combine their living and work spaces to their advantage. “We discovered an ordinance that allows a workshop to have an accessory apartment, so we decided to move in,” says Collins. “Instead of paying rent, we own it!” The one-bedroom apartment is used primarily for sleeping, as the couple’s days (and nights) are spent in the Pump House repairing or creating custom instruments, teaching guitar building classes or hosting myriad events, including artisan fairs and pot luck concerts. Adjacent to the main woodworking studio, the couple filled the former restaurant kitchen with industrial machinery to serve as the epicenter of their workshop. While they have encountered some privacy issues with curious customers knocking on the door before opening time, for the most part it has been a perfect arrangement for them and their two rescue dogs, Bear and Garth, as they are able to ingrain themselves in a creative lifestyle. “We were able to put in a yard for the dogs here,” says Bodman. “And we continue to surround ourselves with talented people.”

When entering the front door, look left and see guitars, in every stage of construction, hanging from the rafters, a sea of work tables, and floor-to-ceiling luthiery tools. “We have our guitar workshop for building classes Monday through Thursday,” explains Bodman, who says they have an average of 40 students, ranging in age and experience. “On the other side, we host musicians, singers, artists and community events on the weekends with our non-profit, Pump House Music Works.” Each student has the opportunity to play at an open mic night, and Bodman explains that people also book the great room for events. “Dan built a modular dining table in pieces that when connected can span the length of the great room for holiday dinners,” Bodman explains, remembering the 12-foot evergreen that graced their first holiday meal. “The really cool thing is that the legs come off and it turns into our stage for music nights. The acoustics in this room are amazing!” Collins explains that they open the doors to the public for open-mic nights as well as Java Jan’s weekly Friday night event when the great room is transformed into a cozy coffee shop to host upwards of 50 patrons. Future plans include serving locally crafted beer, wine and spirits as well as a curated menu of seasonal

plates. “Even though we don’t have a day off, it doesn’t feel like work, because it is so much fun,” says Bodman, who is also an opera-turned-jazz singer. “Since we live here, we can share our craft while being constantly surrounded with beautiful instruments and a creative community.”

shadyleguitars.com, pumphousemusicworks.com

Tracie D Seed - Round Rock, Texas - (401) 294-1199

First Name

Tracie

Last Name

Seed

City, State

Round Rock, TX

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Full Name Tracie D Seed

Born Mar 1969

Age 54

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Associated Names

Includes aka's, maiden and married names for females, and misspellings & typos as recorded in the original public records source for Tracie D Seed.

Tracie Dawn Seed

Tracie Dawn Hill

Current & Past Addresses

Includes all current and previously reported addresses for Tracie D Seed.

3201 College Park Dr #23
Round Rock, TX 78665
Williamson County

Current Address

25 North Rd
Saunderstown, RI 02874
Washington County
(Sep 2002 - Oct 2022)

150 Fernwood Dr
East Greenwich, RI 02818
Kent County
(Jun 2000 - Sep 2022)

9900 McNeil Dr #4111
Austin, TX 78750
Travis County
(Aug 2018 - Sep 2022)

42 Ladd St
East Greenwich, RI 02818
Kent County
(Aug 2012 - Aug 2022)

9404 Bayshore Bnd
Austin, TX 78726
Travis County
(Mar 2019 - Jun 2022)

60 Abigail St
East Greenwich, RI 02818
Kent County
(Jun 2000 - Apr 2017)

6067 Village Glen Dr Apt #4220
Dallas, TX 75206
Dallas County
(Mar 2016)

50 S Main St
Providence, RI 02903
Providence County
(Jun 2006 - Apr 2015)

25 Northrup Rd
North Kingstown, RI 02852
Washington County
(Jan 2011 - Nov 2013)

4111 Patriot Way
West Greenwich, RI 02817
Kent County
(Nov 2010 - May 2012)

287 Rochambeau Ave
Providence, RI 02906
Providence County
(Feb 1996 - May 2012)

1730 Pinnacle Ridge Ln
Colorado Springs, CO 80919
El Paso County
(Aug 1993 - May 2012)

192 Cedar St
East Greenwich, RI 02818
Kent County
(Apr 1997 - May 2012)

26 Grotto Ave #3
Providence, RI 02906
Providence County
(Feb 1996 - May 2012)

719 N Institute St
Colorado Springs, CO 80903
El Paso County
(Dec 1994 - May 2012)

150 Fernwood Dr
E Greenwich, RI 02818
Kent County
(Dec 2000 - Mar 2008)

1730 Pinnacle Ridge Ln
Colorado Spgs, CO 80919
El Paso County
(Aug 1993 - Jan 2004)

70 S Main St
Providence, RI 02903
Providence County
(Jun 2001)

910 Citizens Pz 910
Providence, RI 02903
Providence County
(Nov 2000)

1 Citizens Plz #910
Providence, RI 02903
Providence County
(Feb 1999)

5219 86th St
Lubbock, TX 79424
Lubbock County
(Jan 1995 - Jan 1998)

719 N Institute St
Colorado Spgs, CO 80903
El Paso County
(Apr 1995 - Mar 1997)

1200 N Lockett St
Sherman, TX 75090
Grayson County
(Jan 1992 - Dec 1996)

6067 Village Glen 4220
 Dallas, TX 75206
 Dallas County
(Sep 1992 - Jun 1996)

4604 Pinehurst Dr S
 Austin, TX 78747
 Travis County
(Jan 1995 - Apr 1996)

719 Institute Sta
 Colorado Springs, CO 80903
 El Paso County
(Apr 1995 - Sep 1995)

8159 Southwestern Blvd #257
 Dallas, TX 75206
 Dallas County
(Feb 1992 - Sep 1993)

Phone Numbers

Includes all current and previously known phone numbers for Tracie D Seed.

(401) 294-1199	Landline	Apr 2023
(401) 884-2911	Landline	Jul 2011
(401) 339-1328	Wireless	Jul 2004
(401) 273-8804	Landline	Jul 2004
(401) 885-6041	Landline	Oct 2022
(214) 363-9558	Landline	Mar 2016
(719) 522-0725	Wireless	Mar 2016
(719) 548-1375	Landline	Mar 2016

Possible Relatives

Includes immediate family members, current & previous spouses, stepparents, and current & previous in-laws for Tracie D Seed.

Name	Age	Born
Jonas W Seed	53	Aug 1969
Adam F Seed		Nov 1961
Adam Frederick Seed	47	Aug 1975
Allison S Seed		1971
Dakota Seed	24	May 1999
Eva C Seed	76	Oct 1946
Eva C Seed		Nov 1946
Grace M Living Seed		1913
Halle K Hill	24	Apr 1999
Ilrid S Richards	52	Mar 1971
James M Seed		1941
Jo Hill		1964
Boyd L Hill		1958
Leesa E Hill	67	Sep 1955

Possible Associates

Includes current & past roommates and second level relatives (relatives of in-laws, etc.) for Tracie D Seed.

Name	Age	Born
Angela Zabala		1941
Ann N Couch	76	Dec 1946
Arthur Jackie Santellen		1945
Catherine A Staton	73	Feb 1950
Coleman Joel Wholean	59	Nov 1963
David A Byers	68	Apr 1955
Don Clasen	87	Mar 1936
Donald Gene Baumgardner		1936
Dorothy S Snook	92	Jun 1930
Douglas James Logue	65	May 1958
Frank Emiel Bogaerts		1962
Frank R Snook	92	Nov 1930
Helen L Wiedemen	106	Sep 1916
Jacqueline M Hadden	57	May 1966
James L Butler	62	Dec 1960
James W Pritchard	68	Apr 1955
Keith Eric Clasen	48	May 1975
Linda Ann Wholean	58	Oct 1964
Marie E Mingus	71	Nov 1951
Mary E Lovall	73	Nov 1949
Mary N Worobec	71	Apr 1952
Orion J Wholean	32	Mar 1991
Paula J Rubick	59	May 1964
Payut Cody Hasadinratana	40	Feb 1983
Peter H Doering	72	May 1951
Richard S MI Couch	76	Jul 1946
Richard Brian Holmes	79	Jul 1943
Rodney W Wood	72	Jan 1951
Sara L Brunner	57	Feb 1966
Sarah K Miller	38	Sep 1984
Sharon A Butler	62	Jan 1961
Susan L Clasen	81	Jun 1941
William J Brunner	64	Apr 1959
Brenda M Hargroder		1964
Mark D Rosenleaf	54	Nov 1968
Melanie A Farren	50	Jun 1972
Rose Mary Romero	52	Sep 1970
Andrew C Henningsen	87	Mar 1936
Annamarie Marie Kilguss		1926
Ceanne Denis Otero	57	Feb 1966
Chanda G Stouch	50	Mar 1973
Charles H Formolo	68	Oct 1954

Name	Age	Born
Deborah L Eleo		1963
Ernest J Strock		Nov 1964
Gail W Dreier	58	Nov 1964
Jason Jeffrey McIntyre	34	Mar 1989
Juan J Romero	71	May 1952
Brian L Sullivan	80	Nov 1942
Byron R Hamilton		1958
Byron Randel Hamilton-hill		Nov 1958
Frederick S Richards Jr	56	Jan 1967
Frederick S Richards	82	May 1941
Katherine S Sullivan	80	Dec 1942
Kathryn M Haines	69	Sep 1953
Leesa Ellen Hamilton-hill		Nov 1955
Malee Michelle Hundsdorfer	57	Nov 1965
Meredith S Sheehan		1965
Terrence Scott Sullivan		1970
Terrence E Sullivan	83	Dec 1939
Wyatt Richards	21	Jul 2001

Email Addresses

Includes all current and previously known email addresses for Tracie D Seed.

tseeddesigns@aol.com
tracie_seed@yahoo.com

Business Ownership

Includes all possible businesses owned or associated with Tracie D Seed.

Tracie Seed Designs Inc
150 Fernwood Dr East Greenwich Ri 02818
Seedstone LLC
50 Fernwood Dr East Greenwich Ri 02818-1616
Seedstone, LLC
150 Fernwood Dr East Greenwich Ri 02818
Seedstone LLC
150 Fernwood Dr East Greenwich Ri 02818
Tracie Seed Designs, Inc
150 Fernwood Dr East Greenwich Ri 02818
Tracie Seed Designs Inc
Fernwood Dr East Greenwich Ri 02818-1616

Current Neighbors

Includes some of the current neighbors associated with the most current reported address for Tracie D Seed.

Jose L Mendoza
3201 College Park Dr #22
Round Rock, TX 78665
(714) 795-7513
Sneha Nallu
3201 College Park Dr #24
Round Rock, TX 78665
Akshay Arun Gadkari
3201 College Park Dr #25
Round Rock, TX 78665
Nicholas Aguilera
3201 College Park Dr #20
Round Rock, TX 78665
(915) 821-9555
Anirudh R Kanathala
3201 College Park Dr #26
Round Rock, TX 78665
Alondra Choi
3201 College Park Dr #18
Round Rock, TX 78665
(512) 516-5213
Ashwinkumar A Khandeshkar
3201 College Park Dr #28
Round Rock, TX 78665
(978) 821-2534

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NEWPORT LIFE MAGAZINE

Vegetable Gardening: A Love Letter

Meredith Spitalnik

Published 12:01 a.m. ET Aug. 8, 2016 | Updated 11:00 a.m. ET Aug. 8, 2016

Almost as soon as I moved to Aquidneck Island, I discovered its long tradition of supplying fresh local food. After sampling its excellent cuisine, I wanted to be a part of it. So when I finally secured a home with sufficient yard space to grow my own food, that's exactly what I did. Why do I grow my own food? Because I love it!

I love the rich smell and the feel of the warm earth under my fingernails. I love the feeling in my bones and muscles of real work that has been done in the garden, after a day or a week of "working" at my "desk."

I love the orderly, planned rows of seedlings and transplants of springtime. I love the green and flowered riot of growth in the summer buzzing with bees, the bounty of harvest in the fall, and the fresh greens and roots picked from under the cold frame in the winter. I love the fact that with a few hundred dollars spent in seeds and supplies, I can grow many hundreds of dollars worth of food and store it for the year.

I love learning about nutrient needs, root profiles, pests and their predators, and pollination. I love that beautiful flowers, spread throughout the garden, attract ladybugs, lacewings and parasitic wasps, that keep aphids, mealybugs, and caterpillars under control – which means less work for me.

I love that by planting cloves of garlic in the fall, I receive three harvests – spring garlic babies, garlic scapes and fresh mature garlic ready just in time to add to the tomato harvest for sauce. I love the challenge of timing the plantings so that the dill will be ready at the same time as the cucumbers for pickling.

I love the meals on the table and the orderly ranks of mason jars sitting on the shelf, filled with tomatoes in every form: peeled, sauce, soup, ketchup, paste; with herbs and spices dried and vacuum sealed for the year's use. I love the freezer stocked with frozen vegetables and premade dinners.

I love the rich loamy smell of fresh compost just sifted from the pile and the feel of the soil when I mix it in. I love knowing that my vegetable scraps and the rejects from my toddler's plate will be returned to the pile, and from there, to the garden to nourish next year's food.

Because of all of these loves, and more, I made it my goal to ensure that our island will continue to have the ability to feed us long into the future. By starting the food scraps collection program at the Aquidneck Growers' Markets, composting them at Island Community Farms and through the creation of several community gardens on the island, more people can grow their own food and find their own reasons to love doing so.

Do you have a POV you want to share in an upcoming issue? Email Tracie at seed@newportri.com.

https://www.independentri.com/south_county_life/article_555ed9c6-35b9-5125-baa2-9cd8b9dbc917.html

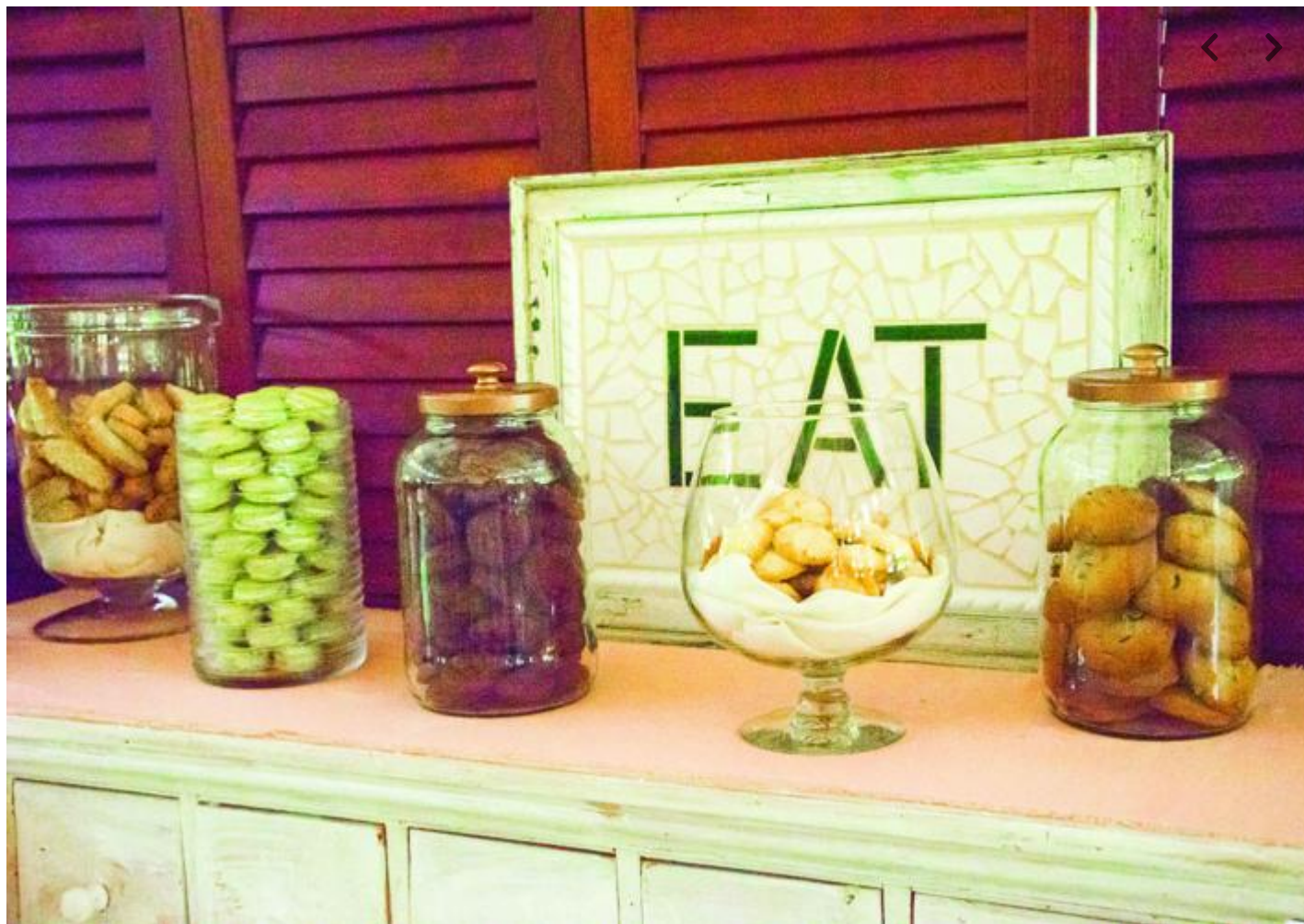
CENTERPIECE

Wedding on a shoestring

15 ways to save on your wedding

by Tracie Seed
Sep 24, 2015

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Dessert bars offer more of a variety for guests.

Katie Lovaas Photography

Planning a wedding without breaking the bank? You've come to the right place. South County is one of the top wedding areas in the state, and its natural beauty makes it easy to keep things simple (and less expensive). "You don't need the fanciest food, the swankiest venue or even a cake. Some of the best

weddings I've been to were shoestring, backyard affairs," says Therese Martin of Thrifty Sister in Peace Dale. Here are 15 expert tips:

Flowers

The average floral budget for a traditional wedding is \$2,000 — a cost that fluctuates dramatically depending on the type of flowers, bouquet styles and number of arrangements. The common advice is to use flowers that are in season, but that may not be the best way to save.

- Even in-season flowers can be expensive, says Polly Hutchinson, owner of Robin Hollow Farm in Saunderstown. She suggests couples be clear about their budget and flexible about the finished product. Requiring an exact copy of a bouquet, even with in-season flowers, will cost more than giving the designer a description of the look and feel you'd like.
- A design that contains only flowers is more expensive than one with other plant materials, she says.
- Size matters. Consider smaller versions or make a realistic list of your "must haves" and "can do without," Hutchinson says. Does your mother really need a corsage?
- Joy Rich of Flowerthyme in Wakefield says voluminous flowers can stretch a budget. "Hydrangeas are a great staple flower because they are big-headed and come in many colors," she says. "Also all babies' breath bunches tied with simple bows have a big impact for a small price."
- Get the most for your money by using bridesmaids' bouquets to decorate the reception table or aisle markers from the ceremony as centerpieces at the reception.

Reception

The reception is one of the biggest expenses a couple faces. "Have a clear focus and prioritize," suggests KC Bishop, owner of West Bay Gourmet Fine Catering & Event Design in Narragansett. Toss traditional expectations and decide what's most important to you. We aren't all four-course, sit-down dinner and tiered wedding cake kind of people!

- When choosing a date and venue, avoid peak season, and consider a Friday or Sunday ceremony. For a small wedding, a ceremony at home, on the beach or in a local park may be the right choice for you.
- Consider alternative times of day for the reception. "An evening cocktail or small bites reception can be very lovely with a wide variety of foods and not be nearly as expensive as a dinner," Bishop says. "Or have mid-afternoon high tea with a variety of desserts and tea sandwiches." Just time the ceremony accordingly, so your guests do not have to amuse themselves for hours in between.
- If a venue is already ornate or atmospheric, or already decorated for Christmas, you can use fewer decorations.
- Wedding favors are not necessary, but for a sweet treat, locally made cookies, candies or chocolates are an affordable choice. Lisa Sweenor Dunham, co-owner of Sweenor's Chocolates in Wakefield, suggests two or four pieces of candy per person, individually boxed or presented in an organza bag. "For a little more, you can print the couple's names and the date of the wedding on the box," Dunham says. Or add a personalized hangtag to the bag.
- Reception music can cost \$5,000 or more for a band and a professional DJ costs between \$700-\$2,000. Brendon Murano, a.k.a. DJ Low B says couples who want a variety of music should consider hiring a DJ. "DJs

can play anything at your wedding, as opposed to a band, which is restricted only to the catalog of songs they know,” he says. A DJ can also act as a master of ceremonies to keep the reception moving along, taking stress off you.

DIY

Consider some DIY projects to save some green. You don't have to do it alone; invite your friends and family and make it a fun day to remember.

- Put creative friends in charge of flowers for the wedding day. Buy florals and greens from a local farmstand or farmers market. Or ask guests to bring a flower to create the bride's bouquet and arrangements, Martin suggests.
- Re-purpose decor items. Small bottles from thrift stores or tag sales with a flower and hangtag with the guests' name and table number can be place cards, centerpieces and favors.
- Consider renting specialty items, such as tablecloths, glasses or dishes. Borrow when you can or purchase on the cheap and resell them.
- Set up a serve-yourself bar with wine and beer. Add a cocktail bar with ingredients for a couple of specialty cocktails, and post directions to make them. Ask a few friends to be in charge of restocking.
- Prior to the reception, ask guests to send you music suggestions. Have a music-savvy friend create a playlist and rock out the reception with only a speaker system and your smartphone or computer.

featured vendors

DJ Low B | 658-6425 | lowb.com

Flowerthyme | Wakefield | 792-3440 | flowerthyme.com

Robin Hollow Farm | Saunderstown | 294-2868 | robinhollowfarm.com

Sweenor's Chocolates | Wakefield | 783-4433 | sweenorschocolates.com

Thrifty Sister | Peace Dale | 363-9440 | facebook.com/thriftysister

West Bay Gourmet | Narragansett | 789-9229 | wbfinecatering.com

NEWPORT LIFE MAGAZINE

What you can do to avoid, or treat poison ivy

Tracie Seed | Newport Life

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An ant bite. That's what I thought the small, red bump on my arm was. I had dressed in overalls, boots, gloves and hat the day before to give the yard a spring cleaning. I also donned a short-sleeved shirt — a disastrous and, um, rash decision. Within hours of finding the first bump, more appeared. And they itched. Terribly. By the next day, I was covered head to toe with a raised rash and blisters. A frantic Google search of my symptoms confirmed my worst fears: poison ivy.

The next few weeks (yes, weeks) were spent trying every home remedy I could find on the internet, from using a hairdryer to “scratch” the itch to a very cold 62-degree soak in the waters of Narragansett Bay. Multiple trips to the pharmacist — and finally, the doctor — gave me more treatments to add to my arsenal. The most important lessons I learned during my ordeal were how to recognize poisonous plants and take precautions to avoid contact.

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Newport County is home to various itch-producing plants. “Poison ivy is very common and grows more rapidly than any native plant,” says Matthew Twig Largess, a nationally-known arborist and owner of Rhode Island-based Largess Forestry. He notes that while there are other poisonous ivies, such as staghorn sumac, poison sumac and poison oak, these varieties are uncommon to our area. So if you have an unrelenting itch after a walk in Weetamoo Woods, you were probably exposed to poison ivy. Regardless of what caused your allergic reaction, there are many ways to treat — and most importantly, avoid — this vicious vegetation.

While you can find poison ivy in woods and forests, it tends to thrive in areas “touched” by humans, including roads, cleared trails and established plots of land. Its main purpose in nature is to serve as a ground cover and shelter for small animals, and as a foothold to help small mammals and lizards climb up and down trees. For many grazing animals like goats,

deer, rabbits and horses, poison ivy is a delectable food source. And for some, like the white-tailed deer, it is their meal of choice. Poison ivy is considered a native plant, and according to Largess, “Many organisms thrive off of the environment and ecosystem it provides.” More than 45 species of birds and mammals use it as a food source.

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So how can you tell if a plant is poison ivy and not just another pretty vine? “Some of the characteristics of poison ivy include almond-shaped leaves of three on one stem, with the bigger leaf in the middle,” explains Largess. “They are waxy on top, with fuzzy hairs on the bottom. In the spring, leaves are bright green; in fall, red. Poison ivy also grows on the ground and on trees. The rule is ‘leaves of three, let it be.’”

While many animals can romp through poison ivy with wild abandon, humans are a different story. Largess is one of the lucky 15 percent of the population that is not allergic to poison ivy. For the other 85 percent, the reactions can vary from a mild discomfort to a severe response that requires a doctor’s visit. “Upon contact with poison ivy, one develops contact dermatitis or rhus dermatitis to the urushiol oil in the plant,” says Dr. Sami Assad of Newport’s LPG Family Physicians. “The reaction can start within a couple of minutes of exposure to the oil.” The oil, which is colorless and odorless, is found in the leaves, stems and roots of the plant.

The rash can continue erupting for up to 10 days (if this is your first exposure), and skin that isn’t directly exposed to the plant can also be affected if it is on clothing or surfaces. Even if you wear long pants and gloves, you can unknowingly spread the oil when removing them. This villainous substance can remain on your clothes, shoes, tools, and even your pets for several months. If it is on your hand and you touch a doorknob or even tie your shoelaces, you can re-expose yourself by touching it weeks later. “When you come in contact with the oil, wash it off within 10 minutes with soap and water,” says Assad. “Clean all contaminated clothing, shoes and linens, because the oil is much slower to evaporate from clothing — years in some cases.”

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Did you know: *If poison ivy oil is on your hand and you touch a doorknob or even tie your shoelaces, you can re-expose yourself by touching it weeks later.*

When you come into contact with this noxious plant, the oil bonds with your skin and your immune system takes over, causing uncomfortable reactions. The severity of the rash

depends upon the amount of exposure to urushiol: more oil produces a stronger reaction. The symptoms of contact dermatitis caused by poison ivy can include one or all of the following: redness (often in streaks), itching, blistering and swelling. These reactions can last anywhere from a few days to a few weeks, depending upon the severity. One misconception is that the discharge from the blisters can spread the rash. That's not true; the fluid is produced by your body and is NOT contagious. You cannot give someone else poison ivy unless they come into direct contact with urushiol residue left on unwashed skin or clothing.

According to Assad, you can treat minor symptoms at home. "Use a cool compress on the rash 15–20 minutes per hour," he says. "Try calamine lotion and over-the-counter oral antihistamines — do not use topical antihistamines — to help with the itching and swelling." If the reaction is severe, widespread, or around the eyes or mouth, see a doctor, as he or she may prescribe topical and/or oral steroids.

There are many home remedies you can try, including taking a cool shower or soaking in a cool bath with an oatmeal-based product such as Aveeno or a cup of baking soda or Epsom salts mixed in. Another option is to apply a paste made from three parts baking soda and one part water. Leave it on until it dries and flakes off. An astringent, such as rubbing alcohol, apple cider vinegar or witch hazel, can also help. One remedy that has been used for more than a century is Fels Naptha, a bar soap that can be found in the laundry aisle. It can be used to wash skin, clothing and surfaces immediately after exposure to the resin. You can also use it as a treatment to help dry up the rash.

If you have poison ivy in your yard, Largess suggests removing it naturally in the winter, when it is leafless, by pulling it up by its roots. Avoid using herbicides, which are harmful to the environment. But beware: leafless vines can still cause an itchy rash, so take proper precautions when removing poison ivy even in the cooler months — or for the utmost safety, call a professional. Be aware that if you burn yard debris, breathing in smoke that contains poison ivy can be extremely toxic and can affect your nasal passages, eyes and lungs.

Largess shares one final precaution: "Dress appropriately and be aware of your surroundings in the forest and around your house," he says. "Have respect for the plants and trees that you are walking amongst. Education is the best precaution."

Seek medical attention if you experience:

- A fever higher than 100°F
- Pus or yellow scabs on your rash

- Tenderness or itching that gets worse or disturbs sleep
- A rash that covers your eyes, mouth or genital area
- A rash that covers large areas of your body
- A large area of broken blisters, or other broken skin
- No sign of improvement after a few weeks
- Difficulty breathing

everydayhealth.com

NEWPORT LIFE MAGAZINE

When life gives you cucumbers, make pickles!

Tracie Seed | Newport Life Magazine

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Dating back to 2030 BC, pickling is an ancient technique for preserving foods with vinegar and salt. Pickled, canned food can last upwards of six months if stored in a cool, dim location, as sunlight and heat can deteriorate the food. So what can you pickle? “Obviously cucumbers, but you can pickle just about anything,” says Stacey Wood, resident pickler and kitchen educator at Sandywoods Farm in Tiverton. “Carrots, peppers, cherry tomatoes, beets, jalapenos, squash. I even pickle green beans!” Wood explains that while pickling is a simple process, there are key things to remember. Most importantly, use the freshest produce possible and clean it well. “Wash it and peel anything that grows underground and cut off the ends. You don’t want any possibility of dirt or mold,” she cautions. “Make sure jars and lids are clean as well. Bacteria growth can lead to botulism.” Wood suggests using distilled or filtered water, pickling salt, which is additive-free, and white vinegar to keep your liquid clear and maintain the produces’ color.

You can either do a quick refrigerator pickle or preserved canned pickle. Prepare brine with the following ratio:

1 cup vinegar, 1 cup water, ½ cup sugar, 1 tablespoon salt.

Bring to a boil. Clean and dry canning jars, add spices, herbs or flavoring ingredients like onions or garlic. Prepare produce: cut in equal sizes and shapes, and pack as tightly as possible without squishing.

Pour hot brine over produce, leaving ½ inch space at top. Gently tap jars on the counter to remove air bubbles and top off brine if necessary.

Place lids and screw on rings until they are “just tight.”

For quick pickling you will consume in a few days, let cool and store in the refrigerator.

For preserved foods, place jars in a canning pot, completely submerge in water, and process at a steady boil for 15-20 minutes. After completely cooled, ensure that the lids are indented inward, indicating a proper seal. If you press the center of the lid and it pops, it isn't sealed, so place in the fridge and eat them within a couple of weeks. "Once you know the lids are sealed, always store your jars with the rings off," says Wood. "If the seal breaks or pops off while in storage, do not eat the pickles."

[Note: Don't eat produce with bubbles or fizzing; this signifies bacteria growth.]

sandywoods.org

https://www.independentri.com/southcountylifemagazine/inside_the_magazine/features/article_45e65a63-d365-56bc-9a0b-6d87f1e2fcbb.html

EDITOR'S PICK CENTERPIECE

Wildcraft

By Tracie Seed | South County Life Styling by Rebecca Chace
Jun 1, 2018

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Joshua Millette, 5, of North Kingstown holds yarn sticks.

Photo: Michael Derr

Once upon a time, not too long ago, kids played outside in the summer until the sun went down, stopping only for a gulp of lemonade or bite of PB&J. Even then, flashlights, lightening bugs and campfires kept the fun rolling deep into the night.

Nowadays, instead of hopping on a bike at first light, kids might be tempted by the television or computer. But outdoor play and exploration teaches kids many skills, like problem solving and outside-the-box thinking, while creating a bond with and appreciation for the environment. So flip the switch and unplug this summer by getting down and dirty with these nature-based creative activities.



Theodora Derr, 6, left, Katelyn Millette, 5, and Joshua Millette, 5, all of North Kingstown work on their yarn sticks.

Photo: Michael Derr

Colorful Creations

“My kids and I take nature walks to collect stuff and bring back to the house to talk about and create,” says Lizzie Shriner of The Mermaid’s Purl in Wickford, who likes to minimize her family’s screen time as much as possible. “We look at the different creatures, vegetation and bugs kissing the top of the water and making ripples.”

As an owner of a knitting store, Shriner says that one easy project is to gather sticks and wrap them in colorful yarn. Not only is this a fun craft for little ones, it is also a great way to work on fine motor skills and learn about colors and counting. Multi-hued variegated yarns offer surprising results and patterns as the spinning continues. “We make a bunch of yarn sticks and the kids make little piles or structures with them,” she explains. “Kids are more engaged when they are unplugged and outside.” Wool yarn works best for outdoor crafts because it’s strong and resistant to mold and mildew.



Theodora Derr, 6, of North Kingstown holds a nesting materials suet box.

Photo: Michael Derr

A Bird's Life

Challenge kids to build nests with sticks, grasses, leaves, feathers, pieces of yarn and other backyard beauties. How do the birds do it without glue or tape? Let your kids discover with self-exploration. Gather and cut to 4-inch lengths a collection of nesting materials, such as twigs, grasses, straw, moss and feathers. “Fill an empty suet box with them and hang it in a tree,” Shriner suggests. “Keep an eye on the birds throughout the season and see how they incorporate them in their nests.”

“A lot of people are afraid to be outside, but we have to let that go,” says Lisa-Beth Sanford, director of Kingston’s Camp in Peace Dale. “Don’t be afraid of insects, getting dirty or scrapes and bruises. The outdoors is a great place for children to problem solve, learn and be creative.” Without the use of technology to keep them entertained or occupied at the swipe of a finger, nature provides the opportunity for kids to take a moment to self-reflect on what they need — a quiet, contemplative rest under a tree or a high-energy adventure up its branches. “Allowing kids to run and fall helps them understand their own boundaries,” she suggests. “And giving them open-ended opportunities to explore with hands-on activities is a great way to learn.”



Dream catcher

Photo: Michael Derr

Dream Catcher

Sticks, yarn and other found objects are also great ingredients for creating a simple dream catcher. Place sticks to form a triangle or square and tie ends together with wool yarn. Wrap with yarn to create a web-like look. Decorate with leaves, flowers and feathers. Tie yarn around small stones, shells or feathers to hang from the bottom of catcher. Imagine a tree adorned with several of these.



Katelyn Millette, 5, of North Kingstown holds a collage.

Photo: Michael Derr

Gather & Explore

Sanford says a walk through the neighborhood, backyard or local hiking trail is a prime time to gather materials for nature-inspired artwork. Things like flowers, stones, bark and moss become fodder for a shoe-box diorama or a collage. Turn it into a color scavenger hunt by giving each child a piece of paper with several color swatches, and encourage them to find at least one item to correspond with each shade. Afterwards, let them show you and tell you about what they found. Pose the question, “Now, what can we make?” Then watch the creative wheels turn.



Theodora Derr, 6, of North Kingstown adds a flower to a fairy house.

Photo: Michael Derr

Story Time

Who doesn't love a good story? The outdoors is rich in material for a good tale. Where are the ants going? What are the birds saying to each other? How do squirrels climb so high? Grab branches, bark, pine needles, pinecones, moss and foliage to create little homes for fairies and gnomes, complete with furnishings. What are the fairies' names? What do the gnomes look like?

What do they do all day?

The freedom of outside play does more than give children a creative outlet and fresh air; it can aid in the development of vital skills. "Swinging from a tree or walking on a log in the forest helps with sensory, vestibular and proprioceptive development, which is connected to hearing, eyesight and balance," explains Rubinoff. "If kids are sitting on devices and not moving, they aren't strengthening these important skills." One of her favorite outdoor activities for kids is to

provide them with a sand pile or mud puddle equipped with old spoons, bowls and other items for digging and playing. “Gardening is another great project,” Rubinoff suggests. “You don’t need a plot of land; you can use containers or a flowerpot. It’s magical to watch things grow.”

Parents or guardians often will take children outside but will stay on their own electronic devices instead of participating, but Rubinoff cautions against checking your Twitter feed while your third-grader collects rocks. “Children learn from imitation; if a parent doesn’t embrace being outside, then the children won’t,” she says. [REDACTED]



Joshua Millette, 5, Theodora Derr, 6, and Katelyn Millette, 5, all of North Kingstown work on their collages.

Photo: Michael Derr

Printmaking

Su Rubinoff, kindergarten teacher at Meadowbrook Waldorf School in West Kingston, says that simple leaf rubbings are a great activity for the younger set: “Make cards with them and write a note to Grandma.” Create botanical prints with colorful foliage and flowers, such as dandelions, ferns, lavender, marigolds and pansies. Place a piece of watercolor paper on a hard surface.

Arrange flowers and plants on top of the paper facing down. Cover with a paper towel and pound with a flat rock or hammer until you can see the pigments seeping through. Let rest for a minute and remove to reveal your artwork.



Joshua Millette, 5, Theodora Derr, 6, and Katelyn Millette, 5, all of North Kingstown use natural paintbrushes.

Photo: Michael Derr

Brushes

Make your own paintbrushes with found objects from the backyard, nature trails or the garden. Gather twigs for the handles and items such as long grasses, flowers, leaves and even feathers for the brushes. Use elastic bands to attach the items to the sticks to make paintbrushes. Offer paper, watercolors or washable tempera paint for kids to explore what types of images each brush makes. Don't want to mess with the mess? Just use water to "paint" on a sidewalk, driveway or large rock.

NEWPORT LIFE MAGAZINE

Wine wears seasonal disguise at Newport Vineyards

Tracie Seed | Newport Life Magazine

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Kids aren't the only ones wearing costumes this Halloween. For Newport Vineyards, it is a matter of switching the label for its Gemini Red to a more festive one for the season. "Our Witches' Brew is our Gemini Red in disguise! She goes into costume every October," explains Cassandra Earle, director of marketing and events. "It's the perfect way to add a little extra magical touch to your celebration." Earle explains that the blend of Merlot, Cabernet Franc, Pinot Noir and Lemberger makes this wine perfect for pairing with pasta or pizza, both great choices for easy pre-candy-induced-coma dining. "Witches' Brew also goes with anything chocolate," she says. "Sneak some pieces of your kids' Reeses, Baby Ruth, M&Ms or a Hershey's bar!"

newportvineyards.com

