

Westport Shorelines

eastbayri.com

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Town re-arms for snow wars



PHOTOS BY RICHARD W. DIONNE JR.

The Highway Department's Scott Boyd stands in front of 'his' brand new Westport plow truck (still lacking Westport decals). The \$138,000 Freightliner debuted in Saturday's storm.

New plow, military surplus truck join aging fleet

Reinforcements arrived in the nick of time last week for Westport's beleaguered snow removal team.

The Highway Department took delivery of a brand new jet black Freightliner heavy duty custom dump truck/plow-sander last week, a day before the arrival of "Jonas" — a monster in the mid-Atlantic states that delivered about eight inches here.

"We're waiting for the plates. Should be here today, sure hope so," said Highway Surveyor Chris Gonsalves Friday. The plates arrived just in time and the truck rolled when the snow started.

After the storm, Mr. Gon-

See **TRUCK** Page 3



A Highway Department employee replaces a worn out plow blade edge before Saturday's storm.

No comment on whether body found here that of Cranston man

RI takes over case of body found in Westport waters

Confirmation last week of the death of a missing Cranston, RI, man has refueled speculation that a body discovered off Westport last August might be that of 36-year-old Kerry Mello.

Rhode Island State Police last week confirmed that Mr. Mello is indeed dead but released no other details. Mr. Mello, the father of three, was last seen by his girlfriend on August 10, 2015. His abandoned car was found by Boston police in late October.

On August 19, the crew of the Westport fishing boat TNT, owned by Brian Tripp, found a partially dismembered body about a mile and a quarter south of the harbor entrance and beach.

The Bristol County District Attorney's Office declined comment at the time when asked if the body might be that of Mr. Mello. Asked about DNA identification efforts repeatedly since then, a spokesman has said there is nothing new to report from the Cape Cod Medical Examiner's Office.

But last week, that spokesman referred all questions to the Rhode Island Attorney General's office and to RI State Police.

A spokesman for the Rhode Island AG's office said she could neither confirm nor deny such a connection, adding that that is their standard response for cases that remain under investigation. She referred questions to State Police who did not respond.

Westport detective Antonio Cestodio said he could only confirm that the matter of the body found here is now a Rhode Island

See **BODY** Page 2



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BODY: Now it's a Rhode Island case

From Page 1

State Police case.

Detective Cestodio said that DNA from that body would have been filed with the National Combined DNA Index System (CODIS) in hopes of locating a match.

After they found the body, wrapped in some sort of bag, the fishermen called police. Town and State Police, with then-Harbor-master Richie Earle, went out and recovered the body.

In the days after the discovery, searchers walked the shores of Westport and across the state line into Little Compton in what is said to be a hunt for possible clues. There have been no reports of additional discoveries.



Family photo of Kerry Mello. RI State Police confirmed last week that the Cranston man, who disappeared last August, is dead.

Police: DNA solves Hummer heist

Nearly two years ago in March, 2014, someone entered State Road Auto on Route 6, took keys from the office to a Hummer H2 in the sales lot, and drove it away.

The locked front gate didn't slow the getaway — the thief drove straight through it. The car was later recovered in Fall River.

Now Westport Police say that,

thanks to DNA evidence, they finally have their man.

Detectives Ryan Nickelson and Jeff Majewski investigated the case and quickly found an important clue — blood inside the car.

They took a sample of that blood and entered it into the National Combined DNA Index System (CODIS) in hopes of find-

ing a match.

Recently came word that a match had been found, said Westport Detective Antonio Cestodio.

"We have a suspect and that suspect will be charged," Det. Cestodio said Friday.

Police declined to release the suspect's name until an arrest is made.

Nomination papers for April election now available

Westport Town Clerk, Marlene M. Samson, announces that nomination papers for the April 12 annual

town election will be available starting January this Wednesday, Jan. 6, for the following offices:

For three years:

- Selectman, 1
- Assessor, 1
- Board of Health, 1
- School Committee, 2
- Fish commissioner, 1
- Trustees of Free Public Library, 2
- Landing commissioner, 1

Commissioner of trust funds, 1

For five years:

- Housing Authority, 1
- Planning Board, 1

Deadline for obtaining nomination papers is Thursday, Feb. 18, at 4 p.m. and the deadline for filing nomination papers with the Board of Registrars is Tuesday, Feb. 23, at 5 p.m.

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TRUCK: Westport welcomes snow reinforcements

From Page 1

salves said all went well - only one older plow proved troublesome and crews managed to stay well ahead of the snow.

“Only four complaints in a town of what - 15,000 people. Pretty good I think.” Complaints typically involve placement of plowed snow, damage to lawns, “things like that,” he said.

That \$138,000 truck was approved by Town Meeting voters last spring and immediately becomes the prize of the town fleet. It is similar to one purchased nearly two years ago that went on line last January.

Scott Boyd gets to drive the latest truck — it’s a system based loosely on seniority — and the vehicle includes features he said he couldn’t wait to use.

There’s a load cover that can be operated from the cab which saves risky climbs up the back in bad weather, and a new and improved sand and salt spreader.

Also new this year are three badly needed plow blades at a cost of \$14,000 apiece.

Elsewhere in the highway yard, Quentin Lord was putting the finishing touches on a 10-wheel military surplus “multi-tasker” truck obtained by the police department (its local use had been limited to a few parade appearances). Mr. Lord has transformed it into a front line plow and sander.

The Highway Department



PHOTOS BY RICHARD W. DIONNE JR.

Quentin Lord, left, with Highway Surveyor Chris Gonsalves, shows the 23-year-old military surplus truck that he has transformed into a front-line plow/sander. He welded two sander bodies together to fit the oversized vehicle which, though older, has low miles and is in excellent shape.

employee put on the plow attachment, rigged all the hydraulics himself and also added the sander body. It’s actually two older sander bodies welded together to fit the big

See **TRUCK** Page 4



Scott Boyd sits in the new truck’s cab. Controls here make it possible to manage much of the plowing and sanding without climbing onto the back.



Three new plows (\$14,000 each) replace some that date back to the 1950s.

WESTPORT SHORELINES

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Diamond Restyling Event



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Hannah Wolbach of Skinny Dip Farm making a transaction with two customers while Bill Braun of Ivory Silo Farm discusses with attendees in the background.

Residents brave snow to meet farmers

Pig grazing plan dropped for Hadfield land

In spite of a building snowstorm, over 40 community members gathered Saturday afternoon at the Westport Grange for the Westport Land Conservation Trust's (WLCT) third annual Meet Your Local Farmer event.

Participating farms included Silk Tree Farm, Hana's Honey, Skinny Dip Farm, Ivory Silo

Farm, Peet's Farm, Cluck and Trowel, Buzzards Bay Brewing, and Healthy Futures Farm.

Due to the snow, WLCT's forum on leasing land to local farmers has been rescheduled to February 4 at 6 p.m. at the Westport Town Farm, 830 Drift Road. During the forum, plans for a small scale farm lease to help WLCT reclaim 10 acres of former agricultural land at the Headwaters Conservation Area will be discussed.

WLCT executive director

Ryan Mann held an impromptu meeting for community members who arrived to attend the forum on Saturday. During this meeting, he met with abutters to the Headwaters Conservation Area and told them that WLCT has withdrawn plans for a user agreement which would have brought 8 to 12 heritage breed pigs to graze at the site of the upland meadow restoration on the Herb Hadfield Conservation Area this summer.

TRUCK: New truck, plows arrive

From Page 3

truck and enables the truck to cover many more miles without refill.

"It's a 1992 truck but only has about 50,000 miles and is in really good shape," Mr. Lord said.

"If he hadn't done this we never could have afforded to convert this truck," Mr. Gonsalves said.

Inside the garage he pointed out staffers who were repairing 1950s vintage backup plow blades and tending to a wide range of mechanical woes.

"That's a lot of talent you see in here," he said. "They keep this stuff on the road" and save the town a fortune.

Two years ago, another surplus truck was transformed into a brine spreader.

"It works well," Mr. Gonsalves said Friday. "We'll be sending it

out in a while to put a coating of brine on the roads."

That blend of Westport Harbor salt water and calcium chloride "stops the snow and ice from sticking so fast and can make a big difference."

Workers were also busy welding new edges and parts onto 1950s vintage plow blades.

"We're always welding those things — before and after every storm."



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Concerns voiced about Alliance's Head of Westport plan

They are pleased to have the Westport Watershed Alliance as a future neighbor but several Head of Westport neighbors say they are concerned about changes to the Alliance's plan for a new headquarters.

The Alliance is raising funds to convert the old Head garage located at 493 Old County Road next to the kayak shop to its new headquarters. The town landing commission and selectmen last year agreed to a long-term lease of the town-owned property — voters had already approved the concept of such an arrangement.

Since then, neighbors have contacted town officials with several concerns, from parking and traffic to plans for a septic system.

Selectmen last week gave those neighbors a chance to voice those concerns at a workshop within the board's regular meeting. While Selectmen don't have jurisdiction to regulate the Alliance's project — that rests with such groups as the Planning Board and Board of Health and state septic system, the board offered neighbors and the Alliance an opportunity for discussion.

Mike Mullen, who lives on Reed Road, said he and others there welcome the Watershed Alliance to the neighborhood but are worried that the "original plans have changed."

One such change, he said, is the addition of a septic system

in the property that sits directly alongside the head of the river and wetlands within a flood zone. That seems to contradict both the Alliance's mission to protect the river from nitrogen and septic waste and earlier plans to compost all waste from the headquarters, several said.

Deborah Weaver, executive director of the Alliance, said the organization still wants to install composting toilets there but has been told by Board of Health agent James Walsh that a septic system must be designed to comply with state law. Whether that system will actually be required is not yet clear and hinges on issues including setbacks, proximity to waterways and state regulations.

Ms. Weaver said the hope remains to use composted waste from the toilets to fertilize planters and, perhaps, a rooftop garden.

State Title 5 septic system rules have especially stringent requirements for construction of septic systems in 'nitrogen sensitive' areas such as those near waterways.

The building will replace the Alliance's present 1151 Main Road Central Village headquarters which the organization says it has outgrown. It says the Head of Westport locations is especially fitting for a group whose mission is the protection of the river and its water-



The Head garage, seen from across the Head of Westport waterway.

shed.

The WRWA holds its annual River Day celebration at the Head of Westport and built a model rain garden system there that corrals and filters stormwater that flows down Old County Road toward the

river. It is also a closely watched location since it is through here that waters from the northern watershed meet the upper Westport River.

In addition to moving its offices there, the WRWA hopes to transform the building into

an environmental showcase of sorts with composting toilets, solar energy system, rainfall collection system and more. The first floor will be used for education and exhibits while the upstairs will house offices.

Rep. Schmid to hold office hours here Feb. 1

State Representative Paul A. Schmid will be hold office hours throughout the 8th Bristol District on Monday, Feb. 1, from 9 a.m. to 12:30 p.m. From 9-9:45 a.m. he will be available at the Westport

Council on Aging, 75 Reed Road, Westport.

The office of Representative Schmid can also be reached Monday through Friday at 617-722-2210.

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Opinion

EDITORIAL

Gun range needs a silencer

You won't hear gunfire, won't hear anything but the hum of a fan, neighbors were repeatedly promised by the would-be builder of an indoor gun range alongside homes in north Tiverton.

That's not how it turned out.

Even indoors, those same neighbors now endure muffled gunfire morning to night.

Over that constant louder-than-expected fan, they say they experience the near non-stop concussive thud of gunfire "akin to the way you feel the low toned thunder rolling through your body during a summer storm," as one put it.

Police stopped by for a listen and acknowledged that they could hear both that fan and gunfire outside. But their noise meter measured 57.2 decibels from one neighbor's yard, 59 decibels from another's — both just within the 60 dB allowed. (The town code additionally forbids "pure tone" noise in excess of 55 dB — defined by the ordinance as "any sound which can be distinctly heard as a single pitch or set of single pitches.")

Whether or not that amounts to a violation — and it sounds like it does —

WHERE TO WRITE:

Westport Shorelines, 1 Bradford Street, Bristol, RI 028809 or shorelines@eastbaynewspapers.com

the noise meter should not be the final authority here.

The owner pledged silence and that's what he ought to deliver.

Tiverton should hold him to it, not wash its hands of the matter with a feeble 'just below the decibel limit' defense.

That anyone would suggest otherwise is disturbing. No town resident should be expected to put up with such a profound and constant loss of peace, quiet and property value. Certainly no town councilor would.

If gunshots from this place can't be silenced, Tiverton must confront the fact that it approved something that doesn't belong in such a densely developed part of town.

I don't know what to do, Doctor. For 4 days my husband has been just standing at the window in his Pats jersey muttering, "why? why?"



LETTERS TO THE EDITOR

Concerts: At stake is right to quiet enjoyment of property

To the editor:

I am the neighbor referred to in Ms. Kate Levin's article on the winery's 30th birthday. I live on the adjacent farm, my dwelling being approximately 300 yards from the winery tasting room. We are growing and selling sustainably grown vegetables under the name Ivory Silo Farm. You may have seen our farm-stand on Hix Bridge Road.

I would like to correct some serious misconceptions in the article about my suit against the winery and the town.

The suit is in response to the Summer Concert Series only. The suit is the result of the winery's

subjecting my family to very loud amplified rock concerts every Friday evening and some Saturdays from June through September. We have, for many years now, been unable to have any outdoor family activities without the very intrusive accompaniment of amplified rock and roll cover bands.

My entreaties to the winery to relocate the concerts or to limit them to acoustic music have elicited no sympathy or cooperation whatsoever.

In addition, although legal experts have suggested that an entertainment venue in an agricultural/residential zone is a violation of the town's zoning by-laws,

the town has refused to intervene and has actually issued an "Entertainment License" for these concerts.

My suit says nothing about agritourism in general and is in no way intended to inhibit accepted agritourism events such as hayrides, farm tours, harvest festivals, corn mazes, farm-to-table dinners or tastings etc.

The principle at stake here is a citizen's right to the protection from intrusion and the quiet enjoyment of their property.

Ed Howe

Howe Family Farm,
Ivory Silo Farm
Westport

Tiverton needs the help that Twin River offers

To the editor:

Tiverton once again is offered an opportunity to expand its tax base. We should enthusiastically welcome Twin River and their proposal.

During the last six months the company has shown immense sensitivity toward the community in obtaining and incorporating the wishes of the people of Tiverton. They have held class act presentations — snacks and air conditioning at the high school auditorium. It does not get better.

The timing of this proposal could not have come at a better time. We are faced with a number of costly obligations — the landfill closure, critically needed repairs to the high school

and middle school, the library bonds will have to be paid off and sewage service has to be expanded. No one can overlook the repairs our roads require.

We should not forget the plethora of housing units proposed. Surely, all these new students will require an enlargement of the school system. We need more money than our stretched homeowners can provide, while waiting for the miracle in the industrial park to generate tax income.

Let us welcome the Twin Rivers team! They have a timeline, and they have experience at what they do. The design of the complex is in conformity with the expressed wishes of a large component of the citizens

of the town.

Not only will we have a committed revenue flow within a few short years, but we will also have a welcome spin-off of building-related jobs — a nice boost to local craftspeople and suppliers.

Lastly, let us remember that Rhode Island's economy relies heavily on gambling. Our governor would like to see this expansion. We will be supportive and perhaps this support will weigh favorably the next time we seek state funds for Tiverton. We also face the Stone Bridge and the Sakonnet Bridge projects. We need help.

Barbara Pelletier
Tiverton

WESTPORT SHORELINES

Established in 1993

Matthew Hayes, Publisher

Bruce Burdett, Editor

R. S. Bosworth Jr., Publisher Emeritus

Letters policy

Westport Shorelines encourages all citizens to comment publicly on the events and times in which we live. We will print any letter sent to us, adhering to guidelines for taste, accuracy, fairness and public interest. Letters must be signed by the author and must include telephone number and street address. Letters are limited to 500 words. Direct letters to: Westport Shorelines, 1 Bradford St., Bristol, RI 02809. Letters may also be sent to shorelines@eastbaynewspapers.com.

Correction policy

We adhere to the highest standards of accuracy, fairness and ethical responsibility. If you feel we have not met those standards, please notify us. We will correct any errors brought to our attention or that we discover ourselves. They will always appear on this page.

This newspaper does not assume responsibility for errors in advertisements printed herein, but will print without charge that part of any advertisement in which an error occurs. One-year subscription rates are \$40 (\$35 w/EZ-Pay) in-county; \$68 (\$64 w/EZ-Pay) out-of-county but within New England; and \$90 (\$84 w/EZ-Pay) for Nationwide mailing. Monthly subscriptions are also available for \$3 (in-county), \$6 (out-of-county within New England), and \$8 (nationwide). Periodicals postage paid Bristol, RI 02809. Westport Shorelines is located at 1 Bradford St., Bristol, RI 02809. Telephone 401-624-3035. POSTMASTER send address changes to Westport Shorelines, 1 Bradford St., Bristol, RI 02809.

LETTERS TO THE EDITOR

*Westport Rivers' whining over 'agrotourism' lawsuit***To the editor:**

Kate Levin's so-called commentary that was published in last week's issue of Shorelines is actually an edited version of the press release that her public relations and marketing enterprise Verve Creative Solutions recently produced for the Westport Rivers Winery. The owners of the winery probably felt the need for some public relations as they are being sued by their neighbor

whose farm abuts the vineyard.

As I understand it, the issue now before the courts has to do with the Board of Selectmen issuing an entertainment license to the Westport Rivers Winery which allows them hold outdoor concerts for

which they charge admission. The problem is that the BOS may have acted in violation of both Westport's Zoning Bylaw and Massachusetts law. That's why it's in court.

I don't think the winery needs an entertainment license to give hayrides or to allow food trucks, fish smokers and oyster shuckers on site to cater to the agricultural tourists already flocking to their vineyard on weekends. And I don't think you need an entertainment license to have a cajun string band or a classical string quartet playing some music while the agri-touristas soak up the ambiance and more glasses of wine.

However, when you start charg-

ing ten bucks a car-load for weekly scheduled outdoor concerts featuring the same amplified cover bands that play the summer wedding circuit, that's different. A neighbor might find that activity obnoxious. That citizen—any citizen in this country—has a constitutional right to seek a remedy in the courts.

The broader issue that will be argued will be what actually is agricultural tourism. Is it about supporting a regional and sustainable agriculture or promoting lifestyle theme parks charging money for admission and cheap entertainment.

Gregory Nowell
Westport Point

*PARCC-type testing saps the joy out of learning***To the editor:**

As a public school educator entering my 21st year of teaching, I continually return to a simple question. Where has the joy of learning in our schools gone? This year, many school districts are shifting from the MCAS assessment to the PARCC, (Partnership for Assessment of Readiness for College and Careers) causing many of our students, parents, and educators to feel the anxiety over the dramatic changes necessary for the PARCC. What are we really gaining from this new assessment, and at what cost?

The State's Board of Education has adopted PARCC (Partnership for Assessment of Readiness for College and Careers) in place of MCAS. PARCC raises some ques-

tions. Is this really in the best interest of kids, or is this the state's response to the business world looking for "work ready individuals"? Does PARCC push our kids beyond their age-appropriate cognitive abilities? Can our children handle this new system of requirements and state testing? If so, at what cost? When do kids just get to be kids, and not the state's answer to fulfilling a future workforce? Of course at some point that is a valuable concept, but should we be challenging what children are cognitively ready for to fulfill it? Let our students be children first. High stakes testing is going too far. What's the rush?

By calling PARCC, MCAS 2.0, are we to feel satisfied that our voices have been heard? At state board

hearings last spring, there were both socio-economic irregularities, and issues of time raised around PARCC. However, it seems that the opinions of teachers, parents and administrators have fallen on deaf ears. The board placated us with hearings, but had no intention of adjusting the testing, or its timeline, to address the stated public concerns.

Once again the "White Tower" of elitism is calling the shots. Why are the voices of educators and parents going unheard? If you feel this is a rush job that our kids are not ready to take on, notify your state representatives and ask for delay so that more evaluation can be done.

Joan M. Tripp
Westport

*It's about loud concerts, being good neighbors***To the editor:**

It is more than a falsehood to say that Ed Howe wants to shut down hayrides and other activities as promoted by MDAR.

The Westport Winery and Buzzards Bay Brewing (also owned by the Russell family) are both running concert series, not enjoying a glass of wine at

the end of the week while musicians "strum a tune." The music is amplified and loud.

If the Russell family had gone through proper zoning practices before they started their concert business, consulted the abutters, been sensitive about how their practices and noise levels affect their neighbors,

and designed the layout and acoustics properly, then there would have been no problem. The request is for honest neighborly relations and good business practices.

Kim Keown
Jamaica Plain and frequent visitor at Ivory Silo Farm, Westport.

Dog licenses, beach passes available

Westport Town Clerk Marlene M. Samson announces that 2016 dog licenses are due April 1 and are now available at the town clerk's office.

A valid rabies certificate must be presented in order to obtain a dog license.

Office hours are Monday through Friday, 8:30 a.m. to 4 p.m., and first Monday of each month from 8:30 a.m. to 6 p.m. Licenses may be obtained by mailing the rabies certificate, a self-addressed stamped envelope and check payable to the Town of Westport to: Town Clerk, 816 Main Road, Westport

MA 02790. License fees are \$15 for males and females and \$10 for neutered males and spayed females. Dogs licensed after June 30 are subject to an added \$15 late fee.

Beach passes

Applications for 2016 beach passes are now being accepted at the town clerk's office. Applications can be downloaded at: <http://www.beachgcommittee.westport-ma.com> or picked up at Town Hall, the Westport Library or the Council on Aging office.

Submit applications and

required documents by mail to: Town of Westport, Attn. Beach Committee, 816 Main Road, Westport, MA 02790. All documents will be returned to the applicant. Beach passes are \$30 each and \$15 for anyone age 65 and over.

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PHOTOS BY TIM MARSHALL

Ashlyn Silvia advances the ball up the court.

Westport girls maintain winning record

The Westport girls basketball split a pair of close games last week, beating Holbrook by a basket and then losing to West Bridgewater.

Reaghan Tripp scored 16 points and grabbed seven rebounds Friday as Westport lost 51-45 to West Bridgewater. Lindsey Oliveira contributed eight points and eight rebounds, as the Wildcats record fell to 8-5 overall, 8-3 in division.

Earlier in the week, the Wildcats edged Holbrook 48-46. Laura Mendell led the way with 22 points, five assists and three steals.

Tripp scored 13 points and pulled down 11 rebounds, and Oliveira scored seven points and played strong defense.



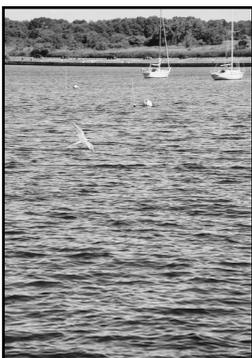
Laura Mendell beats an opponent on her way to the net.

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Colette Lapointe McKeon

Big week for boys basketball

The Westport boys basketball team and star Alex Machairas knocked off a top team and then dominated another last week

On Friday at Westport, the Wildcats handled West Bridgewater 76-48 to move to 6-7 overall and 4-0 in Mayflower Conference action.

Machairas led the way with 32 points, 21 of those from three-pointers — he hit seven of them. He also had eight rebounds six assists and four steals. Conor Brown added a dozen points.

Earlier in the week, on Wednesday at home, Machairas scored 27 points as Westport knocked off previously unbeaten (12-0) Holbrook by a 61-58 score. He put Westport on top for good with a layup with 42 seconds left. Nick Collins added an insurance free throw 16 seconds later.

Zack Medeiros contributed with nine rebounds.



Alex Machairas drives for a layup in a game earlier in the season.

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Gun range noise: Chief, neighbors disagree

BY TOM KILLIN DALGLISH
tdalglis@eastbaynewspapers.com

TIVERTON — Neighbors hear it, but noise measured in decibels from ventilation fans and gun shots, coming from the shooting range at Sakonnet River Outfitters at 777 Main Road in Tiverton, does not violate the town noise ordinance, says Tiverton Police Chief Thomas Blakey in a report to the Town Council.

The report results are disputed by two shooting range neighbors, a couple whose complaint prompted the investigation in the first place, and they cite a different section of the same ordinance.

The website for the shooting range says the facility is open seven days a week from as early as 10 a. m. to as late as 9 p.m..

The chief's conclusion is stated in a Jan. 15 report to the council for its meeting on Monday, Jan. 25. The report is based on an investigation Chief Blakey conducted, at the council's request, with two of his officers and a decibel meter, at the shooting range around noon on Tuesday, Jan. 12.

The Chief's report stemmed from a written complaint to the council Jan. 11 by the neighbors, Nathan and Joy Titcomb, who live at 12 Paul Terrace just behind the shooting range.

An earlier noise complaint from another neighbor, and a decibel reading by the police department, on Jan. 2, Chief Blakey said in his report, showed a decibel reading of 59 db, "slightly below the allowable ordinance noise level of 60dB within residential and open space zones."

The chief used a section of the noise ordinance setting a limit of 60 dB, Mr. Titcomb said, while the very next section of the same ordinance sets a 5 dB lower threshold (of 55 dB) "[f]or any source of sound which emits a pure tone." That's the section that should apply to gun shots, Mr. Titcomb contends. "Pure tone" is defined by the ordinance as "any sound which can be distinctly heard as a single pitch or set of single pitches."

"I am most upset regarding the police chief's incorrect interpretation of the town ordinance," Mr. Titcomb said.

"According to the town ordinance, the sound readings need to be taken from the receiving land and meet the thresholds of the receiving land use. Further, the decibel threshold is reduced by 5 db for any sound that is a pure tone," he said.

"We can tolerate normal neighborhood sounds, but what we don't expect to hear is repetitive gun shots which I can hear concussively," Mr. Titcomb said in an interview Sunday.

"During the hearings regarding the licensing of the shooting range in this location, which took place during the summer and fall of 2014," Mr. Titcomb said, "we were assured by Mr. Lebeau that we would not hear anything aside

from a 3 horsepower fan. We certainly hear the fan, but we also hear what we were assured we would not. Gunfire."

In their initial complaint to the town council, that appeared on on the council's consent agenda at its Jan. 11 meeting and that led to Chief Blakey's investigation, the Titcombs wrote that "[t]he sounds emanating from this business have unnecessarily degraded our quality of life in our home."

"Put the interpretation of city ordinance aside," Mr. Titcomb said in his Sunday interview. "The kind of noise being heard is certainly disturbing. One expects to hear the sound of a neighborhood from a back porch a deck or a patio. These sounds could be children playing or crying, lawnmowers, and other residential noises. These are the sounds we expect and are part of the charm of many neighborhoods."

"What we now apparently have to add to this list of residential noises in Tiverton is the sound of concussive gunshots," he said.

"The repeated blows may be below the town prescribed noise threshold; but each and every one is felt, akin to the way you feel the low toned thunder rolling through your body during a summer storm. Except in our backyard it is not raining, the sky is not dark, and there is no lightning, but rest assured we still feel and hear blow after blow, round after round."

Added to it is the noise of the exhaust fans, Mr. Titcomb said.

In their initial complaint to the council, he and his wife wrote, "The constant noise of the fan has made our once quiet yard littered with a constant drone. Within this constant drone, we are able to hear the pops of each gun that is fired within the range."

In response to the Titcomb complaint, the council asked Chief Blakey to look into the matter which he did, and which led to his report Monday.

The chief reported that during the investigation one of the officers accompanied the business owner, Randy Lebeau, into the shooting area inside the building.

There he witnessed "Mr. Lebeau fire multiple rounds of live ammunition from a variety of weapons, including a high powered rifle (AR-15)," the chief reported.

During the gun firing, Chief Blakey said, he stood outside the building about 25 feet away.

"I heard the sound of muffled gunfire coming from within the building, the sound was discernible, definitely not in reaching the noise level which would violate the Town of Tiverton Noise Ordinance," he wrote.

An officer took a decibel reading [of what — gunshots or fan noise or both — the report did not make clear] "from the property line of the complainant's property at 12 Paul Terrace," and the "reading was 57.2 dB, below the noise ordinance allowable level of 60 dB within resi-



The shooting range, seen from a neighbor's yard.

dential and open space zoning."

At the end of his report, Chief

Blakey wrote, "[w]ith regards to the impulsive sound of muffled gun shots noise, this type of intermittent sounds or noise do not provide enough noise for long enough duration to obtain accurate decibel readings. The noise level is low, well below the ordinance level, although it will be repetitive."

"Mr. Lebeau was informed of the decibel reading and that he was not in violation of the town ordinance," Chief Blakey said in his report to the council.

"I suggested to Mr. Lebeau that he consider erecting a solid six-foot fence in the vicinity of both exhaust

system outlets as a form of a noise barrier," the Chief reported. "Mr. Lebeau informed me that he realized he was not required to put up a fence, but that he would put up a fence as soon as possible because he just wanted to be a good neighbor and get along with and work with everyone."

Mr. Titcomb said Sunday that the town administrator had not met with him, his wife, or other neighbors, as he had thought the administrator had indicated on Jan. 11 that he would. He said he had written a letter to the Town Administrator about it.



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AROUND TOWN

Children's reading hour on Thursdays

WESTPORT — A weekly children's reading and activity hour, geared for preschoolers is on Thursdays from 10:30 to 11:30 a.m. at Partners Village Store, 865 Main Road.

Bring your preschool child and join Miss Joan each week for theme-filled stories, arts and crafts and a snack. This is a free gathering. For more information, call 508/636-2572 or visit www.partnersvillagestore.com.

The 2016 winter/spring session continues through June 2, with a summer session from July 7 to Aug. 18, and a fall session from Sept. 8 to Dec. 1.

ROMEOS meet for lunch on Thursdays

WESTPORT — The Westport ROMEOS' luncheon is at noon on Thursdays in the Priscilla Dining Room at White's of Westport. The ROMEOS (Retired Older Men Eating Out) is an active social group that has met for the last 22 years.

All are welcome. Bring topics of interest and join the conversation. You pay for your own lunch. There are no age limits.

No reservations are necessary. For more information, call Greg Jonsson at 508/971-4177 or e-mail him at jonsson07@aol.com.

Food pantry is open on Thursdays

WESTPORT — The Food for Friends food pantry is at the Light-house Assembly of God at 522 American Legion Highway. It serves Westport residents 18 and older and is open on Thursdays from 3 to 6 p.m.

All donations are welcome; but, the top 10 non-perishable items needed are canned fruits and veggies, pasta and pasta sauce, hearty soups, snacks, canned tuna or chicken, rice and cereal. Drop off donations in a box marked "food



Watershed alliance offers youngsters stories, crafts and more

A storytime and craft session by the Westport River Watershed Alliance was conducted by two Commonwealth Corps service members at the library recently. The 12 to 15 youngsters were shown living creatures, turtle shells and more. Pictured (from left to right) are Karley Kaliff, Aeries Gabour and Ayla Araujo, with Commonwealth Corps member Becky Buchanan showing them a whelk.

pantry" just outside the door.

Monetary donations also are welcome. Every \$1 donated purchases \$10 worth of food at the grocery store because they are a member of the GBFB.

To volunteer to help, call the church office at 508/636-4470 or e-mail Heather Wilson at hboan@hotmail.com (subject "Pantry volunteer").

Wild Winter Lecture Series is on pollinators

WESTPORT — The next offering in the Wild Winter Lecture Series is "Losing the Buzz" on Thursday,

Jan. 28, at 6:30 p.m. at Westport Free Public Library, 408 Old County Road.

Without even a thank you, pollinators make our stable food supply possible. But, many of our pollinators are teetering on the brink. Hear beekeeper extraordinaire Lucy Tabit as she connects the dots to what may be causing a silent global crisis.

Join the Westport Land Conservation Trust and the Westport River Watershed Alliance for the second in a series of three talks on fascinating topics presented by the experts themselves.

To RSVP, call 508/636-9228, ext. 5023, or email Brendan@westportlandtrust.org.

westportlandtrust.org.

Wellness Van offering health screenings Friday

WESTPORT — The Southcoast Wellness Van will offer health screenings and vaccines on Friday, Jan. 29, from 10 a.m. to 4 p.m. at Lees Market, 796 Main Road.

Free mobile health services available by the staff include vaccines, cancer screenings and education, blood pressure screening, cholesterol screening, teen resource information, glucose (diabetes) screenings, nutritional information and education, health education services, and medical physician referral.

Note that screenings are sometimes held at the location and not always on the van. Look for signs when arriving if you don't see the van outside.

For more information, or to schedule free screenings, call Susan Oliveira, RN, at 508/973-8740 or e-mail oliveiras@southcoast.org. You can also check the schedule online at www.southcoast.org/van.

Indoor yard sale and clothing sale Saturday

WESTPORT — A huge indoor yard sale and clothing sale is on Saturday, Jan. 30, from 9 a.m. to 2 p.m. at the Westport United Congregational Church, 500 American Legion Highway. It will be downstairs in the church hall.

There will be something for everyone and the room is full. The clothing will be \$3.50 for a small bag and \$5 for a large bag — all

you can stuff in them. There will be snacks and drinks by donation. The Revival Thrift Shop also will be open that day upstairs.

Revival Thrift Store has new items each day

WESTPORT — Revival Thrift Store at 500 American Legion Highway is open on Monday and Saturday from 9 a.m. to 1 p.m. and Thursday from 2 to 6 p.m. New items are added every day.

Donations can be left during regular store hours. Donations are used in the thrift store or for their yard and rummage sales or they are donated to shelters.

'Live Music at the Bliss' on Saturday

TIVERTON — Bliss Four Corners Congregational Church will host its "Live Music at the Bliss" on Sunday, Jan. 31, at 6:30 p.m. with Funny Little Planet at the church at 1264 Stafford Road.

Electric, eclectic and unexpected, members are John Toste, Clem Brown, Mike McKenney and Bruce Gavin. Opening act is Gary Farias. They pass the hat for the performers. Refreshments will be available for purchase. Visit www.blissfourcornerschurch.org.

Emerging Young Artists exhibit is open at UMass

NORTH DARTMOUTH — The College of Visual and Performing Arts (CVPA) will present the Emerging Young Artists 2016 Invitational Exhibition at the University of Massachusetts-Dartmouth. There are 34 participating schools and over 150 exhibited pieces.

The fourth annual high school invitational exhibition showcases the artwork of many of the region's talented art students. Participating schools include Westport High School, Bishop Connolly High School and Bishop Stang High School.

The exhibition is on view through Feb. 6 in the CVPA Campus Gallery on the first floor of the CVPA building at UMass-Dartmouth, 285 Old Westport Road. Gallery hours are from 10 a.m. to 4 p.m. Monday to Thursday and from 10 a.m. to noon on Friday.

A closing reception and awards ceremony for the exhibiting young artists, their art teachers, the UMass community and the general public is on Saturday, Feb. 6, from 1 to 3 p.m. Awards will be presented at 2:30 p.m. Parking for the event is in Lot 7.

Mardi Gras dinner at St. Theresa's Church

TIVERTON — A New Orleans-style celebration for the whole family is at a Mardi Gras dinner on Saturday, Feb. 6, at St. Theresa's Church, 265 Stafford Road. All are invited.

Wine and cheese is at 6 p.m., with dinner served at 6:30. A DJ

See **FACING PAGE**



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Fishermen's oyster stew dinner, annual meeting are on Feb. 9

The Westport Fishermen's Association (WFA) is hosting its annual oyster stew dinner and annual meeting on Tuesday, Feb. 9, at St. John the Baptist Church, 945 Main Road.

The oyster stew dinner includes cornbread and assorted beverages. Dessert will be fresh baked apple pie topped with Adamsville cheddar cheese. Doors open at 6 p.m., and stew will be served at 6:30. Reservations for the dinner are \$15 each and can be made online at www.westportriver.org or by check mailed to WFA, PO Box 83, Westport Point, MA 02791. Deadline for reservations is Feb. 5.

The evening's featured speakers from Trout Unlimited will give an update on local sea-run brook trout streams and recent protection efforts in Westport. Sea-run brook trout are becoming even rarer along the Massachusetts coast, especially with the recent

loss of Cape Cod's Santuit River population.

Westport is still a haven for the trout, but the risks are many. Come find out about the threats to their survival and what is being done to protect them. The presentation, which will begin around 7:30 (after a short WFA business meeting), is free and open to the public.

The Westport Fishermen's Association is a grass roots nonprofit that has been advocating for the protection of the Westport River since 1983. The WFA manages the Horseneck Point Life Saving Station and Visitor Center for the public, provides merit scholarships to graduating high school students as well as continuing scholarships for college students, and sponsors and advocates for programs related to marine wildlife preservation and river restoration.

Winter History Forum to look at local slavery

WESTPORT — A Westport Winter History Forum is on Thursday, Feb. 4, at 10 a.m. at the Paquachuck Inn, 2056 Main Road, Westport Point. Exploring the evidence of slavery in Westport and Little Compton will be presented by Marjory O'Toole.

Ms. O'Toole, managing director of the Little Compton Historical Society, will discuss her groundbreaking research into slavery in this region during the 18th century. She has uncovered new evidence of slaves and indentured servants documented in wills, probate inventories, court documents and town records.

Her research will form the basis for a book, an informational database and a special exhibition at

the Little Compton Historical Society this summer. She welcomes community input and contributions of documents or information that may shed light on slaves in the Westport/Little Compton region.

Refreshments will be served. The suggested donation is \$5.

For more information, call the Westport Historical Society at 508/636-6011. Updates are available at www.wpthistory.org.

At right is Lucy Collins, a free black woman who lived her whole life in Little Compton. Evidence of slavery in Westport and Little Compton is the topic of a forum on Thursday, Feb. 4.



PHOTO COURTESY LITTLE COMPTON HISTORICAL SOCIETY

AROUND TOWN

From **FACING PAGE**

will provide entertainment. The event will support the youth of the parish who will attend World Youth Day in Poland in July.

Tickets are \$20 for adults and \$10 for students. Kids 5 and under are free. For more information or tickets, call Nancy at 401/624-8746 or Millie at 401/624-6644.

Super Bowl Sunday walk set by local trusts

DARTMOUTH/WESTPORT — Save the date! On Super Bowl Sunday, Feb. 7, the Westport Land Conservation Trust and Dartmouth Natural Resources Trust will host a Super Bowl walk, a hike that extends from the Slocum's River in Dartmouth to the Westport River in Westport.

Conservation efforts in the area make it possible to do this 6-plus-mile hike. Experience sections of trail not normally open to the public — and get a little fresh air before the Super Bowl. And, for a special treat, Westport Rivers Winery will open its doors to greet hikers — tastings and bottles of local wine will be available for purchase.

The walk will begin at 11 a.m. at the Slocum's River Reserve parking lot south of 300 Horseneck Road in Dartmouth. There also will be parking available at Sylvan Nursery. Transportation will be provided from the winery back to your car with plenty of time to get home to watch the big game.

Be aware that trails may be icy, snow covered or muddy. Proper footwear is required. A suggested donation of \$5 per person will help offset transportation costs. Wine tastings are an additional \$5 per person at the winery.

Registration is required, and you can register online at www.westportlandtrust.org. For more information on the walk, call 508/636-9228, ext. 5023, or e-mail Brendan@westportlandtrust.org. If the weather is questionable, call the Westport Land Conservation Trust at 508/636-9228, check the Facebook page, or

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Or, visit the **WEBSITE** at www.eastbayri.com where you can fill out forms for engagements, weddings, anniversaries, births and achievements. Go to the bottom of the homepage and click on "Send Us Your News."

FOR MORE INFORMATION:

401/253-6000, ext. 107

Or stop by our office at 1 Bradford St., Bristol. Photos are encouraged but cannot be returned, unless a self-addressed, stamped envelope is enclosed.

Milestone events, such as births, weddings, engagements, etc., must be submitted within the year following the event.

DEADLINE: 9 a.m. on Tuesday

NOTE: To get information into the Eight Days calendar in the Life section, the deadline is at noon on Friday.

visit www.westportlandtrust.org for cancellation information.

Special tea at Partners café for Valentine's Day

WESTPORT — A St. Valentine's Day Tea is on Thursday, Feb. 11, from 3 to 4 p.m. at Partners Village Store and Kitchen, 865 Main Road. Enjoy a spot of traditional English tea with handmade sweets and savories served elegantly in the tea room café.

The cost is \$14.95 per person. Call 508/636-2572 or visit the front desk to make a reservation.

Coastal waterbird positions and internships

WESTPORT — Mass Audubon has posted its 2016 coastal waterbird and summer internships (wildlife, marketing and special events, and land and trails) online at www.massaudubon.org/get-outdoors/wildlife-sanctuaries/allens-pond/about/jobs.

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Council on Aging has cards, bingo, exercise and more

WESTPORT — The Westport Council on Aging (COA) offers a variety of activities for seniors 60 and older at the senior center, which is open from 8:30 a.m. to 4 p.m. Monday to Friday at 75 Reed Road. For more information, call 508/636-1026.

If you are 60 years of age or over and interested in having lunch at the center, it is served from 11:30 a.m. to noon Monday to Friday. Reserve a meal with the kitchen 48 hours in advance by calling 508/636-1026. A \$2 donation is appreciated.

Drop off your cash register receipts from Lee's in the box at the front entrance of the COA. A portion of each goes to support the Friends of Westport Council on Aging Inc.

Transportation is offered from Mondays to Fridays from 10 a.m. to 2 p.m. for medical appointments, pharmacy and food shopping. Call the center to arrange transportation at least two weeks in advance.

Are you or anyone you know in need of assistance? Call the Outreach office and ask for Andrea or Phyllis for services available to Westport residents 60 years of age and older. Outreach provides home visits, help with applications, information and referrals, food stamps, fuel assistance, caregiver support, vision impaired support and medical equipment loaned out.

SNAP (Supplemental Nutrition Assistance Program) helps low-income individuals and families buy healthy, nutritious food. Contact the outreach department to see if you are eligible.

The SHINE Program (Serving the Health Information Needs of Elders) provides confidential counseling on all aspects of Medicare, supplements and MassHealth. Call to schedule an appointment.

The Senior Day Program offers a

variety of activities for seniors 60 and older from 8:30 a.m. to 2:30 p.m. Monday to Friday. Outreach workers are on hand to identify needs/solutions, provide information and referrals, Friendly Visitor, and assist with long-term care planning.

A local attorney will meet individuals for 30-minute appointments for a variety of legal areas with expertise in basic estate planning, wills, and living trusts. Call the center for an appointment.

The regular schedule of events and the lunch menu at the senior center is in the Council on Aging newsletter, "Evergreen." Copies can be picked up at local businesses and town buildings or visit the town website at www.westport-ma.com (choose Council on Aging under "Departments"). It is also available by e-mail (send a request to coavolunteers@westport-ma.gov and include your full name and telephone number).

Other activities

Stop by and play a game of scrabble or work on a puzzle.

For those who like to play a few games of pool or cards stop in around 9:30 every morning. Cribbage is from 10 to 11 a.m. on Thursdays.

A strolling group meets on Thursdays at 8:45 a.m. Walk short distances at a relaxed pace with a group — outside, weather permitting — on paved, level walking paths or quiet areas in and around town.

Bingo is at 1 p.m. on Thursdays.

Aerobic exercise is from 8:30 to 9:30 a.m. Monday, Wednesday and Friday.

Stretch and toning is on Tuesdays and Thursdays from 8:30 to 9:30 a.m. with Wendy Spurduti-Ray. Punch cards are available for 10 visits at \$40 or 20 visits at \$80. Make checks out to Town of Westport.



Cast members from the Bishop Connolly Theatre Company rehearse for this weekend's production of Arthur Miller's "The Crucible." Front (from left to right) are Arthur Grizotte as John Proctor, Brianna DuPont as Mary Warren, Grant Mooney as Judge Danforth and Rebecca Farias as Abigail Williams. In the background (from left to right) are Christopher Belmore as Judge Hathorne, Dierdre Smith as Rev. Samuel Parris and John Silveira as Rev. John Hale.

AT THE SCHOOLS

'The Crucible' at Bishop Connolly H.S.

FALL RIVER — Secrets and suspicion will set the Puritan town of Salem ablaze with hysteria when the Bishop Connolly Theatre Company brings Arthur Miller's "The Crucible" to the stage on Jan. 29 to 31.

Set during the Salem witch trials, the play explores the town's tribulations as the bewildered characters try to recognize and harness the truth amid a torrent of rumors and accusations.

Directed by Bishop Connolly visual and performing arts teacher Gregory Cooney, the play poses one question. Is the real evil that of witchcraft... or of deceit?

The play is in the high school

theater at 373 Elsbree St. and is at 7:30 p.m. on Friday and Saturday and at 3:30 p.m. on Sunday.

Tickets are \$15 for adults and \$12 for students and can be reserved by calling 508/567-1693. Advance sales are encouraged.

Kindergarten registration coming up

WESTPORT — All Westport children who will reach age 5 on or before Sept. 1, 2016, are eligible to register to attend kindergarten at the Alice A. Macomber Primary School for the 2016-17 school year.

Kindergarten registration will be held from Monday to Friday, Feb. 8 to 12, from 9:30 to 11:30 a.m. at the school, 154 Gifford Road.

The following records must be

presented at the time of registration:

1. Valid birth certificate (original or abstract with seal)
2. Updated record of immunization including: DPT (diphtheria, pertussis, tetanus), MMR (measles, mumps, rubella), hib, polio, Hepatitis-B, varicella, record of lead testing, TB screening, and vision screening (stereopsis).

3. Copy of most recent physical examination

4. Three proofs of residency (i.e. driver's license, utility bill, property tax bill or lease)

5. Health insurance card

If you have any questions about the registration process, call 508/678-8671 or visit the district website at westportschools.org.

Children need not be present at registration.

ACHIEVEMENTS

ERIC CANTO and JENNY-LEE LOPES of Westport were named to the fall semester dean's list at Becker College.

EMMA POLIMENI of Westport was named to the fall semester

dean's list at Fitchburg State University.

ANDREW MURRAY of Westport was named to the fall term dean's list at Springfield College, where he is studying health science/pre-physical therapy.

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Or stop by our office at 1 Bradford St., Bristol.

DEADLINE: 9 a.m. on Tuesday

NOTE: To get information into the Eight Days calendar in the Life section, the deadline is at noon on Friday.

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ECO-DEPOT
A Rhode Island Resource Recovery Program

URI names fall semester dean's list

Westport students were named to the fall semester dean's list at the University of Rhode Island.

Included are Brandon G. Torres, Alyssa V. Pietraszek, Ashley M. Turner, Andee Q. Manchester and Katherine R. Wilkinson.

Concert at Sandywoods rescheduled due to snowstorm

Painting studio begins Friday with a free, introductory class

TIVERTON — The Sandywoods Center for the Arts at 43 Muse Way hosts concerts and more each week. For more information, visit www.sandywoodsfarm.org. For information on concerts, visit www.sandywoodsmusic.com or e-mail sandywoodsmusic@gmail.com.

■ **Lindsay Adler with special guests** will perform on Friday, Jan. 29, at 7:30 p.m. Doors open at 7. The concert is rescheduled from last weekend because of the snowstorm. BYOB and food are allowed. Tickets are \$12 in advance and \$15 at the door. Reserve advance tickets through Brown Paper Tickets at www.brownpapertickets.com/event/2477909.

Acclaimed musician Lindsay Adler returns to Sandywoods for a unique musical evening of global folk fusion inspired by American, French, Celtic and Middle Eastern stylings on a wide variety of stringed, wind and percussion instruments. She will be joined by special guest artists including a

Middle Eastern sword dancer and a percussionist.

Ms. Adler is a composer, multi-instrumentalist and vocalist who bridges the gap between ancient and modern roots music. Praised by critics for her fluid and intricate finger-style guitar, sensual vocals and playful rapport with her audiences, she is featured on NPR and documentary film, radio and television programming.

Her album, "Spirals Of Love," can be heard on the air. She will be performing music from her album. CDs will be available for purchase. Whimsical door prizes will be given to audience members throughout the evening.

■ **A painting studio with Lynne de Beer** is on Fridays from 10:30 a.m. to 1 p.m. in the blue building. From novice to advanced, explore and work in your personal style and medium. Sketching, composition, color, value and techniques in any medium — watercolor, acrylic or oil. Explore ways to grow with your work or experiment with a new medium.

The cost is \$25 for a single class or \$80 for four weeks. The first class is a free, introductory class. Call 524-6504 to reserve a space and for a materials list.

Ms. DeBeer is a fine arts graduate of Skidmore College and has been teaching painting and creative exploration to adults and children for over 25 years in Vermont and Rhode Island. She is an art teacher at Sophia Academy and program manager at the R.I. State Council on the Arts.

■ **"Mashup Mondays"** are from 7:30 to 9:30 p.m. with beginner salsa and West Coast swing lessons. Newcomers are welcome and no partner is needed. Get two 45-minute lessons and a fun half-hour dance party.

Pay as you go (\$15 per class) or register for an eight-week session through the Newport County YMCA (\$110; \$100 members). This

is a collaboration between Floor-Time Studios, the Y and Sandywoods. For more information, call Sara at 849-5678.

■ **A free open mic** is every Tuesday from 7 to 10 p.m. with host Gary Fish. BYOB and food are allowed. All musicians, performers and spoken word artists are welcome to take the stage. Admission is free, but donations for the evening's featured performer are much appreciated.

■ **The Van Vessem Gallery** is presenting "Blauww: Celebrating Blue," an exhibition of primarily blue artwork, through March 1.

It features an all-star cast of local artists working in a variety of media — photographs, paintings,

sculpture, video and more — with their takes on this ubiquitous and much-loved color.

Winter gallery hours are limited. Call for times.

■ **Fitness classes** also are offered —

Zumba is on Mondays and Thursdays at 6:30 p.m. and on Saturdays at 9:15 a.m. in the Center for the Arts building. It is \$7 per class.

Pilates is from 8 to 9 a.m. on Tuesdays and at 10 a.m. on Saturdays in the Yellow Building. It is \$10.

■ **Women's AA meetings** are held on Mondays at 6:30 p.m. in the blue building. They are free.

AT THE LIBRARY

Computer 101 is on Monday evenings

Need help with your laptop or iPad? The computer guru is at the library on Mondays from 6:30 to 8 p.m. No questions are too small or too large for the library's volunteer.

This is a great opportunity to have one-on-one help. Questions frequently asked involve using Microsoft Office products and navigating e-mail and the Internet.

Library desktop computers are available as well for instruction. Call the library to register for a half-hour slot. All ages are welcome.

Two exhibits are at the library in January

An art exhibit is in the Manton Room with photography by Steve Connors of Westport. The photos, taken in Westport, with a few from other South Coast areas, are mostly landscapes, seascapes and nature shots.

Mr. Connors works with the Westport River Watershed Alliance as community engagement manager. He lives on an historic Westport farm built around 1850. He is continually fascinated by the natural world. His work also can be seen at www.steveconnorsphoto.com.

And, in the Helen E. Ellis Case, the Westport Cultural Council shares successes of Helen Ellis grant projects, along with current grant information.

Children's program with Rosie on Feb. 6

Children are invited to read to Rosie, a certified therapy dog, on Saturday, Feb. 6, between 9:30 and

10:30 a.m.

Children read one-on-one to Rosie for 10 minutes. (Rosie is an avid listener!) Rosie and handler Sue Szekely are part of Therapy Dogs International's Tail Waggin' Tutors reading program.

Children are introduced to the wonderful, magical world of books in a positive and unique way. This is a great opportunity to gain skills and confidence reading aloud. In no time at all, the reading skills of most children will improve.

Call the library or stop in to register for a time slot.

Take Your Child to the Library Day

Take Your Child to the Library Day will be celebrated on Saturday, Feb. 6, between 11 a.m. and 3 p.m. Children of all ages can drop by to make a special valentine, color a door hanger, and take the library challenge for a prize.

Book group to discuss a new book on Feb. 12

The library's book discussion group meets on the second Friday of each month at 10:30 a.m. in the community room of the library. New members are welcome.

The book for February is "A Dangerous Road" by Kris Nelscott on Feb. 12. For more information, contact Denise Micale at dsmicale@gmail.com.

Westport Free Public Library is at 408 Old County Road. Hours are from noon to 8:30 p.m. Mondays and Thursdays, from 10 a.m. to 5 p.m. Tuesdays, Wednesdays and Fridays, and from 9 a.m. to 4 p.m. on Saturdays. For more information, call 508/636-1100 or visit www.westport-ma.com/library/index.html.

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Selectmen salute three harbor rescuers

The Board of Selectmen took a few minutes at last week's meeting to honor three men who plucked a father and son from Westport Harbor on the afternoon of Saturday, Dec. 5.

Receiving citations for their good work were Assistant Harbor-master Jonathan Paull, and fishermen John Taylor Jr. and Michael Emond. Selectmen commended their trio for their quick action, without which the two men might

well have drowned when their small boat sank in cold water.

The three were on the town docks "shooting the breeze" when they saw a small boat heading "full speed toward us from the direction of the state ramp," Mr. Paull said at the time.

A moment later, the boat came to a violent stop out from Lees Wharf.

"My best theory is that the anchor rode (line) went back

under the boat and into the engine," Mr. Paull said then. The outboard motor yanked loose and jerked into the boat just as the bow nose dived "and the boat pitched, throwing both men into the water."

They ran to the end of the dock and saw the two flailing about in the water - their 13-foot boat had already sunk in the cold 15-20-foot deep water.

The older man seemed to be trying to swim toward shore, he said, but the younger man was trying to grab onto him — wearing heavy clothes and boots "They could easily both have gone down."

Alerting Westport rescue, they took the harbormaster boat out and hauled the two aboard.



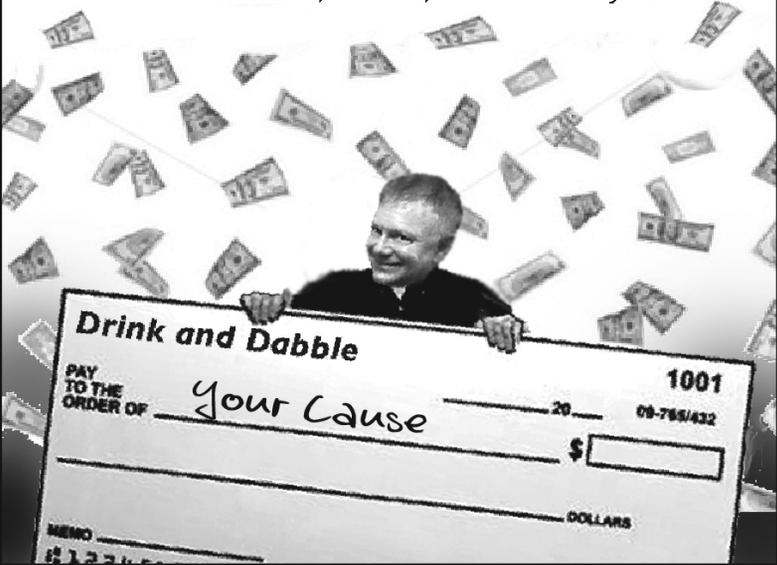
The three were chatting near here when a small boat with two aboard ran into big trouble.

The victims were warmed in an ambulance and declined a trip to the hospital. The new-to-them boat and motor were recovered.

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Tax bills due soon

Preliminary third quarter bills for Fiscal 2016 were mailed on December 31, 2015. New property owners may contact the Tax Office at 508-636-1010 for a copy if they did not receive one. Office hours are Monday through Friday, 8:30 a.m. - 4 p.m. and the first Monday of each month, 8:30 a.m. to 6 p.m.

The third quarter payment is due

on or before February 1. Any payment made after the due date is subject to 14 percent per annum interest. There is no grace period.

Payment may be made in person at the office, by mail, or at www.westport-ma.com using e-bill for a 35 cent per transaction fee using your checking or savings account. Credit cards are accepted

online only, and involve paying a fee of 2 to 4 percent of the total amount paid. Any problems making online payments, call 408-460-6000, ext 601.

These are preliminary bills for the third quarter. Actual bills will be mailed by April 1 for the fourth quarter, which will show the new assessments and tax rate.

OBITUARIES

Active member of North Tiverton Baptist Church

Lenora "Lee" (Medeiros) Souza, 94, of Tiverton, passed away peacefully on Thursday, Jan. 21, 2016, at the Warren Skilled Nursing Facility in Warren surrounded by family and friends. She was the wife of the late Antone (Tony) Souza.

Born in Fall River, she was the daughter of Manuel and Adeline (Lima) Medeiros. She resided in Tiverton for 60 years.

She was a retired seamstress who worked in sewing mills in Fall



River, including at the A&A Manufacturing for several years.

She was an active member of the North Tiverton Baptist Church

where, in years past, she sang in the choir and served as the organist. She adored the church's sense of fellowship and dearly loved attending services with friends and family members.

She is survived by her son, David A. Souza (Tiverton); sister Helen Rego (Fall River); her adoring grandchildren, Amy Pichette (Westport), David Souza Jr. (Foster, RI) and Jessica Souza (New York City); and her great-grandchildren, Rachel, Ian, Luke, Gwenyth, Lily, Jackson and Molly.

She was the mother of the late Thomas A. Souza. She was the sister of the late Emma Ferreira, Irene Camara, Joseph Medeiros, Leo Medeiros and Albert Medeiros.

Visitation was Monday at Pocasset Funeral Home, Tiverton. Her funeral was Tuesday, at the Pocasset Funeral Home followed by a service at the North Tiverton Baptist Church. Interment was at Oak Grove Cemetery.

In lieu of flowers, contributions in her name to the American Cancer Society may be made at www.cancer.org.

Her family would like to thank the members of the North Tiverton Baptist Church for the loving support and many kindnesses shown to her during the final months of her life; and the nurses and staff of The Warren Skilled Nursing Facility for the excellent care and assistance they provided over the last 6 months. www.almeida-pocasset.com

LEGAL NOTICE

ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING

A public hearing will be held on Wednesday, February 3, 2016 at 7:00 PM, at the Westport Town Hall, 816 Main Road, Westport, MA to hear the following:

Westport River Watershed Alliance – RE: An application request seeking a finding under Westport Zoning Bylaw Section 4.1.3 (Alteration) that by permitting the proposed addition to the structure "such alteration shall not be substantially more detrimental than the existing non-conforming use to the neighborhood". Petitioner seeks to build an addition on the existing structure to house stairs to the second floor of the building, the restrooms and mechanical equipment. The parcel is shown on Assessor's Map 39, Lot 1A. Subject Property is located at 493 Old County Road, Westport, MA.

Zoning Board of Appeals
Diane Pelland, Principal Clerk

January 20, 2016

LEGAL NOTICE

TOWN OF WESTPORT, MA PUBLIC HEARING NOTICE

A public hearing will be held in the Westport Town Hall, 2nd floor meeting room, 816 Main Road, Westport, MA on Monday, February 8, 2016 at 6:30 PM regarding application requests from Charles Quintal d/b/a Charlie's Auto, 956 State Road for a Class II Motor Vehicle License for the sale of used vehicles (15 vehicles) and a Repair License (2 vehicles in garage). The property is shown on Assessor's Map 12, Lot 23.

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OBITUARIES

City, regional planner; summered at Westport Point

Robert Edward Coughlin of Chestnut Hill, Penn., died peacefully at home on January 7, 2016, surrounded by his beloved wife of 16 years, Louisa Spottswood, and children, after a long and fulfilling life.

Born in Boston, the son of William and Helen Coughlin, Bob was a graduate of The Roxbury Latin School. He received his BA from Harvard University; an MA in City Planning from MIT; and a PhD in City and Regional Planning from The University of Pennsylvania. He served in the Navy both before and after college, attaining the rank of lieutenant (J.G.).

Bob loved his work as a city and regional planner. He worked for the Philadelphia City Planning Commission from 1955 to 1961, where he played a primary role in preparing the city's comprehensive plan. From 1962 to 1980, he served as vice-president of The Regional Science Research Institute in their Philadelphia office, where he directed research on the impact of urbanization on the

environment, open space preservation, and farmland protection.

In 1981, Bob and colleague John Keene founded Coughlin, Keene, & Associates, providing consulting services in the fields of planning and policy analysis. The firm produced the seminal National Agricultural Lands Study: The Protection of Farmland - A Reference Guidebook for State and Local Governments.

At Church of St. Martin-in-the-Fields in Philadelphia, he found his spiritual home as a long-time parishioner. There, he became an avid change ringer, spearheading the drive to have a peal of bells hung in the church tower in the English style (free-swinging). He also served on the vestry and the liturgical committee. In 1974 he became a Canon of the Cathedral Chapter, Diocese of Pennsylvania.

Although a resident of Philadelphia, Bob treasured his summers in Westport Point, where he enjoyed sailing, gardening, square dancing, and worship at St. Andrew's-by-the-Sea in nearby Little Compton.

In addition to his wife, Louisa

Spottswood, he is survived by daughter Nina Cook and her husband Stephen Cook of Appleton, Wisc.; their children, Wilson Cook of South Dartmouth; Sarah (and husband Michael) Riddell of Manchester NH; and Biz Cook of Minneapolis, Minn.; son Ely Coughlin

of Brattleboro, Vt.; daughter Bess Coughlin and her husband Damon May of Dartmouth; brother William Coughlin of Brookline, Mass.; and sister Patricia Gurevitch of Washington, DC. Jane Keagy Coughlin, his first wife and mother of his children, died in 1996.

A celebration of his life is planned for April 9 at the Church of St. Martin-In-The-Fields, Philadelphia. In lieu of flowers, consider donating to the North American Guild of Change Ringers, the Westport (Mass.) Land Conservation Trust, or The Roxbury Latin School.

Mary Louise Carvalho**Leader of area youth soccer groups**

Mary Louise (McMahon) Carvalho, 71, of Westport died Wednesday, Jan. 20, 2016 at Charlton Memorial Hospital after a brief illness. She was the wife of Robert C. Carvalho.



Born in Fall River, daughter of the late James F. and Yvonne (Cummings) McMahon, she had lived in Westport since 1978. Prior to retirement in 2008, she worked for BJ's Wholesale Club. She was a Communicant of Our Lady of Grace Church, Westport.

Mrs. Carvalho served as president of both Bristol-Plymouth Soccer Association and Westport Unit-

ed Youth Soccer. She was an avid New England sports fan. She loved to spend time with her family especially her grandchildren and was a mother to all that knew her.

Including her husband, survivors include a son, Robert J. Carvalho of Providence; a daughter, Lynn M. Lucas of Canaan, Maine; two brothers, James McMahon of Swansea and Michael McMahon of Florida; two grandchildren, Mia T. Carvalho and Bruce Oliveira; and several nieces and nephews.

Arrangements were held under the direction of the Potter Funeral Home, 81 Reed Road, Westport.

In lieu of flowers, memorial donations may be made to: Joslin Diabetes Center, 1 Joslin Place, Suite 745, Boston, MA 02215.

To sign the on-line guest book, please visit www.potterfuneralservice.com.

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South Coast BUSINESS **spotlight**

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ice, whether it's in the dead of winter or summer's busy season, when the number of residents swells.

This fourth generation establishment is run by Chris Brayton and his son Ben with ten employees who have provided automobile services to the Westport area since Frank Brayton established the business 78 years ago. His grandson and present owner Chris Brayton says it's a surprise for new customers to see the state of the art equipment housed in the antique, shingled building that serves as the center of this bustling enterprise set in an idyllic country setting, "We can handle just about any auto repair and service, from scheduled maintenance to major repair, including wheel alignments, balancing, brakes, tune-ups, shocks, struts and troubleshooting," he says. Brayton's is equipped with the latest diagnostic equipment available and offers free local pickup and

delivery to work or home.

In addition to being an approved AAA auto repair facility, Brayton's is a NAPA Autocare Center and offers a two-year parts and labor warranty on all of its NAPA parts. NAPA parts are supplied by Kevin Manning's NAPA Auto Parts located on Plymouth Ave in Fall River. Brayton's is also the local headquarters for U-Haul rentals and packing supplies.

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Exercise tips for beginners

Exercise tips will keep you on track with your fitness goals

The right combination of diet and exercise is one of the keys to a long and healthy life. While many people find adapting to a healthier diet challenging, that challenge often pales in comparison to the intimidation felt when working out for the first time in years.

Exercising after an extended period of inactivity may intimidate people who choose to workout at gyms, where fellow gym members may appear to be in tip-top shape. Overcoming that intimidation factor can be as simple as working out with a friend or working with a personal trainer, each of whom can offer the support and guidance beginners need when reacclimating themselves to more active lifestyles. In addition to the buddy system, beginners can employ the following strategies to make their return to exercise go as smoothly as possible.

■ **Gradually build up your exercise tolerance.** When you exercise, your body releases neurotransmitters known as endorphins, which trigger positive feelings in the body. Those positive feelings can be addictive, but it's important that beginners do not go too hard too quickly when beginning a new exercise regimen. Gradually build up your exercise toler-

ance, exercising two or three days per week and taking a day off between workouts when you start. As your body becomes more acclimated to exercise, you can start to workout more and with more intensity.

■ **Stretch after working out.** Stretching can improve flexibility, and that may decrease your risk of future injury. In addition, improved flexibility may improve your exercise performance by improving your range of motion and helping your muscles work more effectively. Muscles contract during a workout, and stretching after workouts can help reset those muscles to their natural position. Include both static stretching and foam rolling in your post-workout stretching routine.

■ **Find a routine that works for you.** Many men and women feel they must sign up for a gym membership upon resolving to adopt a more active lifestyle. While gyms afford you the opportunity to strength train and get in your cardiovascular exercise, they're not for everyone. The best approach and the one that's likely to be most successful over the long haul is to

find an exercise routine that engages you and that you find enjoyable. If the gym is not for you, try to find a routine that still includes both strength training and cardiovascular exercise. Strength training can make your body more durable, and cardiovascular exercise can reduce your risk for various health problems, including heart disease.

■ **Track your progress.** One way to stay motivated is to keep track of your progress. If you're working out but not monitoring your results, you may not feel like you're getting anywhere. Keep a workout diary, tracking both your successes and failures, so you can see

When you exercise, your body releases neurotransmitters known as endorphins, which trigger positive feelings in the body.

what's working and what's not. The longer you stay committed to your workout routine, the greater the likelihood that you will be tracking more successes than failures, and those successes can provide the motivation to keep you going on those inevitable days when you want to skip workouts.

Returning to exercise after an extended period of inactivity can be quite the challenge, but it's nothing motivated men and women cannot overcome.



Stretching after a workout can improve flexibility and help muscles work more effectively.

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Healthy habits to combat stress

Some helpful tips to reduce stress and improve health



Daily exercise is an effective way to combat stress.

Stress has an immediate and potentially long-term effect on the human body. Though it's a natural response to both good and bad experiences, stress, when chronic, can produce a host of negative consequences that greatly diminish one's quality of life.

Combatting stress can sometimes be difficult, as the causes of stress are never too far away for many adults. In its 2015 "Stress in America™: Paying With Our Health" survey, the American Psychological Association found that money is the top cause of stress for Americans. The survey was conducted on behalf of the APA by Harris Poll, which asked more than 3,000 participants about their issues with stress. Sixty-four percent said money was a somewhat or very significant source of stress, and that number was even higher for parents (77 percent). Survey respondents also noted that work is a significant source of stress.

Few adults can imagine a life that does not include financial- or work-related stress. But there are ways to combat stress that can benefit people's long-term health and improve their present-day quality of life.

■ **Develop a support network.** Speaking about problems with trusted friends and family members can be an effective way to combat stress. The APA study found that participants who reported having an emotional support network reported lower stress levels than those who had no such networks to rely on. Try to overcome any reticence you might have about speaking about your stress to a close friend or trusted relative on those days when stress seems overwhelming.

■ **Get more exercise.** Routine

exercise is another healthy way to combat stress. According to the Anxiety and Depression Association of America, studies have shown that exercise can reduce fatigue, improve alertness and concentration and enhance overall cognitive function. Those are considerable benefits to people dealing with elevated levels of stress, which can contribute to both physical and mental fatigue and negatively impact one's ability to concentrate. Studies also have shown that regular exercise can decrease tension, which

tends to increase as stress levels rise, and elevate and help to stabilize mood, which often decreases as stress levels increase.

■ **Don't lean on alcohol after stressful days.** Many people respond to stressful days by consuming alcohol. While alcohol helps some people forget a stressful day, it also produces

psychological and physiological side effects that can compound the effects of the very stress drinkers are looking to relieve. People who drink to alleviate stress may only be doing more harm with each drink, so find a way to cope with stress that has a more positive impact on both your body and mind than

that produced by alcohol.

■ **Breathe deeply.** The American Institute of Stress notes that focused breathing is a relaxation response that stimulates the nervous system and promotes a sense of calmness. Deep breathing can combat stress, lower blood pressure and draw your attention away from those things that are causing your stress. Visit www.stress.org to learn about deep breathing exercises.

Stress is a fact of life for many people. But while stress may be inevitable, it can be overcome.

Routine exercise is another healthy way to combat stress.

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The health benefits of reading

Reading can help reduce stress, improve brain function and overall health



Research has shown that picking up your favorite book to read will not only entertain you but improve your health, memory and sleep.

Many people are avid readers, feeling that a good book remains the most entertaining form of escapism. But reading provides more than just an opportunity to leave the daily grind behind.

While many people may read to immerse themselves in something other than a movie or a television show, they may not know about all the additional benefits they are enjoying when cuddling up with a good book.

■ Reading can improve brain function. A recent study from researchers at Emory University discovered that reading a novel can improve brain function in various ways. During the study, researchers found that reading fiction improves connectivity in the brain. In addition, reading fiction improved readers' ability to put themselves in other peoples' shoes, which might help them relate better to people in both the present and future.

■ Reading can benefit long-term brain health. While readers engrossed in a great book might only be worried about what's coming on the next page, the benefits to reading are much more long-term than the next chapter. Researchers at the Rush University Medical Center in Chicago found that reading is one of a handful of mentally stimulating activities that can benefit brain health in old age. In their Rush Memory and Aging Project, researchers examined nearly 300 elderly men and women, giving them tests of memory and thinking throughout the final years of their lives. When participants, who were surveyed as to how often they engaged in mentally stimulating activities such as reading, passed away, their brains were examined for signs of Alzheimer's disease and dementia. Researchers discovered that the participants who engaged in mentally challenging activities most often had slower rates of memory decline. In addition, even those who had symptoms of brain damage that are commonly associated with Alzheimer's and dementia seemed to benefit from the stimulation

that mentally challenging activities produced.

■ Reading can help reduce stress. Another big benefit of reading is its relationship to stress. According to a 2009 study from researchers at the University of Sussex in England, reading can reduce stress by up to 68 percent. In addition, reading might help relieve that stress even faster than other forms of stress relief because it allows for a more immediate escape from the stress of daily life.

■ Reading can help you get a more restful night's sleep. According to the National Sleep Foundation, engaging in a calming activity for an hour before going to bed can help your body wind down and ready itself for sleep. Some people may struggle to fall asleep after reading on an electronic device, such as a tablet or e-reader, as the light that emanates from such devices may be activating the brain. If need be, stick to reading traditional print books and magazines before going to bed.

Reading is not only a favorite activity for many people, but it's also something that can benefit the body in myriad ways.

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The best (and worst) foods for heart health

No one wants to hear from their doctors that they have joined the millions of people across the globe to be diagnosed with heart disease. The Heart Foundation reports that heart disease, which includes diseases of the heart and cardiovascular system and stroke, is the No. 1 cause of death in the United States, affecting both men and women and most racial/ethnic groups. Heart disease also is one of the leading causes of death in Canada, claiming more than 33,000 lives per year.

Many factors contribute to the development of heart disease, including smoking, lack of exercise and stress. Diet and whether a person is overweight or obese also can have a direct link to heart health. Diet, particularly for those with diabetes and poorly controlled blood sugar levels, is a major concern.

A variety of foods are considered helpful for maintaining a strong and healthy heart and cardiovascular system, while others can contribute to conditions that may eventually lead to cardiovascular disease or cardiac arrest. Moderation enables a person to sample a little of everything, but not to make any one food a habit. The following are some foods to promote heart

health and some foods you might want to avoid.

Good

■ **Tree nuts:** Tree nuts contain unsaturated fats that can help lower LDL cholesterol (the bad stuff) and improve HDL (the good stuff). Nuts also are a filling source of protein and other healthy nutrients.

■ **Whole grains:** Whole grains contain complex carbohydrates for energy, as well as protein and fiber. Fiber can help scrub cholesterol from the blood, lowering bad cholesterol levels.

■ **Fatty fish:** Many cold-water, fatty fish, such as halibut, herring and salmon, contain omega-3 fatty acids, which are heart-healthy. Omega-3s also can be found in walnuts, flaxseed and some soy products.

■ **Beans:** Beans and other legumes are an excellent source of protein and can be a stand-in for meats that are high in saturated fat. Beans also contain cholesterol-lowering soluble fiber and folate, which can reduce blood homocysteine levels. The Bean Institute reports that consuming beans may reduce cholesterol levels by roughly six to 10 percent.

■ **Yogurt:** Researchers in Japan found yogurt may protect against



It's no surprise nuts, beans, fruits and vegetables are good for you.

gum disease. Left untreated, gum disease may elevate a person's risk for heart disease. Yogurt contains good bacteria that can counteract bad bacteria and boost immunity.

■ **Raisins:** Raisins contain antioxidants that may help reduce inflammation. Inflammation is often linked to heart disease and other debilitating conditions. Fresh produce also is a good source of

antioxidants.

Poor

■ **Fried foods:** Many fried foods have little nutritional value, as they tend to be high in saturated and trans fats. French fries are particularly bad because they are carbohydrates fried and then doused in salt.

■ **Sausage:** Processed meats

have frequently earned a bad reputation among cardiologists, but sausage can be a big offender, due in large part to its high saturated fat content.

■ **Red meats:** Enjoying a steak is probably not as bad as eating a deep-fried brownie, but it's best to limit red meat consumption to about 10 percent or less of your diet. Red meats can have a considerable amount of cholesterol, saturated fat and calories.

■ **Added sugars:** Sugar can increase blood pressure and triglyceride levels. Sugar often hides out in foods that you would not associate with the sweetener. Plus, many people unwittingly consume too much sugar simply through sugar-sweetened beverages and ready-to-eat cereals.

■ **Salty foods:** Leave the salt shaker in the spice cabinet and opt for herbs for flavoring, advises the American Heart Association. High-sodium diets often are to blame for hypertension, a major risk factor for heart disease.

■ **Dairy:** Artery-clogging saturated fat also can be found in dairy products, particularly the full-fat versions. Butter, sour cream and milk can be problematic when people overindulge. Opt for low-fat dairy when possible.

How to find the right personal trainer

Men and women hoping to get fit often benefit from working with personal trainers. Experienced personal trainers can inspire and motivate their clients to take fitness seriously while also providing support as men and women make the sometimes intimidating transition from sedentary lifestyles to more active ways of life.

While the right personal trainer can make a world of difference, a mismatch between client and personal trainer can prove both ineffective and costly. But finding the

right personal trainer need not prove an expensive exercise in trial and error. The following are a few helpful hints for men and women looking to hire a personal trainer who can help them reach their fitness goals.

■ **Inquire about certification and education.** Numerous organizations certify personal trainers, and these certifications help men and women rest easy in the knowledge that their trainers are fully qualified to instruct them about fitness and plan exercise regimens. Organiza-

tions such as the National Academy for Sports Medicine and the American Council on Exercise are two of the most trusted and reliable certification organizations, but additional organizations also certify trainers. In addition to requesting prospective trainers' certification credentials, ask about their educational history and if they have continued their education even after graduating, which may indicate their commitment to providing their clients with the most up-to-date information regarding

physical fitness.

■ **Ask for recommendations.** Another way to find a personal trainer is to ask friends, family, coworkers, or neighbors for recommendations. You might already know someone who achieved great results with a particular trainer, and he or she can provide you with an accurate idea of what it's like to exercise under the tutelage of that trainer.

■ **Don't rush your decision.** Both trainer and client are happier when they make a connection. Allow

yourself ample time to find the right trainer, avoiding any long-term commitments until you feel fully comfortable with the person. Many gyms offer free personal training sessions to new members, so take advantage of any such offerings when looking for trainers.

Personal trainers are a great asset to men and women looking to get in shape, and the right trainer can be just what such men and women need to make their fitness goals a reality.

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Sacred Cow Granola, a Hope & Main success story

BY CHRISTY NADALIN
cNadalin@eastbaynewspapers.com

There's a bustling crowd in the gluten-friendly kitchen at Hope & Main in Warren; Rhode Island's first culinary business incubator. It's a somewhat unusual sight—most Hope & Main "makers" are solitary or partnered pursuits. But tonight the kitchen belongs to Sacred Cow Granola, and with a staff of six, not including principals Maureen Maloney and Deb Amaral, there's a veritable crowd in the kitchen.

There's a good reason for that—they've got quite a demand to fill. That's likely due to three factors: they're a little more established than many Hope & Main makers, with their product on the market since December 2014 and already in larger stores including Tom's Market in Warren, Clements Market in Portsmouth, the Eastside Marketplace in Providence and, most recently, Dave's Marketplace in East Greenwich.

They also have a built-in market in Monroe Dairy, which originally commissioned Sacred Cow Granola as a product to be marketed along with their milk. Maloney, who has worked in Monroe's marketing department since 2002—and also happens to be really great at making granola—was perfectly positioned to take on the challenge, for which she enlisted Amaral, a chef and trained food safety professional.

The third reason? It's really, really good. Can't-stop-eating-it-dry-from-the-bag good. They have a secret spice blend that reflects Maloney's fondness for the flavors of Indian food, and Maloney also notes that one of the secret ingredients is love—something that is clear, in the enthusiasm of the entire production crew—but there's something else, too. A quick perusal of the ingredient list confirms the presence of candied ginger, which, along with perfectly toasted coconut justifies Sacred Cow's subtitle: The Holy Granola Experience. Amaral admits their product has several passionate devotees. "They refer to it as 'crackola,'" she laughs.



PHOTOS BY RICHARD W. DIONNE JR.

The people of Sacred Cow, (l-r) Jay Peña, Joy Bloodworth, Deb Amaral, Kristin Vincent, Maureen Maloney, Mary Hedge, and Kate McMullen.

That flavor didn't come easy. "Deb and I worked a for a year on the recipe," Maloney admits. The process also took time to nail down. They started off working out of The Cookie Place, a small bakery in Providence. But by the time they had both their product and process in place, it was clear they would need a bigger space in order to get a handle on production. That's where Hope & Main came in.

"The support you get here, the collaboration, it's huge," says Amaral. "People here held our hand at every step."

"And we want to help others, too," adds Maloney. "It's all about collaboration. And it's got to be fun. Then success follows." Indeed, their business has grown 79 percent in just the last 6 months.

It was, in fact, Lisa Raiola, the founder of Hope & Main, who



Mary Hedge preps granola for packaging at the Hope & Main kitchens.

came up with the Sacred Cow brand name. Maloney and Amaral

cannot say enough good things about Raiola, and the community

she's created. "She's amazing, and she deserves far more credit than she allows herself to take for our success," says Maloney.

With their 6-person crew working at executing their production plan, Maloney and Amaral have a little time to focus on research and development, and are looking to expand their product line with a gluten-free version, more seasonal flavors, and perhaps bars and trail mixes; as well as expanding their reach to other local, regional, and national markets.

No matter their next move, according to Amaral, one thing is certain: "We're going to keep selling this granola, because it makes people happy."

To learn more, visit sacredcowgranola.com, email info@sacredcowgranola.com, or call Maureen at 401/743-7299.

Want to send that special someone a message?

Valentine's Day is just a few weeks away, and what better way to take the chill out of life in the winter than love and affection? Is there someone in your life who warms your heart?

Whether you have been happily married for 60 years or just have your eye on a certain someone, we'd love to hear from you. Write a love note, poem, or just a simple "I like you" and include your name (if you'd like) and your town (please). Send an email to life@eastbaynewspapers.com. Submissions received by Friday, February 5 will appear in our special Valentine's Day issue of East Bay Life the week before Valentine's Day.

Resolve to have fun with this year's garden

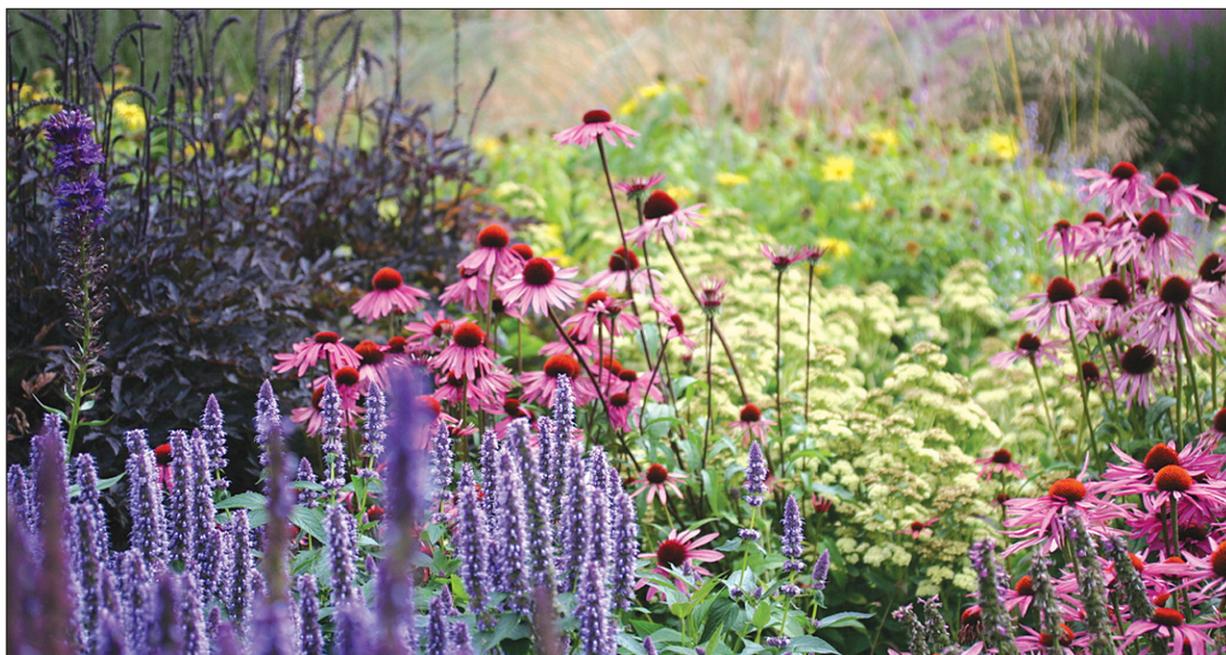
I read an article last week by Valerie Easton, avid gardener and Seattle Times columnist, whose New Year's resolution was to plant less. What a notion! That goes against almost everything I stand for. And yet.



Kristin GREEN

Ms. Easton has a garden that must resemble mine somewhat. She describes plunking spring's impulse purchases into vacancies that occasionally turn out to be occupied by something that hasn't emerged from dormancy yet. (Me too.) And she crowds extra plants into containers. (Yes.) I can only imagine her garden as a happy riot of liveliness and abundance but she saw something else: an overcrowded, dissonant, and thirsty hoard. Which also sounds a little—okay, a lot—like my garden.

I can see Easton's point about not wanting to spend all of her time watering, particularly during any kind of drought. I have tried very hard not to include plants in my garden that demand supplemental water after becoming established. (By "trying hard" I mean that I have allowed some things to die and felt guilty about watering the rest.) But containers are another story. I am willing to water once a day, but never twice,



which means following through on what should be an annual resolution to use my smallest containers for toad shelters instead of plants.

I also wish my garden had more textural contrasts between one plant and the next, and at the same time, cohesion in its overall design. One way to achieve that might be to tuck fewer things in the ground this spring. Or to plant as much as my heart desires, but to limit my choices. Adding anything to the garden, whether one variety or two dozen, does require more space than is ever available after a previous summer's rampant growth.

I never intend to plant over the top of another and would rather my plants have room to do their thing without being pushed over by more robust neighbors, so edits and eviction notices go out every spring regardless. The trick this year will be to narrow down my wish list. That will be a challenge for sure. You already know I'm on the hunt for at least one plant I have no room for and, just as predicted, my favorite seed catalogs arrived last week.

Select Seeds' large selection of breadseed poppies (*Papaver somniferum*, also known as opium poppy by anyone unafraid of criminal investigation) is irre-

sistible. The plants are slim enough to fit in the narrowest slots, so why not buy every color? Seeds are best scattered sometime before you change your mind and the end of winter. They'll never need a drop of water from the hose, pollinators of all stripes visit the flowers, and a little later on, goldfinch will perch and peck away at the pretty seedpods.

I can't deny myself the pleasure of sweet peas, which take up very little room on my fence and are kaput by mid-July anyway. Flowering tobacco (*Nicotiana*) on the other hand, go and go, even in partial shade, until the hardest

frost flips their switch (which finally occurred a few days ago), and their large basal leaves offer a contrast with almost every other plant in my garden. Although they're champion self-sowers, cross-pollination varies their progeny—to the better and muddier, both. Freshening the gene pool with new packets of first generation favorites like 'Cranberry Isles' and 'Lime Green' really shouldn't count against my list.

I feel my resolve to keep it simple and plant less weakening already. I think what Ms. Easton and I are really recommending is a resolution to have the most fun ever in your 2016 garden. If dragging the hose around the deck and/or garden on a hot day is your idea of hell on earth, plan accordingly. If you think there's nothing better than watching goldfinch peel poppy seedpods like bananas, scatter those seeds ASAP. If you like to tweak your garden's design as it grows, plan to edit constantly and plant anything that makes your fingers curl. Whatever a blissed out growing season looks like to you, it's in your power to make it so, starting now.

Kristin Green is a Bristol-based gardener and author of 'Plantiful: Start Small, Grow Big with 150 Plants that Spread, Self-Sow, and Overwinter'. Follow her blog at trenchmanicure.com.



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Workshop and public hearing dates set for recreational regulations

A public hearing on recreational fin fish regulations for 2016 will be held by the Rhode Island Department of Environmental Management (DEM) on Tuesday, Feb. 9, 6 p.m. at the URI Bay Campus, Coastal Institute Building, Hazard Room in Narragansett. Regulation options will be presented for

2016. Recreational anglers are urged to attend this workshop (and subsequent public hearing on February 16) as this is the time to learn about stock status and voice opin-

Capt. Dave MONTI



ions on regulation options to meet new recreational harvest limits for black sea bass, tautog, summer flounder, striped bass and scup.

First, the good news on summer flounder and striped bass

Jason McNamee, chief of the Marine Fisheries Division of the Department of Environmental Management (DEM) said, "The Rhode Island summer flounder recreational fishery will not have to take a 30 percent harvest reduction in 2016."

McNamee said, "The reason why recreational summer flounder regulations will not have to reflect a 30 percent reduction is that on a coastwide basis recreational anglers did not exceed

their Recreational Harvest Limit (RHL)." However, the commercial summer flounder fishery did overfish their quota coastwide and they will be taking a 30 percent reduction in Rhode Island and coastwide.

So summer flounder regulations for 2016 will likely be identical to last year. In fact the only option presented by DEM at press time for the public hearing is a status quo option from last year... eight fish/person/day at a minimum size of 18" with the season running from May 1 to December 31.

Striped bass regulations proposed for 2016 are identical to 2015, one fish/person/day at a minimum size of 28".

Black sea bass options at press time

Black sea bass is the most challenging regulation facing recreational anglers as we overfished coast-wide and must take a substantial reduction (approximately 23 percent). Commercial fisheries did not overfish so they will not be taking a reduction.

The BSB stock assessment that anglers hope will prove we have an overabundance of BSB in our waters will likely not be ready for fisheries management decision making until 2018. However, Jason McNamee, chief of the Marine Fisheries Division of the Department of Environmental Management (DEM) said, "If (and that is IF) there is good news in the BSB stock assessment you can bet that fish mangers will push to use the information to set 2017 regulations."

McNamee said, "The BSB fishery received some 'overabundance' recognition this year when catch limits were enhanced a bit using a new method which incorporates important abundance indices."

Janet Coit, DEM director, said, "We know anglers are catching a lot of black sea bass and feel that there are more fish around than the Atlantic States Marine Fisheries Commission (ASMFC) regulations reflect, but it is important that anglers know we are just trying to set regulations to meet Recreational Harvest Limits that have been given to Rhode Island."

Recreational anglers have made it clear that the one fish limit just did not work last year as taking one fish was inconsequential compared to the volume of black sea being caught. Many anglers have expressed a preference to have a higher bag limit even if it means a shorter season.

At press time the four options presented by DEM are noted below. Additional options may come forward at the February 9 public workshop.

Option 1: reduction based on one fish from July 2 to August 31; seven fish September 1 to October 10.

Option 2: reduction based on three fish with shortened late season. Three fish from July 2 to August 17.

Option 3: three fish with shortened early season August 10 through December 31.

Option 4: two fish early, five fish later with shortened season. Two fish August 2 through August 31; five fish September 1 to October 15.

Historically party and character boats have relied on an enhanced catch limit of black sea bass in the fall to fish this species in addition to tautog to extend the season when other species are not available. A reduction in catch limit in the fall will likely harm the fall fishery for the for-hire industry so other proposals are expected to be presented before or at the public hearing.

Capt. Rick Bellavance, president of the Rhode Island Party & Charter Boat Association said, "With a reduced striped bass bag limit this season our season suffered, however, we were able to extend things a bit fishing for tautog, black sea bass and cod in the fall. The fear is that the black sea bass reductions, distributed in this fashion will hurt the industry. We plan to work on alternatives that do not impact the industry as much."

Tautog reductions proposed to date

Tautog fishing is another species whose catch limit needs to be reduced.

The DEM proposal on the table at press time before the scheduled Feb. 9 public workshop is similar to last year with the exception the limit in the fall starts at three fish per angler and does not increase to six fish. The season also gets extended by 15 days, ending on Dec. 31.

The recommended regulation option proposed by DEM is three fish/person/day from 4/15 through 5/31, the season is closed from 6/1 to 7/31 and then open again at the same three fish/person/day limit from 8/1 until 12/31.

For all seasons there is a ten fish per vessel limit that does not apply to party and charter boats.

Capt. Rick Bellavance, president

of the RIPCBA said, "We are going to explore mandatory catch and effort reporting once again for the industry with options that allow a larger bag limit in the fall, even if charter and party boats are taking less fish in the spring." Such an option may meet required harvest limit reductions yet not hamper the charter fishing industry.

All are waiting for the workshop to discuss possible additional tautog and black sea bass options.

After the Feb. 9 workshop recreational fishing regulations will be addressed at a Feb. 16 public hearing. Regulations will then go before the Rhode Island Marine Fisheries Council for recommendations and then to DEM director Janet Coit for her final decision on 2016 recreational fishing regulations.

Visit www.dem.ri.gov for details on the Feb. 9 workshop and Feb. 16 public hearing.

Where's the bite

"Fresh water fishing is not good. Customers have tried to fish Lincoln Woods and it was tough going. The ice there is only a couple of inches thick so it is limiting where they can fish," said John Littlefield of Archie's Bait & Tackle, Riverside.

Cod fishing remains strong off Rhode Island. Capt. Frank Blount of the Francis Fleet said, "Cod fishing was excellent last week. Last Friday everyone limited out and the boat was back at the dock two hours early." Both fresh bait and jigs seem to work equally well. Fish are still good market size but are less than ten pounds and not many large fish are being taken. Littlefield said, "Customers are catching cod on the party boats, it's either hit or miss, but I am selling a lot of cod fishing gear. Anglers are spooling their reels with 50 pound brand and buying cod rigs and jigs like diamond and Swedish jigs."

Party boats sailing for cod fish at this time include the Frances Fleet at www.francesfleet.com, the Seven B's (with Capt. Andy Dangelo at the helm) at www.sevenbs.com, and the Island Current at www.islandcurrent.com.

Captain Dave Monti has been fishing and shellfishing for over 40 years. He holds a captain's master license and a charter fishing license. Visit Captain Dave's No Fluke website at www.noflukefishing.com or e-mail him with your fishing news and photos at dmontifish@verizon.net.

STRAIGHT UP THE MIDDLE

Sometimes a loss turns into a win

Whether it's sports or civic life, sometimes the best result can come from a loss. While the Patriots AFC championship loss is still too fresh to process, the Red Sox went from worst to first in 2013 and gave fans an unexpected thrill in a year where expectations were low. We learned earlier this month that GE selected Boston for its new corporate headquarters,



Cara CROMWELL

but GE's spokesperson gave Rhode Island high praise for our pitch and our offerings so we will be considered for future GE sites and jobs. We didn't win, but losing out to Boston (instead of Atlanta)—and being in contention when we've never been competitive before—makes the loss much easier to take and offers time to improve our pitch.

A near-loss has recently allowed for a time of reflection in the East Bay. After the 4th of July Committee voted to shorten the parade route and the news initially broke, my heart was broken for the families whose traditions and celebrations were in jeopardy. I was also feeling badly for the dedicated volunteers who were taking the heat for making what they clearly believed to be the best decision for all involved. While the change in plans was reconsidered and a victory was notched for the parade preservationists, the more important result is that we were able to have a community-wide conversation about what the parade means to each of us.

It's important to note that the vast majority of us enjoy the festivities without contributing much. The parade, and all the events and concerts that accompany the 4th, couldn't and wouldn't happen without the incredibly

hard work of the 4th of July Committee. The amount of time they put into making the celebration happen is almost unimaginable to most of us and they do it without recognition or pay. I will admit that I never thought about the tremendous amount of pressure they bear to meet expectations about the number and quantity of bands that march. One thing I have heard over and over: we love the fancy marching bands from far away, but if they can't make it, that's okay too. If the "Battle of the Bands" has to be in Cranston, let's have a showcase of local high school bands in its place. Instead of paying one of the "big time" bands to come from the Midwest, maybe we can fund a trip to the parade for a fantastic high school band that would be honored to participate in our tradition.

The parade is about family, friends, traditions and yes, Bristol. If the committee believes that the parade needs to be shortened, maybe it's not the route that gets cut, but some of the content. One thought: no offense to Providence, but I have never understood why it is so well represented in the Bristol parade. The mayor's SUV can be seen in downtown Providence any day and I wonder if it is special enough for a spot in the Bristol parade. I hope that what started out as painful discussion can turn into something we all can have a productive and cooperative voice in every year.

Cara Cromwell is a public affairs consultant with more than twenty years experience managing issues campaigns for corporations, non-profits, associations, coalitions and candidates on both sides of the aisle. Visit her blog, Straight Up The Middle, at straightupthemiddle.blogspot.com and follow her on Twitter @cmcromwell.

The Tides*	HiAM	HiPM	LoAM	LoPM	Sunrise	Sunset
Wednesday, January 27	10:08 (4.0)	10:33 (3.9)	2:50	3:21	6:59	4:55
Thursday, January 28	10:48 (3.7)	11:16 (3.6)	3:31	3:54	6:58	4:57
Friday, January 29	11:29 (3.3)	11:59 (3.4)	4:13	4:31	6:58	4:58
Saturday, January 30	— (—)	12:10 (3.1)	4:58	5:12	6:57	4:59
Sunday, January 31	12:41 (3.3)	12:53 (2.9)	5:52	6:01	6:56	5:01
Monday, February 1	1:25 (3.2)	1:38 (2.7)	6:59	6:59	6:55	5:02
Tuesday, February 2	2:13 (3.1)	2:31 (2.7)	8:17	8:03	6:54	5:03
Wednesday, February 3	3:09 (3.2)	3:32 (2.8)	9:27	9:06	6:53	5:04
Thursday, February 4	4:10 (3.4)	4:34 (3.0)	10:20	10:02	6:51	5:06

New Moon February 8 — Full Moon February 22

* Information is based on tides in Bristol Harbor.

THEATER REVIEW



PETER GOLDBERG

Betsy Rinaldi as Laurel (reclined) and Amanda Ruggiero as Hannah Marshall star in "Grizzly Mama," at the Gamm Theatre through February 7.

Dark and thoughtful, 'Grizzly Mama' a refreshing comedy at the Gamm

If the purpose of theatrical productions is to hold aloft that famous "mirror up to nature," there are times when it is necessary to utilize a crazy fun-house mirror. That's certainly the case with "Grizzly Mama" now playing at The Gamm Theatre.



F. William OAKES

The play is a wild and dark satire about, among many other topics, the politics of extremism. And in our politically polarized 21st century America, sometimes one needs a reflection of wacky distortions to depict how things really are.

But though this show encompasses the world of exaggerated political cartoon, the play, written with wit and insight by George Brant, is a bit more than that. Unlike our fun-house mirror, "Grizzly Mama" delves beneath the surface of the crazy events it depicts and muses, often quite amusingly, on the consequences of our actions, especially those spurred on by our political commitment.

And at the heart of the lampoon this is also a family story, a tale of mothers and daughters and the sheer difficulty inherent in those roles; the burdens involved of living up to legacies and expectations.

Seems like a heady mix, but all is served with a light touch and a lot of laughs. At the outset we encounter Deb Marshall, an ordinary housewife who has abruptly uprooted herself and her daughter Hannah to the wilds of Alaska where they have ensconced themselves next door to the home of Patti Turnbeck, the eponymous "Grizzly Mama", whose resemblance to a famously outspoken Alaskan Vice Presidential candidate of years past is highly intentional. Deb, though herself utterly ordinary is the daughter of a famous feminist firebrand from the Seventies or so, think Betty Friedan or Gloria Steinem here. Her new proximity to the politician is no accident. Deb is on a mission to make a bold and outrageous political statement, the nature of which the play does not initially reveal and strives mightily to keep mysterious, so I am loath to reveal it here in print. Let us

merely say that Deb intends for considerable mayhem to ensue from her outrageous plot.

Her notion of a type of revenge is reflected in the mini history of women in public life afforded here, the political pendulum sweep from radical left to reactionary right. It is to the play's credit that no one point of view is left off the hook, indeed, the inherent absurdity here is that each of the two extremes believe wholly in the rightness of their cause and that "their bullets have been blessed by God."

The madcap plot hatched by Deb is well played for big laughs as well as real stakes and is no more or less insanely absurd than many a news story today, but that structure serves as a framework for the many for the Playwright's many concerns. The consequences of extreme actions are explored here, as are the underlying intentions: Is Deb seeking to avenge feminism or to make a final attempt not to be a disappointment her illustrious mother and lead a life more radical than ordinary?

See **GRIZZLY MAMA** Page 13



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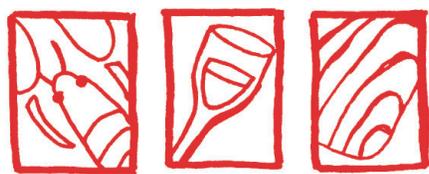
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Please say it isn't so!

AAA of New England reported this month that a survey of more than 2200 of its members said that the state does not spend enough

money on its roads and bridges. How can this be? Are they living under a rock?

Rhode Island spends plenty of money on road and bridge projects. The problem is that the contractors get away with shoddy work and the Rhode Island Department of Transportation (RIDOT) looks the other way. Take, for example, the hundreds of millions of dollars spent on the I-way. For the last 2 and 1/2 years the structure's defective railing was protected by Jersey barriers. Apparently, improperly installed steel designed to reinforce how the rail was attached to the bridge was inconsistent with the contract drawings. CDR Maguire Engineering, as reported by WPRI, documented that the steel reinforcement bars were apparently cut

and that anchor bolts were installed after the reinforcing steel was already placed. By now RIDOT has dished out close to \$200,000 in the rental of the jersey barriers from the very contractor implicated in the error. In a letter to Cardi Construction, RIDOT "respectfully requested that the work begin immediately". Of course, Cardi Construction has taken no responsibility to pay for the retrofit and delay is on its side because it continues to get rental monies from the state without any expenditure of its profit to fix the bridge. In fact, it is eschewing responsibility, and the state acts befuddled as to what to do as cost of repairs rise. Citizens who pay attention may recall that chunks of concrete fell from that bridge into the river below, with impunity. As it stands many millions of dollars will be necessary to repair the structure with no end in sight as to who will pay or when the work will begin. Many other transportation road projects were similarly scarred as documented here in past columns. Yet, the beat goes on. RIDOT just grins and bears it and rehires the malefactors again and again. Hundreds of millions of

dollars pass through that department each year and there is very little to show for it. Roads are pockmarked with gouges, asphalt spits up from "fixed" holes, and good money after bad is thrown into road repair without accountability from the contractors or the overseers.

The last thing we need is more money to be spent as it has in the past. That's what makes the survey of AAA members so discouraging. Presumably, they have some income and smarts enough to protect their cars with road repair insurance. For them to countenance the fact that all we need is to spend more moolah is enough to bring one to the precipice of despair. Citizens just don't get it. There certainly were some debatable aspects to the AAA survey questions. One can only hope that the error of its design prompted such an untoward response. Otherwise, if 80 percent of ordinary folks think that spending more for less is the solution then the state is, indeed, in a load of trouble.

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Arlene Violet is an attorney and former Rhode Island Attorney General.



Arlene VIOLET

It's winter, when the driving isn't easy

Winter can be an especially perilous time to be on the roads. Snow, ice, fog and longer nights present challenges to drivers that can lead to crashes.

People do less driving in winter, yet we have more crashes per mile driven. Some 10,780 people were killed in car crashes between December and March in 2013—fully one-third of the total for each year.

Drivers need to recalibrate and adjust their driving for winter road conditions. "Travel can be treacherous when roadway surfaces are compromised during winter storms," says Deborah A.P. Hersman, president and CEO of the National Safety Council (NSC). NSC and the University of Iowa recently partnered to launch a campaign called MyCarDoesWhat, to educate drivers about vehicle safety technologies designed to prevent crashes. The MyCarDoesWhat campaign offers three major pieces of advice for driving in wintry conditions:

- Slow down. Drivers frequently underestimate how long it takes to brake and how difficult it can be to steer on slippery roads.

- Do not use cruise control when driving on slippery surfaces. It will diminish your control over the car.

- Bridges and overpasses freeze before roadways, so be alert when approaching a bridge.

Many safety technologies can help prevent or reduce the severity of winter-related crashes.

They include:

- Anti-lock braking systems (ABS) help drivers maintain control by preventing wheels from locking up. Your ABS works differently than traditional brakes, and requires you to drive differ-

ently too. It delivers and releases precise braking pressure to each wheel as needed, so you shouldn't pump the brakes when you have ABS. Just hold them down firmly and look and steer in the direction you want to go.

- Traction control helps you accelerate without spinning out on slippery surfaces.

- With electronic stability control, your car's computer helps sense when you may be losing control around a corner or curve and can stabilize your car if needed.

- Adaptive headlights adjust to

changing roadway conditions to provide optimum illumination along the roadway during the long winter nights.

Research shows that most consumers are unsure about how some potentially life-saving vehicle safety technologies work. To get better acquainted with your car's features and learn important winter driving skills, visit MyCarDoesWhat.org on Twitter and Facebook for videos and tools.

With the right knowledge and skills, you can make your winter journeys safer.



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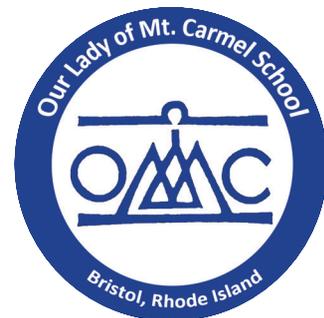
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CLIMBING THE FAMILY TREE

Navigating the world of French-Canadian genealogical research

BY LYNDA REGO

lrego@eastbaynewspapers.com

I hadn't looked at the French-Canadian branch on my family tree since 2008. This is an updated version of a column I wrote at that time — some new websites and some no longer with us.

A discovery on my paternal grandmother's side took me into the world of French-Canadian research — and it's a very different world, indeed. Many genealogists consider it one of the easiest areas to research and it's true that you can trace Catholic ancestors back into the 1600s in a pretty short period of time.

The only drawback is the language barrier (unless you're lucky enough to speak French). But, most of the websites are offered in both English and French. And, some of the online translation programs are pretty good if you need that original document decoded.

There are two major differences between French-Canadian research and other nationalities.

1. Women keep their maiden names throughout their married lives, which is helpful in tracking female lines, even if she married

more than once.

2. The other difference is the "dit" name usage. Dit (or "called") names were a way to differentiate between people with the same name. While dit names turn up in the 1400s in France, the majority in Quebec can be traced to the practice in the 17th century in New France/Canada, for multiple soldiers with the same name. To avoid confusion, these men took a second surname, such as the place they came from, an ancestor's name, their regiment name or a mother's surname. The youngest Jean Ploof might become Jean Ploof dit Lajeunesse. It sounds simple, but over time the dit name might be added to the surname or replace the surname. The dit name was usually passed down to children, but some might keep it and others drop it. And, the surname and dit name might be switched or hyphenated. So, you have to research all the combinations.

There also are notarial records (Greffes de Notaire) in Canada, including marriage contracts, wills, donations to heirs, indentures, guardian and trustee records, and lease, purchase, employment and share agree-

ments. These records are in the Archival Centres in Montreal, Quebec and Trois-Riviere. The Drouin Collection includes Quebec notarial records.

Great sources are nearby

My search for my Ploof line was a huge success. The Ploof (New York), Plouffe (Montreal) and Blouf (Paris) name took me back to 1650 Paris. Included in my line are two filles du roi (king's daughters), 770 women who came to New France from 1663 to 1673.

Most were single women and some were orphans whose transportation was paid by King Louis XIV. In some cases, he gave them a dowry if they married a male colonist in Canada — hence, "king's daughters." Millions of people of French-Canadian ancestry are descendants of the 737 women who married.

Most New England French-Canadians (and many in upstate New York and Michigan) are descended from about 10,000 immigrants who came to New France/Canada before 1763. Mine then came over the border from Montreal into upstate New York before settling in Massachusetts.

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Family #2305293

Marriage: On January 11, 1802 in Saint-Mathieu

Town/District: Beloeil/La-Vallee-Du-Richelieu, Qc

Louis Plouffe Son of [**Francois Plouffe & Marie-Louise Lapierre**]

and

Marie-Theotiste Goguet Daughter of [**Jean-Baptiste Goguet & Marie-Louise Guay**]

None of their children (if they had any) has married in this region. For more information, [click here.](#)

NEW SEARCH **MAKE A COMMENT ON THIS RECORD**

Your Folks is a paid site that offers births, marriages, deaths and obituaries in Quebec and limited vital records for the other provinces.

I mentioned the language barrier earlier. Keep in mind that mistakes were made in transcriptions. Some priests couldn't spell and wrote the name phonetically. A genealogist I heard speak at a conference searched high and low for an ancestor named Jacques Hébert in the U.S. census. After a street-by-street search, the ancestor was found — listed as Jockey Bear. Another said her Legault family was found as Lego. So, think of how your ancestors' names were pronounced in French and keep the phonetic spellings in mind.

Other websites

■ www.afgs.org — The American-French Genealogical Society Library is in the First Universalist Church, 78 Earle St., Woonsocket. Visit the website for hours and other details or call 765-6141. We're lucky to have this fantastic resource, with over 10,000 volumes, including marriages,

genealogies, biographies and histories, along with microfilm records, including the Drouin Institute collection of 2,500 rolls through 1935.

■ If you discover a female ancestor who arrived in Quebec between 1663 and 1673, check www.fillesduroi.org to see if she was a filles du roi. Click on the English button and then "King's Daughters." There is also a message forum and live chat room.

■ www.mesaieux.com/default-AN.asp is a website called Your Folks with vital records in most towns and parishes in Quebec regions (they also have marriages for parts of Ontario, Manitoba, New Brunswick, Alberta and Nova Scotia). I paid \$19.99 years ago, which allows me to view 150 records. They have births, marriages, deaths and obituaries. Click on FAQ/Help to see what they offer. Click on "Other Ser-

See **GENEALOGY** Page 13

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HEALTHY EATING

Treadmill workouts, fueled by a hearty pasta dish

Walking or running outside for exercise can be a challenge during the winter months. The treadmill is an easy go-to for keeping up your normal exercise routine when it is too cold to venture outside. Yet, while it is an excellent option for exercise, it can easily become monotonous. Here are a few ways to spice up your treadmill routine and prevent treadmill-induced boredom.

- 1. Make it a game.** Take 4 index cards and label each with one of the following terms: sprint, run, jog, and walk. As you are working out on the treadmill, choose a card and do what it says for 3-5 minutes. Then choose another card and repeat. This adds variety and an element of surprise to your workout.
- 2. Create a total-body workout.** Add some strength training to your treadmill workout by including intervals of running or walking mixed in with exercises that require you to get off the treadmill. An example of this is running or walking for 3 minutes,

- doing a 30 second plank on the floor, then getting back on the treadmill for another 3 minute segment. You could repeat this for 20-40 minutes, incorporating other exercises when you get off the treadmill.
- 3. Include interval training.** Using the same interval technique as previously mentioned, include intervals of speed and resistance during your time on the treadmill. Walk a steep hill for 5 minutes, followed by a jog on a flat road for 3 minutes, then repeat.
 - 4. Incorporate your favorite show or playlist.** Watching television or listening to music can help any workout go by. To add more variety, use your favorite show or playlist to guide your workout. Take breaks during the commercials or adjust your speed based on the beat of the song.

Information gathered & adapted from: blog.myfitnesspal.com
 Have a question for EVOLUTION's Registered Dietitians? Send us an email at info@evolutionRD.com. You may see your question in a future Edibles!

Tomato & chicken sausage pasta
 Servings: 8
Ingredients
 6 Roma tomatoes, cut into 1/4-inch



- slices
 2 tablespoons olive oil, divided
 2 cloves garlic, minced
 1/2 teaspoon dried oregano
 3/4 teaspoon salt, divided
 3/4 teaspoon ground black pepper, divided
 1 box whole wheat penne pasta
 6 pre-cooked chicken sausages, cut into half-circles
 8 fresh basil leaves, thinly sliced
 Parmesan cheese, for serving

Preparation
 ■ Preheat the oven to 450°F. Line a baking sheet with foil and lightly coat with cooking spray.
 ■ Place the tomatoes in a single

- layer on the baking sheet. Drizzle the tomatoes with 1 tablespoon olive oil and cover with garlic, oregano, salt and pepper.
 ■ Roast tomatoes until they are slightly shriveled and soft, about 15 to 20 minutes. Roughly chop tomatoes and set aside.
 ■ While the tomatoes are roasting, cook the pasta according to the package directions.
 ■ Heat a large skillet over medium-high heat and lightly coat with

- cooking spray. Cook the sausages until browned, about 7 to 8 minutes.
 ■ Add the roasted tomatoes and cooked pasta to the sausage, along with the remaining olive oil, salt, pepper and basil. Combine well.
 ■ Top with grated Parmesan cheese and pair with a salad.

Serving Size: 1 cup pasta and sausage mixture
 Nutrition information: 260 calories, 8.4 grams fat (1.6 grams unsaturated fat), 35 grams carbohydrate, 5 grams fiber, 12 grams protein, 475 milligrams sodium
 Recipe adapted from: cookeatshare.com

Emily DelConte is the Nutrition Director at Evolution Nutrition, Inc., a group practice of Registered Dietitians offering nutrition counseling for adults, adolescents, and children. Most visits are covered by medical insurance plans. To contact them please call 401/396-9331.



Top row, from left: Nicole Dioh, Grade 7, Woonsocket Middle School at Villanova, Woonsocket; Jack Pine, Grade 5, St. Peter School, Warwick; Delaney Bernier, who attended on behalf of her sister, Avery Bernier, Grade 7, Lincoln School, Providence; Pamela Peters, Grade 6, Kickemuit Middle School, Warren; Lily Neves, Grade 6, McCourt Middle School, Cumberland; Shivani Mehta, Grade 5, Guiteras Elementary School, Bristol; Alexandra Cowart, Grade 5, Western Hills Middle School, Cranston; Eliza Vecchiarelli, Grade 8, Edward R. Martin Middle School, East Providence; Chase Petrucci, Grade 6, Gallagher Middle School, Smithfield; Lily Addonizio, Grade 5, Immaculate Conception Catholic Regional School, Cranston; Sofia Sweet, Grade 5, Fishing Cove Elementary School, North Kingstown; Bottom row, from left: Haider Amad, Grade 5, Fishing Cove Elementary School, North Kingstown; Elisabeth Halkidis, Grade 5, Fishing Cove Elementary School, North Kingstown; Daniela Harkness, Grade 5, Fogarty Memorial School, Scituate; Sam Northrup, Grade 5, Fishing Cove Elementary School, North Kingstown; Nick Soccio, Grade 5, Immaculate Conception Catholic Regional School, Cranston; Kaya West, Grade 5, Westerly Middle School, Westerly; Cameron Belisle, Grade 5, Stone Hill Elementary School, Cranston

Governor, First Gentleman host RI Kids' Healthy Recipe luncheon

Governor Gina M. Raimondo and First Gentleman Andy Moffit, in partnership with the Rhode Island Community Food Bank and Eat Drink RI, hosted a luncheon to recognize the winners of the RI Kids' Healthy Recipe

Challenge. The Governor's Office received 126 recipes for starters, entrees and desserts from 5th-8th graders throughout Rhode Island and chose 6-7 finalists for each category. Last Saturday the kitchen at the

Rhode Island Community Food Bank prepared and served the winning dishes to finalists and their families, along with local elected officials and community members.

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Fight winter's chill with a sunny peach cobbler

BY LYNDA REGO

lrego@eastbaynewspapers.com

With winter finally bringing frigid temperatures, I decided to fight back with summery fruit desserts. The supermarket had blueberries (buy one, get one free), so I got two pints and made blueberry pancakes and a blueberry cake. Not bad, but I needed something even sunnier.

I could have made peach crisp. I have a good recipe with nuts and oatmeal. But, with the snow coming, I wanted something a little more substantial. So, I headed online.

Paula Deen's recipe had way too much butter. There were several possibilities that didn't sound bad. So, I took what I liked from each and cobbled them together (sorry, couldn't resist) into a recipe that would use the peaches I had in the freezer.

I used white whole wheat flour from King Arthur Flour. You can get it at local markets. Usually I mix it half and half with white flour in baked goods, but all white whole wheat was fine in this cobbler.

It didn't occur to me until the cobbler was in the oven that I could have

added a cup of blueberries (or blackberries) to the filling. Next time ...

Peach Cobbler

Serves 8 to 9

Filling:

- 6 cups peach slices (fresh or frozen)
- 1/2 cup granulated sugar
- 1 teaspoon fresh lemon juice
- 2 tablespoons bourbon (or 1 teaspoon vanilla extract)
- 3/4 teaspoon cornstarch
- Pinch kosher salt
- 1/2 teaspoon ground cinnamon
- Dash of grated nutmeg

Topping:

- 1 cup all-purpose flour (I used white whole wheat flour)
- 1/4 cup granulated sugar
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 6 tablespoons (3/4 stick) chilled unsalted butter, cut into 1/4-inch pieces
- 1/2 cup whole milk
- Ice cream or whipped cream, for serving

Preheat oven to 400°F and place rack in the middle position.

For the filling, place the peaches in a large bowl. Combine the lemon juice

and bourbon and drizzle over them evenly. Stir. Combine sugar, cornstarch, salt and nutmeg in a small bowl. Stir well to combine. Gently stir into peaches until they are all coated.

Dump peaches and any juices into an 8x8-inch baking dish or casserole and set on a rimmed baking sheet. Bake for 10 minutes (15 minutes if peaches are frozen).

While the peaches bake, making the topping. In a large bowl, stir together flour, sugar, baking powder and salt. Add butter. With a pastry blender or your fingers, cut butter into dry ingredients until it resembles coarse meal. Using a fork, stir in milk until mixture just comes together into a sticky dough; avoid over-mixing.

Drop small spoonfuls of dough evenly over the peaches, smooth into an even layer, covering as much of the fruit as possible. Sprinkle top with raw sugar.

Return cobbler to oven and cook for 35 to 40 minutes until browned and biscuit is cooked through (a toothpick inserted into the center should come out clean). Let rest at least 30 minutes before serving.



A peach cobbler (made with frozen peaches this time of year) is easy and will make the house smell good, too.

Serve warm or at room temperature with ice cream or whipped cream on the side. A little vanilla gelato was divine, too.

Visit Lynda Rego on Facebook at

www.facebook.com/lynda.rego where she shares tips on cooking, books, gardening, genealogy and other topics. Click on Like and share ideas for upcoming stories.

NIBBLES

Have any food and dining news you want to share? Send it to us at life@eastbaynewspapers.com.

'Dine to Donate' in Newport

"Dine to Donate" is a trio of winter culinary experiences benefiting one of Newport County's most valuable resources, the Norman Bird Sanctuary. Enjoy a selec-

tion of 3-course meals at three very popular local restaurants. Brix, The White Horse Tavern and Fluke Wine, Bar & Kitchen have created special menus and will generously donate half of the evening's receipts. On Thursday, Jan. 28, cozy up around the fire at Newport Vineyard's Brix Restaurant, 909 East Main Road, Middletown; \$50 per person plus beverages, tax and gratuity. For reservations, visit www.newportvineyards.com/brix-restaurant.

Touisset Fire Co. 6 Soup Night

The annual Soup Night is on Saturday, Jan. 30, at Touisset Fire Station 6, 99 Touisset Road, Warren, with continuous seating from 5 to 7 p.m. Adult tickets are \$10 in advance or \$12 at the door. Children 12 and under are \$5. All-you-can-eat menu includes soups, chowder, clamcakes, grilled cheese sandwiches, rolls, Caesar salad, desserts and refreshments. For more information, contact Jeff at 401/245-7083. Proceeds support Station 6 Adopt-A-Family Project.

Rhode Island Brew Fest in Pawtucket

Come to the fourth annual Rhode Island Brew Fest, a celebration of American craft breweries featuring the best brews the Ocean State has to offer, with 55+ breweries with over 175 beers to sample from. The event will have two, three-hour sampling sessions, Saturday, Jan. 30 from 1 to 4 p.m. and 5:30 to 8:30 p.m. Each session will feature live music, local vendors and a food court. The Rhode Island Brew Fest is a 21+ event; \$50 per person. At the Pawtucket Armory, 172 Exchange St., Pawtucket. For more information or tickets, visit eventbrite.com.

Soup's on in Bristol

On Saturday, Jan. 30, from 5 to 7 p.m. at the Hydes Fire Station, warm up with a variety of soups including bread, salad, drinks and dessert. On the menu are Southwestern corn chowder, Blount clam chowder, pickle soup, Portuguese soup, Venus de Milo soup and chili. Admission is \$10 adults, \$5 children under 12; proceeds to benefit the community aid fund.

Malassada and caçõila sale in Warren

St. Thomas the Apostle Church will have a malassada and caçõila sale on Saturday, Jan. 30, and Sunday, Jan. 31, in the parish hall, 500 Metacom Ave., Warren.

Have A Heart Cocktail Party & Auction in Newport

The Potter League will host its 43rd annual Have A Heart Cocktail Party and Auction on Friday, Feb. 5, from 6 to 9 p.m. at OceanCliff, 65 Ridge Road, Newport. The party will feature an array of culinary delights including complimentary Opulent Pawtinis and a wine tasting from 6 to 7:30 p.m., and an artisan cheese display, hors d'oeuvres, savory stations and sweets prepared by Milk & Honey, Exquisite Events, Glorious Affairs and OceanCliff. Tickets are \$125 in advance or \$150 at the door. For tickets, visit www.potterleague.org or call 401/846-0592.

Be Mine Valentine Breakfast

Treat your family and yourself to a Be Mine Valentine Breakfast at St. Alexander Church, 221 Main St., Warren, on Sunday, Feb. 14 from 10 a.m. to noon. The menu includes a waffle station, eggs, sausage, ham, homemade home-fries, pastries and muffins, fruit, juice, and coffee. Adults \$10; children (12 and under) \$7. Tickets are available at the door or sold before or after Masses.

Meet your Maker in Warren

Every third Sunday of the month meet and mingle with the makers of Hope & Main, 691 Main St., Warren, from noon to 4 p.m. Walk the halls of the old Main Street School and learn about the goodness going on in Rhode Island's food scene. Next market: February 21.

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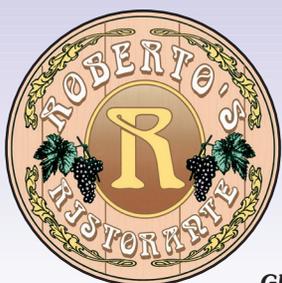
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Catering is Available

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MONDAYS: FREE Pie w/\$10 order

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To Submit Calendar Items

BY E-MAIL (PREFERRED):
 life@eastbaynewspapers.com
BY PHONE: 401/253-6000 x150
BY MAIL: Calendar - East Bay Life, PO Box 90,
 Bristol, RI 02809
BY FAX: 401/253-6055
 Or stop by any of our offices. Listings are coordi-
 nated by Christy Nadalin. Photos or artwork are
 encouraged but cannot be returned.
DEADLINE: Noon on Friday before publication

8 Days

IN EAST BAY

Wednesday

January 27

Author of 'The New Small House' to speak in Barrington

Local author and architect, Katie Hutchison will speak about her new book "The New Small House". Though the median size of a new single-family house is back on the rise – after a brief decline during the 2007-2009 U.S. recession – many are now choosing to live small deliberately. They're building smaller, more environmentally and economically friendly homes. The New Small House features 24 small houses (ranging in size from 500 square feet to 1640 square feet) that can suit young families, independent couples, singles, and those entering retirement.

WHERE: Barrington Public Library, 281 County Road, Barrington
WHEN: 7 p.m.
COST: Free
MORE INFO: www.barringtonlibrary.org

Thursday

January 28

Learn to Make Pom Poms at Barrington Public Library

Pom poms are a unique craft which can be turned into a variety of fashion accessories and home décor. Supplies will be provided. Free and open to adults and teens grades 5 and up.

WHERE: Barrington Public Library, 281 County Road, Barrington
WHEN: Drop in from 6 to 8:30 p.m.
COST: Free
MORE INFO: www.barringtonlibrary.org

Mutual Grief/Bereavement Support Group

Facilitated by Home & Hospice Care of RI, this support group is an opportunity to reduce feelings of isolation, build relationships, provide mutual support and solve common problems. It offers a safe and secure environment to experience and express the pain of loss.

WHERE: Wilbur-Romano Funeral Home, 615 Main St, Warren
WHEN: 1 to 2:30 p.m.
COST: Free
MORE INFO: 401/415-4300 or 401/245-6818

Marshall Crenshaw and the Bottle Rockets in Fall River

Bottle Rockets do their thing and then accompany Marshall Crenshaw at the Narrows Center for the Arts.

WHERE: Narrows Center for the Arts, 16 Anawan St., Fall River
MORE INFO: www.narrowscenter.org

Wild Winter Lecture Series: Losing the Buzz

Without even a thank you, pollinators provide our stable food supply. Information has arisen showing that many of our pollinators are teetering on the brink. Join Bee Keeper extraordinaire Lucy Tabit as she connects the dots to what may be causing a silent global crisis.

WHERE: Westport Free Public Library, 408 Old County Rd., Westport
WHEN: 6:30 p.m.

SPOTLIGHT



RICHARD W. DIONNE, JR.

Winter birding at Sachuest Point

Sachuest Point National Wildlife Refuge is one of the few places in Rhode Island where the best birding comes during the winter. Winter specialties include Horned Larks, Snow Buntings, Harriers, Purple Sandpipers, and a variety of sea ducks. The stars of the show are Harlequin Ducks, and in some years Snowy Owls. Meet in the refuge parking lot, then head for the shore to look for waterfowl and other winter residents of the rocky seashore and scrubby coastal habitats. Be sure to dress for the cold and the wind. Ages 10 and up.

WHERE: Sachuest Point National Wildlife Refuge, 769 Sachuest Point Road, Middletown
WHEN: Saturday, Jan. 30; 10:30 a.m. to 1 p.m.
COST: \$10/member adult, \$5/member child; \$14/non-member adult, \$7/non-member child.
MORE INFO: Register online at www.asri.org.

MORE INFO: Please RSVP 508/636-9228 x5023; Brendan@westportlandtrust.org

Friday

January 29

Coffee & Commerce with Liz Tanner & Christian Cowen

Start your day with the East Bay Chamber at this informative networking breakfast. Meet Commerce RI's Liz Tanner, and Polaris MEP's Christian Cowen, as they discuss their organization's role in helping small businesses. Pastries, muffins, juice and coffee provided.

WHERE: Bristol County Chamber of Commerce, 16 Cutler St., Warren
WHEN: 7:30 to 9 a.m.
COST: \$5/Chamber members; \$10/non-members
MORE INFO: To register, go to www.eastbay-chamberri.org or call 401/245-0750

Saturday

January 30

Boston Comedy Legends show

Featuring Ken Rogerson, Paul D'Angelo and Mike Donovan.

WHERE: Narrows Center for the Arts, 16 Anawan St., Fall River
MORE INFO: www.narrowscenter.org

Biologist Kenneth Miller speaking at Newport Art Museum

Miller, biologist and advocate for the public understanding of evolution, will examine the science behind current trends in evolutionary biology in his talk entitled "Art, Music and Literature: Does Evolution Really Explain Everything?"

WHERE: Newport Art Museum, Griswold House, 76 Bellevue Ave., Newport
WHEN: 2 p.m.
COST: \$15 (\$10 members, \$6 students)
MORE INFO: NewportArtMuseum.org; 401/848-2787

SPOTLIGHT



Nova performing at Rehoboth contra dance

There will be a challenging Rehoboth contra dance this Friday at Goff Memorial Hall in Rehoboth. All dances will be taught by caller Will Mentor, and music will be performed by Nova, with Kathleen Fownes, Guillaume Sparrow-Pepin, and Everest Witman. This dance is geared more toward experienced dancers. Partners not necessary.

WHERE: Goff Memorial Hall, 124 Bay State Road, Rehoboth
WHEN: Friday, Jan. 29; 8 p.m.
COST: \$9; \$8 students
MORE INFO: 508/252-6375; www.contradancelinks.com

'Root to shoot farming and creating the chef's garden'

A workshop hosted by Indie Growers and The Northeast Organic Farming Association of Rhode Island. Attendees are invited to visit the Mount Hope Farm Farmers Market and then join Lee Ann Freitas of Indie Growers in the the Indie Growers greenhouse below the Mount Hope Farm Barn.

WHERE: Mount Hope Farm, 250 Metacom Ave., Bristol
WHEN: 1 to 2:30 p.m.
MORE INFO: www.nofaro.org

MORE INFO: 401/849-2665

Musica Maris

Musica Maris will present Michael Bahmann on harpsichords with 30 variations on Walsingham by John Bull and 30 variations over an Aria By J.S.Bach, BWV 988 also known as the Goldberg variations.

WHERE: United Congregational Church on the Little Compton Commons
WHEN: 4pm
COST: suggested donation is \$20 and there is a reception following the concert.
MORE INFO: call 401 377 2498

Indoor yard and clothing sale in Westport

Something for everyone and the room is full. The clothing will be \$3.50 for a small bag and \$5 for a large bag; and there will be snacks and drinks by donation.

WHERE: The Westport United Congregational Church, 500 American Legion Highway, Westport
WHEN: 9 a.m. to 2 p.m.

Citizenfour film screening & Tor browser demo in Barrington

Attend a free public screening of the documentary film "Citizenfour" this Sunday. This Academy Award winning film is about whistleblower Edward Snowden and the documents he leaked in 2013 to two journalists that exposed the massive surveillance efforts of the

Sunday

January 31

Island Books to host local authors and divorce experts

Local licensed clinical social worker and divorce expert Terry Gaspard will be at Island Books to talk about her new book "Daughters of Divorce: Overcome the Legacy of your Parents' Breakup and Enjoy a Happy, Long-Lasting Relationship." Tracy Clifford, her daughter and co-author will also be in here. Gaspard will offer a powerful look at the emotional impact of parental divorce upon women and provides concrete ways they can improve their relationships.

WHERE: Wyatt Square, 575 E. Main Road, Middletown
WHEN: 2 p.m.

Sunday

From Page 9

NSA. Before the film, there will be a demo of Tor browser, featured in the documentary and used by Edward Snowden and journalists Laura Poitras and Glenn Greenwald. The demo and time for Q&A will be led by Nima Fatehi of The Tor Project and The Library Freedom Project.

WHERE: Barrington Public Library, 281 County Road, Barrington
WHEN: 1:30 p.m.
COST: Free
MORE INFO: www.barringtonlibrary.org; 401/247-1920

'Monarchs, Stars, Barons, and Daisies: The Negro Leagues and Black Baseball in Rhode Island'

Baseball historian, Jay Hurd, will present his PowerPoint talk "Monarchs, Stars, Barons, and Daisies: The Negro Leagues and Black Baseball in Rhode Island" at the next meeting of the Bristol Historical & Presentation Society meeting.

WHERE: The State House, 240 High St., Bristol
WHEN: 2 p.m.
COST: Free
MORE INFO: 401/253-7223; www.bhpsri.org.

Monday

February 1

Making your book a reality: inside tips from an author

Having a book published in today's tough market can seem like an impossible dream. But, in reality, getting your

book idea into shape and into print can hinge on just the right advice from a pro. Nationally-known author Peter Mandel will pass on the insider's tips aspiring writers need to know.

WHERE: Weaver Libray, 41 Grove Ave., East Providence
WHEN: 7 p.m.
COST: Free
MORE INFO: 401/434-2453.

Tuesday

February 2

Tuesday trail team in Westport

The Westport Land Conservation Trust is looking for volunteers to join a weekly group to beautify and maintain the more than 10 miles of trails managed by WLCT. The "Tuesday Trail Team" will meet weekly. Projects will vary depending on the week but may include wood-working, trail trimming, boundary marking as well as other tasks depending on the groups skill set. We hope to build a team that will be both rewarding to work with as well as accomplish important tasks to enhance the safety and experience of visitors.

WHERE: Meet at Westport Town Farm, 830 Drift Road, Westport
WHEN: Tuesdays, 9 a.m. to noon
MORE INFO: 508/636-9228

'Take time for tea' in Tiverton

All are welcome to stop by and enjoy a warming cup of tea and to browse the library's many new fiction and non-fiction items, as well as checking out the video and audio collections and peruse the reference and children's rooms.

where: Union Public Library, 3832 Main Road, Tiverton
when: Every Tuesday in February; noon to 4 p.m.
cost: Free

Fused glass pendant workshop

Stuck for a Valentine's gift? Learn to design beautiful pendants with pre-cut dichroic (two-color) glass as well as powder and frit made from crushed glass. Each student in this Barrington Community School workshop will make four 1"x1" fused glass pendants, or eight 1"x 1/2" pendants (these can be used for earrings), or a mixture of these sizes.

WHERE: Barrington Middle School, Middle Highway, Barrington
WHEN: 7 to 9 p.m.
COST: \$48 BCS members and \$58 non-members.
MORE INFO: BCS at 401/245-0432; www.barringtoncommunityschool.com.

Canon EOS DSLR class, part 1

This Barrington Community School class introduces the technical and artistic methods of 35mm digital photography using a 35mm Digital Single Lens Reflex camera (DSLR) in this 3-hour workshop.

WHERE: Barrington High School, Lincoln Avenue, Barrington
WHEN: 6 to 9 p.m.
COST: \$28 BCS members and \$35 non-members. Sign up for all 5 Canon EOS DSLR workshops at the reduced price of \$130 Members/\$165 Non-Members.
MORE INFO: BCS at 401/245-0432; www.barringtoncommunityschool.com.

Wednesday

February 3

'Resolving Conflicts in the Family with ADHD- with a special focus on Teens'

CHADD, a non-profit organization that provides support and education to the ADHD community, will host a special program on Resolving Conflicts in the ADHD Family. The program will explore the unique developmental attributes of teenagers and the many facets of executive functioning deficit

that is often at the root of ADHD.

WHERE: Pine Room, Bradley Hospital, 1011 Veterans Memorial Pkwy, East Providence
WHEN: 7 p.m.
COST: Free. Donations appreciated
MORE INFO: 401/369-0045; www.chadd.org

GMO documentary in Tiverton

GMO OMG is an educational but entertaining documentary filmed by Jeffrey Siefert. After the film there will be Q & A and an update on the status of GMO labeling in Rhode Island with Liz Guardia, grassroots organizer for Rhode Islanders for GMO labeling.

WHERE: Tiverton Public Library, 34 Roosevelt Ave., Tiverton
WHEN: 6 p.m.
COST: Free
MORE INFO: RSVP 401/625-6796

College application essay workshop

This course is designed for both juniors and seniors and is taught by Hannah R. Goodman who has been teaching writing to all ages for 17 years and has spent the last decade tutoring students in college application essay writing.

WHERE: Barrington High School, Lincoln Avenue, Barrington
WHEN: 7 to 8:30 p.m.
COST: \$25 students and \$30 adults. Scholarships are available!
MORE INFO: BCS at 401/245-0432; www.barringtoncommunityschool.com

Thursday

February 4

Our Oceans, Our Plastic: student art exhibit opening

Each year, middle and high school students around the world are challenged to research the impacts of plastic pollution on our oceans and give a voice to the oceans through a creative outlet. Celebrate the opening at a reception with a reading from the reflections of the winning students and the founder of the contest, Linda Cabot.

WHERE: Audubon Environmental Education Center, 1401 Hope St., Bristol
WHEN: 6 to 8 p.m.
COST: Free with admission
MORE INFO: www.asri.org

Calling all Harry Potter fans!

Celebrate everything Harry Potter with crafts, snacks and more, at Harry Potter's "The Night of Spells."

WHERE: Barrington Public Library, 281 County Rd. Barrington
WHEN: 6 to 8 p.m.
COST: Free
MORE INFO: 401/247-1920 x310

Music

Aidan's Irish Pub

John St., Bristol; 401/254-1940
Sunday: An Irish seisiun, 5-9 p.m.

Aruba Steve's

520 Main St., Warren; 401/289-2677
Live music Friday, Saturday, and Sunday

The Beachcomber

506 Park Ave.; Island Park, Portsmouth; 401/683-1400; 401/683-0200

Sundays: Famous Patriots Party, Open Mic night; Tuesdays: Trivia and music by Sloan; Fridays: Country Night with DJ Mikey Fletch. free line dancing lessons; Saturdays: live music; call for band listings

Benjamin's Sports Club

4 Stafford Road, Tiverton; 401/624-3899
Saturdays: Pro Karaoke with Rick & Joan

Bluewater Grill

32 Barton St., Barrington; 401/247-0017
Saturdays: live music

Broadway Lounge

535 N. Broadway, East Broadway; 401/434-9742

Friday: After dark, rock variety, including oldies, classic rock, new wave and alternative

Custom House Coffee

600 Clock Tower Square, West Main Road, Portsmouth

Sunday: Open mic with Gary Fish, 2-5 p.m., guest musician 3 to 3:45 p.m.

The Coffee Depot

501 Main Street, Warren; 401/608-2553

DeWolf Tavern

259 Thames St., Bristol; 401/254-2005

Wednesdays: The Rick Costa Trio (jazz).

Federal Hill Pizza

495 Main St., Warren; 401/245-0045

Federal Hill Pizza features live music every Saturday night at 7:30 p.m.

The Knights of Columbus

28 Fish Rd., Tiverton

DJ Stubbs every Friday night from 7 to 11 p.m. Free admission. 50/50 raffle, food; hosted by Jesse Bertholde 401/297-6604

The Liberal Club

20 Star St., Fall River; 508/675-7115

Friday and Sunday: Pro Karaoke with Rick & Joan

LePage's Seafood

439 Martime St., Fall River; 508/677-2180

Fridays: Karaoke

Mulhearn's Pub

507 North Broadway, East Providence; 401/438-9292.

Sundays: Pop, oldies, and karaoke with Cal Raye

One Pelham East

270 Thames St., Newport; 401/847-9460

Friday: Stu Sinclair; Saturday: Nate Bash Band; Wednesday: DJ Blacklist

133 Club

29 Warren Ave., East Providence; 401/438-1330

Wednesdays: Karaoke with Big Bill; Thursdays: The Mac Odom Band.

Oriental Pearl

576 State Rd., Westport

508/675-1501 or 401/435-6565

Karaoke every Wednesday and Thursday night with Cal Raye

Roberto's

450 Hope St., Bristol; 401/254-9732

Paul Del Nero Jazz; Tuesdays from 6 to 9 p.m. Reservations suggested.

Sandywoods

43 Muse Way, Tiverton

401/241-7349

Open mic every Tuesday night, 7-10 pm, with host Gary Fish. All musicians, performers, and spoken word artists are welcome to take the stage.

Scampi

657 Park Ave., Portsmouth; 401/293-5844

Fridays: Andre Arsenault; Saturdays: Alissa Musto.

The Wharf Tavern

215 Water St., Warren; 401/289-2524

Live piano music every Friday night.

OPEN HOUSE

SUNDAY, JANUARY 31, 2016 • 12:30-2:00



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SPOTLIGHT

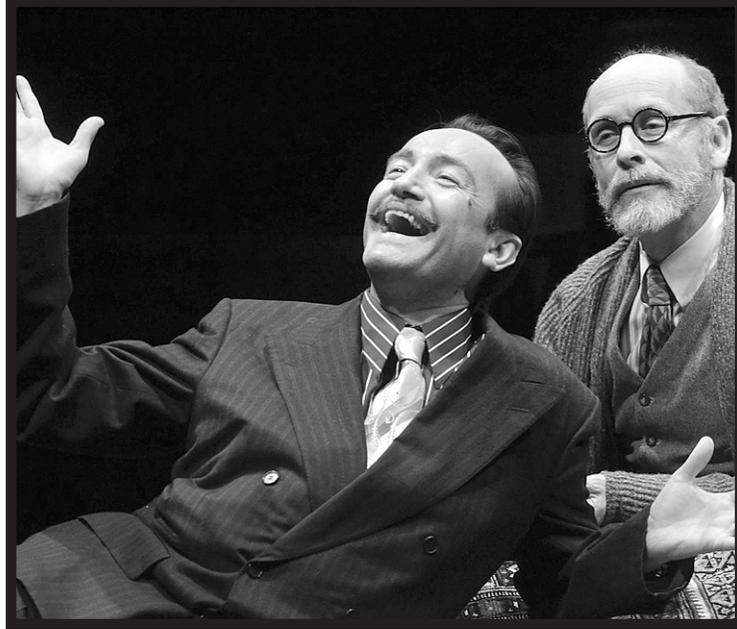


World renowned bird expert on endangered seabirds

Worldwide, about one third of all seabird species are now globally threatened because of effects of invasive predatory mammals, marine pollution, coastal development and effects of global warming are growing concerns. A recent study has shown that 60% of all seabirds have vanished in the last 60 years. Dr. Stephen Kress, Director of National Audubon Society's Seabird Restoration Program and Hog Island Audubon Camp, will review how techniques developed on Maine islands have led to the restoration of puffins and terns to historic nesting islands in the Gulf of Maine. Dr. Kress will also discuss how techniques developed in Maine are helping seabirds worldwide. Dr. Kress will also share the recent discovery of the previously unknown winter home for puffins- to an area known as the 'coral canyons' off New England's continental shelf and a new opportunity to save this biologically diverse habitat.

WHERE: Audubon Environmental Education Center, 1401 Hope St., Bristol
 WHEN: Tuesday, Feb. 2; 7 p.m.
 COST: Donations accepted at the door
 MORE INFO: Register online at www.asri.org

SPOTLIGHT



RICHARD W. DIONNE, JR.

'Hysteria' in Warren

Egos run amuck when Sigmund Freud (played by Ed Shea, right) and Salvador Dali (Luis Astudillo) meet at the famed psychoanalyst's home. Throw in a semi-clad, rain-soaked girl, and clever comedy morphs into an hysterical farce.

WHERE: 2nd Story Theatre, 28 Market Street, Warren
 WHEN: Through Feb. 14
 COST: \$30; \$21 for ages 21 and under
 MORE INFO: 401/247-4200; www.2ndstorytheatre.com

ter, 1401 Hope St., Bristol
 WHEN: Thursday and Friday, Jan. 4-5; 10 to 11 a.m.
 COST: \$5/member child, \$7/non-member child
 MORE INFO: www.asri.org

Daily programming at Coggeshall farm

Experience 18th century candlemaking, blacksmithing, hearthcooking, and more. Please visit website for information.

WHERE: Coggeshall Farm Museum, One colt Dr., Bristol
 WHEN: Daily
 COST: Free with admission
 MORE INFO: www.coggeshallfarm.org; 401/253-9062

Toe Jam Puppet Band

Sing, dance and play the hour away with New Bedford's favorite, the Toe Jam Puppet Band at the Buttonwood Park Zoo every Monday morning.

WHERE: Buttonwood Park Zoo, 425 Hawthorn St., New Bedford
 WHEN: Every Monday at 10 a.m. and 11:30 a.m.
 COST: Zoo admission plus \$5/family
 MORE INFO: 508/991-6178; bpzoo.org

Children's reading circle in Westport

Partners Village Store children's reading and activity hour geared for preschool children, will run until December 3. Come join the fun every Thursday as we read stories, enjoy snacks and a craft activity.

WHERE: Partners Village Store and Kitchen, 865 Main Rd., Westport
 WHEN: 10:30 to 11:30 a.m.
 COST: Free
 MORE INFO: 508/636-2572; www.partnersvillagestore.com

Toddler tales

Enjoy a zooper fun story time at the zoo! Includes a snack and a craft/activity. Recommended for ages 3-5.

WHERE: Buttonwood Park Zoo, 425 Hawthorn St., New Bedford
 WHEN: Every Thursday at 10:30 a.m.
 COST: Free with zoo admission
 MORE INFO: 508/991-6178; bpzoo.org

Children's story hour

Miss Margie reads several theme-

related story and picture books geared towards the pre-school set, followed by craft time allowing the children to express their creativity based on the fun facts and stories they just heard.

WHERE: Barrington Books, County Road, Barrington
 WHEN: 10 a.m. Thursdays
 COST: Free
 MORE INFO: 401/245-7925; www.barrington-books.com

Young children's story hour

Bring your little ones for stories geared for 3- to 5-year-olds. Includes a craft and light snack.

WHERE: Baker Books, Route 6, Dartmouth
 WHEN: 10 a.m. Thursdays
 COST: Free
 MORE INFO: 508/997-6700; www.bakerbooks.net

Li'l Peeps

This popular program introduces children ages 18 months to 2 years to the delights of nature through age-appropriate, hands-on activities. Along with a nature lesson, activities may include nature walks, crafts, songs and stories. This is also a wonderful opportunity to make new friends with the other children and parents. Registration is required as space is limited and fills very quickly. Adults must accompany children and there are no refunds for missed classes. In order to maintain an age-appropriate program we ask that older siblings not accompany the parent/child team.

WHERE: Audubon Environmental Education Center, 1401 Hope Street, Bristol
 WHEN: Jan. 7, 14, 21, 28, Feb. 4, 11; 9:45 to 10:45 a.m.
 COST: \$60/member child, \$76/two member siblings; \$65/non-member child, \$82/two non-member siblings. Ages: 18 to 36 months
 MORE INFO: www.asri.org

Markets

Mt. Hope farmers' market

This farmers' markets showcases many local vendors selling fresh produce, meat and fish, along with

baked goods and other treats. The Acacia Cafe food truck serves breakfast and lunch. There will also be live music, demonstrations, kids' activities, knife-sharpening, clothing and electronics drives and more.

WHERE: Mt. Hope Farm barn, 300 Metacom Ave., Bristol
 WHEN: 9 a.m. to 1 p.m. Saturdays
 MORE INFO: mounthopemarket@gmail.com

Aquidneck Growers Markets

With a changing selection of artisan vendors, the markets also hosts live local music. Shoppers can pick up their weekly fresh and local food supplies while checking out the newly renovated Newport Vineyards and Winery on East Main in Middletown.

WHERE: Newport Vineyards, East Main Road, Middletown
 WHEN: 10 a.m. to 2 p.m. Saturdays
 MORE INFO: aquidneckgrowersmarket.org

Trips & Tours

Mount Snow ski trip

Enjoy an exciting day of skiing or snowboarding at one of the best-rated ski resorts in New England. Families, singles and students are welcome, but unaccompanied students 12 and over must have written parental permission to attend. children under 12 must be accompanied by a parent or other responsible adult. Deadline to register is Feb. 3.

WHERE: Mt. Snow, Vermont
 WHEN: Monday, Feb. 8 (a professional day in Barrington Public Schools). Motor coach departs from Barrington Town Hall parking lot.
 COST: \$75 for full-day lift ticket, New England Action Sports adult escort, and motor coach transportation. Non-skiers may purchase transportation only for \$45.
 MORE INFO: BCS at 401/245-0432; www.barringtoncommschool.com

Looking Toward Spring at Smith

Tulips, daffodils, hyacinths and bulbs of all descriptions unfurl in an eye-pleasing panoply every March at Smith College, long before the first robin returns. Participants in this Barrington Community School tour, which is co-sponsored with Barrington Garden Club, will gasp in wonder as they slip in from the frozen outdoors to the college's century-old conservatory, suddenly standing in spring amid the joyous colors and fragrances of over 1,000 pots of bulbs in full bloom. Spread throughout 9 rooms in the conservatory, the show is but one of the breath-taking sights to be seen. Lunch at a local historic restaurant and an afternoon visit to the Smith College Art Museum are included in the trip.

WHERE: Smith College, Northampton, MA
 WHEN: Tuesday, March 8. Motor coach departs 7:30 a.m. from Barrington Town Hall parking lot; return 6:30 p.m.
 COST: \$90 BCS members/ \$99 Non-Members. A deposit of \$40 per person will hold a reservation until February 14, when the balance will be due
 MORE INFO: BCS at 401/245-0432; www.barringtoncommschool.com

Clubs & Classes

5 week Mindful Living series: Whole Body Tune-up

Beloved: a yoga practice is bringing together a team to lead a mindful living five week intensive program drawing

Theater

Breaking Legs' at Ocean State

Angie Graziano, a one-time student who now manages her father's Italian restaurant, suggests to her former professor that her father and "uncles" might be willing to invest in his new play. What good Italian family wouldn't do this for their daughter? What starts as a professor-turned-playwright looking for funding for his new play, turns into a professor-turned-playwright who gets more than he bargained for!

WHERE: Ocean State Theatre, 1245 Jefferson Boulevard, Warwick
 WHEN: Through Feb. 14
 COST: \$34-\$49
 MORE INFO: www.OceanStateTheatre.org; 401/921-6800.

the written word? You will find artistic vision inspired by verse at Spring Bull Gallery as local artists express their favorite line of poetry in art.

WHERE: Spring Bull Gallery, 55 Bellevue Ave., Newport
 WHEN: Through January
 COST: Free
 MORE INFO: 401/849-9166; www.springbull-gallery.com

'Freedom Journey 1965' in Providence

Roger Williams University and the Providence Public Library have partnered to bring "Freedom Journey 1965" to Rhode Island for the New-York Historical Society exhibit's first stop on a national tour. The exhibition features an extraordinary selection of seldom-seen images from the harrowing Selma to Montgomery civil rights march in Alabama in 1965. The historic and riveting photographs were captured by Stephen Somerstein, a City College of New York student in 1965 who traveled to Alabama to document the march.

WHERE: Providence Public Library, 150 Empire St., Providence
 WHEN: Daily through February
 COST: Free
 MORE INFO: www.provlib.org

Kids & Outdoors

Animal Tales

Enjoy a nature story with your preschooler each month. Programs include a story with a nature lesson followed by a craft. Often a live animal comes to visit! This month: "One Winter's Day" by M. Christina Butler. Ages 3-5.

WHERE: Audubon Environmental Education Cen-

Arts & Antiques

Nuno Sá photography exhibition 'Oásís'

"Oásís", a stunning exhibition of new works by the internationally renowned underwater photographer, reveals the rich and diverse life of the ocean waters surrounding the Azorean archipelago through dynamic large-scale photographs of whales, sharks, and myriad marine animals in their natural habitat.

WHERE: New Bedford Whaling Museum, 18 Johnny Cake Hill, New Bedford
 COST: Free
 MORE INFO: www.whalingmuseum.org

Poetry in Art in Newport

Odes in oils, poems in pastels, Wordsworth in watercolors - what more can you ask for on a cold January day than to enjoy some art inspired by

Clubs

From Page 11

on multiple disciplines to help participants make peace with food and get back in charge of being their best.

WHERE: Beloved: a yoga practice, 235 High St., 2nd floor, Bristol
WHEN: Wednesdays from 6:30 to 8:30 p.m.; through February 17
COST: \$100 before 1/13; \$125 after
MORE INFO: belovedyogapractice@gmail.com/401-787-8877

Drawing Classes with Joanne Murrman

WHERE: Bristol Art Museum, 10 Wardwell St., Bristol
WHEN: Thursdays, through Feb. 4; 10 a.m. to noon
MORE INFO: info@bristolartmuseum.org

Mixed Media Classes with Joanne Murrman

WHERE: Bristol Art Museum, 10 Wardwell St., Bristol
WHEN: Mondays, through Feb. 4-15; 10 a.m. to noon
MORE INFO: info@bristolartmuseum.org

Acrylic Painting Class with Kelley MacDonald

WHERE: Bristol Art Museum, 10 Wardwell St., Bristol
WHEN: Wednesdays, through Feb. 17; 1 to 4 p.m.
MORE INFO: info@bristolartmuseum.org

Diabetes education classes

Healthcentric Advisors and the Rhode Island Department of Health are offering free diabetes self-management classes. These classes are conducted in an interactive workshop format, and are 2 hours in length once each week for 6 consecutive weeks. Subjects covered include: techniques to manage the symptoms of diabetes; appropriate exercise for maintaining and improving strength and endurance; healthy eating; appropriate use of medication; and working more effectively with health care providers. These workshops are held in communities throughout Rhode Island. Medicare beneficiaries with dia-

betes and pre-diabetes are encouraged to participate.

MORE INFO: Please call Brenda Jenkins at 401/528-3246 or Joyce Laforge at 401/528-3268 to find out when the next class in your community is scheduled to begin.

Beginner line & couples dance lessons

Come learn to dance the oldest & newest line & partner dances to today's Country Music. We are 95 percent Country with a little non-country added in for fun!

WHERE: Country view Estates Community Center, 213 Hurst Lane, Tiverton
WHEN: Sundays 6 to 8 p.m.
COST: \$5
MORE INFO: 774/202-5543; gtctdancers@yahoo.com

Line Dance Lessons in Tiverton

Come learn to dance the oldest & newest line dances to today's Country Music. We are 95 percent country with a little non-country added in for fun!

WHERE: VFW Silvia Post 5392, 134 Shove St., Tiverton
WHEN: Wednesdays 6:30 to 8:30 p.m.
COST: \$10
MORE INFO: 774/202-5543; gtctdancers@yahoo.com

Latin dance classes

Learn salsa, bachata, and merengue. Classes conducted by certified dance Instructor Sue Young.

WHERE: Common Fence Point Community Hall, 933 Anthony Road, Portsmouth
WHEN: Mondays at 7:30 p.m.
MORE INFO: dtclballroom.com

Ballroom dance classes

Learn waltz, foxtrot, tango, & more. Classes conducted by certified dance Instructor Sue Young.

WHERE: Common Fence Point Community Hall, 933 Anthony Road, Portsmouth
WHEN: Wednesdays at 7:30 p.m.
MORE INFO: dtclballroom.com

Kundalini Yoga

Taught by Yogi Bhajan; drop-ins are wel-

come.

WHERE: Sandywoods, 73 Muse Way, Tiverton (Yellow Building)
WHEN: Mondays, 9:30 to 11 a.m.
COST: \$10
MORE INFO: www.sandywoodsmusic.com

Zumba with Fatima Devine

WHERE: Sandywoods, 73 Muse Way, Tiverton
WHEN: Saturdays at 9:15 a.m.; Wednesdays at 8:30 a.m.
COST: \$7 per class; \$30 for 5
MORE INFO: www.sandywoodsmusic.com

Zumba with Serina Honeycutt

WHERE: Sandywoods, 73 Muse Way, Tiverton
WHEN: Mondays & Thursdays at 6:30 p.m.
COST: \$7 per class; \$30 for 5
MORE INFO: www.sandywoodsmusic.com

Senior Functional Fitness

Instructor Debbie Gagnon provides low-impact, interval-aerobic movement with dance elements. The class focuses on core muscle groups and cardiovascular fitness in a safe and effective manner.

WHERE: Little Compton Community Center
WHEN: 11 a.m. to noon, Tuesdays
COST: \$3 per class (members); \$5 per class (non-members)
MORE INFO: 401/635-2400

Speak better, lead better

Join the East Bay Toastmasters club and practice public speaking in a fun, supportive environment; welcoming guests and new members aged 18+.

WHERE: Linn Health Care Center, 30 Alexander Ave., East Providence
WHEN: 5:30 to 7:30 p.m.; the 1st and 3rd Thursdays of the month
COST: Free for guest visit
MORE INFO: toastmasterclubs.org

Country line and couples dance lessons

Come learn to dance the oldest and newest line and partner dances to today's country music.

WHERE: St. John's Athletic Club, 1365 Rodman St. Fall River
WHEN: Mondays; line dance lessons 6:30 to 8 p.m. followed by couples dance lessons 8 to 9:30 p.m.
COST: \$10
MORE INFO: 774/202-5543; goodtymecountry-tymedancers.com

Knit and Crochet Club

Drop in on the Knit & Crochet Club. Other needlework is welcome too.

WHERE: Weaver Library 41 Grove Avenue, East Providence
WHEN: Tuesday evenings from 6 to 7:30 p.m.
COST: Free
MORE INFO: 401/434-2453

Ballroom & line dancing

Every Tuesday afternoon; singles welcome.

WHERE: Liberal Club, 20 Star St., Fall River
WHEN: 12:30-3:30 p.m., every Tuesday
COST: \$7
MORE INFO: 508/857-7734.

Ballroom dance lessons

Learn all the social dances from a certified instructor in a relaxed environment. Adults of all ages are welcome. Great for beginners and more experienced dancers. Help with wedding dance preparation also available.

WHERE: East Providence Senior Center, 610 Waterman Ave., East Providence.
WHEN: 2-4 p.m. Mondays.
COST: \$3.
MORE INFO: 401/434-0080.

Choreographed ballroom dance classes

Mike and Joyce Alexander will teach choreographed ballroom dancing (round dancing) every Wednesday evening. Modern social round dancing is pre-choreographed with a "cuer" telling the dancers what to do as they all progress around the dance floor. Rhythms taught will be fox-trot, waltz, cha-cha and rumba.

WHERE: Portsmouth Senior Center, 110 Bristol Ferry

Road, Portsmouth.

WHEN: 6-7 p.m. (advanced), 7-8 p.m. (beginners) and 8-9 p.m. (intermediate) on Wednesdays.
COST: \$10 per couple.
MORE INFO: 508/672-0259; jta440@msn.com.

BCS registration

Registration for Barrington Community School's fall courses is in progress. Courses in finance, crafts, cooking, foreign language, fine arts, music, literature, sports, fitness and more are offered, as are trips to museums, theater, gardens, historic sites, ski resorts, and concerts.

MORE INFO: www.barrcommschool.com; 401/245-0432.

East Bay Toastmasters Club

A program for professionals, students, stay-at-home parents or retirees who wish to improve their oral communication skills. Membership open to all.

WHERE: United Methodist Elder Care, 30 Alexander Ave., East Providence
WHEN: 5:30-7:30 p.m., first and third Thursdays of each month
MORE INFO: http://9556.toastmastersclubs.org

Gardening volunteers at Veterans Home

Rhode Island Veterans Home Master Gardener volunteers meet for general gardening activities to beautify the R.I. Veterans Home.

WHERE: R.I. Veterans Home greenhouse, 480 Metacom Ave., Bristol
WHEN: 9 a.m. to noon, Mondays and Thursdays
MORE INFO: 401/245-4845; margehardisty@yahoo.com

Live model figure drawing

Take part in unguided figure drawing in a relaxed, informal and supportive setting. All experience levels — new artists included — are welcome. Bring your own materials and easel or other preferred work surface. Model and chairs provided.

WHERE: Sandywoods Center for the Arts (Yellow Building), 73 Muse Way, Tiverton.
WHEN: 6-9 p.m. Mondays.
COST: \$14 general, \$10 for college-level art students.
MORE INFO: www.sandywoodsfarm.org.

Networking breakfast

Community businesses are invited to attend a business networking breakfast sponsored by Service By Referral (SBR) networking's Bristol chapter. Both formal and informal networking exercises will be conducted to help business owners. As part of Service By Referral, members have access to networking meetings, training and events and other opportunities throughout Rhode Island and nearby Massachusetts.

WHERE: Raymour & Flanigan Furniture, 100 Highland Ave., Seekonk.
WHEN: 8 a.m. on Thursdays.
COST: Free, but guests are responsible for their own breakfast costs.
MORE INFO: newengland@sbrnetwork.com.

Ocean State Bridge Club

A free lunch is served once a month by Sakonnet Bay. Visit the website for schedule, results and more information. Call or e-mail if you need a partner. Beverages and snacks served. Air conditioned room is quiet and comfortable. All are welcome.

WHERE: Sakonnet Bay Manor, 1215 Main Road, Tiverton.
WHEN: 12:30 p.m. Fridays, Mondays.
COST: \$6.
MORE INFO: 401/253-2383; www.oceanstatebridgeclub.com.

Operation Shower knitting circle

Aquidneck Chiropractic will host a weekly knitting circle. The group will make baby articles to be sent to Operation Shower, an organization that supplies items to expectant families of soldiers deployed overseas.

WHERE: Aquidneck Chiropractic, 1272 West Main Rd., Middletown.
WHEN: 2 p.m. Tuesdays.
COST: Free.

MORE INFO: 401/849-7011.

Portsmouth Multi-Purpose Senior Center

A variety of weekly activities are available, from zumba and line dancing to bridge, computer classes and support groups. Thrift shop open weekdays from 9:30 a.m. to 3:30 p.m. Blood pressure clinics are held every 4th Wednesday of the month from 11 a.m. to noon. Must be aged 55 or older to join; Portsmouth residency not required.

WHERE: 110 Bristol Ferry Rd., Portsmouth
MORE INFO: 401/683-4106

Senior fitness classes

Seekonk Total Fitness Club offers a free senior fitness class.

WHERE: Seekonk Total Fitness, 1301 Fall River Ave., Seekonk
WHEN: 10:30 a.m. Tuesdays, Thursdays
COST: Free
MORE INFO: 508/336-4545; www.totalfitnessclubs.com

Social duplicate bridge

"Tea Time at the Table," duplicate bridge for newcomers and intermediates. All are invited for an afternoon of food, fun and friends.

WHERE: St. Mary's Church parish house, 378 East Main Road, Portsmouth
WHEN: 1:30 p.m. Tuesdays
MORE INFO: 401/624-1723 or e-mail vikingbridgeclub@verizon.net

Toastmasters Island Foghorns

Toastmasters International is a non-profit organization that helps people develop and improve their public speaking abilities through local club meetings.

WHERE: Middletown Police Department, 123 Valley Rd., Middletown
WHEN: 5:30-6:30 p.m. first and third Thursdays of each month
MORE INFO: e-mail vpres-mem@islandfoghorns.org

Viking Bridge Club

Offers games and lessons for players at every level. Partners are guaranteed.

WHERE: St. Mary's Parish House, 278 East Main Road, Portsmouth.
WHEN: 6:30 p.m. Mondays, 9:30 a.m. Wednesdays, Fridays, 12:30 p.m. Tuesdays, Thursdays.
MORE INFO: 401/624-1723; www.vikingbridgeclub.com.

Self Help & Support

CHADD (Children and Adults with ADHD)

CHADD provides support and monthly programs with professional speakers related to ADHD and support. Open to the ADHD Community- Adults, Parents of Children with ADHD, Teens, Professionals.

WHERE: Pine Room @ Bradley Hospital 1011 Veterans Memorial Parkway East Providence
WHEN: Meets the first Wednesday of each month (except July); 7 p.m.
COST: Free for members; donations appreciated from guests
MORE INFO: www.chadd.org; rhodeisland@chadd.net; Roberta Schneider 401-369-0045

Newport brain injury support group

The support group is an opportunity for individuals with brain injury, family and friends to come together to provide mutual support and assistance in coping with the consequences of brain injury.

WHERE: Newport Hospital, 16 Powell Ave., Newport
WHEN: The 2nd Tuesday of every month, 6:30 to 7:45 p.m.
MORE INFO: 401/228-3319

Al-Anon meetings

Hope for Today, an Al-Anon meeting offers help for families and friends of

See **FACING PAGE**

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From **FACING PAGE**

alcoholics.

WHERE: Youth Center, Joyce St., Warren.
WHEN: 10 a.m. Thursdays.

Loving hearts Al-Anon meeting.

WHERE: St. James Lutheran Church, Middle Highway, Barrington.
WHEN: 11 a.m. Saturdays.

Food Addicts in recovery

A long-term solution to food addiction whether you are anorexic, bulimic, an overeater or otherwise food-obsessed. No dues, fees or weigh-ins. Membership open to anyone who wants help with food. Meetings in East Providence and Bristol.

— East Bay Manor, 1440 Wampanoag Trail, East Providence; 7-8:30 p.m. Wednesdays

— Columban Fathers, 65 Ferry Road, Bristol; 8 a.m. Saturdays

— St. Michael's Rectory, Providence; 6:30 p.m.; Mondays

— St. Paul's United Methodist Church, Newport; 7 p.m.; Tuesdays

MORE INFO: www.foodaddicts.org

Marijuana Anonymous

Support group works to help people recover from marijuana addiction. The program uses the basic 12 steps of recovery founded by Alcoholics Anonymous. If using public transportation, take RIPA bus 60 to the church.

WHERE: Barrington Congregational Church Education Building (room 8), 461 County Road, Barrington

WHEN: 7:30-8:30 p.m. Wednesdays

MORE INFO: 401/369-6518 or BillW15@aol.com (Bill W.); www.facebook.com/RIMABoredNoMore

Parenting support group

This group, for parents to discuss the challenges of raising children today in a

demanding society, is open to all parents, single and partnered, traditional and non-traditional and to parents in blended family situations. Child care is available but parents must call Jennifer DeWolf at 401/935-3359 by the Friday before the meeting to let her know how many children will attend and their ages.

WHERE: Tildsley Building, St. Michael's Church, 399 Hope St., Bristol

WHEN: 6 p.m. on the third Thursday of each month

COST: Free; donations of non-perishable food for Bristol Good Neighbors Soup Kitchen or paper goods for the East Bay Food Pantry welcome.

OCD Support Group for Parents

Bradley Hospital is currently enrolling for its new OCD Support Group for Parents, a mutual support group for parents, families, friends and others raising or caring for children and adolescents with obsessive compulsive disorder (OCD).

WHERE: Bradley Hospital, Room 301, 1011 Veterans Memorial Parkway, East Providence

WHEN: 6:30-8 p.m., every third Wednesday of the month

COST: Free

MORE INFO: 401/432-1205

Men's cancer wellness group

The Miriam Hospital offers a Men's Wellness forum for men recently diagnosed with prostate, bladder, testicular, penile or renal cancers, to learn more about treatment options. The Men's Wellness group provides a comfortable setting among peers for discussion, education and support through the treatment and recovery process.

WHERE: The Comprehensive Cancer Center at The Miriam Hospital Fain Building, 3rd Floor, 154 Summit Avenue, Providence

WHEN: 6-7:30 p.m., every third Monday of the month

COST: Free

MORE INFO: 401/793-2078

TOPS meetings

TOPS (Take Off Pounds Sensibly) meets at locations around the East Bay. It's a sensible and affordable way to help you lose weight and get healthy.

— Riverside Congregational Church, 15 Oak Ave., Riverside, on Thursdays; 5:45-6:10 weigh-in, 6:15-7 p.m. meeting, \$2 per week. For more information contact Barbara at 401/433-5084 or e-mail blh25@cox.net.

— Tiverton Senior Center, 207 Canonicus St., Tiverton, on Thursdays at 10 a.m. All are welcome.

— Warren Baptist Church, Main and Miller Street, Warren, Thursdays; 5:45-6:30 p.m. weigh-in, 6:30-7:30 p.m. meeting, Thursdays. \$3 a week. For more information, call Susan Lemois at 401/864-6510.

Overeaters anonymous

Meeting every Thursday evening.

WHERE: Riverside Congregational Church, 34 Oak St., Riverside. Park in the parking lot on Bullock Point Avenue and enter through the red door.

WHEN: 7:30 to 8:30 p.m.

MORE INFO: 401/935-2410

Points of Interest

Audubon Society's Environmental Education Center

This natural history museum and aquarium sits on a 28-acre wildlife refuge with walking trails and quarter-mile boardwalk. In the center, visitors can look inside a 33-foot life-sized Right Whale, discover life in a tide pool, observe Narragansett Bay's marine life, see a rare

blue lobster and explore a cornfield at night.

WHERE: 1401 Hope St. (Route 114), Bristol.

WHEN: 9 a.m.-5 p.m. Monday to Saturday, noon-5 p.m. Sunday.

COST: \$6 adults, \$5 seniors, \$4 children ages 4 to 12, free for children under 4 and members; group tours available.

MORE INFO: 401/245-7500; www.asriec.org.

Barrington Preservation Society Museum

The Barrington Preservation Society Museum is a center for collecting, preserving and exhibiting objects that relate to the history of the town of Barrington. It also serves as a research and educational center with programs, tours, books and published materials. The current exhibit "Barrington Ship to Shore" celebrates Barrington's waterfront.

WHERE: Barrington Preservation Society Museum, 281 County Rd. (on the lower level of the Barrington Public Library)

WHEN: 1 to 4 p.m. Wednesday and Saturday and by appointment

COST: Free

MORE INFO: 401/289-0802; www.barrpreservation.org

Battleship Cove

Home to a battleship, destroyer, two P.T. boats, a Russian-built missile corvette plus aircraft exhibits. Recently appointed as Massachusetts' official memorial to its victims of the Sept. 11, 2001 terrorist attacks, Battleship Cove serves as the Bay State's official memorial to the World War II, Korean, Vietnam and Persian Gulf conflicts.

WHERE: Battleship Cove, 5 Water St., Fall River

WHEN: 9 a.m.-4:30 p.m. daily

COST: \$15 adults, \$13 seniors 65 and older and veterans, \$9 children 6 to 12, \$7 active military, free for children under 6

MORE INFO: 508/678-1100; www.battleshipcove.org

Blithewold Mansion, Gardens & Arboretum

A 45-room mansion and 33 acres of landscaped grounds overlooking Narragansett Bay. Various flower gardens, a 90-foot tall giant sequoia, a bamboo grove and other exotic plants. On the National Register of Historic Places.

WHERE: 101 Ferry Road, Bristol

WHEN: Gardens and grounds open 10 a.m.-4 p.m. daily; mansion and gardens open 10 a.m.-4 p.m. April to October

COST: \$24 per family, \$11 for adults, \$9 for seniors/students/military personnel, \$3 for children ages 6-17, free for kids 5 and under and Blithewold members

MORE INFO: 401/253-2707; www.blithewold.org

Bristol Art Museum

The museum offers five art exhibits each year at the museum in addition to ongoing juried exhibits year-round at Rogers Free Library. See schedules on the website.

WHERE: 10 Wardwell St., off Route 114, Bristol

WHEN: 1 to 4 p.m. Thursday to Sunday during exhibits

COST: \$2 donation from non-members

MORE INFO: bristolartmuseum.org

Bristol Historical & Preservation Society Museum

Located in the former Bristol County jail, built in 1828 of stones used for ballast in Bristol ships. It has a library and collection of artifacts and memorabilia covering Bristol's 300-year history. Architectural and historical walking tours arranged for groups.

WHERE: 48 Court St.

WHEN: 1-5 p.m. Wednesdays and Fridays

COST: \$2 donation; free for members

MORE INFO: 401/253-7223

GRIZZLY MAMA: madcap tale of mothers and daughters

From Page 4

Amidst the craziness of both Deb's and the play's plot, "Grizzly Mama" is essentially a family story concerned with the deep-seated need of both mothers and daughters to live up to each others expectations. Brant has written an outrageously wacky comedy about the great political divide of our time, but has filled the farce with viable and interesting female characters rather than mere political caricatures.

These characters are fully fleshed out by some wonderful performances and crisp, pointed direction. The always bright and

appealing Casey Seymour-Kim plays Deb. She's a comic delight onstage, but it is her full commitment to the craziness of her scheme that fuels the fun and keeps her character earnest, wholly human and likable. The chemistry between her and Amanda Ruggerio, who plays her daughter Hannah, is sharp and winning, and Ruggerio brings a fine combination of perkiness and petulance to her portrayal of a daughter who would much rather be back in what she deems to be civilization.

Betsy Rinaldi is quite sharp and savvy as Laurel, the daugh-

ter of arch-conservative Patti Turnbeck, who, like all these well realized women onstage, simply isn't the daughter her mother wanted her to be.

Director Rachel Walshe keeps the action taut and nimble, and Michael McGarty's set design is a perfect picture of stark woodland hominess.

Brant's script contains some arch and glib observations (the local high school teaches 'AP Creationism') and for the most part is satire is deft and dead-on. What didn't work for me were the many sequences when the two teen-aged girls speak almost exclusively in 'cell phone text-

speak', which consists entirely of acronyms and abbreviations. A little of this goes a long way, alas this device is used more than a little far after the point has been made.

There is as well, towards the end, a moment of betrayal and creation of collateral damage that seemed to me almost pulled out of a hat, far more plot device than plausible. But that's a debatable point. What makes the situation of this dark comedy work is that "Grizzly Mama" thoroughly explores the personal consequences of extremism, the inevitable and logical extension of crazy madcap plots, both

in the onstage and real-life sense, and that makes the startling ending ring absolutely true.

One only needs to turn on the news, and not just in an election year, to see highly unlikely events and improbable politicians, all of which serves to comprise a seemingly implausible fiction. "Grizzly Mama", fun, dark and thoughtful, is a very refreshing comedy for these times of ours, when it seems as if you just can't make this stuff up.

"Grizzly Mama", now playing at The Gamm Theatre, Pawtucket, through February 7. See listings for details.

GENEALOGY: Resources for French-Canadian genealogists

From Page 6

vices" to see what's offered for free and what's included in the \$19.99 membership.

■ The PRDH (a register of baptisms, marriages, burials and censuses in Old Quebec) is a 47-volume dictionary for 1608 to 1799. It also has confirmations, marriage contracts and annulments, list of immigrants, list of passengers and more. The website is at www.genealogie.umontreal.ca. It's in French and English. Do first-level research for free, but register and pay to consult the database. For \$27.45 in Canadian dollars, you can view 150 pages.

■ French-Canadian Genealogy

Research is a portal website at www.happyones.com/genealogy/research.html. It offers hundreds of links to resources in Canada (divided by province), the United States and France, along with books, magazines, periodicals, genealogists and translators for hire, websites and more.

■ www.canadagenweb.org is the Canada GenWeb Project website. Search by province and see what's available.

■ www.franco-gene.com has information from the New World and the Old. Click on Places under Quebec on the home page for a list of towns and villages and all the parishes. Go to Browsing the Database and choose Main Index for an alphabetical listing

of the family genealogies they have. And "Overview" has lots about Quebec, including geographical data and a timeline.

■ The Canadian Genealogy Center at www.bac-lac.gc.ca is operated by the Library and Archives of Canada. It has a summary of major Canadian record sources, with descriptions and links to websites and databases. There's information on censuses, maps, vital records, home children, passenger lists, border crossings, military and much more.

■ Canadian military records — Go to familysearch.org and head to their wiki for a list of all the conflicts and wars Canadians fought in. Click on each to see

what records are available.

■ familysearch.org has lots of Canadian records. In Quebec alone, there are VRs, Canadian censuses from 1851 to 1911, passenger lists, headstones, Catholic parish registers and more. Choose any province to see what they have. It's all free.

■ The Ontario Genealogical Society's Provincial Index is at www.ogs.on.ca/ogspi/welcome/htm. This is a free site.

■ www.gov.pe.ca is a Prince Edward Island site. Go to the bottom of the page and click on Public Archives and Records under Services. Then click on Genealogy. And, check out the Online Resources page.

■ www.gov.ns.ca is a site for

Nova Scotia. Click on Government, then Vital Statistics, then Genealogy.

■ Search for and view Nova Scotia vital records for free at www.novascotiagenealogy.com. To order copies, there is a charge of \$11.17 per e-copy and \$22.39 per paper copy.

■ www.westmanitoba.com is a genealogy project for West Manitoba.

Lynda Rego has a Facebook page at www.facebook.com/lynda.rego where she shares tips on genealogy and other topics. Stop by, click on Like and share any interests you have for upcoming columns.

East Bay Real Estate

MEET *PATTI HUNT*: REALTOR WITH STRONG FAMILY TIES

BY JOAN D. WARREN

jwarren@eastbaynewspapers.com

Patti Hunt grew up in New Hampshire and has lived in Rhode Island since 1982. She considers the state to be her true home. She received an associate's degree in retail merchandising from Bauder College in 1982 and in 1987 completed an associate's degree in accounting from CCRI. She and her husband are empty nesters, but fortunately their son, daughter, daughter-in-law and grandson all live within an hour's drive.

WHY REAL ESTATE AS A CAREER?

"I have always been interested in following local market trends and always enjoyed the process of searching for a home for my family. Also, the idea of helping others find their home has been and continues to be very appealing to me."

WHAT DID YOU DO BEFORE REAL ESTATE?

"I spent 20 years at The Providence Country Day School as an administrative assistant in the athletic department and the Upper School."

WHAT DO YOU LIKE MOST ABOUT IT?

"I enjoy working with both buyers and sellers and find it very gratifying when I have helped them achieve their goals."

BEST FAMILY DAY:

"Any time we are lucky enough to have everyone home at the same time and share a meal and play games is a really good day. While we enjoy both board and card games, a couple of favorites we play are Texas Hold'em and Cribbage."

WHAT ARE SOME OF YOUR HOBBIES?



Patti Hunt

Century 21 Topsail Realty

401-263-8700

I enjoy cooking, kayaking and reading when I have the time. My favorite meal to make for my family is lasagna and meatballs."

WHO HAS BEEN AN INSPIRATION IN YOUR LIFE?

"My mother and my grandmother. My mother's strength when faced with adversity has always inspired and guided me."

BEST PLACE FOR LUNCH IN THE EAST BAY:

"The Beehive is a favorite for me."

LAST BOOK READ:

"Gone Girl," by Gillian Flynn."

FOR SELLERS:

"De-clutter, depersonalize and make the entrance to your home as inviting as possible."

MARKET PREDICTIONS:

"I believe house prices will continue to rise, particularly given the current shortage of inventory — providing favorable conditions for owners considering selling their homes."



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BARRINGTON
5 bed Colonial
5266 sq. ft.
Meticulously renovated home features new kitchen w/granite, ss appliances, hardwoods, in-law suite. Perfect!
Jazzmine Napolitano 401-225-7070



RUMFORD
5 bed Victorian
3000 sq. ft.
Fabulous! 2.5 baths, eik w/granite/ss, family w/cathedrals/skylights, master w/double shower & soaking tub. His & her closets
\$429,000 Jean Clarke 401-374-5039



BARRINGTON
3 bed Cape
1578 sq. ft.
Renovated charmer features 1st floor master w/full bath en suite, great room w/wood burning stove. Blue Ribbon School!
\$349,000 Jazzmine Napolitano 401-225-7070



RUMFORD
3 bed Colonial
1356 sq. ft.
Classic Gambrel features dining room, spacious living room, hardwoods throughout & partially finished lower level!
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BARRINGTON
4 bed Cape
2800 sq. ft.
Light & bright w/center island kitchen, gleaming hardwoods, formal dining room, fireplace in living room & two full baths.
Jazzmine Napolitano 401-225-7070



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BARRINGTON
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House of the Week

Large Bristol home built to enjoy the water



This Bristol home overlooking Narragansett Bay has unobstructed, panoramic views and is a peaceful retreat all year long. After a storm that brought heavy snow to the area, on a clear bright afternoon, the entire bay was breathtaking as the sun reflected off the clear blue water. The house was built to take advantage of its seaside proximity, and the dozens of windows, sliding glass doors and picture windows bring the outside in and showcase the natural beauty of living in a coastal community like Bristol. Decking all around the west side of the home and an additional deck along the water's edge are perfect for soaking in the sunshine and taking in the sunset. The house was custom built in 1988

by a Georgia-based architect, and attention to detail is evident throughout the more than 4,000-square-foot house. The stunning contemporary has four bedrooms, four bathrooms and all the bells and whistles. Entering through the gracious marble entry foyer, step down to a sunken great room with marble fireplace and a gorgeous coffered ceiling. The workmanship in this house is unique and unlike any other home in the Highlands, a much sought after area of town. The gourmet eat-in kitchen has custom Ash cabinetry, a center island and a butler's pantry. The formal dining room off the kitchen has a wall with a custom built sideboard



complete with a granite countertop. Access to decks on either side of the dining room lend to the flow for great entertaining.

Two rooms off the living room are used as an office and family room, although the office could be used as a first-floor master since there is a full bathroom nearby. The open stairway leads to the second floor and the bedrooms, includ-

ing a room with southern exposure with light that pours through the windows above a cozy window seat. The master bedroom is a masterpiece, with an entire wall of floor-to-ceiling windows facing the water, fireplace, a sunken tub overlooking the bay, a walk-in shower and plenty of closet space. The additional bedrooms are good sized, as is a full bathroom and spacious laundry room.

A spiral staircase opens to a landing and a cedar closet. A ladder to a cupola provides jaw-dropping views as far as the eye can see – from Colt State Park and beyond to the south, Rumstick Point in Barrington to the north and Warwick due west. The basement is partially finished and has a large wine cellar. There is heat in the basement and with a small amount of upgrades would make an excellent man cave, rec.

This home at 7 Peck Rock Road, Bristol, faces the water and takes full advantage of the gorgeous views — from the expansive deck, the large yard or the master bedroom and bathroom.



room or media room. The house has central air conditioning and does not require flood insurance.

By the Numbers

\$2,250,000
4,260 sq. ft.
of living space
20,140 sq. ft. lot

Jay Readyhough,
Bay Realty
401-527-8952



TL Holland Real Estate

3948 Main Road, Tiverton Four Corners • 401.624.8469 • info@tlholland.com • www.tlholland.com



Tiverton - Winnisimet Farms - Lovely 3-4 bed, 3.5 bath country home on 1.7 acre corner lot with deeded beach rights, porch, deck, beautiful Gunite pool, and separate large barn/garage with loft. Possible in-law arrangement in walk-out lower level. **\$539,000**



Tiverton - Waterfront Ranch on Sawdy Pond, open floor plan, deck, walk out lower level, private back yard with dock. Great spot for boating and fishing. (A portion of land is in Mass.) Super waterviews and spectacular sunrises. **\$299,000**



Tiverton - Nanaquaket - Classic Cape; updated kitchen and baths, hardwoods throughout, first floor bedroom, fireplaced living room, finished lower level, well landscaped yard, attached 2 car garage and deeded beach rights. **\$469,000**



Tiverton - Waterfront - Perched high on Riverside Drive with expansive water views, great sunsets, private beach area. 2,200 s.f. home with 8 rooms, 3 bedrooms, 2 baths, walkout lower level and 2 car garage. **\$459,000**



South Tiverton - Waterfront 7 Acre mini-farm on Puncateest Neck Road. Spacious 8 room Colonial Farmhouse, 3 car garage, all amenities. **\$1,200,000**



Westport, MA - Forest Park - Custom built in 2014. This Executive Cape floor plan features 1st floor master bedroom suite, entertainment sized great room with granite gas fireplace and cathedral ceiling. Gourmet chefs kitchen with quartz granite, unique island design and Jenn Air stainless steel appliances. Large walkout lower level leading to private 1.4 acre lot. Attached oversized garage. Price includes thousands in builder high end luxury upgrades. Special property. **\$699,000**



Little Compton - Adamsville - Turn of the century farmhouse with country kitchen, wood floors, heated porch/sun room on 1+ acre. **\$238,500**



South Tiverton - Stone Church Road near Adamsville. Solid ranch with hardwoods, beautiful stonewalls, attached 2 car garage. Well landscaped private back yard. **\$265,000**



Little Compton - Very secluded Colonial on almost 5 acres. Potential for additional space in walkout basement. Large deck and spacious shed in well landscaped private backyard. **\$459,000**



Tiverton - Early 1900's cottage-style Victorian with 4 bedrooms, 2.5 baths, wood floors and screened porch. Unobstructed views of the Sakonnet River. Walk to Grinnell's Beach. **\$299,000**

LAND FOR SALE

- South Tiverton** - Very quiet area near Seapowet Marsh on 1.4 acres. **\$159,900**
- Tiverton** - Surrounded by Sakonnet River, Seapowet salt marsh & farmlands. Approved septic design. **\$219,000**
- Tiverton** - Nanaquaket area - Quiet street, approved 3 bedroom septic design. **NEW PRICE \$125,000**
- Tiverton** - Near Tiverton Four Corners - almost 2 acres; wooded with stonewalls. Approved 4 bedroom septic design. **\$119,000**
- Little Compton** - Oceanfront, spectacular 1.5 acre homesite in Chace Point with engineering for a 4 bedroom home. **\$1,300,000**

Real Estate



REAL ESTATE TRANSACTIONS



ADDRESS	BUYERS	SELLERS	SALE PRICE
BARRINGTON			
52 Massasoit Ave	FNMA	Marybeth Hayes and FNMA	\$243,100
6 Laurel Ln	Byron and Catherine McMasters	Deutsche Bank	\$339,000
BRISTOL			
39 Belvedere Dr	Jessica and Steven Jennings	Justin and Kristina Leeming	\$245,000
306 North Ln #306	Alan and Patricia Small	Nancy J.Schempp	\$360,000
41 Franklin St	Laura Bannon and Jonathan Foster	John and Anisia Harrell	\$300,000
301 Metacom Ave	301 Metacom Ave LLC	Franco Family Realty LLC	\$450,000
6 Deer Run Rd	Thomas and Marcia Lake	Thomas and Lisa Pariseault	\$487,000
EAST PROVIDENCE			
21 Shepard St	Nancy Flanagan	Kate and Kyle Morpeth	\$219,000
22 Luray St	Andre and Elisama Afonso	Rios Property Group LLC	\$244,000
67 Pleasant St	John Marry and Nancy Laughlin	Jeanne L. Degoes	\$400,000
30 Elinora St	Jeremy and Melissa Spurr	John and Katherine Gruca	\$185,000
16 Nevada Ave	Erica L. Troino	Rhode Island Textile Co	\$165,000
211 N Brow St	Barbosa Properties LLC	211 N Brow St LLC	\$120,000
8-10 Providence Ave	Ann M. Wilson	HS Management Group LLC	\$249,900
388 Roger Williams Ave	Temeka M. Perry	Irene and Michael Miranda	\$155,000
95 Frederick St	Elizabeth Kelly and Alan Dwyer	Mary Searle and Robert Ball	\$169,000
160 Deer St	Emily and Jacob Begin	Kimberly S. Weiss	\$197,500
165 Wilson Ave	Robert Hammell	John C. O'Neill Est. and Justin O'Neil	\$303,000
2261 Pawtucket Ave	2261 Pawtucket Ave LLC	Cumberland Farms Inc.	\$400,000
1350 Pawtucket Ave	Brian Shymanik	A. and S. Pirruccello-McClellan	\$242,500
200 Roger Williams Ave #404B7 Properties LLC		Thomas and Lisa Pariseault	\$1
200 Roger Williams Ave #407B7 Properties LLC		Thomas and Lisa Pariseault	\$1
200 Roger Williams Ave #409B7 Properties LLC		Thomas and Lisa Pariseault	\$1
200 Roger Williams Ave #410B7 Properties LLC		Thomas and Lisa Pariseault	\$1
200 Roger Williams Ave #414B7 Properties LLC		Thomas and Lisa Pariseault	\$1
200 Roger Williams Ave #415B7 Properties LLC		Thomas and Lisa Pariseault	\$1
N/A	Edward G. Medeiros	Mercury Enterprises LLC	\$250,000
PORTSMOUTH			
501 Union St	Myxuan and Kiet Xa	Joseph and Sharon Reynolds	\$495,000
297 Rolling Hill Rd #297	Timothy and Marguerite Howe	Ellen A. Condon L.T. and Robert Condon	\$420,000
296 Rolling Hill Rd #296	Arthur and Jacqueline Tardiff	Daniel T. Nowlan	\$391,000
122 Greystone Ter	John and Sharon Richardson	686 Investments LLC	\$80,000
13-B Jepson Ln	Christine Handibode	Frank J. Faria	\$62,500
Carnegie Abbey Condo #430Richard Sugerman		1 Tower Dr LLC	\$392,000
TIVERTON			
447 Stafford Rd #D8	Sandra L. Heywood	Susan M. Orton	\$113,500
122 Forand Ln	G. Scott Sinclair	Edward F. Adamowski	\$315,000
WARREN			
29 Nobert St	Patricia C. Saviano	Andre and Elisama Afonso	\$195,000
39 Harris Ave	WBH Properties LLC	Rosemary Pires	\$92,500
WESTPORT			
291 State Rd	Southeastern MA Livestock	Jose and Anabela Almeida	\$492,500
485 State Rd	Southeastern MA Livestock	State Road Westport T. and Jose Couto	\$155,000
7 Richmond Pond Ln	Lawrence and Eleanor Rink	7 Richmond Pond Road R.T. and John J. Mercer	\$1,050,000
32 Mackady Ct	Matthew and Rebekah Pouliot	Paul Hebert	\$419,800

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Open Houses This Week...



ADDRESS	DAY	TIME	STYLE	BEDS	BATHS	PRICE	BROKER	AGENT	PHONE
BARRINGTON									
17 Meadowbrook Drive	Sunday, Jan. 31	12:-1:30 pm	Colonial	4	1.5	\$469,000	Residential Properties	Wanda Vanier	401-245-9600
0 Craig Drive	Sunday, Jan. 31	2-3:30 pm	Colonial	4	4	\$745,000	Residential Properties	Nancy Weaver	401-245-9600
124 Whipple Ave.	Sunday, Jan. 31	2-3:30 pm	Victorian	5	2.5	\$419,000	Residential Properties	Laurie Fletcher	401-245-9600
222 Narragansett Ave.	Sunday, Jan. 31	11 am-1 pm	Cottage	2	1	\$229,000	RE/MAX River's Edge	Ted Friedland Group	401-287-0010
BRISTOL									
423 Hope St., Unit A	Sunday, Jan. 31	1-3 pm	One level	2	2.5	\$429,000	Residential Properties	Bonni Koppelman	401-245-9600
423 Hope St., Unit C	Sunday, Jan. 31	1-3 pm	One level	2	2.5	\$799,000	Residential Properties	Morgan Lewis	401-245-9600
423 Hope St., Unit D	Sunday, Jan. 31	1-3 pm	One level	3	2.5	\$865,000	Residential Properties	Bonni Koppelman	401-245-9600
423 Hope St., Unit M	Sunday, Jan. 31	1-3 pm	One level	2	2	\$675,000	Residential Properties	Morgan Lewis	401-245-9600
423 Hope St., Unit N	Sunday, Jan. 31	1-3 pm	One level	3	2.5	\$1,375,000	Residential Properties	Lisbeth Herbst	401-245-9600
33 Sandra Court	Sunday, Jan. 31	11:30 am-1 pm	Contemporary	3	3	\$499,900	RE/MAX River's Edge	Lana Drew	401-578-1851
EAST PROVIDENCE									
56 Grassy Plain Road	Sunday, Jan. 31	12:-1:30 pm	Ranch	3	1	\$239,900	Residential Properties	Kate Coogan	401-245-9600
FALL RIVER									
225 Prospect St.	Sunday, Jan. 31	1-3 pm	Victorian	6	3.5	\$545,000	East Shore Properties	Chee	401-835-5021
PORTSMOUTH									
2788 East Main Road	Saturday, Jan. 30	11 am-1 pm	Victorian	9	4	\$549,000	William Raveis Chapman Enstone	Karin Jackson	401-338-3771
6 Jesse Drive	Saturday, Jan. 30	12:30-2:30 pm	Cape	3	1.5	\$299,900	Welchman Real Estate	Jason Andrews	401-952-5381
RIVERSIDE									
28 Harris St.	Sunday, Jan. 31	12-2 pm	Colonial	4	2.5	\$315,000	RE/MAX River's Edge	Debra Almeida	401-556-5017
WARREN									
766 Main St.	Sunday, Jan. 31	12:-1:30 pm	Victorian	3	2.5	\$399,000	Residential Properties	Elizabeth Kirk	401-245-9600
18 Kathleen Drive	Saturday, Jan. 30	1:30-3:30 pm	Raised Ranch	3	1.5	\$259,000	Migneault Realtors	Holly Bronhard	508-678-8808
3 Brady St.	Sunday, Jan. 31	12-2 pm	Raised Ranch	4	3	\$299,900	RE/MAX River's Edge	Ted Friedman Group	401-287-0010
1 Jacob's Point Road	Saturday, Jan. 30	1-2:30 pm	Colonial	3	2.5	\$399,900	RE/MAX River's Edge	Lori Gardiner	401-265-2594
1 Redwood Court	Sunday, Jan. 31	1-3 pm	Ranch	2	2.5	\$289,900	RE/MAX River's Edge	Michelle Cartwright	401-245-2000
6 Highview Ave.	Sunday, Jan. 31	1-2:30 pm	Ranch	2	2	\$253,000	RE/MAX River's Edge	Jane Marshall	401-486-4847
5 Colin Circle	Sunday, Jan. 31	1-3 pm	Raised Ranch	3	2	\$315,000	Keller Williams	Linda Gablinske	401-474-9209

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BARRINGTON: 673 COUNTY RD RENOVATED, STYLISH & BRIGHT! 1ST FLOOR MASTER W/WALK-IN, FULL BATH EN SUITE. GREAT ROOM W/WOOD BURNING STOVE & CATHEDRAL CEILINGS. \$349,000 JAZZMINE NAPOLITANO 401-225-7070

EAST PROVIDENCE: 3 family, with 2 apts, 1 bed each and 1 apt 4 beds. 3 baths. with garages, laundry, owner offers mortgage at 3%. \$279,000 Also 1 family 5 beds, with 3 baths 401-286-1920, 401-438-8137

Real Estate

RUMFORD: 111 DON AVE PERFECT 3 BED 2 FULL BATH CLASSIC COLONIAL BOASTS GRANITE KITCHEN, FAMILY ROOM W/ FRENCH DOORS TO PATIO. LIVING W/FP, DINING, LAUNDRY FULL BATH 1ST FLOOR. \$425,000 JEAN CLARKE 401-374-5039

SEEKONK: 7 rm, 3 bed, 2 bath home, new granite kitchen, 26 ft family rm with built ins, hws, gas fireplace, 3 season rm, vinyl sided, oversized 1 car garage, \$325,000 508-336-8034

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BARRINGTON

Barrington Cove Apts.2 Bdr.corner apartment. 62+ Senior Housing. Parking, laundry, storage, resident activities. Lots of closets. \$1037 incl. heat, water and gas for cooking. 246-2409. Income restrictions apply. EHO/ADA.

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BRISTOL: 2 bdrm, 2nd fl, street parking, no pets, non smokers preferred. \$550/month + sec. No utilities. 401-253-6406.

BRISTOL: Cozy 1 bed, appliances, laundry, parking \$550/mo + util. Francis Realty 401-253-9696.

EAST PROVIDENCE: 1 and 2 bed, appliances, utilities, laundry and parking, bus line. No pets. From \$700/month. Also furnished apts from \$800. 401-286-1920. 401-438-8137

EAST PROVIDENCE: 1 bed, 3rd floor, large porch, off street parking, energy efficient, \$700/mo, no smoking, no pets, 401-743-3190

PORTSMOUTH: 1 bed, quiet country setting, waterfront, parking, laundry, no pets/smoking \$850 + 401-649-1414.

PORTSMOUTH: Spacious 3 bed, appliances, parking, laundry, gas heat \$1000/mo Francis Realty 401-253-9696

TIVERTON: 2 bed, everything included, 1st, last, \$750 no dogs. 508-863-0033, or 508-496-3563

WARREN: 605 Child St. 5 rooms, 3 bdrms, 1 1/2 baths, full basement, new appliances, parking, gas heat, no smoking, no pets, \$1400/month + util. 401-245-7985.

WARREN: spacious furnished 2 bdrm. 2nd fl, historic district for months Feb Mar April, h/w, gas heat, no smoking/pets. \$1500/month. 401-443-0828.

Homes For Rent

BRISTOL: ATTENTION STUDENTS IN THE BRISTOL AREA! RENTALS AVAILABLE NOW. 2-4 BEDROOMS. CALL LANA DREW RE/MAX RIVER'S EDGE. 401-578-1851

BRISTOL: 3 beds, 2 full baths, appliances, no utilities, security dep req, no pets, off street parking, \$1200, 401-808-1034.

LITTLE COMPTON: Waterfront Annual 2 bed, 1.5 bath, mooring, Asking \$2500/mo Joe Southcoast 401-338-1231

Office Space

BRISTOL: Professional office space, central location, off street parking, conference room, Call 401-253-3190 wkdays

Garage Rental

RIVERSIDE: For rent. 2 car garage, safe neighborhood. \$200/month. Riverside 401-580-2693.

Office Space for rent on Main Rd. in Tiverton. Spacious with walk in closet and private washroom. Only \$600/month. Call Kathy Robinson at 401-835-2492. Coldwell Banker Guimond Realty.



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300 Lees River Avenue, SOMERSET

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10 Bowen Avenue, TIVERTON

Charming original Arts and Craftsman Bungalow now has a brand new roof. Welcoming porch, lovely yard and 2 car garage. Steps to the Yacht Club, scenic Stone Bridge area and Sakonnet River sunsets. An all around coastal feel. Mooring available. \$245,000. Carol Guimond, 401-418-0462.



58 Cedar Avenue, PORTSMOUTH

NEW TO MARKET! Many exterior and mechanical updates completed, including recent septic, siding, windows, boiler, kitchen & bath. Spacious open floor plan, does need roof, plumbing repairs, flooring and elec upgrade. Cash or rehab loan only. \$129,000. Deb Plant, 401-451-8293.

NEW PRICE



345 Main Road, TIVERTON

Garden style unit with new kitchen & new bath. Living room, dining room with parquet floors. Access to enclosed sunroom looking West to the sunsets. Security, parking and low condo fees. Walk to all conveniences. Easy access to major arteries. \$129,000. Carol Guimond, 401-418-0462.



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BRISTOL Stunning shingle style home with sparkling views of Bristol Harbor, Mill Gut Pond, coastal scenery, and 4th of July fireworks. Close proximity to marina, Colt State Park, East Bay Bike Path, shopping and waterfront dining. This is a rare opportunity! **\$739,000**



BARRINGTON Move right in to this storybook 3 bed/2 bath Cape! Updated granite/stainless kitchen, new bath addition, hardwoods, replacement windows, sunfilled family room overlooking fenced yard. Don't miss it!! **\$299,900**



BARRINGTON Adorable vintage cottage in great shape, tall ceilings, cherry kitchen, wood floors throughout, replacement windows, gas heat, 2 skylit bedrooms, nice bath, light and bright throughout, charming front porch, beautiful yard! **\$339,000**



BARRINGTON BEACHFRONT Narragansett Bay! Pure elegance & grace, this 1920's estate with high ceilings & beautiful details features a commanding view while remaining a comfortable home. Lovely gardens & lawns; 2.9 acres/2 lots! Walk to RICC, enjoy private beach! **\$2,995,000**

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Directory of Homes

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SWANSEA: Well Established 49 Person Turn key Tavern + free standing Studio Apt. Full liquor, ent. & pool license, take out window, Fully equipped, Class A Alarm system Great Income potential! \$299,000

Diane F. Aubin - 508-336-4000
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PORTSMOUTH

OPEN HOUSE



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PORTSMOUTH

OPEN HOUSE



Saturday, January 30 11am-1pm
2788 East Main Road - Beautifully updated historic family compound. Recently remodeled main house. Separate 3BR spacious cottage with in ground pool. \$549,000

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Karin Jackson (401) 338-3771

RIVERSIDE



For Sale: 332 Bullocks Pt. Riverside, 5 Unit Investment Property, 2 store fronts, 3 apartments. Separate utilities, Great income \$279,000.00. **MOTIVATED!**

Aubin Realty
Diane F. Aubin - 508-336-4000 x 22

WARREN



18 Kathleen Drive.Open: Saturday 130-330pm New listing.6 rm, 3 bed, 1.5 ba Raised Ranch. Fireplaced liv rm, EIK, open floor plan, 1 car garage, Fenced in yard, Holly Bronhard is hostess. \$259k

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WESTPORT HARBOR



Charming updated 3 bed Cape Farmhouse on 2.5 acres w/ lovely grounds. Sunny open floor plan with kitchen, dining, fam-room w/skylites.1st flr. master. 3 fireplaces. Stone patio, seperate new guest cottage. Short drive to beach. \$765,000

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WESTPORT



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**Employment Opportunity
Town of Warren, RI - Probationary Patrol Officer**

The Warren Police Department is seeking qualified applicants to establish an eligibility list for the position of Probationary Patrol Officer. The department consists of twenty two (22) sworn officers, five (5) civilian dispatchers and a part time civilian administrative assistant.

Applications are available on-line at the Town of Warren Police Department website: <http://warrenpolice.com/> or can be picked up at the Warren Town Clerk's office located at 514 Main Street, Warren, RI 02885.

Applications must be submitted with a \$30.00 non-refundable processing fee. Completed applications must be received in the Town Clerk's office no later than February 26th, 2016.

Minimum Eligibility Qualifications:

- " Must be a citizen of the United States.
- " Must be at least twenty-one (21) years of age at the time of the application.
- " Must possess a valid motor vehicle operator's (driver's) license.
- " Must successfully pass a written examination, physical agility test (including a swimming test), psychological test & medical screening.
- " Must have a minimum of sixty (60) college credit hours at an accredited college or university by the application deadline. In lieu of college credits, candidates may substitute two (2) years of honorable U.S. Military service (to include National Guard & Reserve), or satisfactory municipal employment or valid certification and experience as a municipal police officer or correctional officer.
- " Must successfully pass an extensive background check.

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- **MDS Coordinator**
- **3-11 RN Supervisor**
- **PT Activity Aides**
- **W/E RN Supervisor**
- **Dietary Aides**
- **Housekeeping**
- **RN 11-7**
- **CNA**

Current immunization records, BCI and employment drug screen are required.

Interested candidates may apply in person at:



860 No. Quiddnessett Rd. • North Kingstown, RI 02852

Please visit our website @ www.scalabrinivilla.com or Facebook.com/scalabrinivilla
EOE/EHO

Help Wanted

Are you looking to work with a team of staff who are committed to providing quality therapeutic behavioral supports to individuals with developmental disabilities? If you have a strong understanding of crisis intervention, following treatment plans, excellent communication skills and related experience in the human services field then maybe this is the right place for you to apply. Looking Upwards, a reputable and well established human service agency is seeking to hire a full time, part time and per diem staff. \$10.35 per hour. Please apply online at www.lookingupwards.org

Busy office: Customer Svc, Sales Reconciliations, General Office, Detail Oriented. Excel a must! Resume to ann@baddogtools.com

GENERAL LABORER: MEMO CONSTRUCTION \$10-\$17/hr, DOE, Call Ladd 401-864-3407

DON'T HAVE TIME to place your ad in the East Bay Classifieds during normal business hours? Just visit us online at EastBayClassifieds.com. We're open 24 hours a day, 7 days a week to place your ad when it's convenient for you. The East Bay Classifieds, Your Neighborhood Marketplace. 401-253-1000 or 800-382-8477 (MA).

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Help Wanted! Make up to \$334 A Day! Data entry workers needed online. Work From Home. Genuine Opportunity! Register Online Today! www.data-income.com



HUMAN SERVICES
We are seeking dedicated and qualified people to support men and women with developmental and intellectual disabilities achieve their life goals.

Group Home Manager needed to plan and direct all aspects of a group home for women with disabilities. BA degree and supervisory experience preferred. Excellent benefits including health/dental/life insurance, pension paid holidays/sick/vacation/personal time.

Direct Support Professionals needed \$10.80 - \$11.20 to start. Part-time and full-time positions for evening, weekend and overnight shifts. Paid training provided. HS diploma/GED, valid driver's license, good driving record and reliable transportation a must.

Send resume or apply in person:
The Arc of Blackstone Valley
Attn: Human Resources
500 Prospect Street, Wing A
Pawtucket, RI 02860
Fax (401) 727.1545
Email nsevere@bvcriarc.org
EOE

LOOKING FOR A JOB? Changing careers? Log on to EastBayClassifieds.com and find hundreds of jobs every week! The East Bay Classifieds, your destination for help wanted in the East Bay, Call our Recruitment Advertising Specialist, 401-253-6000 or 800-382-8477 (MA).

Office Assistant:

Part time afternoons-20 hours per week
Jade is seeking an entry level clerical assistant to assist with billing, filing and other office duties. Computer experience and good organizational skills necessary. Apply in person at 121 Broad Common Rd or forward resume to jkelsey@jadeplastics.com.

Part-time office manager for a busy psychological practice in the East Bay area. We are seeking a positive, energetic and reliable person who can work independently and oversee the daily operations of the practice. Hours are Monday - Friday 830AM to 230 PM. Duties consist of answering client phone calls, scheduling and verifying appointments and insurance coverage, ordering supplies, weekly banking and overall management of client records. Attention to detail and proficient computer skills a must. No medical benefits, some paid holidays. Email confidential resume to lorryn1@cox.net.

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REGISTERED NURSE - HOMECARE
Part time and per diem positions available. Provides skilled professional nursing care in the home care setting as prescribed by the physician. Gives care in a manner that promotes quality, continuity and safety for the patient and family. Must be registered as a professional nurse in Rhode Island.

REGISTERED NURSE - HOSPICE
Part time and per diem positions available. Provides skilled professional nursing care in the home care setting in accordance with the National Association of Hospice and Palliative Care standards and as prescribed by the physician. Gives care in a manner that promotes quality, continuity and safety for the patient and family. Must be registered as a professional nurse in Rhode Island.

REGISTERED NURSE - EVENING / ON CALL
Full time position available 4p-8a. Responsible for responding to evening/night time incoming agency calls from clients and families. Responds with telephone intervention and/or makes home visits to assess and resolve problems being experienced by both homecare and hospice patients. Hospice training provided.

VNS offers competitive rates, family friendly schedules and in-service training for all positions. Resumes to: Human Resources, Visiting Nurse Services of Newport & Bristol Counties, 1184 East Main Rd. Portsmouth, RI 02871. Fax: 401-682-7562 email: jobs@vnsri.org. For more information on the Visiting Nurse Services of Newport & Bristol Counties please visit our website @ www.vnsri.org.



PHYSICAL THERAPIST
Part time (32hr) and per diem positions available. Provides direct physical therapy services to patients in the homecare setting. Provides physical therapy evaluation and instruction to nursing staff. Must be registered as a professional Physical Therapist in Rhode Island.

SPEECH LANGUAGE PATHOLOGIST
Per diem positions available. Provides speech language pathology services to patients in the homecare setting. Provides speech language therapy evaluation and instruction to nursing staff. Must be registered as a professional Speech Language Pathologist in Rhode Island.

CERTIFIED NURSING ASSISTANT
Per diem positions available. Assists patient with personal care according to the plan of care developed by the case manager following state and agency guidelines. Observes, records and reports vital signs and other data as requested in the care plan. Assists patient with ambulation and transfers when appropriate. Performs homemaking services that are essential to the patient's care at home. Must be registered as a CNA in Rhode Island. Newly licensed CNA's welcome to apply.

VNS offers competitive rates, family friendly schedules and in-service training for all positions. Resumes to: Human Resources, Visiting Nurse Services of Newport & Bristol Counties, 1184 East Main Rd. Portsmouth, RI 02871. Fax: 401-682-7562 email: jobs@vnsri.org. For more information on the Visiting Nurse Services of Newport & Bristol Counties please visit our website @ www.vnsri.org.

Medical Help Wanted

CNAS and RNS
Needed for East Bay and Northern RI
Per diem
Competitive pay rate
Homecare experience preferred
HomeCare Advantage
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Medical Assistant needed for busy pediatric office in SE Mass near Prov & Fall River. FT to include some Saturdays. MUST have pediatric experience, EMR experience preferred. Please send resumes to spre-sumes2200@gmail.com

MEDICAL BILLER
Busy multi specialty office looking for a full time experienced biller. eClinical work experience a plus. Fax resume to Sue O'Brien 401-253-7589

Nurse/MDS Coordinator
84-bed skilled nursing facility seeking a full-time individual with basic knowledge of MDS and Care plan Process. Must possess one year experience in long term care, the ability to organize, prioritize, and work in a time sensitive environment. Comprehensive benefit package.

Send resume to:
Cathy Donnelly
Administrator
Linn Health Care Center
30 Alexander Ave
East Providence RI 02914
Or email ppayroll@umelder-careri.org

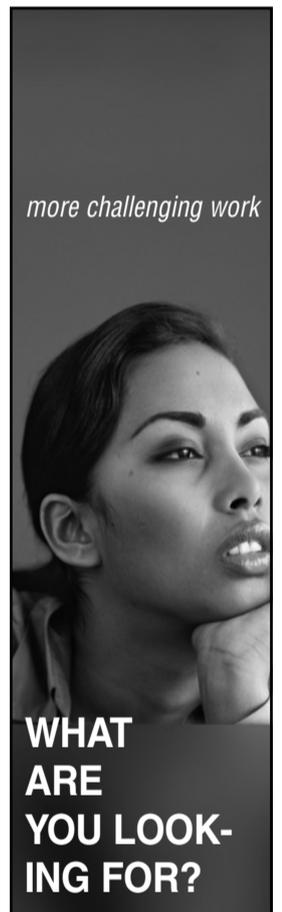
RN
Mid Size skilled facility seeking Unit Manager, 7-3, FT, every other weekend, every other holiday, 2 years experience in long term care preferred.

Send resume to:
Cathy Donnelly
Administrator or email ppayroll@umelder-careri.org
Linn Health Care Center
30 Alexander Ave
East Providence RI 02914

RN/Director of Nursing
Linn Health Care Center, a division of United Methodist Elder Care in East Providence, RI is seeking a Director of Nursing Services for its 84 bed 5-STAR skilled nursing facility. This position assures appropriate utilization of available resources necessary for the delivery of outstanding resident care. The individual must be able to effectively communicate with all divisions of UMEC to ensure a coordinated interdisciplinary approach. The candidate must be Registered Nurse in good standing with the RI Dept. of Health with a required 3-5 years management experience.

Send resume to:
Cathy Donnelly
Administrator
30 Alexander Ave
East Providence RI 02914
Or email ppayroll@umelder-careri.org

RN:For busy walk in center. Bristol, RI. Must have urgent care experience as well as EMR knowledge. Approx 6 hours per week and also for vacation and sick coverage. Send resume to: Newhire401@gmail.com



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507 Main St. Warren, RI
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Lic # 200817 **401-368-2567**

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Finds Under \$200

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401-247-7387
Theanimalhouse.com

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401-682-2300

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79 Aquidneck Drive
Tiverton, RI
401-685-0010

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508-336-6540

Bristol Chiropractic

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401-396-9892

Caster's Bicycle Center

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401-739-0393

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508-379-0011

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Tiverton, RI
401-624-1403

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John 401-489-6900

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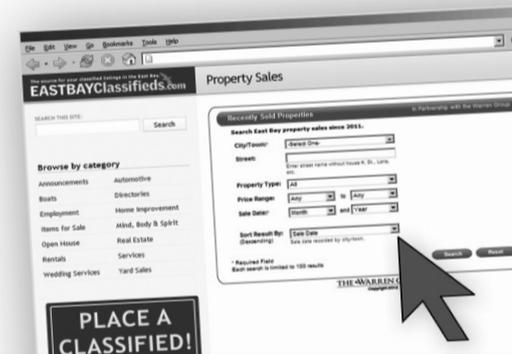
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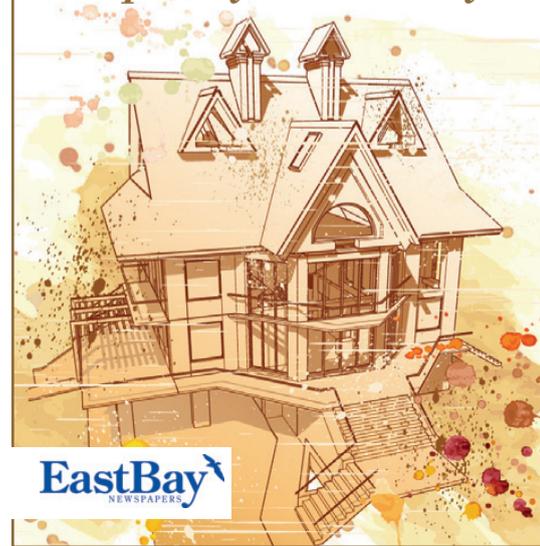
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