

INSIDE: Food trucks offer much more than a meal in Southern RI

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SOUTH COUNTY

AUGUST 2021

Life
MAGAZINE

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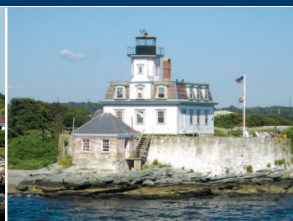
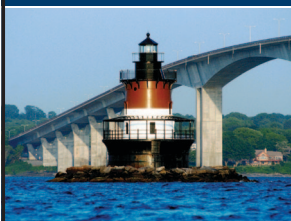
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| *editor's* welcome |

Feast your eyes

With the pandemic in the rear view mirror and folks flocking back to restaurants, taverns, food trucks and other establishments around South County, it's a great time to take our annual sampling of the many edible delights that the region's tireless food industry workers provide for us.

The food and hospitality business are the lifeblood of the local economy and they've been hit harder in the past year than ever before — but despite the challenges, many have survived and even thrived.

In "Meals on Wheels," Jessica Abbiati takes a road trip of sorts with some local food truck owners. What does it take to get one of these mobile kitchens into operation? As is often the case, it's much more than meets the eye.

In "Lobster Tales," writer Bill Seymour takes a different journey. He follows the story of the lobster from the sea to the table. The highly-coveted crustacean wasn't always the delicacy it is today. Seymour considers the history of lobsters and then turns a journalistic eye to how the bottom crawlers make their way from the ocean depths to your plate. It's a cracking good tale and as a bonus, includes one South County restaurant's most popular lobster recipe.

In "BÖL'd Over," Helena Touhey gets into the backstory behind Wakefield's new healthy food hot spot, BÖL. The business is a passion project by owner Alix Barash, who says she started it with \$500, one blender and "no idea where it would take us."

In "It's Hip to be Square," Cameron Merritt checks in with deep dish



Tyrell Clarke, an employee of Narragansett Bay Lobsters Inc., helps offload lobsters from the "Barbara Ann" in Galilee. In this month's cover story, reporter Bill Seymour shines a spotlight on what it takes to get lobsters from the sea to your plate at local restaurants.

devotees Pizza Envy. Pizza joints were one of the few businesses that seemed to gain momentum during the year of the pandemic, and this North Kingstown restaurant most of it. Their well-seasoned, thick crust, Detroit-style offering is somewhat new to the New England scene. In fact the owners believe there's nothing like it in Rhode Island.

Thanks for picking up this edition of South County Life, hope you brought your appetite!

SOUTH COUNTY *life*

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sclife@independentri.com

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PUBLISHER

Jody Boucher

EDITORIAL

Managing Editor

Seth Bromley

editorial@independentri.com

ADVERTISING

Advertising Director

Jody Boucher

jboucher@ricentral.com

Sales Representatives

Steve Maciel

smaciel@independentri.com

Carol Palmer

cpalmer@independentri.com

ART

Prepress Manager

Nonea McFarlane

Graphic Design

Paul J. Spetrini

Photography

Michael Derr

photos@independentri.com

CONTRIBUTORS

Will Geoghegan, Todd McLeish, Michael Derr,
Jessica Abbiati, Paul J. Spetrini, Bill Seymour,
Helena Touhey, Cameron Merritt,
Rebecca MacDonald.

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Waitress Emma Mercier holds a pair of twin lobsters at George's of Galilee.

Photo: Michael Derr



THE JOURNEY WITHIN

NK's Elizabeth Beisel has achieved a lot of things in waters all over the world. Few will feel as personal as her upcoming 'Block Cancer' effort

Elizabeth Beisel has competed against the best swimmers in the world, in pools from Beijing to London to Rio De Janeiro.

Her next effort will be in new waters, against a new challenge.

And it will be among the most meaningful swims of her life.

The North Kingstown native and former Olympian is attempting to swim from Point Judith to Block Island in an effort to raise \$100,000 for cancer research. The event — dubbed Block Cancer for the destination and the cause — is set for Sept. 9.

"I have won a couple Olympic medals, but my swimming career pales in comparison as to why I'm here today," Beisel wrote in announcing the event. "On Christmas Day 2020, my family received news that someone we love dearly was diagnosed with stage 4 pancreatic cancer.

"After a few weeks of processing the diagnosis and researching the disease itself, I quickly realized what my family was going through was sadly all too common. According to the American Cancer Society, one in three women and one in two men will be diagnosed in their lifetime. While reading these staggering statistics, I felt the overwhelming need to help anyone and everyone battling this dreadful disease."

Beisel's father, Ted, died in July of pancreatic cancer, and Beisel revealed following his death that he was the family member in question. His passing adds even more resonance to his daughter's swim.

"He is, of course, the entire reason behind Block Cancer, but he never wanted anyone to know that," Beisel wrote in an Instagram post after his death. "When I asked him if he wanted me to share his story with the world, he humbly responded, 'Elizabeth, Block Cancer isn't for me — it's



All eyes were on Olympic swimmer Elizabeth Beisel, of North Kingstown, as she shared her story with young swimmers during a youth swim clinic for children held in East Providence earlier this summer. In September, Beisel will attempt to become the first woman to swim the 12.4 miles from Point Judith to Block Island as part of an event she has dubbed 'Block Cancer.'

for everyone fighting cancer.' That was exactly the type of man he was. Always sacrificing, putting others first and never wanting attention. I know that my dad's battle along with the money raised by Block Cancer will save someone's life one day."

Beisel was a star at North Kingstown High School, the University of Florida and beyond. At 15, she qualified for the 2008 Olympics. She went again in 2012 and 2016, winning a silver and bronze medal in the 2012 games. She retired from competitive swimming in 2017.

Since her retirement, Beisel has written a book, worked for the LEAD Sports Summit, appeared as a contestant on *Survivor* and become involved in many charitable causes.

An open-water swim challenge is new territory. Beisel is attempting to become the first woman to swim the route from Point

Judith to Block Island, which covers 12.4 miles. The swim will be non-stop and unassisted.

"I figured with my swimming platform (albeit small, but mighty!), the most impactful way I could help would be through a charity swim," Beisel said. "I chose to swim from Point Judith to Block Island, something I've wanted to do since I was a little girl."

The fundraising effort is being coordinated by Swim Across America, which hosts charity swims around the country. The organization has donated nearly \$100 million in its 30 years of existence.

As of July 22, Beisel had already raised \$83,000 of her \$100,000 goal. To donate, visit blockcancer.org.

-Will Geoghegan

FINDING FUREVER HOMES

Animal Rescue Rhode Island's Bark & Ride program celebrates special milestone

After a decade of giving animals in need a "ticket to ride," the Animal Rescue Rhode Island is celebrating 10 years of their "Bark & Ride" program, which has led to over 3,000 cats and dogs finding their forever homes both in Rhode Island and around New England.

The program was created in 2011 by ARRI Shelter Manager Jennifer Gebar to help save animals from the euthanasia lists at overcrowded shelters by funding the transport of at least 10 animals by the Adoption Team to their Wakefield shelter and matching them up with loving homes and families.

For the ARRI, the program is usually a quick turnaround. The rescues typically arrive on Saturdays, are placed in quarantine until Thursday and then are evaluated through interactions before being matched with prospective owners and typically adopted by the end of the weekend. Some pets require a little more time and training, but will find their forever homes, as the shelter helped over 600 cats and dogs do just that last year alone.

Among those pets is a mastiff mix named Bruno, who spent 11 weeks with ARRI staff and playing with the other dogs before a chance encounter in June with Erik Eliason, a HVAC repairman who came in to service the shelter's A/C unit.

"I came down my ladder just as Bruno was passing and he greeted

me with all of the affection and energy of the dog I adopted 18 years ago," Eliason said. "I signed the paperwork right then and there and I have to say Bruno is way above and beyond anything I could've hoped for. My son and I take him out hiking in the woods every weekend, people stop and take pictures of him at Petco like he's a celebrity, he went to a retirement party with 60 people and was beside himself with all of the unlimited love. I'm telling you, that dog is gold."

While the ARRI gives priority to animals surrendered locally or from other locally overcrowded shelters, they said they always have the room for rescues brought in through the Bark & Ride program.

"There is always room for canine and feline friends arriving via Bark & Ride and ARRI looks forward to another decade of successful adoptions," the shelter wrote in a statement.

The program is funded through donations, which can be made through their website. For \$140, a donor can fund a "ticket to ride" up to Rhode Island for one rescue, while a donation of \$50 funds supplies and training for one pet for a week, \$100 funds a veterinarian examination and vaccinations and \$250 feeds all pets at the shelter for two weeks.

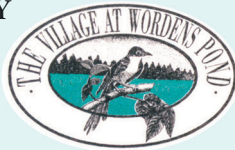
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A WORTHY CRUSADE

Traveling theater company set to bring 'tale of hope' to South County

Many people believed live theater was impossible during the pandemic, and while many Rhode Island theaters are still slowly gearing back to a full slate of offerings, one up and coming playwright has found a way to bring his work directly to performance-starved communities.

And North Kingstown is next on the list.

Long Island Native Scott Huffman, a recent New York University graduate, will take his new play "Children's Crusade" — which first premiered in Bloomington, Indiana in October 2020 as part of The Hundredth Hill's Emerging Theatre Artist Residency — to North Kingstown Town Beach August 14-15 at 7 p.m.

"Children's Crusade is a play about community, so it felt obvious to bring it directly to communities across the country that haven't been able to enjoy live performances or theater in over a year due to the pandemic" said Jess Kantorowitz, Producer, Music Director and Actor in the "Children's Crusade" Touring Company, a group of nine NYC multi-hyphenated artists and graduates of NYU, Tisch School of the Arts and Skidmore College.

With a sold out first run and a write-up in Forbes magazine, the idea seems to be catching on. The group has shows planned across New York, New England and the Midwest throughout the rest of the summer.

"Children's Crusade" is the story of eight kids from Utica, New York who believe one among them to be a prophet. After an inexplicable message from God, it is up to them to travel to the holy land and find Him. Chronicling their journey from their small cul-de-sac all the way to Jerusalem, audiences watch as the kids adventure beyond the only world they've ever known and discover surprising new things about themselves.

"As we re-emerge into this new world, I'm excited to share this story of hope and perseverance," Huffman said. "This is what theater's always been about for me: uplifting communities and bringing audiences together."

Tickets are available through the group's website and range from \$15 for students and seniors to \$22 for general admission. For more information, visit childrenscrusadecompany.com.

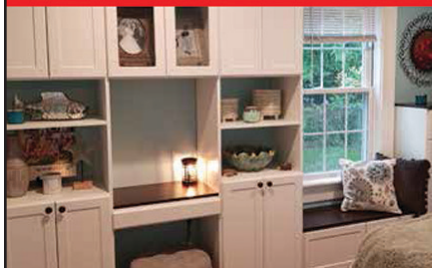
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Corey Pelletier, left, a fisheries biologist with the R.I. Department of Environmental Management, tags a brook trout with a radio antenna earlier this year.



Corey Pelletier, left, a fisheries biologist with the R.I. Department of Environmental Management and University of Rhode Island students Ellie Madigan, center, and Richard Mercer, record water conditions while tracking brook trout that were tagged with radio antennas along the Acid Factory Brook in West Greenwich.

TROUT & ABOUT

Brook trout are an iconic New England fish species but changing environmental conditions have the small creatures on the move. Where will they go? For two URI students and the Rhode Island DEM, that's a puzzle worth solving.

Story by Todd McLeish, Photography by Michael Derr

At Breakheart Brook in the Arcadia Management Area in Exeter, Ellie Madigan bushwhacks along the edge of the stream carrying a hand-held antenna and receiver to listen for an electronic beep that indicates a brook trout is nearby. During a half-mile of walking, she hears only the sounds of the gurgling brook, a few songbirds, and the buzzing of insects. So she heads in the opposite direction.

Madigan, a University of Rhode Island student, is joined in the search by fellow

student Mitchell Parizek and Corey Pelletier, a biologist with the Rhode Island Department of Environmental Management, who devised the research project to track the movement of the state's only native trout species. After capturing 75 trout in May and implanting a tracking device in each of them, Pelletier, Madigan and Parizek are trying to relocate each of the fish every week throughout the summer to figure out where the fish go as water temperatures rise.

"One of the things brook trout need for survival is cool water during the summer and high levels of dissolved oxygen," said Pelletier. "That dictates the habitats they can spend time in and survive in. But often there are significant numbers of impoundments — dams dating to pre-industrial times that not only inhibit trout movement but also warm up the water.

"One reason why we find brook trout in

Continued on page 10

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these small streams is because the streams are often fed by groundwater — whether through seeps in the woods or seeps that come through the streambed — and groundwater is cool and contains enough oxygen,” he added.

Most of the state’s small number of brook trout are found in the Wood-Pawcatuck watershed in South County, so that’s where Pelletier and his team are spending most of their time.

Brook trout are considered “a species of greatest conservation need” in Rhode Island. They typically grow no larger than 12 inches, and often only 6 to 8 inches, because their limited habitat in small streams keeps them from growing larger. The chief threats they face are changing environmental conditions — mostly warming waters and low dissolved oxygen — as well as pollutants due to run-off from nearby developments. Stocked trout are also a concern, since they are usually non-native species that are larger than brook trout and can outcompete the native species for food and habitat.

That’s why the state will no longer be

stocking trout in the Beaver River, and fishing there will be limited to catch-and-release only to create a stream specifically managed for wild brook trout. Last year the state also increased the minimum size of trout that can be harvested in Rhode Island waters to eight inches, which means that most brook trout will have to be released if caught.

Charlestown resident Jim Turek supports these efforts to protect brook trout and their habitat. An enthusiastic trout fisherman who has little interest in catching stocked trout, he calls brook trout an iconic species for New England.

“They’ve always been here, and they’ve sustained local communities for centuries as a source of food and enjoyment,” he said. “It’s a heritage fish that looks better and tastes better than trout grown on food pellets in a hatchery.”

Turek is one of dozens of Rhode Island trout fishermen who are committed to protecting the species and who are strict about not revealing the location of their favorite trout streams.

“We believe we should do all we can to save these fish,” he said. “Brook trout populations

are so small that if we tell the public where to go fish for them, they’ll remove some of the bigger ones and we won’t have a sustainable population any more. We’re happy to just walk along a stream and see a beautiful fish and know they’re still there. We don’t even need to catch them.”

Even among the fishermen there is disagreement, mostly about the most appropriate fishing method for catching brook trout. The fly fishermen say that using flies is less likely to cause injuries to the fish that could lead to their death, enabling the fish to be released unharmed. The bait fishermen disagree.

Pelletier isn’t taking sides. He’s mostly interested in learning as much as he can about where the trout go in summer so those areas can be protected from development and fishing pressure and to figure out how to keep the water temperature in those locations from getting too high.

“The optimal water temperature for brook trout is 12 to 18 degrees Celsius, because that’s when they exhibit their highest growth rate, but above 18 you get into stressful conditions for them,” Pelletier said. “Above 23 and they don’t exhibit positive



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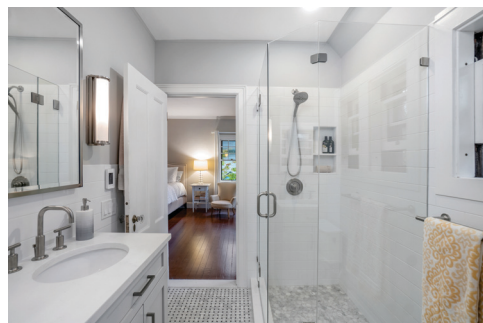
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growth, and above 25 is potentially lethal, but it depends on how long they're exposed to those temperatures."

His tracking study ran into difficulties immediately after the tagged fish were released in May because a stretch of hot weather in early June forced the fish to move much farther than Pelletier expected.

"Wherever they were in May is now too warm for them, so they've had to go somewhere else," he said. "But it seems like when temperatures are suitable, they can remain in the same spot for weeks."

Back at Breakheart Brook, the research team found just two tagged brook trout by the end of a long day of tracking. But they weren't discouraged. They had many more miles of shaded streams to search to find the heart of the brook trout's summer range.

"The information that comes out of this study will be very important for the future management of this species," Pelletier said. "We'll understand the areas necessary to support trout through the very stressful high-temperature periods. It's going to give us insight into management actions we can take to further protect the species."



James Turek, a restoration ecologist for the National Oceanic and Atmospheric Administration, fishes for brook trout in the Flat River, which is part of the Upper Wood River watershed in the Arcadia Management Area. Also pictured is his dog, Mara.



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MEALS ON WHEELS

Got a hankering for a unique dining experience but don't want to spend your night stuck indoors? Food trucks are all the rage in South County this summer. Take a look inside a culinary community that's truly on the move.

Story by Jessica Abbiati, Photography by Paul J. Spetrini

When the coronavirus pandemic hit hardest last year, brothers-in-laws Marc Glaviano and Bryan Chavez decided to go all in on the idea of starting a food truck business titled Farm to Sandwich. Less than 10 months after they hit the road for the first time, they are busier than ever and even have Bryan's wife Krista, pictured above, in the truck to help customers get their meals during local food truck events, like this one back in July in South Kingstown.



For Bryan Chavez, pictured above adding cheese to one of the dishes offered by his Farm to Sandwich business, moving to Rhode Island offered a chance at a fresh start and that mentality carried over on the menu, too, as he and his brother-in-law Marc Glaviano work with local vendors to find fresh ingredients for their mobile menu.

Foodies rejoice because scrumptious food is on the move in South County. Throughout the summer Providence Food Truck Events (PVD) hosts food truck nights all over the state, bringing good eats, live music and the community together in one tasty place.

Though their offerings and inspirations are varied, the food trucks at these events are working together to create a thriving community of entrepreneurs that love seeing each other succeed.

Michael Rodgers of PVD Food Truck Events said, “all the food truck owners and staff really work to help each other out. They want everybody to succeed because the more that every food truck succeeds the whole event succeeds and it gives the community a chance to come out and have fun, hang out and relax.” He continued, saying, “it makes us proud, and it feels really good that we’re doing something to help local businesses while also creating a fun environment for the local community.”

Bryan Chavez and his brother-in-law Marc Glaviano are co-owners of the Farm to Sandwich food truck. They take pride in using locally sourced ingredients to create their food from scratch. The duo launched their business in September 2020 after they both lost their jobs during the pandemic – which all happened not long after the two families moved to Rhode Island. From this resilience during a difficult time of transition sprung a thriving business that has already made itself a staple of the Rhode Island food truck scene.

The brothers-in-law were relieved to discover that their new career came ready made with a community of helpful fellow business owners. “Everyone has been very, very supportive. We came from New York originally where things are a little more cutthroat, but everyone here



Some of Rhode Island’s most popular food trucks are known for making just one product but making it well. One is Atomic Burger, a beef-centric business that had quite the following as employees Cassandra Palmer, pictured above on the grill, Paul Tavares, applying cheese, and Catie Ducharme, manning the register, had their hands full at a recent event in SK.

has been so nice and supportive helping us get started with tips and pointers here and there. Even in terms of connecting us with breweries and gigs to work at, everybody kind of passes [resources] around and works together.”

Glaviano continued, saying, “we don’t look at anyone like competition. We feel that the more trucks the better because more people show up. We all really support each other.”

Debra Thibault and her business partner started Atomic Blonde Ice Cream Truck five years ago as a fun semi-retirement project after careers in the restaurant industry. “We love our Rhode Island food truck community! Everybody has everyone else’s back—it’s like one big food truck family,” said Thibault.



Rhode Island's food truck community may have been small a few years ago but it's rapidly growing and many of its members are willing to travel. Trapbox owners Welbi and Analý Genao, pictured above, are based in Providence but travel all over the Ocean State for food truck and catered events.

Running a food truck takes more than just a dream and a recipe, though. And Mike Cofone of RedsRi has had a firsthand look at the delicate inner workings of this venture. "It gets tricky because you can only fit so much in a small, finite area. You're basically building a kitchen up from the ground every day... You're loading and unloading supplies all day, it's very time-consuming and physically strenuous. It's a different animal than planning a kitchen because a kitchen already has everything you need. With a food truck, you have to stop at stores on the way to events... you have to make sure you have propane and gas, and you have to make sure your staff is on time and in the right place... logistics can be tricky, so you need to run like a well-oiled machine for things to go well."

He continued, saying, "it's a lot of learning the business side of it like paperwork and permits — different cities have different permits and licensing, so you have to apply for those — there's a lot of lessons to learn when starting [a food truck]. We adapt literally every day."

The things to worry about when running a food truck are abundant and pricey. To establish a food truck, you obviously need to purchase a truck, but you also need to determine whether you are going to remodel it yourself or work with a food truck designer to create your mobile kitchen. This will prove to be a tricky thing as no two food truck kitchens are alike. One may just need a freezer for ice cream and storage for toppings, but another may need industrial fryers, ovens, griddles or multiple refrigerators. It all depends on the type of food being served and the total amount of ingredients needed to keep on hand. Once the truck is designed and outfitted properly, food truck owners also must seek the proper permits for each town they serve food in, which can get very complicated.

Once the proper permits are in place the food truck owner must figure out their prices based on factors such as the total price of bulk ingredients, the number of units being sold, truck maintenance, gas to get to an event, staff pay and gas for the generator running the truck for the duration of the event. These factors are

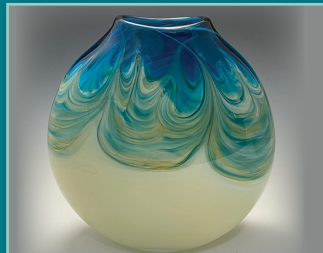
Continued on page 18



For some owners, finding a specialty product customers can't order elsewhere is half the appeal to starting a food truck businesses. The Ish offers Polish and Irish fusion cuisine, largely as a way for owner Steven Fuson to honor his heritage. Fuson was in the truck at a recent SK Food Truck night helping Nicole Giorgio, pictured above, make and cut sandwiches for customers.



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only a glimpse into the daily complexity of owning a food truck and making a profit.

The Trapbox is another truck that was born out of need during the pandemic. Dario Dacosta is the husband of one of the co-owners of The Trapbox, so he has been privy to the process of establishing a food truck from the beginning.

"With a mobile kitchen, you can run into problems. You try to keep up with the maintenance as much as possible, but having to restock your fridge, scheduling events and all the other stuff you can sometimes forget about the engine. It's very gas and go, but it can sneak up on you. We just opened in October, but we've had three events we've had to cancel already due to being broken down," said Dacosta.

During the time they were broken down, there was an event that promised a large number of sales, so the team asked for permission to tow their truck to the event, and they did it. That kind of dedication to your craft is necessary for the success of a food truck venture.

"The way you spend money, you have to make that money back... there's a lot of logistics to a food truck. People think it's just buy a food truck and go, it's much more than that," said Dacosta.

The Trapbox team hopes to one day open a kitchen to serve their food when events get rained out and during the winter off-season.

Despite the stresses of the job, Cofone of RedsRi expressed the joys of it all as well. "I say every time I come to work it's kind of like going to a party every day, especially [PVD's] events. You know, you're outside, you're enjoying it, all the food trucks trade food, and if you're missing something there's always a truck that's going to lend it to you... you get to meet a lot of cool people and make a lot of connections. You can't ask for more."

To experience a food truck event for yourself you can visit PVD in South Kingstown on August 5 or September 2 from 5 to 8 p.m. at Extreme Airsoft, 1425 Kingstown Rd., in Richmond on September 9 from 5 to 8 p.m. at 5 Richmond Townhouse Rd., Wyoming, or in East Greenwich on August 11 from 5 to 8 p.m. at Goddard Park, 1095 Ives Rd. For more information and event listings, visit foodtrucksin.com/food-truck-events.

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LOBSTER T

A photograph of a man in a white t-shirt and sunglasses, wearing a watch, leaning over a large white plastic crate filled with live lobsters. The lobsters are dark brown and orange, with yellow rubber bands around their claws. The man is sorting through the lobsters. In the background, another man in a grey t-shirt and a green baseball cap is visible. The scene is on a boat deck, with various equipment and a red life preserver visible. The title "LOBSTER T" is written in large, orange, stylized letters at the top of the image.

There's nothing like a freshly-caught lobster properly prepared in one of Southern Rhode Island's top restaurants. But long before you can dig in for an extravagant meal, it take a village to make that plate possible.

Story by Bill Seymour, Photography by Michael Derr

TALES



Tyrell Clarke, an employee of Narragansett Bay Lobsters Inc., and Chris Campanale, captain of the "Barbara Ann," offload lobsters from the vessel on a recent summer afternoon in Galilee. Campanale, who emptied some 1,700 traps on this trip back, followed his family's footsteps into the lobstering and trawling business.



Tom LaFazia, manager of Narragansett Bay Lobsters Inc., gives a tour of the facility in Galilee. Preparing lobsters for commercial sale is an involved process that starts with emptying traps, measuring them to comply with DEM regulations, binding claws and counting them out to fulfill restaurant orders.

In “Consider the Lobster,” author David Foster Wallace said, “Lobster is posh, a delicacy, only a step or two down from caviar.”

He offered that well-known sentiment in the August 2004 edition of *Gourmet* magazine.

It wasn't always that way for these unsightly “cockroaches of the sea” that today have the revered reputation of being food of the well-off and bringing a chic sense of living when ordering it.

To understand the lobster is to know that this high-end menu item has an episodic journey in what could be a play titled “From Sea to Table.”

It is presented in various acts with this character from deep and dark ocean having a starring role. The production offers a final-and expensive-scene in a restaurant, home kitchen or other special event.

Let's take a look at this drama “From Sea to Table” that captures the attention of so many lobster lovers.

The Play's Background

We seldom think about how the food gets from its natural origin to our mouths.

Gathered with friends around a table or perhaps just getting a bite to eat, we don't have time - or real interest - in thoughts that might turn our stomachs.

However, the lobster has a storied role as a New England favorite in sea-to-table billing on the menu of restaurants, sand clambakes or festivals and special-treat or invitation-only meals for celebrations. It's worth knowing a little bit about.

It once was not famous as today, but really the dredge from the ocean floor spit out for the poor.

When the first European settlers reached North America, they wrote that lobsters were so plentiful that piles of them two-feet high would be found ashore in the Massachusetts Bay Colony.

Gathered by hand along the shorelines in New England in the 1700s, they were cheap and plentiful. Rejected by the elite of the time, they became the diet of prisoners, apprentices, slaves and children during the Colonial era.

Some servants even sought stipulations in their work contracts that lobsters would be served only twice or at maximum three times a week.

People would bury lobster shells rather than throw them out with garbage. They wanted to

keep them hidden from prying eyes of neighbors.

“Lobster shells about a house are looked upon as signs of poverty and degradation,” wrote John J. Rowan in 1876. Lobster was an unfamiliar, vaguely disgusting bottom feeding ocean dweller resembling an insect.

That's how the nickname “cockroaches of the sea” was given. Its antennae, beady eyes on long, thin structures called stalks and fan-shaped tails don't have even a slight look like clams, fish or scallops.

But like a bug? Yes.

The last 100 years, however, has brought it a prominence in line with jewels from Tiffany and a must-have item on the diet of the wealthy. They made the “sea-to-plate” production fashionable long before farm-to-plate entered the popular lexicon of trend-setting restaurants.

Shedding its negative reputation, the lobster gained a following among discriminating eaters, particularly in Boston and New York City, during the 1880s. That change put a higher price tag on the once cheap meal.

Considered exquisite by the time World War II began, lobster was not rationed. The booming wartime economy allowed rich cravers of crustaceans to consume them at

unprecedented rates.

By the 1950s lobster was firmly established as a delicacy.

Lobster was something movie stars and those with delineating tastes, like food expert Maureen Kirkpatrick, would eat when they went out to dinner. "It was the sort of thing girls from new-rich families ordered for their weddings, something the wealthy Rockefellers served at their parties," wrote Daniel Luzer in "How Lobster Got Fancy."

Among many restaurants in South County serving this now sought-after shellfish is George's of Galilee. It borders Point Judith Harbor overlooking the fishing docks where lobsters are brought to port. Patrons of the lobster can find any number of sizes at George's and different ways to prepare them.

"We sell over 30,000 a year to customers and even have a September Lobsterfest," said Kevin Durfee, owner of George's.

But far from George's - about 100 miles off shore near the continental shelf - the first act of "From Sea to Table" begins and rivals the endurance now of the 54-year-old movie "Guess Who's Coming to Dinner?"

Act I - Selecting the Main Character

On a recent very summer day, Tom LaFazia, manager of Galilee's Narragansett Bay Lobsters, Inc., stood outside his processing depot. It was chilly inside and wafting with the smell of fresh fish amid crates of lobsters and tanks of 40-degree water holding the live delicacy for delivery.

"These boats are out often for a week at a time to pull up their traps and fill the hold with lobsters," he said while standing next to the large black and white trawler "Barbara Ann." Its white letters outlined in red stood out proudly against the black hull.

A large crest with a "C" on the bow implanted this boat's family history. Owner Chris Campanale, 40, was waiting to unload lobsters emptied from his 1,700 traps during the last three days ago, stood watch. His family has been lobstering and trawling for over 50 years.

This day's catch to be unloaded after a four-day continuous journey were kept alive in below-40-degree cooled fresh sea water resembling temperatures on the ocean floor where lobsters are found.

Skates, a particular kind of fish, are used as bait and hung in the trap or "pot" as they are sometimes called. The traps are put in certain

sections, whether far off shore or closer to shore by lobstermen using skiffs. The traps have floating overhead markers for the owners to find them.

The Campanale's baited traps lure the lobsters inside.

"It becomes something of a pick 'em up and put 'em down when you are out there emptying traps one after the other," said LaFazia, who also was a lobsterman before managing the company.

However, there limits to lobsters that can be kept.

All lobsters must be measured immediately.

Any lobster with an carapace under 3 and 3/8-inches in length much be returned to the water, according to the Rhode Island Department of Environmental Management. Lobsters are measured from the rear eye socket to another back point on the body.

A DEM checker passed by the Barbara Ann several times waiting to review the catch coming off the boat.

Once the lobsters are unloaded, LaFazia explained, they go into his holding area in crates. Bands are put on their claws before

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South County restaurants all have different ways of preparing and serving lobster. George's of Galilee offers a variety of options to enjoy lobster including "Galilee style," lobster truffle and twin lobsters, pictured above. At left, South Kingstown resident Brian Burke enjoys the meal for lunch at George's of Galilee on a recent afternoon.

Continued from page 23

going into salt water tanks. From there, they are counted out for orders from restaurants, he said.

Act II - Performance Preparation

The next stop for many of the crustaceans is George's, just across the street.

Narragansett Bay Lobsters wheels the orders over by handcart to ensure both a quick and continuous supply as well as a fresh catch for customers.

It's also the restaurant's way, said Durfee, to help reduce a carbon foot print. By using local businesses, there's fossil fuel reduction and that is his contribution.

"There are days we will do 100 to 150 lobster tails in a hour. It's insane," said Mike Tatro, assistant to the general manager at George's. The lobsters served can go from one and a quarter pounds up to three or four pounds on special orders, he said.

Waiting customers have hand-held crackers to open the shell and remove the pink and white "meat" found in tails and claw parts. However, it isn't just a matter of steaming their lobsters and serving them in bright red shells.

"We have a lot of ways that we serve up lobster," Tatro said. Here are a few of them.

He said the top three popular ways are: traditional steamed with French fries and coleslaw. There's also baked stuffed lobster with seafood stuffing and a choice of sides and - the crown jewel - Galilee baked stuffed lobster with scallops, shrimp and topped with lobster

bisque.

"That last one is just a calorie-busting lobster feast," Tatro said with a smile and nod to those who indulge even just once or twice a year.

At George's, as in similar restaurants, lobster lovers also get special promotions. For Instance, the grand finale of summer brings on "Lobsterfest" in September.

Durfee pointed out that the fest is both a "Welcome Back" to local residents who have deferred going out to eat during the summer when tourists pack food establishments. It's also a "Hello" to those fall tourists coming to explore South County in the off season.

During the fest, twin and triplet lobsters below market price are offered along with lobster grilled cheese, buckets of claws, lobster avocado toast, lobster risotto, lobster beignet with grilled corn and tomatoes and other dishes that hype the crustacean, said Tatro.

Personal passions or cravings of frequent-flier lobster eaters get attention, too.

Tatro said that there's a 50-50 split between customers who like to crack the hard lobster shell themselves and have fun working to pry out meat themselves. The other half wants restaurant staff to tug, pull and torque out the rich-tasting meat that has far less marine gaminess when comparing it to clams and mussels.

LaFazia at Narragansett Bay Lobsters said that soft-shell and hard-shell lobsters also bring out different preferences among connoisseurs of lobster meat.

"With the soft shell you don't need a hammer to get into the thing,"

Continued on page 28

"It's just unique. It doesn't taste like anything else. It's dipped in butter and fresh lobster has a sweet flavor and it's not chewy. It goes down smoothly."

BRIAN BURKE

South Kingstown resident and fan of Georges' of Galilee's lobster



Continued from page 26

he said with a laugh, noting that the soft shell appears as a lobster molts and loses its hard shell.

Satisfying the many people who like lobster is something Barbara Ann owner Campanale said gives him pride when spending a string of days hauling the crates up and down to remove his catch that goes to the customers sitting down to a lobster dinner.

Act III - Show Time

One of those customers is Brian Burke, 36, of Wakefield. He has a love for fine dining on lobster about anywhere he can get it. He's also a regular visitor to George's.

On a recent day he was getting his napkin and utensils ready to cut into and munch on some lobster truffle.

Growing up in Rhode Island has helped make lobster his favorite dish, though as a little kid it seemed "like I was eating a big bug. It weirded me out!" he said.

Now he gets lobster whenever he can. "It's just unique. It doesn't taste like anything else. It's dipped in butter and fresh lobster has a sweet flavor and it's not chewy. It goes down smoothly," he said.

So, what is that taste like? Well, say those who prepare or eat lobsters, that depends on a number of factors.

Its lean meat brings the sweetness and there's the crispiness of the tendons' fiber. Both give it that special designation as a delicacy.

Comparisons have been made to crab and shrimp, yet that might not be accurate. Lobster tends to be chewier with high protein creating a spongy texture.

There's also the way it is cooked. Fried, grilled, sauteed, smoked, steamed and boiled as well as marinated in seasonings, all bring a medley of tastes. A sweet and salty sensation comes with boiling while steamed brings sweet and tender.

Traditional soaking in butter moistens the plied out meat even further to highlight the flavor.

Although considered a rich and decadent food, lobster meat contains fewer calories than an equal portion of skinless chicken breast. It also boasts of healthy omega-3 fatty acids, potassium and the vitamins E, B-12 and B-6.

While Burke likes getting his nutrition, he said he mostly savors that extra bit of decadence, such as in George's Lobster truffle.

It's his favorite and Durfee shared how that dish all goes together.

Prep and cook time is under 25 minutes for a serving size of two portions, the long-time restaurant owner said.

Ingredients: 9 oz lobster meat (the equivalent of two 1 ½ lb lobsters); 4 oz asparagus tips; 1 tsp minced garlic; 5 oz cannellini beans; 3 tbl olive oil; 1 tsp of truffle oil; 3 oz sundried tomatoes; 9 oz bucatini pasta; 5 oz heavy cream; 1 oz grated parmesan cheese; sea salt and pepper.

Steps: Sauté garlic, sundried tomatoes and asparagus tips in olive oil for five minutes over medium heat. Add lobster meat and cannellini beans and cook for an additional four minutes. Add heavy cream, truffle oil and parmesan cheese.

Turn heat to low and allow sauce to thicken. Fold bucatini into the sauce. Garnish with garlic toast.

Served on a dish and ready to eat without effort.

"I am a 'lazy man' lobster kind of guy. Cracking the shell - it's too messy, and that's why I like the truffle dish," said Burke, who said he eats lobster that way either alone or in the intimate supper à deux.

Act IV - Epilogue

Lobster might seem to taste better to us *because* it's so expensive, wrote Daniel Luzer in "How Lobster Got Fancy."

This year there's definitely truth to it.

Lobster is more expensive than usual this season due to a limited supply from high demand coming with the reopening of the economy post-pandemic. Consumers are headed back to seafood restaurants and markets for the first time in months.

Lobsters are there to greet their devotees, but at a premium, according to various media reports from around New England.

Some stores charged \$17 or \$18 per pound for live lobster in May, and that was about twice the price a year ago. Prices are now lingering in the \$13 or \$14 range. Lobster is usually expensive in late spring, but this season has seen prices that are higher than typical, those reports noted.

It is important to note that the per-pound charge includes a shell and other parts that are discarded. Actual lobster



Yulia Kuzmina, executive chef and general manager at George's of Galilee, is pictured in the restaurant's main dining room.

meat is far less. For example, for every pound of shell lobster, you only get about one-quarter pound of meat.

Translated into a food dish, a lobster roll with five to six ounces of lobster meat could need at least two shell lobsters to make, depending on their size.

The wholesale price in early spring for live, 1.25-pound lobsters in the New England market was \$9.01 per pound, about \$2.70 per pound more than a year earlier. It is reported to be the highest spring price in at least five years.

High lobster prices indicate the high demand for the high-end seafood, said John Sackton, an industry analyst and founder of SeafoodNews.com.

"It's become a summer time thing - people get an ear of corn, some steamers and a lobster, at least here in Rhode Island," George's Tatro said.

Customer Burke doesn't think about any of it. He gave his thoughts in a Dr. Suess rhyme from the author's well-known book, "Green Eggs and Ham."

"I'll eat it in Spain, or riding a train and I'll eat lobster when sunny or in the rain. But lobsters are better than green eggs, even if plain," he said.

Write to Bill Seymour, freelance writer covering news and feature stories, at independent.southcountylife@gmail.com.

BOL'D OVER

Looking to eat healthier without sacrificing taste? Whether you're looking to cut gluten or dairy or want to try something plant-based or organic, Wakefield's BOL has you covered.



Story by Helena Touhey,
Photography by Michael Derr

The Indigo BOL includes E3Live blue algae spirulina, mango, coconut butter, banana and is topped with blueberries, hemp seeds, granola and toasted coconut. It is pictured with the Feel Happy, a summer drink that includes butterfly pea flower, fresh blueberries, mint, lemon and agave.



This Activated Charcoal Waffle at BÖL in Wakefield is topped with coconut whipped cream, maple syrup, strawberries and bee pollen. In only its second year in Wakefield, BÖL has attracted quite a following from regular customers who travel from all over the state to try its unique menu.



Rachel O'Neill, manager of BÖL in Wakefield, prepares an Indigo BÖL, which includes E3Live blue algae spirulina, mango, coconut butter, banana and is topped with blueberries, hemp seeds, granola and toasted coconut.

Color on color on color.

That's how Alix Barash describes the offerings on the menu at BÖL, which not only reflects a use of vibrant ingredients, but also the ethos behind the business she founded seven years ago.

The Mothership location, as Barash calls it, opened on Cape Cod in Wellfleet, Massachusetts in 2015. Its success inspired a second location in Wakefield, which opened on Main Street in 2019.

When Barash first opened BÖL, "it was a tiny little hole in the wall with one blender," she said. "I had \$500 and no idea where it would take us... and here we are."

The menu offered today is still true to its original roots, and the mission remains the same: to offer an entire menu free of inflammatory foods. Opening the Wakefield location allowed Barash to expand the offerings from smoothies and bowls to include toasts, superfood waffles, warm rice bowls and kale salads. All of the various milks — or "mylk" as listed on the menu — are made in-house and range from oatmylk to almond mylk.

Smoothie bowls have names like: Earth. Fern. Violet. Fuschia. Gold. Grass. Rogue. Indigo. Flamingo. Earth offers a mix of açai, strawberries, cacao, peanut butter, cinnamon and bananas, all topped with strawberries, bee pollen, granola and toasted coconut. Flamingo features strawberries, coconut butter and banana, topped with strawberries, bananas, chia seeds, granola and toasted coconut.

All of the items on the menu are free of gluten and dairy, plant-based, and organic. They also reflect Barash's personal way of eating, which she developed in response to living with Lyme disease.

Barash was diagnosed with Lyme at the age of 25, and some doctors think she was undiagnosed for ten years before that. Now 36, she's been

living with chronic illness for twenty years, which continues to be a daily struggle.

When she was first diagnosed, Barash was living in Portland, Oregon and attending nursing school. She eventually had to leave school, and spent years undergoing treatment for various ailments within her central nervous system, including her brain, heart and spinal cord. These treatments were based in Western medicine and involved a lot of antibiotics. After about five years, and being told she may never have children, would likely end up in a wheelchair, and would eventually lose her vision, Barash decided the Western approach to healing was “doing more harm than good.”

So she pivoted to a more holistic healing practice, one rooted in Eastern and Chinese medicine, with a focus on things like acupuncture, yoga and plant-based eating. Changing her diet began to change how she felt. “It gave me a glimmer of hope,” she said.

During this period, she also spent a few weeks in Kauai, Hawaii, with her husband, where different kinds of food and health options were available. Eventually, inspired by this pivot and her time in the Pacific, Barash decided to open a cafe and share her approach to food as medicine with others.

“I so miss that nursing part of my life I haven’t been able to go back to, and probably never will,” she said, “now I [help heal] in a different way.”

BÖL has become her way of sharing this gift of healing with others. Barash wasn’t sure what to expect when she first opened the cafe on Cape Cod, where fried food is the standard (and exactly what not to eat if avoiding inflammatory foods), but she received an overwhelming amount of support for her vegan bowls, with some customers sharing their own stories of adjusting their diets as a way to manage chronic illness or improve health.

The community in Wakefield has also been tremendously supportive, especially in response to Covid-19 and the pandemic. She and her husband are avid surfers and have long visited the shores of South County for its surf, especially in and around Matunuck. When the idea of opening a second location in Wakefield surfaced, “we decided to give it a whirl,” she said.

“We have really great locals who believe in what we’re trying to do,” she added, which is to create “a community of education and love and support,” especially for people who are

healing. “It’s more than a menu for fun—every ingredient is well thought-out.”

In fact, every item on the menu was crafted by Barash, most after a year of personal experimentation with plant-based ingredients. When deciding what should go into a bowl or smoothie, she first considers the antioxidant qualities of the plants and their health benefits, and then how the colors mix together and present visually.

This creation process reflects a childhood spent around her family’s hand-painted textile company in Sheffield, Massachusetts, where the factory is the size of a football field. “I’ve been around buckets of paint colors all my life,” Barash said, noting she grew up in a very creative family, and that this creativity was complemented by scientific thinking. That history, combined with now raising her own daughters and developing a business with sustainable practices, has influenced the shape of BÖL.

“It sounds cheesy to say, but the blender became my paint bucket.”

For more information about BÖL and its menu, visit boloflove.com or the cafe at 318 Main St., Wakefield, which is open daily from 8 a.m. to 3 p.m.



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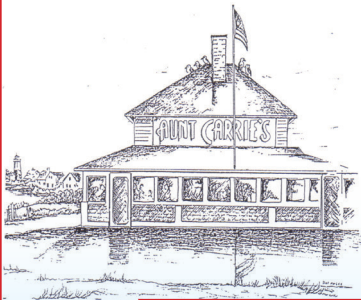
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IT'S HIP TO BE SQUARE





Rhode Islanders love their local pizza joints. But how do you stand out when your specialty is one of the most popular foods around? Carve your own piece of the pie. North Kingstown's Pizza Envy does.

Story by Cameron Merritt,
Photography by Michael Derr

Ben Godfrey, line cook at Pizza Envy in North Kingstown, tosses chicken wings in buffalo sauce. Pizza Envy has quickly become a popular summer go-to for its Detroit-style pizza, which owner Jonathan Beres used for inspiration when coming up with his own unique style of pie.

Rhode Islanders are well accustomed to pizza, from New York and Chicago-style to wood fired and coal fired, thin crust to thick crust and of course, the Ocean State's signature pizza strips.

However, one style locals may be less familiar with is Detroit-style pizza, which is a rectangular shaped thick crust pie baked in well-seasoned rectangular steel pans, making for a crust that is chewy on the inside and crispy and caramelized on the outside. The increasingly popular style has been absent from the local market until earlier this year, when Pizza Envy, the brainchild of Chef Ryan Miller and Tilly's Cheesesteaks owner Jonathan Beres, opened its doors for takeout and delivery orders.

"We were the first brick and mortar restaurant to open up concentrating just on that style in Rhode Island," Beres said. "We do ours a little differently than Detroit, but the big thing about us as we draw inspiration from the pans that they use in Detroit, that's really important."

As Beres puts it, it's the pan that truly makes the pie.

"It's just all about the size and the depth of the pan and what it's made out of, because they are really well seasoned and they have really high sides, so they lend to being able to caramelize the edges of our crust and melt that cheese to give us that super crispy, dark caramelized crust," Beres said.

The process to creating Pizza Envy has been in the works for the past couple of years according to Beres, going back to when he first hired Miller to be a chef for Tilly's.

"When I hired him to be a chef at Tilly's, we kind of had a little bit of a background. We knew each other ahead of time, but I knew his passion was pizza," Beres said. "I told him 'give us a couple years, help us build Tilly's and I promise you we'll open up a pizza shop.'"

That opportunity began to present itself last winter, as Tilly's Chik'n Biscuit in North Kingstown went under and the space was converted into a commissary kitchen doing prep work for Tilly's locations in South Kingstown and Providence.

"The kitchen is full of people during the day doing all of the prep for the other restaurants, so we really needed to find something that we were able to do at night and we could do it with the equipment we had," Beres said.

Additionally, a turn to pizza, especially during the COVID-19 pandemic, made sense financially, both in terms of the kitchen they operate and the popularity of the dish.

"COVID was a big pressure point to open up the pizza shop



Ryan Miller, head chef of Pizza Envy in North Kingstown, prepares to enjoy one of his creations, a pepperoni pizza with house-made red sauce, rosa grande pepperoni cups, lo-mo mozzarella and fontina cheeses, pecorino and fresh herbs.

as well, because it was something that worked in our space," Beres said. "Pizza is pretty much the only (type of) restaurant making money during COVID and it's great for pickup and delivery."

Beres and Miller then set out on launching Pizza Envy, taking what Beres called a "punk rock" approach.

"It's a very what we call 'punk rock' project because we didn't go out and buy a bunch of new equipment, we didn't really do anything else," Beres said. "We got the pans we needed, (Miller) got an amazing deal recipe and a lot of other amazing recipes such as the sauce and we just use the equipment we had."

Pizza Envy opened its doors in February, serving a set number of pizzas from 5 p.m. to 9 p.m., or until supplies run out, every Wednesday through Sunday.

For Beres, he didn't want to bite off more than he could chew, and wanted to ensure the pizza's quality over quantity.

"We wanted to start slow," Beres said. "We didn't want to try and serve as many people as possible, we wanted to make sure that the quality and the product was great going out every single time, so right off the bat we made sure that we only made a certain amount of pies a night because all of the dough is



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fermented in the pan for a certain amount of time, so you can't just make those on the fly like a normal tossed pizza, so we only serve so many."

Sellouts do happen, Beres said, noting a Sunday in July where they had 60 pans ready to go and were already sold out by 6:30 p.m.

"Business has been really good," Beres said.

Pizza Envy offers a variety of pies, from traditional offerings such as cheese, pepperoni and margherita, or Marge as they call it, to more creative offerings, such as the Angry Samoan, with house red sauce topped with a mozzarella and fontina cheese blend, pepperoni "Nduja," shaved red onions, pineapple, pickled chiles and chives, and Bitchin Camaro, which is topped with garlic-miso cream and a low mozzarella and fontina blend with slow roasted herb pork shoulder, Mama Lil's peppers, broccoli rabe and scallions. They also have a vegan offering and a build your own pizza, in addition to wings, sides, deserts and a plethora of beer, wine, seltzer and soft drink options, including their own Tilly's Lemonade.

"We do everything from scratch, that's really important, and putting out a Detroit inspired pie and being one of the first people in Rhode Island is really important to us, but also making sure that it's all use with quality products and quality recipes is really important," Beres said.

As the summer months have come, Beres said business has been steady in North Kingstown, with outdoor dining on their deck and the grassy area nearby joining the pickup and delivery options. In the future, he said he plans to utilize the indoor area more with seating and a full bar, as the location has a full liquor license, as well as maintaining the popular pick up and delivery options and working on expanding the business to other locations in Rhode Island and the nearby area.

"We really believe in the product that we put out," Beres said. "We think there's nothing like it in Rhode Island."

Pizza Envy is located at 640 Boston Neck Road in North Kingstown and is open Wednesdays through Sundays from 5 p.m. to 9 p.m. or until product run out. To place an order, call (401) 522-9874 or order online at toasttab.com/pizzaenvy.



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SEPT. 3-5 2021 Rhythm & Roots Festival — Event, Ninigret Park, 4890A Old Post Road, Charlestown, Rhode Island. For more information, visit rhythmandroots.com.

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ONGOING

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

Acoustic Song Circle with Al Keith — Live Music, Saturdays, 2-5 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

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

Spacing Out: Expanding the Field of Vision — Art Exhibit on display through August 14. This exhibition unites art that blurs the boundary between two- and three- dimensions. Spacing Out contextualizes the work of contemporary artists who challenge the limitations of space among historical works that also play with dimensionality. Jamestown Art Center, 18 Valley Street, Jamestown. For more information, visit jamestownart-center.org.

94th Member's Annual Exhibition — Art Exhibit. Original works in any media. On display through August 21. South County Art Association, 2587 Kingstown Rd., Kingston. For more information, visit southcountyart.org.

Play Cousins: Creative Collaboration by A Circle of

Sound — Art Exhibit on display through September 1. Features artists Cicely Carew, Kei Soares Cobb, Becci Davis, Rachel Hughes, Janaya Kizzie, and Jazzmen Lee-Johnson. Hera Gallery, 10 High Street, Wakefield. For more information, visit heragallery.org.

Pierside Artisan Pop-Up — Mondays 10 a.m.-4 p.m., Wednesdays 10 a.m.-7 p.m., Thursdays-Sundays 10 a.m.-4 p.m. Visit the Narragansett Chamber of Commerce gift shop gallery for a unique shopping experience showcasing local artisans and their talents. 36 Ocean Rd., Narragansett. For more information, visit narragansettcoco.com.

Musical Bingo — Live Music, Every Thursday, 7 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

Wakefield RiverFire — RiverFire will take place on the Saugatucket River in historic, downtown Wakefield on Thursdays from 6-10 p.m. through Aug. 19. Admission is free. For live music schedules and additional event information, visit WakefieldVillageAssociation.org.

Field of Artisans — Tuesdays through Aug. 31 from 4-9 p.m. at the Whalers Brewing Company Taproom, located at 1174 Kingstown Road in South Kingstown.

Field of Artisans — Saturdays through Aug. 28 at South Kingstown Town Beach from 11 a.m.-4 p.m. Beach parking fees apply. For more details, contact Katrina at fieldofartisans@gmail.com or visit fieldofartisans.com.

Open Meeting for People with Problems with Food — Food Addicts in Recovery Anonymous (FA) is a free 12-step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. Gatherings are held every day of the week. For

more information, visit foodaddicts.org.

Stress Relief Program for Local Moms — To combat the stress and anxiety moms face daily, Elaine DeJoy of Awaken Your Health Naturally has launched a 6-week program called "Awaken-You" focused on the health and well-being of local mothers. The program is held at 1182 Boston Neck Rd., Narragansett. For questions about the program contact Elaine DeJoy at 401-487-9608. For additional information visit awakenyourhealthnaturally.com.

Yoga Classes — Multiple offerings. For more information or to register, visit jessicaackerman.com.

Beach Yoga — Daily through Sept. 6, 8 a.m. at Narragansett Town Beach. Parking is free in the West (employee lot) for the duration of class only. \$18 drop in or five for \$80. This one hour class is for all levels and all ages. For more information or to register visit naturalfitnessyoga.com or call 401-783-9229.

Tai Chi Class — A Tai Chi class is being offered at the Charlestown Senior Community Center within Ninigret Park every Monday at 9:45 a.m. and Thursday 11 a.m.

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

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

AUG. 1

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

Yesterday — Film Screening, 9 p.m. \$20. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Kingston Chamber Music Festival: Spirit of Hungary — Concert, 4 p.m. The Kingston Chamber Music Festival will conclude its 33rd annual season with the last of five in-person concerts at the University of Rhode Island's Fine Arts Center, 105 Upper College Road, Kingston, RI. Tickets are available at kingstonchambermusic.org or by calling the box office at 401-308-3614. For complete program information, visit kingstonchambermusic.org.

Jus Tus — Concert, 4-7 p.m. Free. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Udike's Rose — Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

Backwoods Acoustic — Live Music, 4 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 2

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

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

Summer Concert Series: Neal & the Vipers — Concert, 6:30-8 p.m. Admission is free. North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcc.com.

AUG. 3

5th Annual Ocean State Bridal Show — Event, 6-8:30 p.m. Free. North Beach Clubhouse, 79 Boston Neck Road, Narragansett. For more information, visit bridalshowsbkelly.com.

NK Arts Council Summer Concert Series: Country Wild Band — Concert, 6:30-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 9. For more information, visit northkingstown.com.

AUG. 4

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

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

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

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

AUG. 5-29

Look on the Light Side — Art Exhibit featuring artist Lois Lawrence. The Artists' Cooperative Gallery of Westerly, 14 Railroad Avenue, Westerly. For more information, visit westerlyarts.com.

AUG. 5

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

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

Clatta Bumboo, Free Reggae Thursday — Concert, 5 p.m. Admission is free. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Run 4 Cover — Concert, 6-8 p.m. The Village at South County Commons, 50 S County Commons Way e4, South Kingstown. 284-2951, southcountycouncilcommons.com.

NK Arts Council Presents- 2021 Children's Entertainment Series: Vanessa Trien — Event, 6:30-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 30. For more information, visit northkingstown.com.

Jesse Royal/Digital Ancient Dub — Concert, 8:30 p.m. \$20-\$25. Ages 21+. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740. For more information, visit oceanmist.net.

Roots Reaction, Free Reggae Thursdays — Concert, 5 p.m. Admission is free. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

AUG. 6 - SEPT. 5

Small Works 'Lil Rhody Art Show/Sale — Art Exhibit and sale featuring up to 45 artists. Wickford Art Association, 36 Beach St., Wickford-North Kingstown. For more information, visit wickfordart.org.

AUG. 6

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Summer Concert Series: Black Tie Band — Concert, 6-7:30 p.m. Admission is free. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcc.com.

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

Patio Musical: An Improvised Musical on the Patio — Performance, 9 p.m. \$10. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

First Friday Coffee — Event co-hosted by South County Habitat for Humanity and Seaworthy Coffee Roasters. 8-9 a.m. \$5 members, \$10 non-members. South County

Continued on page 40

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Continued from page 39

Habitat for Humanity, 1555 Shannock Road, Charlestown.

After School Special— Concert, 8-11 p.m. \$10. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestown-rathskeller.com.

Neal Vitullo and the Vipers— Concert, 8 p.m. \$15. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Deep Blue Sea— Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 7

John Fuzek Duo— Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

Christine Ohlman & Rebel Montez— Concert with special guest Matt York, 8 p.m. \$20. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Bethel Park Falls by Jason Pizzarello— Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

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

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

3rd Annual Chris Collins Wiffle Ball Tournament— Event, 10 a.m.-3 p.m. \$100 registration for teams of 3-5 players. All proceeds benefit the Chris Collins Foundation. Rain date Aug. 8. Tuckertown Park, 1268 Tuckertown Road, Wakefield. For more information, visit chriscollinsfoundation.org.

Big Ol' Clambake— Event hosted by Contemporary Theater Company and Casey Farm, 4-7 p.m. At Casey Farm, 2325 Boston Neck Road, Saundertown. For ticket information, contemporarytheatercompany.com.

Joshua Tree Band— Concert, 8-11 p.m. \$10. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestown-rathskeller.com.

Tim Brandt— Live Music, 11 a.m.-1 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

AUG. 8

Bethel Park Falls by Jason Pizzarello— Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Bobby Doyle Summer Classic— Road Race. 5km/5 mile walk begins at 9 a.m., 5-mile run begins at 9:40 a.m. On South Road in Narragansett. For more information, visit bobbydoyleaces.org.

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

Great Outdoors Celebration & Auction— Event, 4 p.m. SKLT Barn, 17 Matunuck Beach Rd. Gather your

family and friends to celebrate South Kingstown Land Trust's 2,900 acres of protected open space while overlooking the beautiful fields at Weeden Farm. For more information or to purchase tickets, visit skly.org.

Evening Sky with Leland Brown— Concert, 5 p.m. \$15 for single tickets, \$80 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

The Outsiders— Film Screening, 9 p.m. \$25. One ticket per carload. Misquamicut Drive-In, Wuskenau Beach Pondsides, 316 Atlantic Ave, Westerly. misquamicut.org.

Rugburn— Concert, 4-7 p.m. \$5. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Mike Giammarco— Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

The Pros from Dover— Live Music, 4 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 9

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

Summer Concert Series: The Ravers— Concert, 6:30-8 p.m. Admission is free. North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

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

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

Glenn Dewell & Family— Live Music, 11 a.m.-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

AUG. 10

NK Arts Council Summer Concert Series: Neal and the Vipers— Concert, 6:30-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 30. For more information, visit northkingstown.com.

Watch Hill Sunset Concerts: Glenn Thomas— Concert, 6-8 p.m. Free. Bay Street, Watch Hill. For more information, visit knickmusic.com.

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

AUG. 10-13

Vacation Bible School at Wakefield Baptist Church— 9 a.m.-12 p.m., \$10 per child for the four days, with a maximum of \$30 per family. 236 Main St, Wakefield. Children ages 5-12 are invited to participate. For questions or to complete a registration form, email Gayle at akasnaylie@gmail.com or phone the church office at 401-783-2472.

AUG. 11 - 15

Washington County Fair— Festival. Gates open at 8 a.m. with most activities and vendors opening at 10 a.m. Midway rides open at 12 p.m. Free parking. Washington County Fairgrounds on Route 112 in Richmond. For

more information, visit washingtoncountyfair-ri.com.

AUG. 11

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

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

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

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

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

AUG. 12

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

Granite City Rock Band— Concert, 6-8 p.m. The Village at South County Commons, 50 S County Commons Way e4, South Kingstown. 284-2951, southcountycommons.com.

NK Arts Council Presents- 2021 Children's Entertainment Series: Atwater Donnelly— Event, 6-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 30. For more information, visit northkingstown.com.

Dirty Deeds— Concert, 8-11 p.m. \$20. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestown-rathskeller.com.

AUG. 13

Bethel Park Falls by Jason Pizzarello— Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Summer Concert Series: James Montgomery Band— Concert, 6-7:30 p.m. Admission is free. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.

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

Soulshot— Concert, 7 p.m. \$15 for single tickets, \$90 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Patio Musical: An Improvised Musical on the Patio— Performance, 9 p.m. \$10. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Roots of Creation— Concert, 9 p.m. Ages 21+. \$15-\$20. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740, For more information, visit oceanmist.net.

Duke Robillard Band— Concert, 8 p.m. \$20. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Silk Road— Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 14-15

Children's Crusade Company — Performance, 7 p.m. North Kingstown Beach, 10 Beach St, North Kingstown. For more information about the project and creative team, as well as a full list of tour dates and tickets, visit www.childrenscrusadecompany.com/tour.

AUG. 14

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

Chicago Tribute- Chicago Total Access — Concert, 8-10 p.m. \$28. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingstown. 782-1018, courthousearts.org.

The Whiskey Treaty Roadshow — Concert, 7 p.m. \$20 for single tickets, \$100 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Crooked Coast w/ DJ XP — Concert, 9 p.m. Ages 21+. \$10-\$15. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740. For more information, visit oceanmist.net.

Nick Bosse and the Northern Roots — Concert, 8-11 p.m. \$5. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Josh Schurman — Live Music, 11 a.m.-1 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

Soule Monde — Concert, 9 p.m. \$20. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Tim Sullivan Duo — Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 15

Joe Macey — Live Music, 4 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

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

Underestimated Prophet — Concert, 4-7 p.m. \$5. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Mary Ellen Casey — Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

AUG. 16

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

Summer Concert Series: Paula Clare Band — Concert, 6:30-8 p.m. Admission is free. North Beach Club, 79

Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

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

AUG. 17

NK Arts Council Summer Concert Series: Reminisce — Concert, 6:30-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 18. For more information, visit northkingstown.com.

AUG. 18-SEPT. 5

Mamma Mia!-2021 Encore — Live Theater, Various show times. \$51-\$72 for subscribers, \$57-\$80 for non subscribers. Theatre By The Sea, 364 Cards Pond Rd., Wakefield. 782-8587. For more information, visit theatrebythesea.com.

AUG. 18

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

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

The North Kingstown Chamber of Commerce Presents: Savor the Sunset — Event, 5:30-8 p.m. \$30. Ages 21+. Casey Farm, 2325 Boston Neck Road, North Kingstown. For more information, visit northkingstown.com.

AUG. 19

Narrow River Band — Concert, 6-8 p.m. The Village at South County Commons, 50 S County Commons Way e4, South Kingstown. 284-2951, southcountyccommons.com.

NK Arts Council Presents- 2021 Children's Entertainment Series: Cool Banana Wig — Event, 6-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 20. For more information, visit northkingstown.com.

AUG. 20

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

Summer Concert Series: Airplay — Concert, 6-7:30 p.m. Admission is free. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.

Patio Musical: An Improvised Musical on the Patio — Performance, 9 p.m. \$10. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Take It To The Bridge — Concert, 8-11 p.m. \$15. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

AUG. 21-OCT. 9

Scaling the Wall — Art Exhibit on display through

August 14. Scaling the Wall features the colorful, abstract work of Allison Paschke and Jacqueline Ott. The vast wall space at the Jamestown Arts Center present an opportunity for the artists to explore ambitious, component based possibilities. Smaller pieces placed throughout the gallery will amplify the shift in scale from very large to very small. Jamestown Art Center, 18 Valley Street, Jamestown. For more information, visit jamestownartcenter.org.

AUG. 21

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

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

Smith's Castle Paranormal Investigations — Event. 7 p.m.-12 a.m. Smith's Castle will once again partner with the Paranormal Legend Society to conduct monthly paranormal investigations in the historic 1678 structure located at 55 Richard Smith Drive in North Kingstown. For reservations call 401-294-3521 or 401-258-1599, or email smithscastle55@gmail.com. The fee is \$35 per person and must be prepaid.

Another Tequila Sunrise — Concert, 8-11 p.m. \$20. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Ed McGuire — Live Music, 11 a.m.-1 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

The Troublemakers: A Tribute to the Allman Brothers — Concert, 8:30 p.m. \$10. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

AUG. 22

Paula Clare — Concert, 4-7 p.m. Free. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Nick Casey — Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

AUG. 23

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

Summer Concert Series: Silver Arrow Band — Concert, 6-8 p.m. Admission is free. North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

Collie Buddz — Concert, 9 p.m. Ages 21+. \$59.50. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740. For more information, visit oceanmist.net.

AUG. 24

NK Arts Council Summer Concert Series: Narrow River Band — Event, 6:30-8 p.m. Admission is free. North Kingstown Town Beach, 10 Beach Street, North Kingstown. Rain Date August 25. For more information, visit northkingstown.com.

Smith's Castle Lecture on the Lawn Series: Christian

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McBurney — Lecture featuring Christian McBurney, historian and author of "Men and Women of Color in WWII Rhode Island," 6-7 p.m. Smith's Castle, 55 Richard Smith Dr., North Kingstown. For more information, visit smithscastle.org.

Watch Hill Sunset Concerts: Soulshot — Concert, 6-8 p.m. Free. Bay Street, Watch Hill. For more information, visit knickmusic.com.

AUG. 25

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

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

AUG. 26

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

Hocus Pocus — Film Screening, 6-8 p.m. The Village at South County Commons, 50 S County Commons Way e4, South Kingstown. 284-2951, southcountyccommons.com.

AUG. 26-SEPT. 17

The Great Art Heist — Art Exhibit. Member donated artwork fundraiser. South County Art Association, 2587 Kingstown Rd., Kingston. For more information, visit southcountyart.org.

AUG. 27

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Mystic Dead with Ghost Mojo — Concert, 6 p.m. \$15 for single tickets, \$90 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971. pumphousemusicworks.com.

Summer Concert Series: CBD — Concert, 6-7:30 p.m. Admission is free. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.

Broken Arrow — Concert, 8-11 p.m. \$15. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Caddyshack — Film Screening, 8 p.m., \$10. Greenwich Odeum, 59 Main Street, East Greenwich. 885-4000, greenwichodeum.com.

Woolly Mammoth & Mac Daddy — Concert, 8 p.m. \$15. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Paul Petit — Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 28

Mark & Dave — Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

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

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

G. Love & Chuck Treece — Concert, 9 p.m. Ages 21+. \$37.50-\$45. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740. For more information, visit oceanmist.net.

Branded — Concert, 8-11 p.m. \$15. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Johnny and the East Coast Rockers — Concert, 8 p.m. \$15. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Lil' Mikey Roy — Live Music, 11 a.m.-1 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

AUG. 29

Bethel Park Falls by Jason Pizzarello — Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

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

Steve Smith and the Naked — Concert, 4-7 p.m. \$10 Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

South County Ukulalians — Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

Ten Rod Ramblers — Live Music, 4 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

AUG. 30

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

Summer Concert Series: King of Hearts — Concert, 6:30-8 p.m. Admission is free. North Beach Club, 79 Boston Neck Rd., Narragansett. For more information, visit narragansettcoc.com.

Doo-Wopp Hall of Fame of America — Concert featuring a nostalgic evening with many original stars from the golden age of Doo-Wopp, 7:30 p.m. \$30-\$63. Theatre By The Sea, 364 Cards Pond Rd., Wakefield. 782-8587. For more information, visit theatrebythesea.com.

SEPT. 1

Johnny and the East Coast Rockers — Concert, 7:30-10 p.m. \$10. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

SEPT. 2-26

Imagining Peace — Art Exhibit featuring artists Ardie Harrison and Nancy Neilsen. The Artists' Cooperative Gallery of Westerly, 14 Railroad Avenue, Westerly. For more information, visit westerlyarts.com.

SEPT. 2

Professor Roots, Free Reggae Thursdays — Concert, 5 p.m. Admission is free. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Jeffery Broussard & The Creole Cowboys — Concert, 8 p.m. \$15 advance, \$20 door. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

SEPT. 3

Hiss Golden Messenger — Concert, 9 p.m. \$25 advance, \$30 door. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070, knickmusic.com.

Summer Concert Series: Jesse Liam Band — Concert, 6-7:30 p.m. Admission is free. Gazebo Park, Beach St., Narragansett. For more information, visit narragansettcoc.com.

Take It To The Bridge — Concert, 8-11 p.m. \$15. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Gary & Linda — Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

SEPT. 4

Joel Beauchemin — Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

The Silks — Concert, 6:30 p.m. \$18 for single tickets, \$100 for a six-person table. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

Awaken: A Tribute to the Music of Yes — Concert, 8-11 p.m. \$29. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingston. 782-1018, courthousearts.org.

Bryant University at the University of Rhode Island — Football, 6 p.m. URI Home Opener, under the lights at Meade Stadium, 25 W Alumni Ave., Kingston, RI. Tickets on sale beginning Aug. 4. For more information, visit theyancenter.com.

Heavy Rescue — Concert, 8-11 p.m. \$10 Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Odeum Comedy Presents: Steve Hofstetter — Comedy, 8 p.m., \$20-\$28. Greenwich Odeum, 59 Main Street, East Greenwich. 885-4000, greenwichodeum.com.

Buddy Cavaleri — Live Music, 11 a.m.-1 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

SEPT. 5

Houston Bernard — Concert, 4-7 p.m. \$10. Charlestown Rathskeller, 489a Old Coach Road, Charlestown. 792-1000. For more information, visit charlestownrathskeller.com.

Gooseberry Road — Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

Joe Macey — Live Music, 4 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282, oakhilltavern.com.

Dan Moretti & Friends — Concert featuring Shawn Monteiro, 5 p.m. \$15. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971, pumphousemusicworks.com.

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SEPT. 8

The Cartells— Concert, 7:30-10 p.m. \$10. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070. For more information, visit knickmusic.com.

SEPT. 9

Southern RI Young Professionals — Networking event, hosted by George's of Galilee. 6-8 p.m. \$5. Ages 21+. George's of Galilee Restaurant, 250 Sand Hill Cove Road, Narragansett. For more information, visit srichamber.com.

BOP (harvey)— Concert, 9 p.m. Ages 21+. \$25-\$30. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740. For more information, visit oceanmist.net.

An Evening with Leann Rimes — Concert, with special guest Johnny Gates, 8 p.m., \$79-84. Greenwich Odeum, 59 Main Street, East Greenwich. 885-4000. greenwichodeum.com.

SEPT. 10 - OCT. 3

FoodWorks — A Multi-Platform Exhibit & Events in partnership with Edible Rhody Magazine. An open photography exhibit juried by John Robson. Wickford Art Association, 36 Beach St., Wickford-North Kingstown. For more information, visit wickfordart.org.

SEPT. 10-12

Native Gardens by Karen Zacarias— Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

SEPT. 10

BOP (harvey)— Concert, 9 p.m. Ages 21+. \$25-\$30. Ocean Mist, 895 Matunuck Beach Road, South Kingstown. 782-3740. For more information, visit oceanmist.net.

Greyhound Dream— Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282. oakhilltavern.com.

SEPT. 11

Pete V Duo— Live Music, 6:30 p.m. Oak Hill Tavern, 565 Tower Hill Road, North Kingstown. 294-3282. oakhilltavern.com.

2021 R.I. Calamari Festival — Event, Veteran's Park, 35 Ocean Road, Narragansett. For more information, visit narragansettcoc.com.

Earth, Wind & Fire Tribute Band — Concert, 8-11 p.m. \$32. Courthouse Center for the Arts, 3481 Kingstown Road, West Kingstown. 782-1018. courthousearts.org.

Playing Dead-Tribute to the Grateful Dead — Concert, 8 p.m., \$20. Greenwich Odeum, 59 Main Street, East Greenwich. 885-4000. greenwichodeum.com.

Folk U.— Live Music, 11 a.m.-1 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

Kittel & Co. — Concert, 7 p.m. \$20 bar room, \$30 stage room. Pump House Music Works, 1464 Kingstown Road, South Kingstown. 824-9971. pumphousemusicworks.com.

SEPT. 12

South County Ukelalians— Live Music, 1-3 p.m. Java Madness, 134 Salt Pond Road, Wakefield. For more information, visit javamadness.com.

SEPT. 14

Smith's Castle Lecture on the Lawn Series: The Sea View Trolley Company and Smith's Castle — Lecture, 6-7 p.m. By the turn of the century, the Narragansett Pier had become a popular daytime destination for Rhode Islanders, thanks largely to the scenic and affordable Seaview Trolley Company that ran from East Greenwich down to the Pier. Historian and author Brian Wallin will discuss the history of the trolley and the track that carried the trains past Smith's Castle. Bring your own lawn chair. Water will be provided. \$5 Donation requested. Smith's Castle, 55 Richard Smith Dr., North Kingstown. For more information, visit smithscastle.org.

SEPT. 15

Cherry Pie— Concert, 7:30-10 p.m. \$10. The Knickerbocker Music Center, 35 Railroad Ave., Westerly. 315-5070. knickmusic.com.

SEPT. 16

The Motels — Concert, with special guests The Benji's, 8 p.m., \$40. Greenwich Odeum, 59 Main Street, East Greenwich. 885-4000. For more information, visit greenwichodeum.com.

SEPT. 17-19

Native Gardens by Karen Zacarias— Performance, 7 p.m. \$20. Contemporary Theater Company, 327 Main Street, Wakefield. 218-0282. contemporarytheatercompany.com.

Misquamicut Fallfest Weekend 2021— Event. \$9 advance, \$10 at the door, Kids under 7 are free. Misquamicut State Beach, 257 Atlantic Ave, Westerly. misquamicut.org.

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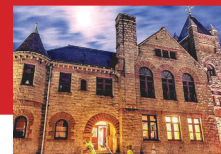


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FRI, OCT 22nd • 7:30 PM
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Charlie Hall Comedy

FRI, NOV 5th • 7:30 PM
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SAT/SUN, FEB 18th & 19th • 8 PM
MOON DANCE

Van Morrison Tribute

SAT, JAN 22nd • 8 PM
SONS OF SKYNYRD
Lynyrd Skynrd Tribute

SAT, MAR 5th • 7:30 PM
AGING DISGRACEFULLY
Charlie Hall Comedy

SAT, MAR 19th • 7:30 PM
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They say you never get a second chance to make a first impression and for Becca Cavanagh and Ryan Walsh, when it came time to find a venue for their May, 2021 wedding, there was only one place they had in mind: The Towers in Narragansett.

"It was the first and only venue we looked at in person," Becca says. "We browsed online at venues, when Ryan remembered a beautiful landmark called The Towers. We scheduled a tour, and we put down a deposit right after. It felt right. I also love the ocean, so it was a win all around."

There was no better place for the pair to say "I do."

Becca and Ryan were married on a warm spring afternoon down by the water in Narragansett and whether it was their sweet and sentimental first look on the rocks by the ocean, their fun formal photos in the middle of Ocean Road or the touching lantern lighting they had to honor a family member who recently passed away, the all-in-one location was the perfect spot for this pair to become husband and wife.

Ryan and Becca met in the summer of 2017

through the dating site OKCupid. The pair were engaged on their second dating anniversary in December, 2019 when Ryan woke up the morning of and wasted no time in popping the question.

Becca chose an Allure gown from Vows Bridal in Watertown, Massachusetts and says she knew right away it was the dress for her.

"It was the third dress I tried on," she says. "It felt perfect for the look I was envisioning and it fit perfectly. I only had to get it hemmed. It was also on Tax Free weekend in Mass, so the luxury tax was waved!"

Becca's maid of honor wore a burgundy floor length dress with flowy, short sleeves from David's Bridal while Ryan's best woman chose a blue, knee-length dress from Macy's that was perfect for the unseasonably warm mid-May event.

Becca chose sunflowers and burgundy roses for her bouquet and the centerpiece flowers matched the maid of honor's bouquet with burgundy roses.

Becca and Ryan were also thrilled with the way their cake came out as the pair said choosing a marble dessert with fudge and chocolate ganache drop from Wright's Dairy

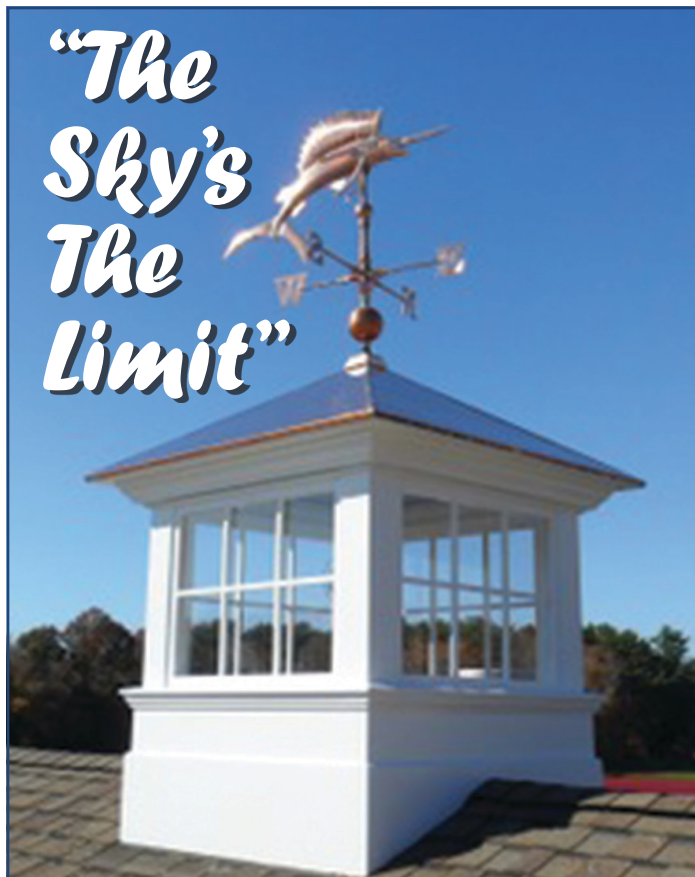
Farm was the "obvious choice."

Though planning a wedding during a global pandemic was far from easy, the pair adjusted to social gathering restrictions and had a beautiful, intimate ceremony inside the Towers with 40 of their closest friends and family members. The reception was a nice, carefree night of dancing under the string lights of the famed building and exactly what the bride and groom always envisioned.

So what advice do the newlyweds have for future brides in South County?

"I know wedding planning is stressful, but try your best to enjoy being engaged, there is only so long you can refer to them as your 'fiancee.'" Becca says.

BRIDAL GOWN: Allure, Vows Bridal, Watertown, Mass.; BRIDESMAIDS' DRESSES: David's Bridal, Westwood, Mass.; TUXEDOS/SUITS: Robert's Tuxedo, Attleboro, Mass.; RINGS: Kays Jewelers; INVITATIONS: Vistaprint; REHEARSAL DINNER: La Masseria, East Greenwich, RI; HAIR: Katelyn Jane, Blushing Bride RI; MAKE-UP: Jerri Calenda, Blushing Bride RI; NAILS: VIP Nails, North Providence, RI; FLOWERS: Frey's Florist and Greenhouse, Providence, RI; CATERER: Emery's Catering, Warwick, RI; CAKE: Wright's Dairy Farm; DJ: DJs Renell and Kevin Jean; PHOTOGRAPHER & VIDEOGRAPHER: Pretty Nerdy Photography; GUEST ACCOMMODATIONS: Aqua Blue Hotel.



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