

NEWPORT

Neighbors

NEWPORT INTERNATIONAL BOAT SHOW: POWERED BY WOMEN



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Rise in the Art World

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JUNE 2019

ONE YEAR OF HEALING: THE PRESERVE INFRARED SAUNA

BY KALEN ARREOLA

Welcome to The Preserve, a place where you can relax in a calm and peaceful environment, using infrared therapy. The name is exactly what it sounds like - preservation of your body and mind. The Preserve opened in June of 2018, and they've been serving health and wellness to the Newport community and beyond, through infrared technology ever since.



Co-Owners Laurel Handel Polselli and Diane Dailey.

Infrared therapy allows your body to detox, burn calories (between 300-600 per session) obtain mental clarity, revitalize your skin, help with muscle soreness, skin purification and more. The benefits of a deep sweat are vast along with the added bonus of chromotherapy (light therapy). It is also a nice, peaceful experience where you can connect your cell phone to the Bluetooth and listen to your personal music of choice, a podcast or simply meditate -- whatever helps you get to your place of relaxation while you enjoy the infrared sauna.

The infrared lights are actual lights that are invisible to us. Chromotherapy is a method of treatment that uses the visible spectrum (colors) of electromagnetic radiation to cure

diseases. Chromotherapy or light therapy is incorporated into the infrared treatments using the color of light to bring the body into homeostasis (balance).

Each color provides a different physical and emotional response. For example, red brings warmth, energy, and stimulation while violet promotes clarity and stimulates the lymphatic system. The customer chooses the color before entering the sauna.

People experience infrared light every time they feel the heat of the sun on their skin or the warmth of a campfire. Technically, the experiences are thermal infrared light. The way infrared therapy is different is its exceptional ability to penetrate far below the top skin layers without the harmful UV rays. That means an infrared sauna can warm your body to a much greater depth and much more effectively than a conventional sauna. This critical difference explains many of the unique benefits people see every day.

Recently, we added another proven treatment, a detox foot bath. A detox foot bath is used to purge your system of heavy metals, give a more balanced pH level, reduce inflammation, and detoxify the liver while enhancing the immune system and more.

The owners and founders, Diane Dailey and Laurel Handel Polselli, first met because of their real estate careers. The two have been in real estate for 21-plus years combined and are still actively practicing. Soon after they met, a bond formed over their mutual love and curiosity for skin health, wellness and overall enjoyment of learning new and effective ways of living a healthy lifestyle.

"I discovered infrared saunas because of a massage I had years ago," said Diane. "The masseuse had an infrared sauna in her studio. I left feeling like a new person. Because I felt so amazing after the treatment, I started researching infrared therapy and discovered it wasn't really big here on the east coast. Many people have never heard of it."

Diane loved the treatments so much, she started using infrared two to three times per week. Through personal research and her visits, she



One of the double saunas at The Preserve.

discovered all of the benefits she had read about were completely accurate.

Diane was born and raised in Narragansett. She attended the University of Rhode Island (URI) and later attended Roger Williams Law before obtaining her Real Estate License in 2001.

She has always been interested in health and wellness and was into sports growing up. She started long distance running and working out five to seven days per week after sports ended. She still plays on a volleyball league and loves being healthy and getting in a daily workout. Of course, she has now incorporated a daily sauna session as well.

Laurel was born in New Hampshire and was initially brought to Rhode Island to attend URI. Her love for Rhode Island and everything it offers was what made her stay and create a home here.

After meeting Laurel, Diane soon recommended infrared saunas to her, and through Diane's recommendation, Laurel tried the infrared sauna and soon realized why Diane loved it so much. Unlike other treatments that take time to feel if it's working or not, you can feel the benefits of the infrared sauna after just one time and like Diane, Laurel was hooked.

Diane and Laurel started sharing with friends and family the benefits of the infrared sauna, both physically and mentally, and one day a lightbulb

went off for them both.

Why not open a business and spread the word to help people?

"Our biggest inspiration and enjoyment from our business is how great people feel when they leave here," said Laurel. "Our clientele is vast which just goes to show how effective infrared therapy truly is. Some are battling health ailments such as Lyme disease, COPD, SAD, chronic headaches; others have skin issues, muscle soreness and injuries leaving them unable to work out and sweat. People are finding relief from depression and high toxicity/heavy metal levels; helps with weight loss and the list goes on."

Diane agrees, "We are proud that we opened this business and can help people. When something really works, it needs to be shared to help everyone and this truly works!"

The pair plan to expand and offer other health and wellness treatments, and products, so keep checking back to see what they're up to. They have always committed to testing everything themselves first. That is an essential part of their business.

"We want to make sure we are helping people," they said. "Business comes second."

For more information or to schedule your session, visit www.thepreservenewport.com and be sure to follow them on Instagram @thepreserve_newport.



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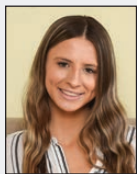
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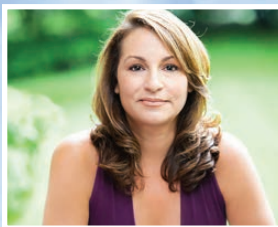
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HELLO RESIDENTS,

I hope this issue finds you well and finally enjoying the benefits of Spring living! May was tough on us with the typical ups and downs of New England weather, but I'm sure none of us would trade it for any other place to live.

June is always a big turning point for so many because children are finishing up their primary and secondary school years and the college students are returning home.

My daughter came home last month and the house is full of life again! I love it! It's also time for graduations and celebrations! There's a great article in here about how to be a successful graduate. Personally, I think the advice can apply to anyone at any point in their life. It's a well-written piece by one of our own residents. I also love and am super excited about our cover this month as we showcase amazing women who literally work all year to bring the Newport International Boat Show to us each fall.

I chose to do an interview style format for their article so we could dig a little deeper into what it takes to put a show that size together. I hope you enjoy reading it as much as I enjoyed meeting and talking to these accomplished women. Also, locally born and raised artist Mia Tarducci is making a name for herself in the high-end art world. There are so many creative, smart people accomplishing incredible things here on our island so if you know anyone that you think we should feature, please let me know.

As always, I want to thank the businesses in the magazine that makes it possible for us to mail this to you and we hope you can support them in return. For example, I highly recommend the private pizza making class at Surf Club; it's a fun way to break up your week. And the half-priced menu nights at Nikolas Pizza is a great excuse to not cook one night!

Feel free to contact us for story ideas, we encourage you to be a part of your *Newport Neighbors*.

Best,

Tanja M. Lynch, Publisher

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In our May issue of Newport Neighbors, in the Meet The Ferrara Family article, Brianna went to Rogers High School in Newport, not Roger Williams. Simone took a position at a five star dining restaurant, not Nico and Simone "loves the idea of the underground feel of pop-ups" not Nico. In The Art of Eating Local article, twice a month these two entrepreneurs Ian Martin, Patrick Murphy join forces with Brianna and Chef Simone Ferrara to create intimate five course pop-up dining experiences. And the Art of Eating Local is BYOB with suggestions made based on the evening's menu selection. We apologize to The Ferrara Family and The Art of Eating Local and to our readers for these errors.

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To learn more about becoming an Expert Contributor in your field, contact Tanja Lynch at TLynch@BestVersionMedia.com or call 401-236-2795.

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Gail in her office holding up the covered boat show tote.



Rosie at work with Nancy.

NEWPORT INTERNATIONAL BOAT SHOW: POWERED BY WOMEN

An Interview with Nancy Piffard, Director of the Newport International Boat Show.

BY TANJA LYNCH

Can you give us a brief history of the Newport International Boat Show?

In 1970, a recently discharged naval officer, Paul Dodson, established the Newport Sailboat Show which took place at Goat Island Marina. It grew in size and popularity over the next ten years and subsequently moved to Ft. Adams State Park. Toward the end of the decade, it had outgrown the Ft. Adams location and in 1979 relocated to the Treadway Hotel on Newport's downtown waterfront (now called the Newport Harbor Hotel & Marina). The public and exhibitors favorably received the downtown venue, but it presented a variety of logistical challenges and a new site needed to be secured.

Newport Harbor Corporation owned land on the

downtown waterfront and was evaluating development plans for the property. They purchased the Newport Sailboat Show from Mr. Dodson and created a "Yachting Center" on their waterfront property to both house the boat show in a permanent venue and provide other marina related services and facilities. The first show at the 'yachting center' site - now officially called Newport Yachting Center & Marina took place in 1980 and was renamed the Newport International Sailboat Show (NISS) to reflect the growing number of international boat builders and manufacturers participating in the show.

Over the following decade, a "Newport Powerboat Show" was established following the sailboat show each fall, to give powerboat manufacturers

and enthusiasts a marketing venue also. But when the national economy faltered in the early 1990s, the sailboat and powerboat shows were consolidated into one 'Newport International Boat Show' (NIBS). NIBS is now celebrating 49 years and is the largest in-water boat show in the country, covering more than 13 acres along the downtown waterfront.

Marine-based companies from all corners of the world participate in the show, and thousands of boating enthusiasts attend each fall. It is one of the busiest annual events in the city and a boost to local businesses. Newport is a logical and magical location for a world-class boat show. With the cooperation of the city's political and business leadership, it has grown into a significant economic engine for both Newport County and the state.

Give us a brief description of your team.

We all have many years vested in the boat show, but here is a snapshot:

Nancy Piffard: Lives in Newport and has held the position of Show Director for 19 years- Her responsibility is to manage staff and oversee the 'big picture,' i.e., sales, marketing, operations, show programming, vendor and lease negotiations.

Gail Alofsin: Lives in Newport and has worked for Newport Harbor Corporation for over three decades. Her current position is Director of Corporate Partnerships and Community Relations, and she is responsible for sponsorship sales, marketing, and activation.

Lisa Knowles: Lives in Middletown and has been the Senior Sales Manager for over 24 years and is responsible for exhibitor sales, site layout, and navigation.

Jocelyn Emory: Lives in Jamestown and has been the Marketing and Communications Manager for over 11 years, overseeing all marketing strategies and initiatives.

Michea Kiely: Lives in Barrington and has been an Account Executive for seven years, working on exhibitor sales and placement with Lisa.

As women, how is it navigating a career in the marine industry, what motivates you?

It's unanimous, we love our jobs and the company we work for, Newport Harbor Corporation, which is an ESOP company and 100% employee owned! Working in the marine industry is interesting, challenging, fun and always evolving. We deal with companies from all over the world. As with any career, if you know your job and all facets of the industry you work in - trust and respect will follow. We feel we have earned that status with our exhibitors and sponsors. Keeping an eye on the details, providing excellent customer service and creating a great experience for everyone is who we are as a team.



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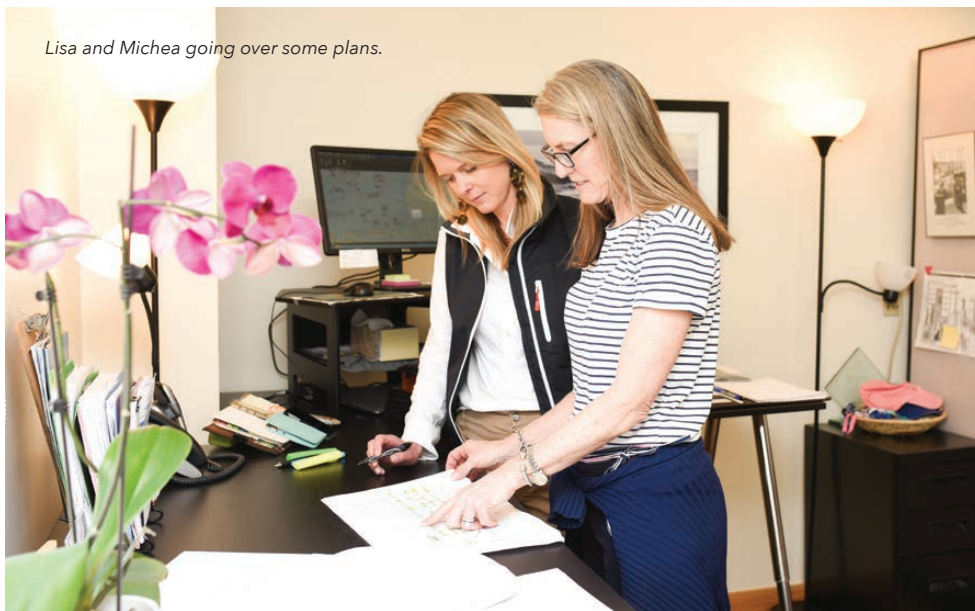


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Lisa and Michea going over some plans.



We are motivated by positive feedback from our attendees, exhibitors, and sponsors regarding how they feel about the show. When we hit all markers; exceeded sales goals, ticket sales were up, and our marketing efforts brought in a 'buying crowd' -- it's a win.

Besides you four, how many people do you hire to work the show?

Approximately 250 temp staff are hired to work the show each year. Positions include servers, bartenders, site operations, sponsorship activation, ticket sellers, marina stage in, out, Gates and show office, information specialists, etc. That's not counting the police and fire detail that needs to cover the sites and handle traffic.

It takes an entire year to put the show together, what does it entail and why do it in September.

As soon as the show ends, after reports are processed and sales reconciled- we take a few days to recover - physically and mentally- and then turn our focus to the following year. There are always 'lessons learned' and processes to improve. We head into strategy sessions and budget season which takes us through the fall. In January, the sales process begins again; our marketing strategy is measured and analyzed, and operational changes are implemented.

How long does it take to put the show together and why is it held in September?

It began 49 years ago as an annual event. September is also a time when marine manufacturers launch new boat models which they debut at the Newport show.

The Newport show kick's off the fall boat show circuit. From Newport, exhibitors head to Norwalk, Annapolis, Ft. Lauderdale, Miami, Palm Beach, and then it starts all over again.

What has contributed to the boat shows success over the years for vendors, attendees, and sponsors?

Newport itself is a major contributor. It is a city with deep sailing and yachting roots- which naturally draws boating enthusiasts each year. Having many brands on display at the show provides attendees the opportunity to shop and compare - and even demo a boat. Attendees also appreciate a destination where they can come for the day or stay for the weekend. There is so much to see and do in Newport.

Exhibitors and Sponsors participate because they see a return on their investment. There are 'buyers' at the show - so they continue to make NIBS a part of their yearly marketing plan.

More than 40,000 people visit each year. It's one of the largest in-water shows in the United States and is well respected among the marine industry. In addition to the yachts and marine related products for sale at the show, corporate sponsorship positively enhances the guest experience - from hospitality lounges and exposure to non-endemic companies; to sampling new food and beverage products. Successful sponsorship is focused on relevance, reputation, and relationships - essential in all businesses.

Who are the shows attendees?

Typical - are the existing boaters. Whether they are into power or sail - they come to the show to see what's new and innovative, to purchase new gear, electronics, or accessories for the boat they already have, to go bigger, scale down, shift into sail, or into power. Hardcore boaters might attend all four days - just to make sure they didn't miss a thing! And there are those who want to try boating - so they'll take an in-water course offered at the show or attend our educational seminars.

However, some attendees just come for the atmosphere, to dream, and to have fun on the waterfront!

How do the residents of Newport feel about the show? Does the Town support you? How does it impact the city and overall state?

We hope the residents feel good about the show. No doubt the traffic can be frustrating, but there is an excitement in the air. Working with town officials, fire and police has been a very positive experience. They are great about accommodating our needs and helping us obtain the right permits. There is a significant, positive economic impact on the city and state during boat show week. The event brings in thousands of visitors from all over the world; they stay in hotels, eat in our restaurants and use various services such as printers, salons, hardware stores, etc. All good for the local businesses. We also hire local electricians, food vendors, tent companies, etc. every year.

Will the new hotel affect the show? If so, how?

The new hotel will be in the construction phase for the 2019 show. Its location is where we had a large show tent housing 123 exhibitors and sponsors. We were aware of the hotel plans far in advance and had time to identify new space for those needing to be relocated. When the hotel is complete, it will be incorporated into the show. It will be a perfect location for exhibitors and attendee to stay, it will have a beautiful terrace for networking and for industry receptions, etc. We are very excited to see the finished product in 2020 and feel it will enhance what we already have.

What is your camaraderie like? How do you celebrate the end of a successful show?

We respect, like, and care about each other and work well as a team. We have been together a long time and recognize each others' strengths and differences. When the show is over - and it was successful- there is a sigh of relief and appreciation for what is accomplished. We are also exhausted mentally and physically - and need to get some rest. After that - its lunch at Castle Hill!

Tell us about your mascot.

That would be Rosie. My seven year old Bernese Mountain Dog. She's been a part of the team since she was twelve weeks old!

Stay tuned for more information on the specifics of the 2019 Newport International Boat Show coming September 12-15 in our August issue. Meanwhile, you can go to www.NewportBoatShow.com.

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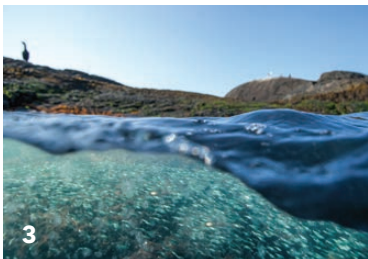
1. School of baitfish swims through a rocky shoal along Newport's shores

2. Downtown in the early evening

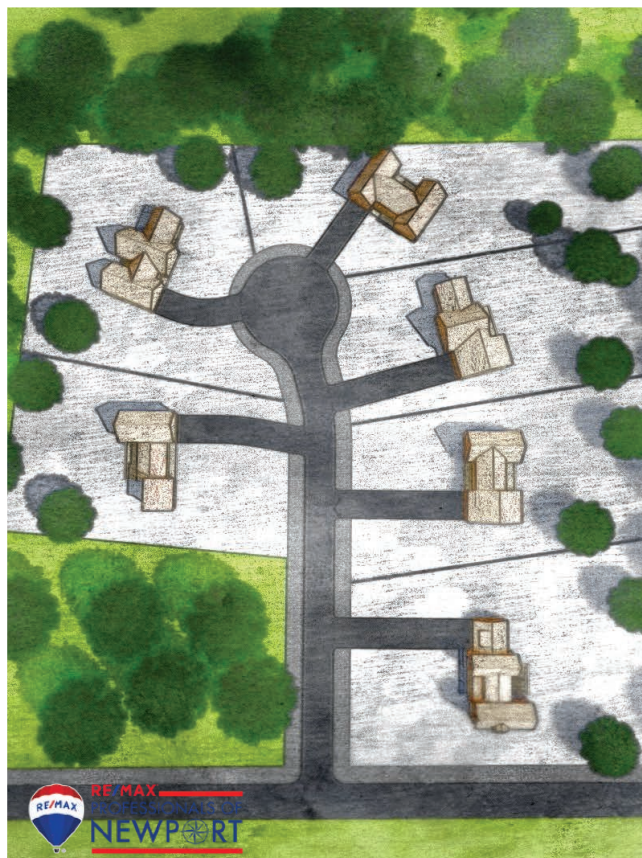
3. A cormorant watches from the rocks as a school of bait swims in the shallows beneath it

4. Native seaweed suspended in a water column during slack tide

5. Sailing Under the Pell



Dave Gleeson grew up on Aquidneck Island and fell in love with our coastline and all of the amazing scenes it has to offer. He tries to capture that in his photography, and his photos reflect the powerful influence that the ocean has on him. One of his favorite things to do is to free dive; he enjoys the challenge that underwater photography brings—particularly when he's not using any tanks to capture images. "Diving without air allows me to get closer to my subjects without bubbles to disturb them." You can follow Dave on instagram @DVGleeson80 or go to www.DaveGleeson.com for more.



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ANOTHER HAPPY ENDING

BY JOE WARZYCHA,
PRESIDENT RISPCA

Who doesn't love a happy ending?? That is what we aim for at RISPCA! Meet "Toy," a six-year-old miniature stallion. In April, we responded to a complaint of Toy being severely neglected by his then owners. His neglect kept him in constant pain and unable to walk. We summoned a vet to the scene to exam the stallion and he confirmed that his condition was a direct cause of his owners not providing him with adequate care for him to grow and be healthy. He was immediately placed under our care and later the owner voluntarily relinquished ownership of Toy allowing us to put him up for adoption. As of April, Toy is living with his new family in Middletown; he is getting his well deserved happy ending. We received an overwhelming response from the public and



were able to place him with his new owners in Middletown.

His new owner has reported that he is well on his way to recovery and settling in quite nicely. Proper care and of course, love, can change these neglected animals' lives. The RISPCA is currently collecting donations to help offset the cost of Toy's veterinary care which will be a long road but he's well on the way.

The RISPCA investigates hundreds of animal cruelty complaints every year throughout Rhode Island. It is our mission to continue the fight against animal cruelty and to speak for those who cannot speak for themselves.

*To help Toy and other animals like him,
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THE HEALING PROPERTIES OF CBD AND WHY I LOVE IT

BY JANELLE LAURITO

Twelve years ago I started experiencing anxiety regularly. It got so bad that I would wake up in the middle of the night with panic attacks. If you've ever experienced this, you know it is terrifying! The first time it happened, I thought I had a heart attack.

I started seeing a therapist and was prescribed medication to help manage my day-to-day anxiety. After several years, and lots of personal development work, I was able to wean myself off medication entirely. Fast forward to now – I'm still on no medication and have only experienced a handful of minor panic attacks in the last year. While I have a whole self-care tool kit of preventative and healing modalities, Cannabidiol (aka CBD) is one of my go-to's for helping me manage my anxiety and stress.

Like many others, I've experimented with medicinal marijuana for the calming and psychoactive effects (aka the high) as escapism and to help ease my anxiety. These days, I rarely enjoy the impact of that high because I like my mind to stay present

and alert. If you've ever experienced anxiety or even very high-stress situations, then you understand the sincere desire of staying calm, relaxed, and in control. This desire to remain calm and clear-headed is one of the main reasons why I love CBD – your mind and body relax without the euphoric high.

Cannabidiol is naturally found in the Cannabis (hemp) plant. It does not contain THC (tetrahydrocannabinol), the part of the Cannabis plant that contains the psychoactive properties that cause the high. CBD is extracted from the hemp plant through varying processes that include grounding down the hemp plant and oxidizing the grinds to yield a wax-like oil. The oil is then used to create hundreds of different products you now see in the market.

The CBD industry is an estimated \$1 billion industry. From oils and lotions to dog treats and lollipops, CBD products are showing up all over the place in dispensaries, yoga studios, cafes, and even doctors' offices. Last June the FDA approved

the first prescription pharmaceutical drug, Epidiolex, an oral solution that treats seizures associated with epilepsy.

I love seeing medications made with truly natural, plant-based ingredients – supporting the idea that a plant-based drug can aid in our health and wellness without the use of psychoactive, harmful components.

Some local wellness and yoga studios also carry CBD products. Tenth Gate Yoga Studio owner Reinette Fournier started selling CBD after experiencing several of her skin conditions going into remission.

"I was so impressed with the company and the product that I decided to be a distributor," said Reinette. "The testimonials that come in from my clients are truly amazing...and for all kinds of conditions. I have clients whose panic and anxiety attacks have diminished; and clients in chronic pain who experienced almost immediate relief. [Clients are sharing how] it has helped those with seizures, insomnia and so much more."

The Preserve Infrared Sauna Co-owner Laurel Poleselli also takes CBD oil occasionally to help with her sleep. "Taking CBD oil an hour or so before I want to doze off, helps me get into a relaxed state. My mind stops wandering, and I can

settle into my bed before drifting off to sleep. When I wake up in the middle of the night before my brain "clicks on," I can drift back to sleep quickly, so I wake feeling more rested and ready for the day," she says.

I ingest CBD oil daily, primarily before going to bed as well. It helps calm me down, brings my body more quickly into rest and digest, and helps me sleep more deeply. In this regard, I think of it as a preventative self-care modality, but I also take it as a healing tool during the day if I am feeling uneasy or anxious to calm my mind and body down immediately. I had foot surgery several months ago, so I've also used lotions and salves to help reduce inflammation and joint pain.

While I don't have a pet myself, many of my friends give their dogs CBD treats to help ease their symptoms with digestion and stress. It's pretty amazing to see and feel the spectrum of benefits CBD provides both us and our pets!

You can try CBD oil yourself and experience the therapeutic properties. Visit Tenth Gate Yoga Studio or The Preserve Infrared Sauna for their organic, clean products.

For questions, inquiries, or to learn more about living well, visit www.livewellwithjanelle.com.



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BY KARA MONTALBANO, DIRECTOR OF MARKETING & COMMUNITY RELATIONS AT POTTER LEAGUE

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CALENDAR OF EVENTS

JUNE

ONGOING EVERY WEDNESDAY
After5 Beach Cleanup with Clean Ocean Access
@Surfers End/Second Beach, Middletown
Time: 5-6pm
Cost: Free

ONGOING EVERY THURSDAY
Green Drinks Newport
@Bike Newport
Every month people who work in the environmental field meet up at informal meet-ups known as Green Drinks. These happen all over the world, and there is one right here in Newport! Time: 5:30-7:30pm
Cost: Free

ONGOING WEEKLY EVERY FRIDAY
Women's Ten Speed Spokes Ride
@Ten Speed Spokes, 18 Elm St, Newport
Time: 6:30am - 7:30am
Cost: Free

THURSDAY, JUNE 6
Clean Ocean Access World's Ocean Day Fundraiser
@Easton's Beach Rotunda
Help, protect, honor and conserve the world's oceans including our own. Enjoy music, catered dinner and drinks.
Time: 6-9pm
Cost: \$60 per person
Register at www.cleanoceanaccess.org/world-oceans-day.

WEDNESDAY, JUNE 12
NewportFILM
@Jane Pickens Theater
"Maiden" tells the story of Tracy, a 24 year old cook on charter boats who became the skipper of the first ever all female crew to enter the Whitbread Round the World Race in 1989. NewportFILM is partnering with 11th Hour Racing and IYRS on this film that will be followed by an exciting Q&A
Time: 6:30pm
Cost: \$15.00
Tickets: www.newportfilm.com

SATURDAY, JUNE 15
5K Walk or Run
@583 Third Beach, Middletown
Run, jog, or walk your way past beautiful views of Second and Third Beach and Norman Bird Sanctuary's rolling fields and rocky ridges while

the birds cheer you on! Kids can join the fun by registering for the Frosty Freez Kids' Run. Join us back at the Sanctuary after the race for refreshments and the awards ceremony with live music by Newport Sound & Entertainment. A major fundraiser for Norman Bird Sanctuary, this race also honors the memory of David Leys, Jr., a native islander and great friend who helped create this special event. After a courageous five year battle against ALS, Dave passed away in August of 2017.
Time: 8:30am
Cost: Varies
Register before May 31 at racewire.com/register.php?id=10218.

WEDNESDAY, JUNE 12
Aquidneck Land Trust Summer Trolley Tour
@790 Aquidneck Avenue, Middletown
Hop on the trolley at their office parking lot. Join Aquidneck Land Trust for a fascinating guided tour of Aquidneck Island and see firsthand some of the important properties that ALT has conserved since its founding in 1990. We stop at ALT-conserved Sweet Berry Farm for a delicious wine and cheese reception before returning to our offices.
Time: 4:45-7pm
Cost: Free for members, \$10 for non-members. Register now and bring a friend! Limited seating.

THURSDAY, JUNE 13
East Bay Community Action Program, 16th Annual Seaside Gala Fundraiser
@Castle Hill Inn, Newport
The event draws inspiration from horse racing's elite events, will begin at 5:30 pm with a cocktail hour and silent mobile auction, followed by musical entertainment by the Larry Brown Swinglane Orchestra, dinner, and an awards presentation. With Honorary Chairperson The Honorable Gina M. Raimondo Governor of Rhode Island
Time: 5:30-9:30pm
Cost: \$125 per person
Register at www.ebcap.org.

THURSDAY, JUNE 20
Newport Historical Society's Annual Meeting and Awards Ceremony
@Colony House, Washington Square, Newport

Celebrate the launch of the book "Ardent Advocate: Selected Letters of William Ellery from the Newport Historical Society Collection."
Time: 4-6pm
Cost: Free and open to the public.

MONDAY, JUNE 17
Aquidneck Land Trust Golf Tournament Fundraiser
@Newport National Golf Club
One of the 80 properties under the ALT permanent conservation, this 350-acre course was rated the number one public access course in New England by NE Golf Monthly. Cocktail and award reception to follow.
Time: Noon lunch, Shotgun at 1pm
Cost: \$250
Register at www.ailt.org or Contact Laura Friedman to LPedrick@ailt.org or (401) 847-2700 ext.18.

SATURDAY, JULY 20
Women, Words and Water Book Launch
@SIREN Women's Cooperative
Inspiring recipes and stories from the Ocean State book created by SIREN Women's Cooperative. We will have tea, pastries, and a brief speaking program to introduce you to our "labor of love" book project. Books will also be available for sale at a discounted rate on this day. Sales from the book benefit our Ready to Work Exchange where we mentor women to develop job-interview skills.
Time: 10-11:30am
Cost: \$15 SIREN members \$20 non-members
Contact SIREN. Cooperative@gmail.com for tickets.

SATURDAY, JUNE 22
Light Up Your Summer
@Newport Shipyard
featuring The Rose Island Lighthouse
Put your boat shoes on and enjoy a casual evening at the shipyard of local fare and a boat ride over to tour The Rose Island Lighthouse.
Time: 5-8pm
Cost: \$150 per person
To register, call (401) 847-4242.
Visit www.roseisland.org.



Bike Newport staff (left to right) Jordan Miller, Clare Woodhead, Tara Brennan, Allyson McCalla, Bari Freeman, and Alice Cialella.

BIKE NEWPORT BUILDS MORE THAN BIKES

BY KALEN ARREOLA

If you meet Bari Freeman, the executive director of Bike Newport today, you'd never know she moved to Newport during the worst part of the economic crisis -- without a job. With a "beater" bike to get her around town, she quickly recognized the city as a wonderful place where biking could become more popular.

And that idea began to grow -- and spread.

"I had a nonprofit management background and found people who clearly were in agreement," said Bari. It didn't take her long to get the wheels turning.

Bike Newport's mission is to create the conditions that lead to more people biking more often and to ensure bicycling is a viable, safe, comfortable primary choice for transportation and recreation.

The organization started out in 2010 as just a gathering of like-minded cyclists, and one short year later, it was incorporated. One of the first efforts included local bike racks and getting the community to sponsor them.

"We started 'Bike to Work Day' in 2011," said Bari. "Businesses stepped up and sponsored racks ... and there was a very obvious need. Newport is seven square miles, and you can bike and walk anywhere. The more people who bike, the better the Newport experience is, and the less damage we do to the historic landscape of the area."

In 2012, the organization was fully funded. Using these funds, the organization obtained an office location and staff members.

"Bike Newport now has two locations. We've been at the first location for more than two years after moving around a bit," said Bari. "Activities were located all over, but now we have a larger space dedicated to the community. Anyone can work on their bikes, and reuse old parts."

Instead of dropping off old bikes to have someone fix it for them for a fee, the concept is that riders repair their bikes themselves, donate old bikes and people can even mix and match parts as necessary.

"We get greasy together -- all ages, genders, languages, everyone just helps each other," said Bari. "You never know who has more experience because it's a helper community."

They have a basement filled with bikes, and every year there is an influx of hospitality workers who work in the area and use them during summer. People who donate keep these bikes out of the waste pile, and offer free transportation to those who help foster the local economy.

Not only can people fix their bicycles, but they can also learn the rules of the road in Newport, and receive training on safety.

Any group can ask for bike training for a group of eight, and then we get them to 'converse, motivate, and ride,' she said. "We want to stop people from getting worried about riding bikes; verbally address concerns; and motivate each other by learning how to better communicate, make eye contact, and we go for group rides together to learn how to ride in town."

Everyone and anyone can participate in cycling. Elliott's

Ride for Everyone, a community event is a car-free ride on the iconic Ocean Drive in Newport. Bike-On, a RI-based company, brings adaptive bikes to the event for people in wheelchairs so they can experience the joy of biking along the ocean with their families and friends.

"Learning disabilities, mental health issues -- kids who have autism -- they also love bikes so much,"



Bari and Tory riding an adaptive bike with wheelchair platform at Farm to Farm Ride 2019 - a ride with no cars.

said Bari. "These children visit the center with their school. They especially love to learn about bike mechanics, and often bring parents back after their visit to continue the experience."

One woman named Antoinette showed up at Bike Newport about a year ago, and said, "I really want to ride a bike." She had grown up in Haiti, lived in Europe, and settled in Newport. She was retired and never learned to ride a bike. At Bike Newport, she found a vintage British bike that reminded her of her youth, restored it, and learned to ride it, all with the help

of staff and volunteers. Now she is a dedicated Bike Newport volunteer and supporter.

It's stories like Antoinette's that happen all the time



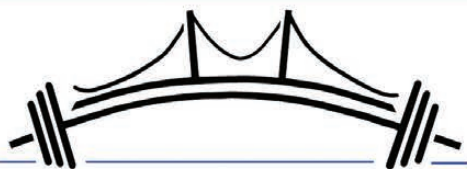
Thompson Middle School students learning in the Bike Garage.

at Bike Newport. People come together for exercise, fun, and community. One other way they help the greater community is through safety awareness.

"We are all drivers, bikers, and walkers in some way. We need to connect, be present, be safe, and learn how to communicate with each other to prevent crashes," said Bari. "If we teach kids from a young age, we'll have a generation who is communicating well on roads."

Bike Newport is a nonprofit organization and they are always in need of volunteers, donations of bikes, funding, and business sponsors to continue its incredible work in the community.

For more information
visit www.bikenewportri.org.



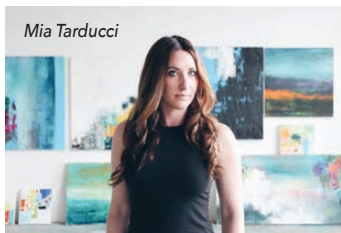
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MIA TARDUCCI

BY CHRISTIAN WINTHROP

Newport born and raised artist Mia Tarducci is taking the art world by storm. Mia, a 1993 graduate of Rogers High School and a 1997 graduate of Georgetown University, has risen from complete obscurity to international acclaim with her work hanging in private and corporate collections worldwide.

She has shown at the Carnegie Museum of Art three times in the last decade. Currently, a 7-foot by 24-foot abstract hangs at the Pittsburgh airport, the city in which she currently lives with her four children. And British Airways in London will be showcasing two separate, large reproductions from her pieces to promote their new direct flights from Pittsburgh to London.

Clearly, she is somewhat of a celebrity in her adopted hometown.

Not all of Mia's work is a large canvas format; she works directly with her clients to create unique pieces of art to accommodate their needs and space.

When I asked Mia when she discovered her passion for art she says, "I can't remember a time when art wasn't part of my life.

Both my parents are Rhode Island School of Design grads so while it is a passion, it's also a natural part of who I am. So, I guess the answer is, there was no discovery because it always existed."

Mia's work was very influenced by growing up in Newport and she thought herself fortunate to grow up with the ocean as her



backyard.

"When I felt down, I would retreat to my secret spot at the bottom of 40 steps on the rocky edge of the shore. If the waves weren't too big and if I sat right at the exact spot, all I could see was water...everything else just disappeared," said Mia. "The ocean was endless, vast, and let me vanish into it. There's something truly awesome about the moment when you realize that you're just part of something...and that you're only ever just a small part. Large works of art inspire me with the same sensation.

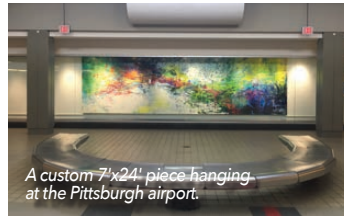
"The work does not exist in my world - I exist in it. The experience is always a comfort. In creating work I also find that comfort. Whether or not I use pure abstraction or develop a material theme depends on what I am expressing at that moment. Is my idea emotionally driven or tangible?

"This way of thinking allows me to use



different voices to express myself visually. Sometimes I feel like I have no words to express what I want so I let color become my voice. Other times I know exactly what I want to say so I say it on canvas - loudly."

Mia is a single mother of four tremendous humans; Grace (20), Sophia (17), Sam (15) and Jack (12). The art gene did not skip a generation. Grace is currently attending New School in NYC where she is studying curation, writing and studio art. Sophia is



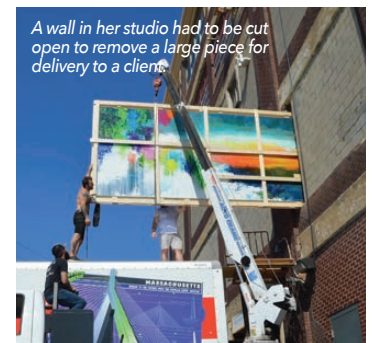
a rising senior in high school and recently won a scholastic achievement nod for a multimedia drawing entitled "self-portrait." Sam is a rising Sophomore and takes an art class at the Carnegie Museum of Art, it's the same group Andy Warhol was in as a child. Jack is her comedic relief and is following in his siblings' footsteps while marching to the beat of his own drum.

Clearly, this entire family has no plans to slow down! In just one decade she has accomplished what seems like a lifetime of work. She is on a path to disrupt the art world with her stunning pieces and a sense of perseverance. She has always been motivated by people who underestimated her but clearly, none of us will make that mistake. "When I see a sliver of light coming from a door or window of opportunity, I tend to kick it open. I'm going to keep doing that and see where it takes me."

We hope it continues to bring her home to us in Newport so we can celebrate her continued success.

To stay up to date on all of Mia's accomplishments follow her on Instagram and to see more of her work or to contact her go to www.miatarducci.com. Follow her on Instagram @MiaTarducci.

Christian Winthrop is a fifth-generation Newport local who grew up with Mia in the Fifth Ward. You can follow him on Instagram @NewportBuzz or www.thenewportbuzz.com



Gail and her son Sam at college graduation last Spring.

HOW TO BE A SUCCESSFUL COLLEGE GRADUATE: FOUR LIFE TRAITS

BY GAIL LOWNY ALOFSIN

"The secret of getting ahead is getting started." - Mark Twain

Don't you love to learn? Autumn will mark 21 years (42 consecutive semesters!) that I have had the privilege of teaching as an Adjunct Professor at the University of Rhode Island and five years at Salve Regina University. While graduation from college is a milestone, this alone will not make you successful. It is what you do with your degree, the knowledge garnered and the opportunities that you seek that will create a path for you.

You are your choices.

A year ago, our son, Samuel, graduated from Swarthmore College. As he researched different companies to apply to, one attraction was the culture. Culture is crucial, encompassing the core values of the employees and influencing the way they interact with each other, vendors and clients. There are many attributes that de-

fine a strong culture inclusive of the cumulative traits of the people who work for the company.

There are considerations as you commence a career or a new job. Not knowing what lies ahead on the road to your future can be very stressful. While life experience will offer you the greatest lessons, let's review four life traits that will make your path a less tangled one.

Self-awareness - YOUR Personal Brand

Your personal brand is not what you think about yourself; it is how others perceive you. Self-awareness offers the capacity for introspection; a sense of your impact on others via your words, thoughts, and beliefs. Developing self-awareness with the goal of positively and productively impacting the people and situations in your world is the first step in creating a successful life. You cannot always control a situation in the workplace or home, yet you alone have control over your reaction.

As you review your impact, look at yourself objectively and be open to feedback. Take a few personality tests. Taking time for self-reflection and self-improvement will enhance your relationships, personally and professionally.

Humility

Arrogance and narcissism are unattractive. We are not all-knowing nor correct in our assumptions and decisions. Humility is one of the most attractive personality traits, exhibiting your inner strength and personal confidence.

Humble people use good judgment but are not judgmental. In lieu of creating silos, an "us" versus "them" mindset, humility creates a culture of trust where people are open to feedback, frank discussions and problem-solving. Humility adds to a culture of respect.

Positivity - Your Attitude Sets the Tone

"Change the way you look at things and the things you look at change." - Wayne Dyer

A change in perspective changes everything! Positive thinking improves relationships, health, skills, and performance. In a typical workday, both negative and positive situations will occur. Why focus on the negative? When we take time to think about what went right during the day, we reduce our stress and boost our mood.

Approach life with optimism, creativity, and energy - a positive mindset will serve to increase your self-esteem, performance, and relationships!

Leadership - Lead from the Seat You are In!

As a leader, your goal is to pull people towards you versus push yourself on people. You can influence colleagues, clients, vendors no matter what your position is in a company. Just because you are "the boss" does not make you a leader. Leadership skills include "listening to hear" versus "listening to speak," collaboration, trust, communication skills, and resilience.

Hone your strategic thinking skills with a focus on the big picture. Read industry publications and blogs. Follow thought leaders on social media, blogs, and podcasts. Attend industry events, conferences, and webinars. Meet as many people as you can in your organization and learn from them. Understand the role you play in the company and be sure to contribute every day - first and foremost - by bringing an engaged and focused YOU to work!

Live a life of KAIZEN, constant improvement. Hone your skills and become a better version of yourself every day. In the words of Cesar Chavez, "True wealth is not measured in money or status or power. It is measured in the legacy we leave behind for those we love and those we inspire." In the end - you work for you! You are YOUR company! The world is your oyster! Carpe Diem!

Gail Lowney Alofsin is the Director of Corporate Partnership & Community Relations for Newport Harbor Corporation. An adjunct professor, author, speaker and volunteer, Gail lives in Newport.



PRIVATE PIZZA MAKING CLASSES

BY TANJA LYNCH

Born and raised in Rhode Island, Chef Brian loves making good food with great people. He is a proud father, devoted husband and has worked in the restaurant industry for more than 15 years, starting as a dishwasher and working his way up. He attended Tony Gemignani's International School of Pizza and is a Certified Pizzaiolo from Scuola Italiana Pizzaioli, the oldest and most prestigious pizza school. Chef Brian is always exploring new products, researching ingredients and applying new techniques in his kitchen.

Chef Brian teaches the pizza class that is held once a month at the Surf Club. It's a fun and hands-on way to enjoy a Monday night and kick start

your week! You'll learn all the components to make a great custom pizza. All while sampling some of the chef's favorite snacks and Italian wine. Each class ends with the best pizza competition and the winner receives a \$25 gift card!

The class is \$40 a person and limited to 20 people. I recommend gathering 20 of your own friends and booking the room! It's a great way to celebrate a birthday or just a fun night out with your friends and family where you are interacting with one another. It will surely be a night to remember. And may the best pizza win!

Call Charlie Holder to reserve your date at (401) 480-9079.

Samples of pizzas made in class.



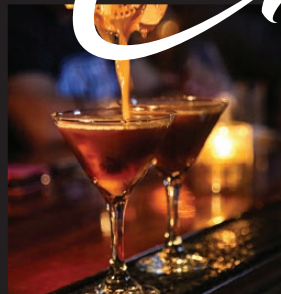
Table set with choice of toppings.



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MLK CENTER CONTINUES TO SERVE HOPE

BY KALEN ARREOLA



Children gather for a pose during a trip to First Beach during the summer camp program

Founded in 1922 and renamed honoring Dr. King in 1968, the Dr. Martin Luther King, Jr. Community Center is a central service provider for at-risk individuals, families, and seniors.

The center is a holistic support resource for people of all ages and demographics. That inclusiveness is something the Center's Executive Director Heather Hole Strout, is passionate about.

"Born and raised in Newport, with family going back generations, this community has always been a big part of my heart," said Heather. "I remember how strong the community was as a child and I want it to be that way for generations to come."

The Center's mission is to fight hunger, promote health, educate young and school-aged kids, support families, and engage seniors across Newport County. An independent nonprofit, the MLK relies on grants and donations to sustain its programs. Less than three percent of the Center's budget comes from government funding.

Programs offered at the MLK encompass three key areas: hunger services, early childhood, and school-age education, and community services.

Hunger services programs promote health with meals, a food pantry and an on-staff registered dietitian. Clients can find non-perishable food, frozen meat, fresh produce, bread, eggs and milk, household and hygiene products, pet and baby food in the pantry.

Those who need assistance but cannot make it to the center's on-site food pantry can visit the mobile food pantry at the Park Holm Senior Center on the fourth Friday of every month and at other rotating locations. The mobile pantry provides non-perishable food items, fresh produce, bread, household, and hygiene products.

"Our partnerships with local businesses and individuals is what makes the Center so special. We're fortunate to have a network of partners who believe in the MLK and support us with everything from businesses joining together in a community-wide food drive, to church groups who donate weekly, to local gardeners who donate the bounty from their gardens," said Heather.

At the MLK, education begins with the very young. The Center's Preschool is an affordable, licensed program for children ages 3-5. Open weekdays from 6:45am - 5pm, the Preschool provides working parents with a safe and nurturing place for their children during the workday where social and academic enrichment help build a child's positive self-image and prepare them for kindergarten. In an atmosphere of praise, the MLK's Preschool creates a climate for the growth of creativity, curiosity for learning and the courage to try.

The Center's Afterschool and Summer Camp programs are open to children in kindergarten through fourth grade. Afterschool offers a welcoming and safe

place for the important hours between the end of the school day and the end of a parent's workday. The program provides a healthy snack, homework help and fun experiences like robotics, art, Make Your Life and violin lessons. Summer Camp is eight weeks of fun and friendships, blending academic enrichment in literacy and math fluency with daily experiential activities like sailing lessons at Sail Newport, beach trips, field trips to the Norman Bird Sanctuary, Audrain Automobile Museum, Save the Bay, and more.

"Our children at the Center deserve the



First Veggie Day of 2018

same opportunities as their peers. Most parents are working two jobs just to make ends meet and we want to give the kids a chance to thrive and fully engage with the special community we all call home," said Heather.

Thanks to broad and deep community support, the MLK's impact is vast. In 2018, 3,654 people found help at the Center; 874 local kids received Christmas toys and gifts from Santa's Workshop; and 625 volunteers gave more than 13,000 hours of service.

The comprehensive list of MLK Community Centers services are:

HUNGER SERVICES

FOOD PANTRY

- Weekly Hours: M, W, F 10am - 2pm
- Wednesday evenings 4-6:30pm
- First Saturday of each month 10am-noon
- Daily Bread: Monday - Friday 10am-4pm

MOBILE FOOD PANTRY

- Park Holm Senior Center on the fourth Friday of every month and at other rotating locations.

BREAKFAST PROGRAM

- Monday thru Friday from 7:30 - 8:30am
- Food 2 Friends - This is a monthly food delivery service for home-bound people in need and otherwise unable to come to the pantry. Call the Center for more information.

VEGGIE DAYS

- Every Thursday, 10am to 4pm, June 21-Sept 27, First come, first serve.

HOLIDAY HELP

- Thanksgiving and Christmas Food pantries to help with holiday meals.
- Santa's Workshop toy and gift program.
- Registration begins the first Monday in October.

EDUCATION PROGRAMS

- PreSchool - An affordable licensed educational program for children 3-5 years of age. Open from 6:45 am - 5 pm daily, the Light-house Preschool provides working parents with a safe and nurturing place to care for their children during the workday.
- After School Academy - A quality after

school program for students ranging from kindergarten to 4th grade.

- Summer Adventure Camp - 8-week literacy, science and math-based program for children entering 1st grade through those entering 5th grade. Hours are 8 am-4 pm (Extended hours are available).

COMMUNITY PROGRAMS

NUTRITION EDUCATION AND COUNSELING

- The MLK's Registered Dietitian is available for one-on-one nutrition counseling free of charge to uninsured or under-insured clients.

COMMUNITY MEALS

The MLK is pleased to offer several different monthly meals. RSVP required.

- MLK Friends Dinners provide an opportunity for clients to eat a meal prepared by a local guest chef.
- Lunch & Learn is a monthly lunchtime lecture series for older adults. Speakers from the community offer topics of interest to seniors while a healthy lunch is served. Open to the public.
- The Education Family Dinner is an opportunity for families with enrolled children to enjoy a meal prepared by a local guest chef.

HEALTH AND WELLNESS

- SHIP Counseling - Medicare/Medicaid counseling for any member of our community is available through the Senior Health Information Program (SHIP).
- SNAP Counseling - For help with paying for monthly groceries, the Supplemental Nutrition Assistance Program (SNAP).
- Income Tax Assistance during tax season.
- Flu Shots
- Yoga, Art, and Fitness programs



Community art classes at the Center are open to everyone.

Heather emphasized that those who use the MLK's services are neighbors and community members one sees in everyday interactions, "Our clients are the people you see working at a grocery store, who serve you at a local restaurant, who work in retail and healthcare. Many of our clients are people who just need a little extra support to live healthier, more productive lives.

"A community is only as strong as the weakest among us and we all have to come together to help each other. We serve the most vulnerable population but our doors are open to anyone who needs help. Unexpected circumstances happen to anyone. Those people you'd never expect to need our services leave here saying 'wow, thank you so much, I feel so respected and valued.'"

For more information visit Dr. Martin Luther King, Jr. Community Center, 20 Dr. Marcus F. Wheatland Blvd.

Newport RI 02840 or
www.MLKCCenter.org. You can also call (401) 846.4828.



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RIDING THE WAVE OF SUCCESS

BY TANJA LYNCH



Neil at work in his shop.
Photo credit: John Harrington



A custom board on display alongside photography by Patrick Murphy at The Kings Lens gallery; photo provided by Patrick. Murphy.



Local surfer riding a wave with his Tora logo proudly showing. Photo credit: Patrick Murphy



Sampling of various size custom Tora boards. Photo credit: Tyler Redes



Inspecting the board up close. Photo credit: John Harrington

What local child doesn't grow up dreaming of surfing their local beaches?

For Neil Toracinta it went one step further. He wasn't only interested in surfing but he also became obsessed with how surfboards were made and the concept behind them. In high school, he began making his own boards and not long after he realized he found his passion in life and Tora Surfboards was born.

It's pretty easy to see where his brand name was born as Tora has always been a family nickname short for Toracinta going back to his father and uncles. "When it came time to put a name to the boards, that was a no brainer for me. I like that it's short, unique and has a meaning behind it that I'm proud of."

Neil's custom boards can be seen all over the beaches here on the island and can be recognized by his cool logo.

The physical manufacturing of the boards is so specialized that he needs full control over the building process to make sure the quality is where it should be and nothing gets overlooked. The most important factor that goes into making a board, he says, is his customers' wants and needs.

"Every board I make is customized to the individual surfer's needs. I take the time necessary to chat with the rider and figure out exactly what is going to be the best board for what they are looking to gain from it," said Neil. "Some people order a custom board and want to really personalize it with glitter, every color in the spectrum, shapes, laminates, and even photos."

"It's my job to convert a customer's ideas into a design that looks good and will still be functional. There's always a way to find a happy medium and still get the

customer something they will love. Functionality is always my main objective with the boards but I do enjoy getting creative and trying new things."

Basically, Neil's craft requires creativity and the ability to see his client's vision all while maintaining the integrity and technical aspects of designing the best functioning board.

Neil continues to be inspired by his friends and customers from all walks of life who trust in him to build them their dream board. More importantly, you do not have to be an experienced surfer to own a Tora Surfboard. Neil can create a board for all skill levels, ages, locations and even surfing seasons.

"I appreciate every single order that comes through the door and genuinely want each shape to be the best board the rider has ever owned and ridden."

He is also motivated by the other craftsmen in his industry whose work he respects and admires because they share the same knowledge, dedication and work ethic that goes into each board.

Newport has a solid community of talented surfers and with Neil Toracinta in their backyard, I am certain the surf community will grow right alongside Tora Surfboards.

It's the perfect time of year to order a board for your special surfer in your life.

Visit www.ToraSurfboards.com and be sure to follow them on Instagram @Tora_Surfboards.

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